

Measurement Mental health of Expectant Mothers and their Relation to some socio-economic demographic variables in Al-Emis Hospital, Gizan City, Saudi Arabia (2017 – 2018)

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Abstract

A descriptive study aimed to measure the mental health of pregnant mothers and their relationship to some demographic, social- economic variables in Al-meis Jizan Hospitals (2017-2018). Researcher used the questionnaire... the researcher distributed (360) forms. (300) forms were retrieved, and then the researcher empties the data. And its analysis by SPSS statistical analysis program. The study reached many results, the most important of which was: pregnant mental health was low.

And no statistically differences between the mental health and some socio-economic demographic variables, (age, education & income)

researcher made many recommendations and proposals, the most important of them: The relevant persons like husbands , other family members and society around her and the relevant bodies, especially the Ministry of Public Health and Population and the World Health Organization, should pay attention to the mental health of pregnant mothers, and there must be continuous awareness by The appropriate authorities for pregnant women in appropriate ways to maintain their mental health, and the pregnant woman must check-up periodically during pregnancy to ensure her safety and the safety of the fetus, 4. The researcher suggests that there be a medical program that works on early detection of mental health diseases so that suspicious cases are transferred to specialized centers in the area where the pregnant woman resides, and the family and society should create the appropriate environment for pregnant mothers and keep them away from anything that affects their physical and mental health, and recommends the researcher conducts more studies and researches, especially that this aspect of science many researchers complain about the lack of research in it that is not commensurate with the size of the problem with society, the researcher suggests preparing an educational program that will be directed to the pregnant mothers in all hospitals and health centers to increase the awareness, Training of mothers and husbands on knowing the mental effects and how to provide support. As the researcher recommends that there be mechanisms to activate international laws to protect pregnant women in war and conflict areas and in the event of natural disasters, and to have priority in protection and care.

Introduction:

pregnancy is a unique maternal experience with significant physiological, psychological, and biochemical effects on women the mother suffers from a lot of pain, psychological and nervous pressures during pregnancy, childbirth and postpartum is exposed to a lot of physical and psychological pressure. All pregnant mothers are exposed to many hormonal fluctuations during pregnancy, in which there is a sharp and sudden increase in hormones (estrogen, progesterone, human chorionic gonadotropin (hcg) and human placental lactogen (hpl).

What this suffering reflects on the pregnant mother? it leads to mental health disturbances that may adversely affect the mother, and consequently the fetus, which may go away with the end of the pregnancy or may continue until after birth, which negatively affects the life of the newborn, his mother and the entire family, and then the country is the next affected.

The importance of mental health of the pregnant mother and its impact on the fetus, Maternal stress can affect the fetus badly “Effects of maternal stress on offspring neurodevelopment, cognitive development, negative affectivity, difficult temperament and psychiatric disorders are shown in numerous epidemiological and case-control studies”. (Bear.H.,at el,2017).

“Pregnant women comprise a vulnerable population owing to the changes they experience in various stages that affect their mental health. Mental health problems affects nearly one-fifth of pregnant women during the prenatal and postpartum periods “(Alipour Zahra,2018), And the affected mothers cannot function properly. As a result, the children’s growth and development may be negatively affected as well. Maternal mental disorders are treatable. (WHO,2019).

In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals. (who, 2020).

Questions of the study: -

The study seeks to answer the following questions: -

- 1- What is the level of Mental health of Expectant Mothers in Al-Emis Hospital, Gizan City, Saudi Arabia (2017-2018)?
- 2- Is there a statistically significant relationship between the mental health of Expectant Mothers in Al-Emis Hospital, Gizan City, Saudi Arabia (2017 - 2018) to some socio-economic demographic variables related to age, education, income variables)?

Hypotheses of the study:

The study seeks to ascertain the validity of the following hypotheses: -

- 1- The level of Mental health of Expectant Mothers in Al-Emis Hospital, Gizan City, Saudi Arabia (2017-2018) is low.
- 2- There is a statistically significant relationship at a level of significance equal to (0.05) between the mental health of Expectant Mothers in Al-Emis Hospital, Gizan City, Saudi Arabia (2017-2018) to some socio-economic demographic variables related to age, education and income variables.

Research Objectives: -

General Objective: -

Measurement Mental health of Expectant Mothers and their Relation to some socio-economic demographic variables In Al-Emeis Hospital, Gizan City, Saudi Arabia (2017-2018).

