

## From Conception To Connection: Phenomenological Inquiry On Spiritual Health During Pregnancy And Early Motherhood

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### ABSTRACT

Pregnancy is paramount phase in women's life as her life face transformation physically, emotionally, psychologically and socially that determines her overall wellbeing and actions as an expectant mother towards the growth of the child in womb as both are connected to one another consciously. Spiritual health is the capacity to connect with oneself by taking the practical steps in direction of self-care, nurturance, actualizing the purpose by taking responsibility of the lifestyle and mindset. Spiritual Health in the phase is essential to be reviewed as it would provide the dimensions that are essential for personal growth and development by balancing the physical, psychological and social aspects of the journey. The present analysis provides the interpretative phenomenological analysis on understanding in terms of maternal-fetal attachment that helps mother and child to connect with one another by providing the sense of responsibility towards the budding life within. Spirituality and faith have a significant impact on how one develops a relationship with oneself, improving one's sense of self-worth, confidence, and capacity to respond positively to both internal and external challenges. Understanding of personal dimensions by the pregnant women makes her sensible towards her decisions for the fetal health and her subjective wellness. For the purpose of the research secondary data analysis, Semi-structured interview with pregnant woman and with a new born mother have been incorporated to understand the nuances of spiritual health in depth. Through the qualitative analysis it has been found that the women's focus on her spiritual health enhances her quality of life and personal efficiency.

**Keywords:** Foetus, Health, Spiritual, Pregnancy, Women

### 1. INTRODUCTION

Spiritual health has been conceptualized as a fundamental component of human wellbeing. WHO incorporated it in the health definition because of its significance in influencing other components. Value based orientations in this context are satisfaction with one's life and the felt experience that leads to happiness. In 1946, the comprehensive definition of WHO was that health is the harmony between physical, psychological, social wellbeing and the absence of disease. According to Hawks (1994), spiritual health is an optimal level of faith, hope and commitment that nurture the individual in providing the meaning of life and significance of self integration with the dimension beyond self. In 1998, WHO modified its definition as "Health is a dynamic state of complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity" because the 4th dimension of health has its significance in life of an individual. Moreover, Dhar (2011) from national institute of health and family welfare, projected it as the ability to move towards the realization of inner potential, meaning and purpose of life which enhances the happiness in the existential realm because it includes the management strategies to effectively deal with the situations, illness or personal experiences that makes the degree of spiritual health distinctive from the another (Steinman,2011). It is living purposeful life with the actualization of different capacities and dimensions as a human, creates a balance between physical, psychological and social aspects of life. It is sense of fulfillment with own life, and emphasizes on the responsibility, contribution towards the common good in managing problems of everyday life (Ghaderi et.al., 2018). It helps in reflecting on the nuances that what the person is and what makes the foundation of human wellbeing as human life is grounded in the intertwined relationships with the god, other and the inner beingness of self.

Therefore, the importance of spiritual health is immense for the pregnant woman as pregnancy is the life transformational phase that brings in the end result of the patience and care one has towards the menstrual cycle that she experiences in her growing years before conception. Additionally, it is the change from womanhood to motherhood that has more responsibilities and investment from her. During Pregnancy after fertilization unborn offspring of the mammal is embryo that develops into foetus (Shaffer & Kipp, 2013). This investment on the progeny is significant in enhancing the quality of connectedness of the mother and child. The connection helps in maintaining the overall wellbeing of the mother by following

health promotional behaviors towards self and child. As per the readings the life with meaning, transcendence, and actualization on self qualities and capacities helps in spiritual wellness allowing the balance between the physical, psychological, and social facets that is essential for the pregnant women.

## 2. REVIEW OF RELATED LITERATURE

Pregnancy is neither an illness nor a normal physical state for a woman because it has a special significance in her life. The gestation period is very crucial for her and changes her life trajectory for the readiness to be a mother (Modh, Lundgren & Bergom, 2011). The gestation has been divided into three main stages fetal, embryonic and germinal as each stage is essential demands from the pregnant lady because probability of miscarriage is immense during first trimester (Lou. et. al., 2017). Researchers have significantly emphasized on the significance of investing time for information gathering to attend to bodily needs and become more resilient for the challenges. Broussard (1999), found that the child in the womb and the mother are connected to one another and the relationship strengthens with each trimester that promotes the healthy lifestyle changes among the women for the growth of child and her own wellbeing. There are various internal variables that influences the mother and her child towards one another (Bowbly, 1960).

