



Original article

Investigating the relationship between personality types and resilience in pregnant women. A cross-sectional study

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A B S T R A C T

Background: Childbirth is considered a critical experience in a woman's life when she needs mental adaptation and reorganization of relationships. Factors such as personality and self-perception can help facing and solving crises. This study aimed to investigate the relationship between personality types and stress resilience among pregnant women.

Methods: This was a cross-sectional study on 210 multiparous and nulliparous pregnant women who were 32–37 weeks pregnant and referred to Shiraz medical hospitals for delivery selected via convenience sampling. Data collection tools were personal and midwifery information questionnaires and the Goldberg personality and visual pain assessment scale that were completed through interviews. Data analysis was performed by SPSS software using descriptive tests to describe the data and the Pearson correlation test to analyze the data.

Results: The highest personality type was conscientiousness (48.1%) and the lowest was extraversion (2.4%). Maternal resilience had a significant positive relationship with extraversion ($p = .001$) and conscientiousness ($p = .001$). There was no significant relationship between the 2 variables of neuroticism and maternal resilience ($p = .12$). There was a significant positive relationship between the 2 variables of openness to experience and maternal resilience ($p = .005$).

Conclusion: Women's healthcare providers can help to mitigate the negative effects of psychological distress, and psychologically empower this vulnerable group by considering the resilience and personality type of pregnant women during prenatal care.

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Investigando la relación entre los tipos de personalidad y la resiliencia en mujeres embarazadas, un estudio transversal

R E S U M E N

Palabras clave:

Embarazo

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Tipo de personalidad

Mujeres

Antecedentes: El parto se considera una experiencia crítica en la vida de una mujer cuando necesita adaptación mental y reorganización de las relaciones. Factores como la personalidad y la autopercepción pueden ayudar a afrontar y resolver las crisis. Este estudio tuvo como objetivo investigar la relación entre los tipos de personalidad y la resiliencia al estrés entre mujeres embarazadas.

Materiales y métodos: Este fue un estudio transversal en 210 mujeres embarazadas multíparas y nulíparas que tenían entre 32 y 37 semanas de embarazo y remitidas a hospitales médicos de Shiraz para el parto, seleccionadas mediante muestreo por conveniencia. Las herramientas de recolección de datos fueron cuestionarios de información personal y de partería y la escala de evaluación visual del dolor y la personalidad de Goldberg que se completaron mediante entrevistas. El análisis de los datos se realizó mediante el software SPSS utilizando pruebas descriptivas para describir los datos y la prueba de correlación de Pearson para analizar los datos.

Resultados: El tipo de personalidad más alto fue la escrupulosidad (48,1%) y el más bajo la extraversión (2,4%). La resiliencia materna tuvo una relación positiva significativa con la extraversión ($p = 0,001$) y la escrupulosidad ($p = 0,001$). No hubo relación significativa entre las dos variables de neuroticismo y resiliencia materna.

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Declaration of competing interest

There are no conflicts of interest to be declared.

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