Specific Objectives: -

- 1- Identify the Mental health level of Expectant Mothers in Al-Elemeis Hospital, Gizan City, Saudi Arabia (2017-2018).
- 2- To know statistically relationship between the mental health of Expectant Mothers in Al-Emis Hospital, Gizan City, Saudi Arabia (2017-2018) with some socio-economic demographic variables related to age, education and income variables).

Study methodology:

The researcher used the descriptive, inductive, field-analytical correlational approach to describe the characteristics of the phenomenon and collect information about it and analyze it in this human study entitled Measurement Mental health of Expectant Mothers and their Relation to some socio-economic demographic variables (age, place, education, occupation, number of months of pregnancy, income, health education, no off pregnancies, number of abortions, number of births and number of deaths variables) in Al-Emis Hospital, Gizan City, Saudi Arabia (2017 – 2018). And the study depends the questionnaire in the study.

Study Site: -

The researcher was conducted the study on pregnant mothers at Al-Emis Hospital in southern Saudi Arabia Gizan city, The largest private hospital in south saudia Arabia with several branches in the southern region the branches (Gizan, Sabya .and Abha).(http://alomeis.com/new/index.php/en_gb/) the city Gizan, or Gazan also spelled Jazan, Jizan, is a port city and the capital of Jizan Region, It's the second smallest (after ABha). The region includes over 100 islands in the Red Sea. province of Jazan lies in the south-west corner of the Kingdom of Saudi Arabia. directly north of the border with Yemen, it has a population of approximately 1.2 million and covers an area of 40,000 km² including some 5,000 villages and cities. Jizan, is home to the Port of Jizan, it is situated on the southern Red Sea coast with a coastline of almost 300 km(190mi), The distance between Jizan and Riyadh is 969 km and is very close to the main east and west sea trade routes to Europe, the Far East and the Persian Gulf. . Weather: 23-40°C, Wind NE at 0 km/h, 77% Humidity and the Elevation: 40 m (130 ft). at the southern edge of the regions of Najran, Jizan, and Asir

RESULTS AND ANALYSIS AND DISCUSSION: -

- 1-The mental health of Expectant Mothers in Al-Emeis Hospital, Gizan City, Saudi Arabia (2017-2018) was low. in which the hypothesis was accepted. (table 1)

2- There is no statistically significant relationship at a level of significance equal to (0.05) between the mental health of Expectant Mothers in Al-Emis Hospital, Gizan City, Saudi Arabia (2017-2018) with some socio-economic demographic variables related to age(T2), income (T3) and education (T4) variables). In which all results were reject the hypothesis.

Table No (1) shows the test (t) for one community to see the hallmark of mental health

Variables	Sample size	Mean	Arithmetic Mean	standard deviation	Value (t)	Degree of freedom	Probability value	Conclusion
Mental health	300	94	88.3100	13.64629	-7.222	299	000	Mental health is low among pregnant women

It is clear from the previous table (1) that the Mental health of pregnant women was low, where the value of (T) was (-7.222), and the mean arithmetic was (88.3100) which was relatively lower than the theoretical average of 3. The standard deviation reached (13.64629).

- From the researcher view significant changes in pregnant mother hormone fluctuation levels can affect level of neurotransmitters, which are brain chemicals that regulate mood. Mood swings are mostly experienced during the early in first trimester then in the third trimester as her body prepares for birth. Mood swings can change from joy to anxiety to depression within a short time. during pregnancy are normal and occur for several reasons, such as stress and hormonal changes in pregnant mother body, in addition to daily concerns that can have a big impact. Depression, anxiety or fear, a mood changes that which is accompanied by feelings of sadness, fatigue, or discomfort for weeks or months. - Some women may become depressed before pregnancy, but it can continue during pregnancy for several reasons, such as a woman's unhappy pregnancy, Unwanted pregnancy, or exposure to a lot of stress at work or home.... etc.

