

A Psychological Study of Mental Health of Pregnant Woman in the context of Involvement and Non-Involvement in Tapovan Centre of Children's University

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Abstract

Mental health is a systematic and planned effort to prevent mental problems and the resulting healthy development. Tapovan is a complex where pregnant women are given nutrition, education, and an internal understanding of the overall development of the unborn child. The significance of the present research is to examine the role of participation, education, and mental health of pregnant women in the Tapovan Research Center run by the Children's University during pregnancy. A total of 120 pregnant women were included, 30 from urban areas, 30 from rural areas, and 30 participants and 30 non-participants from Tapovan Research Center. The present sample was selected through purposive sampling. The present research uses the "Mental Health Inventory" (MHI) developed by Dr. D.J. Bhatt and Geeta R. Gida as a research tool to collect information on the mental health of pregnant women. The present research does not show any significant difference in the mental health of pregnant women in the context of participation and area in the Tapovan Center of Children's University.

Keywords : Pregnant women, Mental Health, Tapovan Centre