



Paternal and Relatives of Mother Support during Pregnancy and Postpartum Anxiety Level

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Background and aims: Researches shown family particularly husband and grade one relatives, play important role in supporting mother during pregnancy; so this study, describes relationship between paternal and relatives of mother support during pregnancy with postpartum anxiety level in women.

Methods: In postpartum part of hospital, 150 primiparous women were selected randomly and assessed about relatives support during pregnancy. The anxiety level also was measured by Spiel Berger questionnaire and data has been analyzed in SPSS 16 soft were and Chi Square test.

Results: Frequency of support was as follow: husband 46.7 %, mother 43.3 %, husband family 7.3 %, father, brothers and sisters 1.3 %; so husband had maximum support. In husband support group, 11.42 % had mild and 88.57 % had moderate postpartum anxiety level. Also in mother support group, it was 10.76 % and 89.23 % respectively that there was no significant difference by Chi Square test ($P=0.264$).

Conclusions: This study demonstrates that maternal support during pregnancy, play determinate role in postpartum mental health and husband role is the most important one in relaxing mother during and after birth.

Key Words: Maternal Anxiety, Family and husband Support during Pregnancy, Postpartum.