- Pregnant women may experience other mental health problems, such as bipolar disorder (episodes of low-energy depression and high-energy mania). Post-traumatic stress disorder. Panic attacks (sudden and severe physical responses with a feeling of unexplained fears, and among these fears most important problems and concerns during pregnancy is most of the pregnant women go through major emotional and psychological changes during pregnancy as the woman begins to facing drastic changes in lifestyle, and work, and the relationship with the husband, management of financial resources and health, all these confrontations will affect the life of the pregnant woman. - Despite the gut feeling that makes her strive to become pregnant; However, the psychological, emotional and physical changes that you face during pregnancy make her feel emotional and psychological instability. That is why many women face difficulties in conceiving, physically or psychologically, or both, and among the most important problems from the point of view (Al-Khudari and Ayad, 1995). Sources of fears with the pregnancy were: -

- 1- Problems arising from accepting the new shape and gaining weight, as a pregnant woman feels that she is no longer attractive and no longer arouses the husband's interest in her new shape.
 - 2- Fear of moving away from the husband, whose concern for pregnancy is more than his concern for the woman herself
 - 3- Fear of not being able to take responsibility for the family while they are pregnant, fear of baby health.
 - 4- Fear of labor pain, fear of her health.
 - 5- Fear of taking responsibility for another human being, especially among primigravida.
 - 6- fear of unknown cause and Fear of harming or losing the next baby. (Jubran Ameer).
- Obsessive-compulsive disorder(ocd). Eating disorders such as bulimia or anorexia nervosa, Cortisone hormone is disturbed in the body of pregnant women due to mental disorders leading to that the large cry of mother towards psychological trauma. Rising the blood sugar and secrete cortisone frequently and decrease proportion of oxygen to the fetus causing fetal (c.n.s) damage

-The mother mental health is always the basis of a strong or weak immune system and if she does not defend her child well, the attack will move easily to the weak fetus due to weak immune system and recurrent infections generates congenital anomalies ...etc

-The researcher shows through the previous results, Table No. (1) that the mental health of Expectant Mothers in Al-Emeis Hospital, Gizan City, Saudi Arabia (2017-2018) is at a low level, which means that the mental health decline is present and

we see it in a large way in the mother during pregnancy and that it is a disorder in the level of mental health and is related since the beginning of pregnancy and until its end.

-The researcher attributes this result to the fact that the pregnant mother undergoes physiological changes lead to intolerable physical and psychological symptoms due to the effects of hormones and its fluctuations. which contributed the effect on the mental health in negative ways which is to increase the mental health badness, also researcher found cases with past history of diagnosed mental health diseases, some of them under medication, and some with diagnosed family history of mental health disturbances or disease which leads to low mental health. Other physical symptoms like, nausea, vomiting(nvp), or hyperemesis gravidarum(hg) which can exhaust her physically and mentally lead to interfere with her daily activity or duties especially the mother how has young children with more feeling bad with the migrants' mother either Saudi (internal migration) or non-Saudi (external migration) mothers, or with more health and nutritional deterioration which can lead to hospitalization. These were acts as direct effect on mental health.

- Body heaviness which also can interfere with normal daily activity, joints pain Shape of the body, abdomen, increase body weight. skin colour changes which make her lost glow Infront of all especially husbandetc. as also as the psychological symptoms which directly affects the mental health. And normally all the changes still within normal limits, except that some pregnant women do not have the ability to cope which leads to a decline in mental health during this period.

- We cannot ignore some of the main influencing factors that affect the mental health of the mother. There are a number of factors such as psychological, family and social factors that affect the pregnant woman, which may be accompanied by psychological disorders. This may be due to the biological factors of pregnancy hormones and their fluctuations between the rise and fall according to the stage of pregnancy and not in a way that relaxes the pregnant mother, as well as psychological pressures from around her and social factors and also to the nature of the family in which the pregnant mother lives, whether the family is nuclear or extended, The cultures that she derived and what psychological background stored within of the pregnant mother mind, as well as whether the mother is pregnant or at any stage of her life heard or saw or discusses issues about pregnancy and childbirth either negatively or positively. and what is familiar with their details, and it is also due to the nature of the support provided to her, especially by the closest person to her, which is the husband.

-Unplanned pregnancy with a medical disorder at risk for depression during pregnancy.

There is a lack of mental health for pregnant mothers, even in rich countries, as it is the case in our study, which it is shown in Table (1), and it corresponds to what was stated by the (W. H.O,2010) that 13% of pregnant mothers in high-income countries suffer from psychological problems.

- At second and third trimesters, antenatal investigations are performed more deeply to find out the safety of the fetus, and whether it has any of the congenital anomalies, and some women may feel concerned about these tests specially the one how has past history or family history of congenital anomalies or eldest mothers and what the results they will produce.

