

Psychological Impact: Miscarriage and Abortion

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ABSTRACT

To dispense an overview of the verifiable research linking self responds of Miscarriage or Abortion to health status. Miscarriage defines the states of unexpected loss of pregnancy in first 20 weeks. Miscarriage consists of undesirable emotional response; Responses can be towards others as well for you. Miscarriage happens spontaneously and natural that cannot be prevented. Abortion is something about conscious termination of pregnancy. Abortion can have multiple reasons to execute. It is required from medical intervention. Miscarriage and Abortion prejudice may be a risk factor for new disease and can lead to a severe mental health problem. To power up the gaps in research and increasing knowledge of best solution that can reduce the predictive results of Miscarriage or Abortion needs recognition.

Keywords: Pregnancy, Miscarriage, Abortion, Psychological, Impact, health, support.

INTRODUCTION

Miscarriage is a loss of pregnancy before the 20th week. Miscarriage is common issue from past decades to till. This mishappening leads to psychological impacts on both the mother and father. Physiological problem are major part of the mishappening.

Reproduction is an activity where a couple engaged in sexual activity, to produce a new generation. When a woman conceives, her pregnancy journey starts. Pregnancy gives produce the feeling and identity of mother.

From the first day, a woman starts to feel different like nausea, vomiting, urine frequency changes, back pain, poor sleep etc. during pregnancy a woman suffers in different ways i.e. Physical as well as Psychologically. The changes mood swings, anxiety, low energy, depression, anger issue, PTSD are very common from the psychological point of view.

A pregnancy goes through very complication. Miscarriage & abortion are the big issues and are very significant aspect in a woman life. This can harm the personal and social life of a couple. Adding more to the seriousness and increasing of the sickness, this is present for a disease beginning. Medicines, exercise, eating habits, lifestyles which is a powerful to for caster of good health and sometimes seen as the primary cause of health issues like miscarriage. According to research, faulty life style and false medicine or follow up care leads to the issues of miscarriage. Self reports giving by the subjects in different studies shows that miscarriage or abortion always leads to effects on mental health to some extent.

The term “Abortion” status the situation when a woman terminate her pregnancy with the help of intervention. Abortion is deliberate termination of pregnancy and it required medical intervention and is prevented in nature also. Abortion illustrates as an example of suffering with many facets and the manner in which it might harm one health. In consider WHO reports states that miscarriage and abortions cases are at top in Asia mainly South & Central Asia. Different elements contribute s their of such cases. Racism Bias, Discrimination, Daily care routine, mental and physical health etc. contribute to it.

LITERATURE REVIEW

Abortion and miscarriage means interruption in pregnancy before the fetus is able to live independently in environment. Abortion is not a new beginning in this world, rather it is old fashioned trend/tradition. Decision of abortion includes many aspects of attitudes towards religion, ethical, legal, SE5.

Research demonstrates that abortion affect woman profoundly with different aspect of whether, when and under what circumstances they become mothers. In their study, Levine et al (1999) found that legalization of abortion has decreased the number of teen mother by 34% and brides of 20%.

Farin and Pesko et al. (2021) postulates that abortion legalization reduced the maternal mortality among black women. Research shows that abortion does not only affect the mother's social life but also affect the circumstance into which children are born. In their study Abolghasem et al. have found that depression and worry is the top most psychologically problem faced by the woman. Soderbeag et al. (1998) states that the psychological effect of abortion or miscarriage are different at different time gaps. It was 42% of woman who did not experienced --- reaction and 55% of woman feels depressed for short period of time. According to AMRC (2011) researchers conclude that a woman with a history of mental problem before the pregnancy is more likely to have more psychological effects. Some findings show that abortion or miscarriage leads to the unhealthy relationships between couples and society.

Antiabortion oppose Abortion because of moral & religions reasons.

Susan A. Cotien (2006) Most anti abortion activist conclude that abortion is not only wrong but harms woman physically & psychologically having abortion leads to a long term mental health dangerous than delivering and parenting a baby that she did not intended to have or adoption. Later in 1989, APA determined that there are no psychological hazards to that woman who wanted to terminate their pregnancy consciously.

Elizacth et al (2022) conclude that woman who denied abortion were more prone to have negative results in terms of abusive partnership, parenting alone, poor housing, chronic headache and less likely to built of good relationship with children. Negative impacts of limited abortion access also extended to children.

Studies found unintended pregnancies are higher at risk of being born premature or low birth weight. Unintended pregnancies decrease the emotional security of child. Turn away study concluded that earlier child of mother also face risk in life when mother denied to an abortion.

Research states that abortion or miscarriage leads to substance abuse, depression, suicidal thoughts. Social psychologist Brenda Major.

The APA reviewed, woman who have abortion in first time are less likely to have psychological problems than who continue with unplanned pregnancy.

