

Coping Patterns among Pre Eclamptic Pregnant Women

Thesis

Submitted for Partial Fulfillment of the Requirements of the Master
Degree in Nursing Science Maternity and Neonatal Health Nursing

By

Amal Sarhan Eldesokey Genedy

B.SC in Nursing

Faculty of Nursing - Mansoura University

Ain Shams University

Faculty of Nursing

٢٠١١

ABSTRACT

Preeclampsia is a pregnancy specific condition in which hypertension develops after 20 weeks of gestation in a previously normotensive woman. Coping patterns refer to the specific efforts, behavioral and psychological, where people employ to master, tolerate, reduce, or minimize stressful events. **Aim:** to assess coping patterns among preeclamptic pregnant women. **Research questions:** 1st; does preeclamptic pregnant women have knowledge about different coping pattern? 2nd does preeclamptic pregnant women use any coping pattern? **Descriptive study design and convenience sample** were used to recruit 100 **preeclamptic pregnant women at ante natal and high risk units** at Ain Shams Maternity University hospital. **Two tools** of data collection were used; an interviewing questionnaire and a coping patterns scale were used. **Results:** findings of the present study showed that 40.3% of the preeclamptic pregnant women age ranged from 20-30 years, 42.7% of them finished their secondary education, as well as 70% of them live in rural area, while 76.7% are house wives. 88.0% of the preeclamptic pregnant women had psychological problems due to preeclampsia. 86.0% of the preeclamptic pregnant mothers had correct knowledge about methods of coping to minimize the stressors. Where, 74.0% of the preeclamptic pregnant women used helpful techniques. Positive attitude as coping technique represent higher mean (20.8 ± 2.6). While, irony and spiritual support represent the lowest mean (1.2 ± 0.0 and 6.4 ± 1.8). **Conclusions:** the majority of the preeclamptic pregnant women had psychological problems due to preeclampsia. Nearly quarter of the preeclamptic pregnant women had anxiety, fear, changed in dealing with others, and unable to do house work as a result of preeclampsia. Majority of the preeclamptic pregnant women had correct knowledge about methods of coping used to minimize the pressure. More than half of the preeclamptic pregnant women had correct knowledge about concentrating method as coping pattern and had used helpful techniques. Positive attitude as coping technique represent higher mean among coping pattern used by the studied preeclamptic pregnant women. While, irony and spiritual support represent the lowest mean among them. **Recommendations:** booklet about coping pattern of preeclampsia should be available in each obstetric department in the hospital, training programs for preeclamptic pregnant women and their family to develop and motivate positive coping pattern.

Key word: preeclampsia, coping, coping pattern.