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Study on marital adjustment status and the influencing factors of pregnant women in the first trimester**Hu Lei**

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Objective: To investigate marital adjustment status of pregnant women in the first trimester and explore the influencing factors.**Methods:** A total of 1423 pregnant women in the first trimester were selected by convenient sampling in prenatal care clinics and surveyed with dyadic adjustment scale, simplified coping style questionnaire, perceived social support scale, family APGAR index and a self-designed questionnaire during December 2017 to April 2018.**Results:** The mean score for dyadic adjustment among the pregnant women in the first trimester was 120.54 ± 15.40 and 18.34% of them were observed with marital maladjustment. The logistic multivariate regression analysis showed that age, average monthly income per person, perceived social support scale, coping style and family APGAR index were the main influencing factors for marital adjustment of pregnant woman in the first trimester ($P < 0.05$).**Conclusion:** Marriage maladjustment may happen in some pregnant women in the first trimester, which should be paid attention to by medical staff. We should strengthen the social support, positive coping styles and family function, and take effective measures to improve the marital adjustment status.**Biography**

Hu Lei has obtained her Bachelor's degree in Nursing from Sichuan University, China in 2018. She is currently pursuing Master's degree at Sichuan University. Her research is focused on the gynecology and obstetrics nursing.

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