National Academics of Sciences, engineering and medicines (2018) concludes abortion does not increase the risk of secondary infertility, PTSD, Depression or any other complication regarding pregnancy.

In peer reviewed scientific journals researchers discussion and analysis finds having abortion do not harm women but being denied an abortion cause some negative financial and health results.

Abortion and Miscarriage undoubtedly has an impact on couple. As the lack of proper and insufficient data, studies. We can't find a final statement regarding what psychological effect of abortion are.

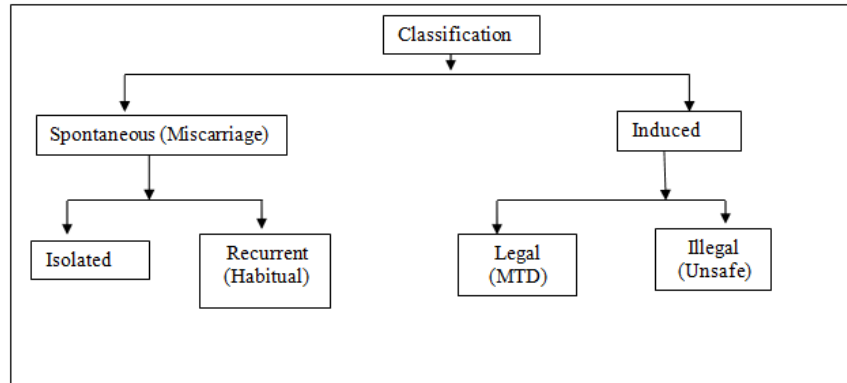
Studies from the past years and medical statistics gives an outlook to find the causes of abortion and miscarriages. Hormone problems, accidents, unhealthy lifestyle, assaults and other are the key terms of miscarriage. On other hand abortion may be a choice to end terminate pregnancy. Abortion may have reasons of risk of inherited disease, to remove foetal tissue after miscarriage or any other personal life complications. Age is the highest key factor of miscarriage. Data states that women older than age 35 are more like to have miscarriage. A group of researchers had conducted a study on Norwegians women and with conclusion women have low risk of miscarriage in age 25-30, but it increase sharply after 35 years. Previous miscarriage also dominant as the risk factor. Earlier studies ending with that complication come across due to earlier miscarriage. Miscarriage can create problem related to uterus and infertility. Miscarriage more than 2 are more prone to effect next pregnancy. Psychological health of mother plays an vital role in a healthy pregnancies. A wide range of psychological disorder (Autism spectrum disorder, depression, schizophrenia, anxiety) has increased the rate of miscarriage.

In current scenario woman diagnosed with psychological disorders characterize the need of awareness of the risk factor. Recent research on smoking, alcohol and drugs gives an amount on risk factor of miscarriage. According to US centre for CDC one cigarette per day, higher the risk by 1%. A recent Canadian research reviewed that ibuprofen may raise the chances of miscarriage. Weight is another factor in complications obese and underweight both face complication in pregnancy. Too obese and underweight could be a result of psychological problem. Depression, Lonliness, sadness, other problem lead the way to weighing problem. A healthy wait determine healthy pregnancies. Another way abortion manifest itself is through discrimination on a personal level. Some society and culture that have stigmatization regarding Gender bases wind up to the unwanted activities. Gender biases are more common in some country. India gender biases results in

unequal opportunities where girls are the most disadvantaged. Many societies and culture pressurized the couple give birth to the male rather than female. Some society believes a male child is mandatory to carry forward their Linage. Studies had seen that culture also increase the risk of abortion. In some culture women who have only daughter were treated as ominous. Invasive prenatal tests and uterine or cervical problem are other reasons.

Type and Diagnose

Threatened abortion miscarriage is that when vaginal bleeding during pregnancy can be seen. That does not mean a pregnancy will go on to have miscarriage. There are 83% chances of pregnancy continuing. Cases demonstrated that this bleeding does not harm the baby even if it is heavy. A vaginal infection damaged cervix and sometimes placenta itself cause bleeding. Vaginal bleeding mild period type pain are symptoms. Threatened miscarriage is diagnosed by ultrasound scan.



Inevitable or spontaneous abortion is something different from threatened abortion. Opening additional symptoms of cervix opening with vaginal bleeding make it different from the above mentioned terms. When a cervix starts to dilate, miscarriage is considered inevitable smoking, illicit drug, weak cervical tissues might add the risk of abortion or miscarriage. It is uncertain and unavoidable.

Complete abortion in which the concepts comes out completely in form of mass whereas in complete abortion is a condition where some part of concepts comes out and some still present in uterine cavity. It is partially expelled out.

Missed abortion, a dead fetus which has retained in uterine cavity for a variable period, and nobody has gain knowledge of this situation.

Any kind of abortion present with other features like fever, infection, pain, discharge is known as septic abortion.

Now the question raise here is how the miscarriage or abortion is diagnosed. There could be a variety of methods of scientifically and medically proven methods of diagnosis are Pelvic exam where it is checked by doctor whether your cervix has begun to dilate or not.