Attachment behaviour develops gradually by enhancing the appropriate prenatal care, nutritional intake and knowledge of the foetal growth among the expectant mothers (Pillitteri, 2010). The connectedness of both mother and child elevated the holistic development of both (Atashi et.al, 2018). Prenatal attachment encourages families also to develop healthy habits and prepares the couple towards parenthood (Bradon et. al, 2009).

There are times when a mother can experience anxiety due to the physical, emotional challenges reaping in her life during the phase as the fears ignites because she takes every challenge as a harm for the child (Gobel et.al., 2018). The phase brings in the complexity in woman's life and affects her psychological and social functioning that can be related to her physical appearance, femininity, affections and sexuality Bjelica (2018). The mother's psychological dysfunction can impact how the baby develops. To avoid this crucial intervention in terms of psychotherapy, family support, emotional connection with a partner and a sense of responsibility with belongingness can be helpful in the proper functioning of the mother and child during the phase (Bjelica & Stanulovic, 2004). Therefore, the relevance of attachment is essential as it fosters joy, brings happiness by regular check on self and the child by understanding bodily cues and signals (Suryaninsih, Gau & Wantonoro, 2020).

It has been majorly found through research that the pregnancy related physical and hormonal changes are beneficial for both the mother and child over the long-term adjustments, readiness for motherhood and responsibility towards the womb. Positive counselling can be used a plan for prenatal care to deteriorate the negative impact of pregnancy on her physical self (Abbasi et.al, 2022). With positive lifestyle for the healthy identity formation to lower the stress of pregnancy and improving one's behaviour in continuous manner (Morris, 2020). The significance healthy eating, exercises is immense for reducing the rate of caesarean and preventing postpartum symptoms in the mother (Meander et. al, 2021). For the wellness role of midwives and immediate caregivers with lifestyle is important for motivating the expectant mother for the healthy habits by properly strengthening her abdominal and pelvic muscles with breathing exercises for the enhancement of flexibility (Bahadoran & Mohamadinzi, 2014; Naution & Darmawati, 2020). Prenatal yoga can provide the beneficial results for the pregnant mother by increasing the vaginal strength and caliber to handle normal delivery (Corrigan, 2020).

The impact of physical health start impacting the mental health of the women as well because the prevalence of hypertensive diseases is a risk factor for preterm birth (Spieglar, stitchtenoth & weicher, 2013). Blood pressure levels of the mother can also impact the overall physical and mental health (Falcao et.al, 2016). COVID-10 pandemic has increased the prevalence of anxiety and stress among the women and the fear of uncertainties existed (Nodoushan et.al, 2020). The rate of mental distress was comparatively less before the pandemic Farell et.al (2020). The need of online and offline support is crucial for enhancing the spiritual wellbeing of the mother (Hoseinnezhad et.al, 2021). Durmus, Ozturk et, al (2022) found that the pregnant women's spiritual wellbeing as a negative association with anxiety and depression. For the intervention purposes Nasution & Darmawati (2020) emphasized on the value of physical activity for overall subjective wellness of the pregnant mother. Health promotional prenatal activities can become a valuable source in lowering the anxiety (Polan et al., 2021) and mindfulness programmes can have a favorable impact on promoting health throughout pregnancy and postpartum period.

The quality of life based in the reports are dependent on the planned pregnancies as the readiness is more during that time than the unplanned ones (Kazamin, Dadkhah & Torabi, 2022). Even if the pregnancy is unplanned regular physical activity can increase the cellular activity and metabolism that can favourably improvise the quality of life (Bahadoran & Mohamdiri (2014). It is crucial to work on the welfare related variables to increase the quality of life by engagement in the social work that can be done during pregnancy (Krzepota, Sadowska, Biemat, 2018). Therefore by working on the guidance, support, protection, blessings or rewards with the communication with god, strength and confidence, assistance with challenging moral decisions and generalized positive effect can improvise the meaning of faith and spiritual connection during the phase of pregnancy (Jesse, Schoneboom & Blanchard, 2007). The utilization of the religious rituals and beliefs can also be the effective coping mechanism for the self-transformation (Callister & Khalaf, 2010). Boosting the spiritual realm in pregnancy can bring mother and child closer and help in developing the attachment behaviour (Zahrani et.al., 2020).

Wojjitar et.al (2018) highlighted that spending time with partner, pursuing the interests and mindfully engaging in the daily tasks can be helpful in positive psychological wellbeing and psychosocial adjustment that can increase spiritual intelligence with time. Yoga can become a strategic plan for enhancing the spirituality in the mind of pregnant women (Csala, springimsfeld & Kotele, 2021). Finally, the faith, hope, compassion and pursuit to wisdom can be helpful for the expectant mother in developing her inner strength and spiritually bring in the spiritual wellness with life satisfaction through educating herself during the gestation period through books, audios and visual knowledge (Nagima et.al (2019).