- Besides, the pregnant mother may fear unknown cause, or fear for her health, or the health of the fetus, or from some infectious diseases such as toxoplasmosis and nowadays corona virus Information regarding pregnancy and COVID-19 is continually evolving the COVID-19 pandemic understandably adds further stress and may cause anxiety in some people , Pregnant women may feel additional stress, anxiety, or depression during the COVID-19 pandemic (J. Legg Timothy,2020). - fatal Mother diseases that the mother may contract during pregnancy as cases of preeclampsia or eclampsia or diabetes mellitus.

- Fear, anxiety may increase when the mother approaches the delivery date. She may feel anxious or afraid of suffering from labor pains, premature Laboure difficulty Laboure or cesarean section delivery or death during childbirth, which can decrease the level of mental health of the pregnant mother.

- Mother how receiving some wrong information about pregnancy or childbirth, or hearing some negative stories about pregnancy and deliveries or experiencing some painful past experiences especially for women whose husbands were not with them because of his work in the other city, and it is difficulty in arriving at the right time for the medical health care, or the lack of easy transportation, or no a women's breadwinner or driver. When comparing this result with the results of previous studies, the researcher was able to view and review, our research was found that is consistent with the following studies (Alder,2007), (WHO,2010), (Ahmad and Naglaa Mamoun Taha, 2017), (Jubran, Ameera 2014), (Bawahab, Jamala A et al,2017), (Al- Arrair,2010) , (Alqahtani AH, etal,2018)

- Where the results of these studies showed that the retardation of the level of mental health in pregnant women is a general decline which increases with the pregnant has no good antenatal care, but in our study may be was due to good lifestyle wellbeing or what called quality of life our pregnant become highly sensitives even to the low life stress may be low

tolerability Infront of pregnancy changes. -The following studies are not-consistent studies with our study. The antenatal depression is a strong predictor of postnatal depression. (Faisal-Cury 2009), Increased hospital admissions have also been linked to maternal depression. Past studies have shown that pregnancy-related stress or anxiety, (Kramer,2009).Untreated conditions during pregnancy also increase the risk of exposure to tobacco, alcohol and other drugs, as well as the risk of malnutrition and the difficulty of following medical guidelines in the prenatal period,

even reducing the frequency of visits, which has been associated to the risk of neonatal mortality. (Pereira, 2007). The following figure (1) illustrates this better.

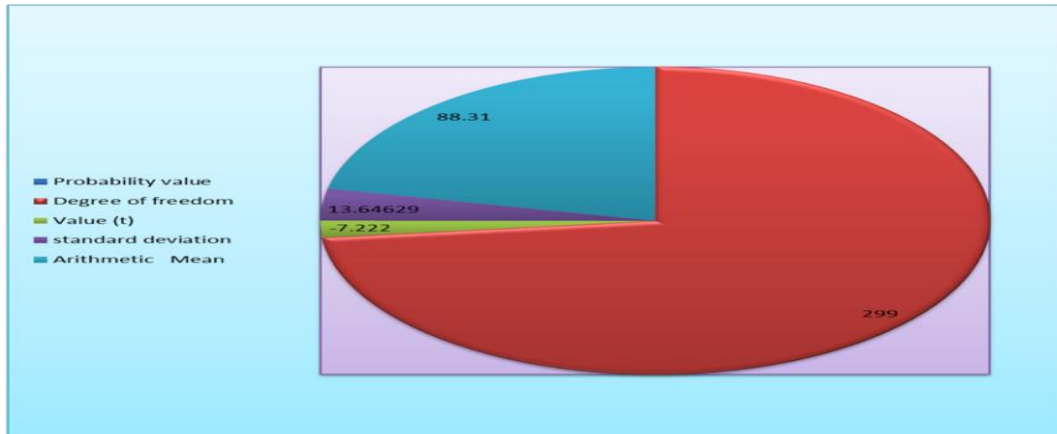


Figure No (1) shows the test (T) for one community to know the hallmark for mental health.

Table No (2) shows the test (Kruskal Wells)

To find out the differences in the age variable

Variable	Group Variable	Sample size	Average ranks	Degree of freedom	Value (Chi)	Probability	Result
mental health	Less than 20	41	157.29	3	.794	.851	There are no differences in the age variable
	21-25	75	143.46				
	26-30	72	152.33				
	More than 31	112	151.55				
	Total	300					

Table (3) illustrates the test (Man and Whitney) of two independent samples

to see the differences between the income variable

Variable	Group Variable	Sample size	Average ranks	Total ranks	Values (Z)	Probability	Result
Mental health	2000-10000	242	152.44	36889.50	-.790	.430	There are no differences in the income variable
	11000-20000	58	142.42	8260.50			
	Total	300					

*- As shown in the previous table (2) of the test (Kruskal Wells) To find out the differences in the age variable, related to the main variable of the research mental health, that there were no differences in the age variable for mental health variable, where the degree of freedom and average ranks and the probability were low for major variable.

