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AN EMPIRICAL STUDY ON STRESS MANAGEMENT DURING PREGNANCY: A CASE STUDY ON SELECTED CITY IN ODISHA

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Every woman's life undergoes with the changes prospective; with the event of course of pregnancy. During the course of pregnancy the woman undergoes the time of psychological and biological changes. The woman experiences a new social role of being a mother for the first time of her life period. Another optimistic view regarding pregnancy is that, this period provides especially a wonderful feeling of happiness with the gaining of psychological strength or power. Some psychologists also view pregnancy as a woman's relatively normal and positive developmental experiences every day during the whole course. Pregnancy has some important short term and long term implications of the health of the woman and her well-being and social roles. In this context, this study will really explore the stress of pregnant women during those days and also give adequate solution overcome the problems with keep in mind the present context. In this study, author used structural equation model to find out the real influencing factors for stress of pregnant women's in selected city in Odisha.