

ABSTRACT

## A Study on the Prevalence of Stress and Its Associated Factors Among Antenatal Mothers in Hospital Wanita dan Kanak-Kanak Sabah

Carolin Justin<sup>1\*</sup>, Caroline Satu ak Jelemie<sup>2</sup>, Cynthia Sabjik<sup>3</sup>, Syarinah Binti Mohd Aspayi<sup>4</sup>, Luin George<sup>5</sup>

Institut Latihan Kementerian  
Kesihatan Malaysia, Sabah, Malaysia

\*Corresponding author's email:  
dnirsa@gmail.com

DOI: 10.51200/bjms.v17i.3151

**Keywords:** *prevalence, stress, factors, antenatal stress, social support*

NMRR Research ID: 19-2949-50520

**Introduction:** The apparent existence of stress during pregnancy can become overwhelming issues that could be detrimental to maternal and foetal well-being. This study aims to determine the prevalence of stress among antenatal mothers and its associated factors to assess the extent to which this stress trend phenomenon exists. **Methods:** This study was conducted using a quantitative survey in cross-sectional with a descriptive design involving 60 samples collected using convenience sampling in Obstetrics and Gynaecology Clinic Sabah Women and Children Hospital (SWACH). The perceived stress scale (PSS-10) was used to measure respondents' perceived stress level which has 10 items questions using a Likert scale. The perceived stress level was determined as low, moderate, and severe by the total scoring from PSS-10. Inferential statistics using IBM SPSS 23 was used to determine the relationship of stress with demographic data (age), obstetric variables (parity and gestational age), and support. **Results:** The result has shown that about 68.3% of respondents reported perceived moderate stress levels. Age, parity, and gestational age are found not significant with stress ( $p > 0.05$ ). However, there is a significant relationship between stress and the support system ( $p = 0.036$ ). **Conclusion:** This study concluded the presence of stress during pregnancy. Pregnant women with good social support tend to have low to moderate perceived stress levels. The acknowledgement of the

presence of stress during antenatal and the possible positive effect of social support highlight us to strengthen our social support

and continue to maintain efficient antenatal care in preventing the detrimental effect of stress on maternal and foetal well-being.