The percentage of female <20 years old =13.666% , (21-25)years old 25% while as age of 26-30=24% and rate of the last pregnant group >31years old 37.333% as seen through this percentage the big number concentrated on the age of >31y.

*- We also note from the previous table (3) of the test (Man and Whitney) for two independent samples and designed to find out the differences between the main variable of the research mental health, there are no differences attributable to the income variable for the mental health main variable and the reason for this is that most of the values were low, especially the value of (Z) where it reached (-.790). mostly salary was between (2000-10000) =80.666% and the balance percentage 19.333%.

This study was not consistent with our study” Pregnancy risk, gestational age, and education level are the strongest predictors of mental health in the pregnancy period. This result suggests that psychological support is needed for pregnant women with high risk and low education, especially in the third trimester, to improve their mental health”. (Rezaee R, 2014).

. From the researcher view, it seems that all pregnant women experience the same hormonal effects, and the hormones have the same effects on the body's systems, regardless of the age variable of the mothers or income variables in the study population. We can say that Gizan one of the high-cost cities in Saudi Arabia in the marriage costs, hose rent...etc. so the one who can teak responsibility of all that Outlay the one who can teak responsibility of a big family, specially some of them their waifs also have a job (mostly teachers, nurse with good salary usually).

Those patients can do good antenatal care, investigation, sonographic study routinely and when needed, normal vaginal delivery (nvd) or surgical intervention and so the family can pay any cost to get more babies with safe mother under good antenatal and postnatal care.

The presence of a housemaid in the house, so that the mother is serviced, relieves her fatigue, stress and heavy homework, she can have enough rest time and sleep time, so physical and mental pressure reduced on her.

As well as the presence of the husband, he is the breadwinner of the family and bears all family expenses, the basic and entertainment requirements of life. Some wives are only responsible for husbands and childbearing. And, the non-Saudi people tend also to increase the family members regardless of age in our research place, From the researcher point of review Gizan is a part of a rich country which is Saudi Arabia. and one of the countries with a high per capita income. Most of the heads of families have fixed sources of income, and some have more than one source of income, while the one who has no job the social security system help him (for Saudi).

. According to the Riyadh newspaper, Saudi Arabia is the least poor country in middle east, with a rate of 12.3%. It is the first in the Arab world, the ninth in the world as it comes after Canada and before Korea and it is the least Arab and the ninth in the world in the low poverty rate among 151 countries included in the estimates of the intelligence agency Central American. As it indicated that the country in the world with the lowest poverty rate in China, it recorded a rate of 3.3%. As the first Arab country in poverty was Syria 82.5%, followed by Yemen 54%, then Sudan 46.5% etc.,

. The poverty rate estimates in Saudi Arabia were based on the number of beneficiaries of the social security program to the total number of Saudis. As the total number of beneficiaries of the Social Security Agency programs at the Ministry of Social Affairs in 2017 amounted to about 2.57 million citizens (828 basic beneficiaries and 1.74 million companions), who constitute 12.7% of the total Saudi population of about 20.8 million people.

According to the estimates of the Department of Statistics and Information. The social security system grants the beneficiary an amount of 862 riyals per month, equivalent to 230 dollars a month (7.7 dollars a day), equivalent to six times the international standard of the poverty line. The system grants accompaniment 284 riyals per month, equivalent to \$ 75.7 per month (\$ 2.5 per day), equivalent to double the international standard for poverty line. However, the living standards in Saudi Arabia exceed those prevailing in most of the developing world, (The National Society for Human Rights, Riyadh, Kingdom of Saudi Arabia, and the Information Center,2021)

Poverty definition: -Sociologists think the best definition of Poverty is based on the conditions existing in a particular place, such as the lack of food, clothing, and shelter. The poor usually suffer from hunger and starvation, and poor or no education and health care.

