

VICISSITUDES IN WOMEN AFTER PREGNANCY

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Abstract: Delivering baby is not an easy task. It is indeed a god's gift. Not everyone is blessed with the wonderful and precious gift. Mothers are fully responsible for the development of infant during the early stages. Each and every action what a mother is doing will affect the infant. Both positive and negative situations are faced by women after childbirth. But if the negative effects outweigh the positives then they cannot reap the fruits of motherhood. In order to enjoy the motherhood phase the mothers should know to turn the negative aspects into positives. The study identifies the positives of being a mother through literature study.

Key words: *baby, motherhood, action, positives*

I. INTRODUCTION

A women's life completely changes after delivering he baby. It has both positive and negative impact. But the period can be turned into a fruitful one when the negatives are also turned into a positive one.

Delivering baby is not an easy task. It is indeed a god's gift. Not everyone is blessed with the wonderful and precious gift. But those who are blessed are not aware of the worthiness. Many people feel it as a burden. They think as though their enjoyment is gone or their physique is gone or their responsibilities have increased to the core. Everything depends on how we take the issue.

The way the parents are thinking is a wrong concept. The life of a couple begins after their child birth. It is like a new innings in their lives. They should try to enjoy it to the fullest and this will nurture their kids too. This is because kids growing in a positive, enjoyable and an enthusiastic environment will be different than a kid growing in the alternative environment.

Mothers are fully responsible for the development of infant during the early stages. Each and every action what a mother is doing will affect the infant. If the mother is depressed after delivery then the infant will be negatively affected.

Women face a difficult psychological experience after child birth. The breastfeeding and new responsibility can make them stay exhausted. But if this exhaustion stays longer it may lead to depression. Some self-controlled women with positive outlook on life can overcome the fear of handling the situation. Though many are saying their sleep is lost, health is lost and they are in fact not able to spend much time with their dear one's, they will forget all these and all these things will be forgotten by them the moment they see their infant smile.

II.LITERATURE REVIEW

Many first-time mothers are very much excited on being pregnant. In fact, it is like a great blessing to them (Harwood et al. 2007). They think a positive change will be created in their life. But all women will not experience a positive change. It depends on their adaptation to the physical, social and emotional change during the transition. Many women are not considering the positive aspect of child birth. They give more importance to the negative issues. Most women give more weightage to the short-term elements. But by worrying about this they are losing the enjoyment which they derive from their gift.

The quality of women's life is linked with physical health, mental state, social state and individual beliefs. It reveals that all these things circulate around women's life (Horney C M et al). Beck and Watson Driscoll 2006 in their research pointed out that when a women feels that she is not empowered and she cannot do anything all alone like before then a sense of dependency will occur. This in turn leads to a sense of failure.

Social support is the key issue which each and every women expects after delivery. It acts as a moral pillar for them. This motivates them to handle any situation with courage. It helps them in boosting their mental well being (Goldbort 2002). Even though people are taunting them the women tend to get a feel of being flawed. This is due to the depressed state. They start feeling weak and tend to show poor interest in the things which they like the most before the child birth (Sanford 2002).

New mothers to be will have greater expectation about their motherhood before the birth of the child. But when they face the reality many women get disappointed and deprived. A feeling of failure will arise. Because what they expect will not happen in reality, from labor to sleep deprivation all these things together make them stressed (Choi et al 2005).

III.CHANGES

PHYSICAL STRENGTH

The physical strength of women increases. And in turn the mental strength also increases. A women who faces the childbirth with positivity and courage, can handle anything in their life. Because they become very powerful both in mind and body. Everything depends on the mental capacity. If women is able to manage her mind and body then she can create miracles.

PATIENCE

The patience level of women increase to the core. Not only with the present but also in future most women tend to be patient with all activities. Many women have the attitude of buying things what they wish immediately. But all these are gone after child birth. Many materialistic things become immaterial in their lives. They tend to find joy in other things.

RESPONSIBILITY

Women become more responsible after child birth. They tend to manage their time with ease. Though in the beginning they may suffer a bit as time goes they adapt easily. They don't require alarm clock too. The baby becomes their alarm. And now women will not get frustrated whenever the so-called alarm cries. Because it acts as a boost.

HEALTHY LIFE STYLE

The eating habits of women becomes healthier. At least for the sake of the baby, they will have healthy food and they are feeding the baby. This in turn helps them to improve their body condition too. This makes them more healthier than before. Their eating habits alone is not changing but their life style is also changed. They become more active and work at a faster pace than before.

DADDY

The daddy role by their husbands make women feel more happy. Unexpected things will be performed by their husband. They will become more adaptable as they have got a new promotion. The affection level and commitment will increase to the core. This in fact creates a moment which is priceless.

SLEEP

Sleep will not be a priority to most women. And even a mere two hours sleep will make them really active. They perform all tasks with no hurdles. No one can find out their sleep deprivation. Their precious gift that is their baby fades away all the hurdles.

PRIORITY

The priority of women changes a lot. Before child birth when weekend comes their mission will be to clean the house. Now that will be in the bottom of the priority list. Their first and foremost priority will be to spend as much as their time with the kid. Watching movies, cartoons or playing with them will be in the top list as it gives a sense of satisfaction and fulfillment.

CONFIDENCE

The confidence level among women increases. They feel they have become more beautiful then before. Being a mom increases the confidence level. This can be seen in their way of approaching things, they way they speak.

PERSONAL TIME

'Me' time is really essential. It may sound selfish, but in order to raise kids happily being selfish sometime is not an issue. Happy couple can raise kids happily. Spending time with the partner will surely boost the energy and it in turn help in raising the kid. So women should throw away the guilty consciousness when they are away from their kids to spend time with their partner.

IV.CONCLUSION

All women face many issues during and after pregnancy. But after pregnancy they are with a precious gift. Whatever they do will affect the kid. If they take this phase with a positive spirit they can reach milestones. They can raise their kids with full of positivity and confidence. If the minor changes are taken very serious then it may lead to many problems within oneself and family and it in turn may lead to depression. In simple term we can conclude that for all women we have one life and being a mother is a great gift from god. They should not consider that as a burden. They should reap the benefits out of it and enjoy the parenthood which in turn create a happy upbringing.

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