### 3. RATIONALE OF THE STUDY

“The World was a conception and a birth of a spirit in matter into living forms, and nature bore the immortal in her womb, that she might climb through him to eternal life.” (Sri Aurobindo, 1995). In the present times, conception has become a challenge for many couples due to health behaviors and other external factors related to lifestyle. When the process is successful it has its own consequences on the overall health of the mother and it impacts father as well. Pregnancy has its own requirements from the couples as the developing foetus brings new changes in terms of physical, psychological, emotional, social. The phase influences the overall wellbeing of the expectant mother. Spiritual component of health is important in determining the overall wellbeing of an individual. It leads to self-awareness, knowledge and esteem development, which can be fruitful for a pregnant woman to grow herself more by taking responsibility of self, her potentials, management of self and constructively working to regulate her emotions, feelings, desires for herself and the life she nurtures in her womb. The experiences of the pregnant mothers will be helpful for future mothers to be in aspects of spiritual health and can be a root to develop a health promotional plan for making pregnancy a holistic journey for a mother and her child.

Pregnancy is the very significant phase in the life of a lady as it the face of newness with the challenges in the physical, emotional front of hers. The phase prepares her towards the motherhood. It has been understood that the mother and the child have been united consciously with one another and the mythology of Abhimanyu’s learning about the war art in his mother’s womb highlighted the aspect of connectedness of one another more than the physical aspect. In the present times, due to various environments issues or personal commitment the time devoted towards self is less even during the phase of pregnancy. The pregnancy prepares the life for the forever journey and strength, power, resiliency in the mother plays a very significant role in developing the child mindfully in a well-developed being with proper mental development. Spiritual health has relevance in the phase as it develops the self-understanding and makes the mother understand her own worth by focusing on the positive behavioral patterns for supporting self for enhanced wellbeing. The experiences during pregnancy and post pregnancy can provide the significant insight on how the spiritual health is influenced in the life of the pregnant women and what can be the factors which is impact the overall subjective wellbeing and quality of life among the pregnant women.

I wanted to learn more about the nuances for proper understanding of the review with experiential understanding of the phase that can be helpful in developing the future directions towards the endeavor of understanding the phase makes one feel wider and weirder in physical, social, emotional aspects of the life as an expectant mother. pregnant women distress, body image issue, anxiety, fear, depression, mood swings and her bodily changes in clinical perspectives. Few provided insights on the nature of quality of life, physical exercises importance but the data related to spiritual health is lacking, which is an important component in influencing the overall subjective wellness of an individual. Pregnancy is a phase, which requires care, nurturance and need of positive subjective wellbeing that can be possible by understanding the spiritual health component in her experiential journey through connectedness with the life within, her growing foetus because it is connected to her physically, psychologically. Attachment develops from the phase of knowledge about one’s own pregnancy, it is a life changing stage for the expectant parents. The gap of the research that are existing can be fulfilled by the endeavor to explore the spiritual dimension of the health.

This will provide the insight into her own self positionality, her deep feelings in connection to her association with the developing foetus in prenatal stage that is not taken into consideration by the researchers. What a pregnant mother thinks, her feelings, her desires, future goals for self and family are important areas to be explored as unprecitbility like the pandemic situation arrived and other challenges also exists. Therefore, understanding the relevance of this health component especially during the pregnancy phase is important to be researched.

### 4. METHOD

#### Participants

For the purpose a Pregnant woman in her third trimester and a new born Infant’s mother living in Mohali, Punjab region.

#### Data Collection

Secondary data analysis for the review and semi structured interviews of the participants.

#### Data Analysis

Review has been analyzed under various themes systematically and for the semi structured interview thematic analysis has been done for interpretative phenomenological analysis.

## Research process

For the purpose review of literature has been done to get clarity of the topic, major themes have been arrived through the content analysis. After which for more understanding semi-structured interviews have been taken for understanding the perspective as a pregnant woman and a new born mother, who has move ahead of the pregnancy phase and has experience related to it. Transcription of the interview was done and codes were arrived that were converted into themes for the interpretative phenomenological analysis.