Among the effects of poverty are the consequences of poverty that are often passed on from one generation to the next, and among the most common effects of poverty are poor housing and living conditions, limited access to education, and increased levels of disease, and high levels of poverty are likely to lead to increased tension and pressure.

The World Bank had raised its estimate of the global poverty line from one US dollar to 1.25 dollars in 2008, at the 2005 purchasing power level. However, this standard does not apply to all countries. Rather, it differs from one country to another according to the general level of the cost of living.

The percentage of beneficiaries of social security to the total number of Saudis increased not exceeding 6.5% in 2006. Still, the number of companions increased from 586,1 thousand companions to about 1.7 million companions after the government increased the maximum limit for escorts from 8 to 15 Facilities on February 23, 2011 AD. And this decision coincided with the increase in the allocations of subsidies provided to charitable societies from the state by % 50 (Al-Riyadh Newspaper, 2020).

The next studies were supporting our study results. Prenatal psychology shows that stress and emotional status of women during pregnancy may have significant consequences for the status of the fetus. This new discipline advocates the need to ensure good prenatal conditions, in order to provide an optimal state for the postnatal development of the child. It is believed that tensions, anxiety, depressive episodes, financial problems, (Bjelica Artur et al,2018)

Low income associated with a greater likelihood of antepartum depressive symptoms. (Alder,2007).

Because the Kingdom of Saudi Arabia is a Muslim country, so peoples believe in the words of God Almighty, as well as the prophetic hadith about childbearing, and their care for the reconstruction of the earth they continuous get pregnancy regardless to age especially with their good socio-economic status.

As explained before in which there were no mental health changes related to age on our representative sample for the study community. The age appears as not significantly affected factor in our study and the only perceive the effect of the hormonal changes can be decreased due to the thinking pattern prevailing in the society about the interested enjoy pregnancy and childbearing which needs acceptance or tolerability which play a role in this site supported by the quality of life, prepare to good situations with the babies,

A good and simple society loves the life enjoy enough by the life details; they love many children. It encourages parents and grandparents who support their upbringing and help with their costs at times, especially their love for males, point related with the one who has more girls with less or nothing male babies the family keep on looking for the male babies so more pregnancies happened. for they are strength, pride for the family and carry its name and for parents age supporters, perpetuates the family name...etc.

As well as they were in the past, in which childhood killer infectious diseases, lack of medical care and lack of vaccinations, and a number of them die, so families have dealt with this problem by increasing the number of children. And currently not a few dies because of car accidents because of the luxury they live in, the ease to get cars and the love of adventure.

Loving a lot of pregnancy and childbearing (regardless of age) was clearly seen in the study community, May be because of Securing the family within a community and fixing the wife herself with husband and in the family for all nationality but for the any non-Saudi wife especially the Yemeni wife (phenomenon is widespread in the study community because of her proximity to Yemen and the presence of blood ties and lineage between them) is to secure the acquisition of nationality, for her being alone in a family other than her own and maybe unwanted from the surrounding Saudi individuals.

The women polygamous more than one time marriage need to secure herself again with the new husband and new family and to give a sense of that she still young and can get a baby, to enjoy the indulgence and love of her husband with pregnancy and childbearing, the man polygamy more than his wife for the same man (also, a widespread phenomenon) which producing the competition in pregnancy and childbirth or seeking to have more males in the family.

Also, found an increase in the Percentage of spinsterhood, so it takes happy in marriage and thus prides pregnancy and childbearing with the old age because no another chance. Our community are much love the children, pregnancy means more benefits for the mothers, family and society like socially respects, social supports, age support, some social events celebrations, and some valuable personal gifts to the mothers and families, etc. also, no social stigma, mother not shy if be pregnant at any age and enjoy family and social respect this side.

. One of the things that caught my attention one of the manifestations of love and wish the babies was that the father would standup in the clinic to allow his child to sit on the bench, and their fathers were completely satisfied, happy and lough accepting of his son behavior. accepted irritable behavior and responded to this little child and was happy with his excessive movement to and from the seat reserved for the companion. While in the place where I was previously working in the same work. I did not see fathers doing this behavior, if the child insists that the father takes him, he sits on his lap and is disturbed and not happy by the movement Excessive for his child.

