

IDENTIFYING THE SOCIO-PSYCHOLOGICAL PATTERNS OF HEALTHY MOTHERHOOD DEVELOPMENT IN WOMEN WITH COMPLICATED CHILDBIRTH AND POSTPARTUM PERIODS

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ABSTRACT

Worldwide, an increasing number of complications during pregnancy, childbirth, and the postpartum period are being reported, giving rise to psychological changes that may contribute to the development of specific pathologies in the mother's body; timely psychological, as well as medical, support is therefore essential for preserving maternal health. This study aimed to identify the socio-psychological patterns underlying the development of healthy motherhood in women whose childbirth and postpartum periods were complicated. The severity index of childbirth complications — reflecting the overall severity of complications during pregnancy, childbirth, and the postpartum period — served as the dependent variable in a sample of 608 women. Independent variables were obtained through psychodiagnostic assessment using psychometric instruments characterizing the value-semantic, emotional-regulatory, personal-role, socially supportive, and behavioral-interactive components of healthy motherhood, including measures of life-meaning orientations, value orientations, trait and state anxiety, hardiness, postpartum depression, maternal and parental identity, social support, and parent–child relations. Multiple regression analysis produced a statistically significant and well-fitting model ($F = 105.322$; $p < 0.001$; $R^2 = 0.813$; adjusted $R^2 = 0.805$). The results show that the regression profile of the value-semantic and emotional-regulatory components of healthy motherhood follows a fairly clear psychological logic. On the one hand, greater meaningfulness of life, stable family-maternal values, personal meaning, self-realization, and value-based resources of motherhood are associated with more favorable adaptation of women after complicated childbirth. On the other hand, elevated trait and state anxiety, as well as postpartum depressive symptoms, act as factors of psychological vulnerability, whereas hardiness, by contrast, plays a protective and supportive role.

Keywords: Woman, Childbirth, Motherhood, Psychology, Personality.