



Weight gain by the pregnant women during varying periods of Pregnancy

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Abstract:

Mother is the origin of human life, whether she gives birth to male or a female baby. However only healthy mothers can produce healthy children. The foetus, which grows rapidly depends solely on its mother for the nourishment. Nutrition plays an important and special role in the course of pregnancy for the maintenance of sound maternal health. Hence the requirement of nutrients for women during pregnancy increase significantly in order to meet the extra demands for rapid growth and development of foetus. It is unfortunate to know that nutritional status of pregnant women in India is very poor as the diets are grossly deficient in supplying energy and other essential nutrients.

The weight gain during pregnancy is an important test in determining maternal nutritional status. The desirable gain in weight throughout the gestation period is about 10 to 12 Kg. The average total weight gain should be at the rate of two, four and five kgs. For first, second and third trimester respectively.

MATERIALS AND METHODS :-

The study entitled "Nutritional and Health status of pregnant and lactating women in Parbhani Taluka" was carried out on the randomly selected 300 pregnant and 200 lactating women from Parbhani Taluka of Marathwada region.

RESULTS AND DISCUSSION –

TABLE 1 -
BACKGROUND INFORMATION OF THE SELECTED PREGNANT WOMEN DEPENDING
ON SOCIO-ECONOMIC STATUS.

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Sr. No.	Particulars	Ses			Total Frequency
1	Area				
	Rural	56	51	11	118
	Urban	44	49	89	182
	Type of Family				
2	Joint	20	41	18	79
	Nuclear	80	59	82	221
3	Religion				
	Hindu	59	74	84	217
	Muslim	41	26	16	83
4	Educational Level				
	Non-literate	19	03	Nil	22
	Primary	23	03	Nil	26
	Middle School	39	29	Nil	68
	High School	18	40	01	59
	College	01	25	99	125
5	Occupation				
	Home Makers	81	75	Nil	156
	Labourer	18	04	Nil	22
	Service / Business	Nil	15	76	91
	Skilled Labour	01	06	04	11
	Semi Professional	Nil	Nil	09	09
	Professional	Nil	Nil	11	11
6	Food Habits				
	Vegetarian	51	62	76	189
	Non Vegetarian	49	38	24	111
7	Age in years				
	Below 20 years	10	05	05	20
	20-35	90	95	95	280

Among the selected 300 samples of pregnant women, 100 each were from low, middle and high SES groups. The majority (56%) of the low SES groups respondents were from rural area whereas the remaining 44 percent respondents were from urban area Irrespective of SES, the more respondent had nuclear type of family, as of today the trend of nuclear families has been increasing.

In case of educational level it is observed that the high SES respondents had higher educational level.

The majority (81%) of the respondents from low SES were home makers, 18 percent were labours and only one percent were skilled workers. None of the respondents from low SES were occupied in professional and semiprofessional jobs. More percent 75% of the women from middle SES were home makers. Only 4 percents were labours. On the other hand a majority of the respondent (76%) from high SES were engaged in services or in their own business. Nobody from this group worked as a labourer.

The food habits of respondents reflects information about their vegetarian or non vegetarian food intake. A higher number from low, middle and high SES groups, were vegetarian (51, 62 and 76%). The non vegetarian respondents also reported that they had rare intake of non vegetarian foods. i.e. monthly, as they found that it was spicy and heavy for digestion.

Among the selected pregnant women more percent (90%) of the respondents from low SES group were in the age group of 20-35 years and the remaining 10 percent of the respondents were below 20 years age.



TABLE – 2
WEIGHT GAIN OF THE PREGNANT WOMEN DURING VARYING PERIODS OF PREGNANCY AS PER THEIR SOCIO-ECONOMIC STATUS.

Trimester of Pregnancy	Mean value of gain in weight (kg) by the pregnant women of different socio-economic status		
	Low	Middle	High
I Trimester	2.05 + 0.05	2.10 + 0.10	2.61 + 1.02
II Trimester	2.78 + 1.40	3.22 + 1.19	3.58 + 1.01
III Trimester	3.00 + 1.41	3.56 + 1.01	3.96 + 1.05

From this table it was observed that during I trimester, higher values of weight gain (2.61) was recorded for high SES group as compared to other groups. The similar trend was found in II and III trimester. The average gain in weight during III trimester of low SES group was 3.00 kg and in I trimester was 2.00 kg.

In conclusion it can be said that there was significant effects of SES on weight gain of pregnant women. AS SES increase, there was higher weight gain.

TABLE – 3
WEIGHT GAIN BY THE PREGNANT WOMEN DURING VARYING PERIODS OF PREGNANCY AS PER THEIR SOCIO-ECONOMIC STATUS.

Trimester of Pregnancy	Mean value of gain in weight (kg) by the pregnant women of different socio-economic status	
	Rural	Urban
I Trimester	2.01 + 0.18	2.61 + 0.30
II Trimester	2.05 + 0.89	3.52 + 0.20
III Trimester	2.78 + 0.21	3.90 + 0.99

From the result of this table it was found that there were higher values of weight gain during I, II and III trimester (2.61, 3.52 and 3.90) of pregnant women from urban area as compared to the women from rural area.

The reason for less weight gain in rural women was that they did not include additional requirement.

CONCLUSION :-

It can be concluded that weight gain during pregnancy is an important but body mass index of the pregnant women had gradually increased from I trimester to III trimester.

There was significant effects of SES and living area on weight gain of pregnant women. Socioeconomic status affects on weight gain, they are unable to take proper care of their health nutrition because of low socioeconomic status.