One of the phenomena spread in the place of study was the son over the age of twenty years old attends his mother or his father's wife to the hospital to follow up on her pregnancy, or she comes with her pregnant daughter or her pregnant son's wife to follow up their pregnancies and everyone is happy and there is no an embarrassment about the mother's pregnancy. So, female can become pregnant at any age some of them pregnant with her daughter or her son's waifs even if she was grand multipara. In addition to these off the young mothers marry early and pregnant also there are more old mothers marry late and pregnant while some are too late and becomes happy and enjoy, no more stress on her mental health. And mothers, of our study has more nice thoughts and memories as mental back grounds about pregnancy so the age is not important from their side as we see in result table (2).

Researcher saw some females already menopausal either has babies or not visit obstetrician and gynecologist wants to conceive, asking for investigations and medication like induction. patient refused to accept the results of her medical investigations and moves from one medical place to another, perhaps she will find someone who gives her treatment to help her to be pregnant, ignore age or high costs, insisted follows hopeless, useless and may expose herself to invasive medical procedures.

The study community is a homogeneous and interdependent society and the family in it is the most important, and the family and society support together the individual financially and psychologically, especially if the individual is without a job while they are few because the state in the law of Saudi Arabia works to employ all Saudi groups at all levels of education and even the illiterate get a job. In addition to some social programs that support the individual and his family according to the family number, such as monthly amounts that are deposited in the account of the head of the family, which is sponsored by the state,

And there are programs offered by some banks, such as qualification ended by employment or support for small and medium projects, or backward and easy loan programs for housing or car payments, or marriage, another helpful thing is the presence of affordable housing loans and the distribution of free lands to the citizens of the state and last but not least by the presence of community charities organized and licensed under the supervision of the state, The presence of housing units for widows, orphans and people fleeing from war zones, which are complete buildings, covered by infrastructure, and close to various services..... etc.

Even the (VAT)Among the state's support for individuals with regard to our hospital, the states are the ones who pay the income tax for the citizen. Viewing was 5% and currently 15%.

Openness in the last period to women, providing employment for women, opening the door for women's driving, improved the position of women very much and eased what could have been called psychological pressure if it was from this aspect because there were previously available taxi programs such as Uber for those who did not have a private drive, or anther usual taxis. (life transportation was not much difficulty but now increase the quality of life).

That mental illness cases under treatment and spread awareness about mental illnesses, this encourages the absence of societal stigma, on the contrary, the community sympathizes with the mental patient and his family. In addition, the state will be responsible for these cases. The state provides highly qualified hospitals with qualified medical personnel, provides free diagnostic and treatment methods, and provides free treatments for all patients so it will not be affecting the financial situation of the family.

Also, it is noted the good treatment and concern for children by the state as well. The state takes the children without parents (Bastard) and houses them and employs for them high-level care according to ages, the state gives them names and identification papers, teaches them and treats them for free, gives them monthly salaries, qualifications, and the state is fully responsible for them. And whoever wants to adopt, the adoption process takes place after very complicated procedures and many conditions also, the adopter must accept it and the matter does not stop here, but rotating committees are set up on the adoptive family for this child, assessing the situation in each visit and discussion, taking or staying the child, depending on what this child finds in terms of love, care and attention from this family (something wonderful, Glory be to God). . Our study was agreed with Rasmusser and Brem as the study indicated that the greater the age, the lower the anxiety of death (Rasmusser and Brem, 1996).. Meanwhile, jubran study contradicted our study related to age, as it reported that the mother’s anxiety that she might become pregnant at the wrong age may carry concern about the risks of pregnancy as well as the surrounding criticism (Jubran, Ameera 2014).. By comparing this result with the results of previous studies regarding the mental health with pregnancy in the south of the Kingdom of Saudi Arabia related to the age& income variables, which the researcher was able to view and review, it was revealed to her that her study came with new variables different from the previous studies mentioned in the study.

Table No (4) shows the test (Kruskal Wells) To find out the differences in the educational level variable

Variable	Group Variable	Sample size	Average grade	Degree of freedom	Value (Chi)	Probability	Result
Mental health	Illiterate	16	144.16	4	1.853	.763	There are no differences in the educational level variable
	Primary	33	166.18				
	Average	46	155.45				
	Secondary	72	151.64				
	Collectors and above	133	145.05				
	Total	300					

- We note from the previous table No (4) for testing (Kruskal Wales), which the researcher used to find out the differences in the level of variable learning as no differences in the answers to the mental health respondent. Search the main axes of which the mental health level due to the variable level of education Limy primary average secondary collectors because the value of (Chi) Low. The group who was educated in all educational levels 284 female of 94.666%, the non-educated was 16 female 5.333%

This study was not consistent with our study” Pregnancy risk, gestational age, and education level are the strongest predictors of mental health in the pregnancy period. This result suggests that psychological support is needed for pregnant women with high risk and low education, especially in the third trimester, to improve their mental health”. (Rezaee R, 2014).