## 5. RESULTS AND ANALYSIS

**Table 1. Major themes through review analysis**

Major Theme	Meaning	Review
Spiritual influence in pregnancy	The faith development in the phase of pregnancy and its relevance in developing the health promotional behaviors with self-reflection on care, nurturance and positive effect.	<p>The understanding of higher power can significantly impact the relationship with oneself with sense of belonging of self-worth, confidence and the capacity to deal with the internal and external challenges as this can lower the harmful effect of preterm birth or other foetal challenges woman faces (Dhar, Chaturvedi &amp; Nandan, 2011)</p> <p>As per Abdollahpour and Khosravi (2017) Work, spiritual intelligence can be a helpful factor in managing the mental status of the mother as it boosts happiness and lowers the anxiety that can increase the likelihood of vaginal births than caesarean sections.</p> <p>Specific samskaras are instilled by the expectant mother through her relationship with her progeny through storytelling, dialogue and it helps in enhancing the growth in lifelong advancement (Baldha, 2019)</p> <p>Monfaredkashki, Maleki &amp; Amini (2020), spiritual counselling and prenatal education are the essential tools in taking pregnancy positively.</p>
Maternal-Fetal attachment during pregnancy	The connection through the attachment with the growing progeny in the womb. How it improvises or impacts the overall health of the mother? And its role in developing the mindset for the readiness for the upcoming responsibilities.	<p>Broussard (1999), book review of Joan Awirsky's Gift of life identified that a relationship of a mother with her child growing in her womb shapes her as a person as the connection develops throughout the trimesters.</p> <p>Prenatal attachment encourages families to atart following the healthy habits and prepares the parents for their role (Bradon et.al., 2009)</p> <p>Attachment behaviors improves the health of mother and the unborn child that can result in the contentment with the outcome of pregnancy as prenatal care, nutrition conditions and awareness about the foetal growth enhances it (Pillitteri, 2010).</p> <p>As per analysis the relevance if attachment exists as it brings in the sense of joy, happiness by paying close attention to development through physical cues and signals as it strengthens the mother's instincts of protection</p>

		(Suryaninsih, Gau & Wantonoro, 2020).
Pregnancy impact on subjective wellness	Understanding the aspects that affects the subjective wellness of a women during pregnancy and the factors which can be beneficial in enhancing it.	<p>Negative psychological states, irritability, sleep issues, body image issues, changes in sexual intercourse, anxiety affects the gestation period and lowers the wellbeing of an expectant mother (Kazemi, Nahidi &amp; Kariman, 2017).</p> <p>Morris (2020) emphasized that working on one's own health identity to improve behaviour in continuous manner can be the lifestyle decision for improving personal and foetal health for rest of the life.</p> <p>Couple connectedness can be the pillar of strength in developing subjective wellbeing and reducing the chances of depression (Jesse and Swanson, 2007).</p>
Quality of life during pregnancy	Influential factors in enhancing and deteriorating the quality of life during pregnancy.	<p>Negative religious or spiritual coping is linked to higher anxiety and stress among pregnant ladies that worsen the quality of life (Piccinin et.al, 2021)</p> <p>Lagade et.al, (2018) systematically reviewed that the physical, psychological, social factors like domestic violence, alcohol abuse, metabolism, sleep patterns, complications, unplanned pregnancy can impact the life of pregnant women.</p> <p>Physical ctivity can be helpful for the pregnant women in giving cells the energy by speeding up the metabolism as it raises the quality of life among pregnant women (Mohamadiri, 2014)</p> <p>As per Kazemi, Nahidi &amp; Kariman (2017) prenatal care with additionally addressing the aspects of maternal health can be helpful in planning for the pregnancy that can increase the satisfaction levels among women.</p>

Table 2. Spiritual Health Influencers during Pregnancy

Identified Theme	Meaning of the Identified theme	Narrative example
Biological mother as an agency of motivation	Role of pregnant woman's mother in bringing in the readiness and mindset for the phase	<p>"Maine apni maa ki ahmiyat samajhi khud grabhdaran karke, kitna saha hoga unhone hamare liye".</p> <p>"Mujhe kai baar rona aata hai ki maa kitna kuch sacrifice karti thi hamare liye aur hum hamesa ignore ya unki sunte nhi the".</p> <p>"Kai baar maa ki baat zyada manti hu mein doctor ki kam".</p>