Ultrasound will check for a fetal heartbeat and will determine if the embryo is developing accordingly. Blood test of your pregnancy hormone can diagnose any problem. Another type of diagnose can be a test of passed tissue, to confirm miscarriage. Chromosomal test of both you and your partner is a key factor to analyses.

In treatment of miscarriage expectant management, medical treatment and surgical treatment are used to recover.

Psychological effects of Miscarriage and Abortion

Horrifying images of miscarriage and abortion can be seen through all over the world. After having a great deal with the studies between 1972 and 2011 on topic risk factor for post abortion psychological issue, we come across that this can have a major negative impact on mental health by raising risk for depression, anxiety, stress, trauma, and drug addictions PTSD.

After 3 or 4 weeks of having miscarriage or abortion, a women feel sad, hopeless, feeling very low, lack of interest in whatever we used to do things not doing things happily, sleeping too much, not sleeping sufficient, disadvantaged eating pattern. These are all things which tells us that you may be having some element of depression after miscarriage and that is because your body has gone under gone a lot of changes, once you undergo some changes, you need some medication to take care.

When a woman is pressurized by her spouse to terminate her pregnancy, that woman is more prone to have anxiety and depression issue rather than those who are not pressurized.

Current state of teenage pregnancies is common now. School and college going girls develops fears in their mind to not to consult with doctor. Therefore in current, our youth generation is bearing a lot of miss happening in their life with mental health issues. This increase the risk of lowinteraction among others.

Post traumatic stress disorder & after having miscarriage or abortion is common. A couple fears to have pregnancy again just because of earlier mishappening. According to 2016 study, reports gives data that 4 in 10 women's experience PTSD symptoms within 3 months. Globally about 12-15 percent of recognized pregnancies ends in miscarriage. Recent studies demonstrate that after having abortion or miscarriage 30-50% experience anxiety and 10-15% experience depression.

There is a myth in our society that you do not tell anyone you are pregnant before 12 weeks & completion. And you do not tell anyone. But what if a couple experience miscarriage during this period. This may result in the profound psychological effects in couples.

Low mental health limitize opportunities of social and economic participation as well as children's health and growth. Some women feels unsatisfied with themselves, self blamed feelings theirs andlive with low confidence in them.

Elakoti et al (2021), study determined that women who marry before 18 years of age are more prone to have sexually transmitted disease play a vital role to misbalance the mental health.

Yadwinder Kaur (2022) in her study reflect that sex selective abortion in India spoils the mental health of a mother. According to her research cases, a woman after abortion on the basis of genderfeels guilty, weakness and soreness in the lumber region. A woman feels neglect from her familymembers.

In some cases a woman starts to have belief in superstition to have baby boy. Her mental health starts to get satisfaction according to gender bias in pregnancy.

Prioritize Yourself First

There are practical way to enhance your mental health positively medication, meditation, counseling can assist you in developing a sense of empowerment, increasing your confidence andto be optimistic.

Power is within you. Talk with yourself, do meditation and pray helps a person to get rid of thesepsychological problem.

Interaction and Expression

It is acceptable to feel depressed, anxious, irritated, misbalancing life style after having an abortion. However to get involvement in psychological problem will only make them worse and have negative impact. Interaction with other and share your feelings is the first step towards healing.

DISCUSSION

This study reveals the higher level of psychological problems due to the miscarriage or abortion. Past year studies, researcher has given a lot of data related to miscarriage and abortion's effect onmental health but it is mandatory to study further in this field.

The analyses of the studies on miscarriage and health find a number of topics that introduce to more study. According to the studies, there is a positive connection between miscarriage and negative mental health.

The contribution of SES and gender biases to miscarriage is further supported by recent studies. One study in 2022, attract the attention towards sex selective abortion cases in India. There is still much to learn about to lessen the psychological impact of miscarriage and to maximize the resource to deal with impacts. We require to have research effort to find out the treatment and prevention.

Additionally there is a compulsory need for social intervention to create awareness and put into place in order to lessen the abortion cases. More, we need to pay attention to how much exposure to illegal abortion and its negative effects can be decreased by initiatives. According to literature and past studies the main reasons of miscarriage is gender biases, age, and health.

CONCLUSION

This article has given a brief overview on the studies related to miscarriage effect on mental health. It is now obvious that miscarriage or abortion is discovered as a risk factor of negative mental health. Studies in this field give a lot of data which make the role significant. This body of research serves as a reminder that having a miscarriage and abortion in one's life determine the depression, anxiety, PTSD relationship issues in couples, trauma and can affect a new pregnancy. The main key issues are to support past miscarriage follow up and care. The gap between health policy and practice needs to be addressed. Efforts should be made for support of the woman who does not get opportunities of taking support from their networks. Awareness and importance of mental psychological health in life need to be addressed.

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