. Mental health with education from the researcher's point of view, education and the educational level are no longer the only and basic axis for realizing and improving mental health in the study community. Now the Internet era association with the social media and modern advanced technology, which every second develops, is spreading Science of all kinds and cultures, spread over human heads prose. Especially in our study community as it is a luxury society and they love to relax for themselves and their family members by the things that they bring for themselves, such as family trips or friends trips to land or sea, parks, malls, internal and external travel, chalets, or so-called rest houses, family gatherings, religious and social events, and at the very least they do a party to cheer someone up and be happy with him etc.) all these were sources of enjoyable education and learning in general life sides, through the each other’s. and improve the mental health in relation to the education.

. The presence of the Internet and the revelation devices with ease, the presence of great free time with the individuals all were to improve the mental health which has no relation with the education or educational level but improve because of the desire of the human then because of the ease of providing the pleasure that the soul desires, which of course comes after completing the basics or necessities of life. And the presence of an attractive environment exposed contents obligates peoples stay as long as possible follow the devices programs contents. By the internet the information reaches easy, attractive, elegant, at a suitable form for the individual, and very fast, effortless., information wide and all over the branches of science in which was include advertising of medical education, which was available for all especially the advertising material.

. Among the things that you notice their joy on Thursday, such as the beginning of the weekend vacation, so that they sing to it. and in holydays, they take comfort from the pressures of life cycles, routines and schools, and that now it is the right to have fun and relax, Consequently, education has and educational degree or level become needed for the job only. but the usual daily life education was in the internet programs make situation no difference, the levels become close to each other. So, the clear affected factor affecting mother mental health in our society was not the educational level as coming in hypothesis but may be internal physiological changes. Our study was opposite to these studies (Rezaee,2014), (Alder,2007). Low education associated with a greater likelihood of antepartum depressive symptoms. Pregnancy risk, gestational age, and education level are the strongest predictors of mental health in the pregnancy period. This result suggests that psychological support is needed for pregnant women with high risk and low education, especially in the third trimester, to improve their mental health. And (Jubran Ameera ,2014) was consistent with our study with the education variable in Bethlehem, where it found that there is no statistically significant difference in the degree of anxiety about death of the pregnant woman with respect to the education variable.

. By comparing this result with the results of previous studies regarding the mental health with pregnancy in the south of the Kingdom of Saudi Arabia related to the education variable, which the researcher was able to view and review, it was revealed to her that her study came with new variables different from the previous mentioned studies.

RECOMENDATIONS:

According to the results of the study and its discussion, the researcher recommends several recommendations as the following:

1. Relevant bodies, especially the Ministry of Public Health, Population and the World Health Organization, should take care of the mental health of pregnant mothers. Requires insertion programs in the ministries of health concerned with psychological and health education for pregnant women through seminars, lectures, and flyers to raise awareness about anxiety and psychological changes and the emotional disorders that you suffer during pregnancy.
2. There should be continuous awareness by the relevant authorities of pregnant women on the proper ways to maintain their physical and mental health. and necessity to prepare informational and educational programs by doctors in this field that are concerned with problems Pregnancy and childbirth to help many expectant mothers to raise awareness about the psychological changes that affect the mother during pregnancy and the early detection of the disease. Early detection of this type of disease, which has dire consequences for the mother, her children, all her family and society.
3. Pregnant women should periodically check during pregnancy to ensure their safety and that of the fetus, give attention to psychological and physical follow-up of pregnant mothers, and obstetricians and gynecologists and psychologists and the one who should follow the expectant mother in order to constantly respond to her concerns during pregnancy .Discussing it with the mother, especially the expectant mother, who went through a previous negative pregnancy experience, and providing the care until the baby is born.
4. The family especially husbands and society must create the right environment for expectant mothers and keep them away from everything that affects their physical and mental health.
5. The researcher recommends researching under the same study address mental health with pregnancy-related to the socio-economic and demographic variables in poor countries further studies and compare the results to benefits from the reasons for the positive results and see what are the results will be? is it will be opposite? maybe let us see. And what are the causes of differences if ever?

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