Felt experience of the fetus movements	The physical bodily growth and the connectedness that the woman faces with her fetus	<p>“Jab yeh bacha laat marta hai na bahut Khushi hoti hai”</p> <p>“Mein feel karti hu ki who kya chahta hai aab aur ussi hisab se khud ko kam par lagati hu”</p>
Prenatal education Significance	Knowledge seeking from external sources that ignites the understanding of one’s own potential as an expectant mother.	<p>“Khud naya gyaan leke bahut kuch sikhne ko milta hai ki kya karna hai kya nhi, kyun karna hai kyun nhi”</p> <p>“Yoga ki wajah se maine bahut jana jisne aaj tak ka pregnancy satisfactory banaya”.</p>
Planning and Acceptance with partner	The personal association of the couple towards parenthood and desires related to the child.	<p>“hum dono toh bahut dream karte hai kya, kaise karna hai sab bache ke liye, aab bacha jo aane wala hai wohi hamari duniya ban gaya hai”</p> <p>“mujhe acha lagta hai ki mere andar itni himmat hai ki mein sab dard sahan kar pa rhi hu kyunki mera pati saath hai mere”.</p>
Support of family members	Understanding of the transformational phase by the members physically, emotionally to comfort the mother during the transformational phase.	<p>“Meri saas bahut dyaan rakhti hai mera, mujhe samajh aaya ki unki bhi kya ahimiyat hai mere pati ki life mein”</p> <p>“ghar par sab shi hai aur bahut acha hai kyunki mein apni Naukri bhi suru karlungi after the birth”</p>

Table 3. Spiritual Health Influencers during new born motherhood

Identified Theme from codes	Meaning of the Identified theme	Narrative example
Embrace of the child’s body	Holding the child in one’s own hands and feeling the presence outside the womb.	<p>“Most of the time she is in my hands, kabhi bhi mein hug kar sakti hu isse mann shant ho jata hai phir”.</p> <p>“Yeh jab haatho mein hoti hai toh bas yehi sochti hu kanak ki maine isse apne andar rakha aur aaj yeh itna bada ho gaya”</p>
Satisfaction received while breastfeeding	Breastfeeding brings in joy as the power to grow a progeny is dependent on her only than anyone else.	<p>“Dudh pilate waqt toh, can’t express myself but that feeling is out of the oworld. Ki mere andar hi sab kuch isse bda karne ke liye”</p> <p>“Jab roti hai na yeh toh dudh</p>



		pilate waqt khud ka dyaan rakhne par aur zor deti hu taki yeh hamesa healthy rahe”
Actions of an infant	The movements, expressions of the child are precious and are captured every time possible.	<p>“Bhai sahab jab yeh aakhe kholti hai na kya hi batau</p> <p>aisa lagta hai bas aisi hi rahe yeh hamesa mein work from home hi karlungi”.</p> <p>“iski harkate dekhkar lagta hai ki suru se hi iski self care par dyaan du maine bahut ki hai apni aab jake khud par dyaan dene lgi hu”.</p>
Being a mother	Feeling the courage that self had in handling the child in womb and then becoming a significant one in their life.	<p>“It is really very much precious; she is my everything now. Mere saare goals iske around revolve karte hai aab bas”.</p> <p>“Bahut saari responsibilities aayi hai mere upar par ghar pe sab help karte hai toh stress kam aur satisfaction zyada hoti hai”.</p> <p>“Meri maa meri hero hai aab aur mein iski hamesa ke liye rehna chahti hu”</p>

## 6. DISCUSSION

The objective of the present study was to understand the spiritual health of pregnant women through literature data analysis and semi structured interviews with a pregnant woman and a new born mother. For the purpose review analysis and thematic analysis has been done to understand the topic. Through the review analysis major themes that arrived were spiritual influence in pregnancy, maternal fetal attachment in pregnancy, pregnancy impact on subjective wellness and quality of life during pregnancy. For a pregnant woman, the development of faith through spiritual intelligence helps her in taking welfare decisions for herself as she starts understanding her own worth and begin consciously connecting with the child. Then this connectedness enhances with maternal fetal bond as she begins taking responsibility of her actions towards the health aspect for proper development of the foetus. Additionally, the subjective wellbeing of the mother is dependent on various internal and external factors which impact the phase of pregnancy in positive or negative direction. Psychological health and psychosocial adjustment also enhance through spiritual enhancement with mindfulness-based actions (Wojujutari et.al. 2018).

### Spiritual health influencers during pregnancy

Mother as the agency of motivation, felt experience of the foetus movements, prenatal education significance, planning and acceptance with partner and support of family members are the themes that arrived through coding of the transcript. Couples who get pregnant have to deal with changes and obligations that affect both parents, not just the woman. The connection of couple with one another during the phase plays an important role in increasing the social support and this bring in sense of obligation among the partners with readiness towards parenthood by helping in the psychological wellness (Jesse & Swanson, 2007).

The mother becomes the agency of motivation as the empathic behavior starts developing towards the mother for better understanding the personal experience and reflecting on the challenges that one's own mother or husband mother must have faced in creating them and nurturing them in the womb. That's the reason why they feel more connected and listen to the words of the mother as more important than anything else. Then the nature of books and content she understands can be helpful in developing the positive mindset for the fruitful gestation period for both mother & child. As spiritual wellness with life satisfaction through educating herself during the gestation period through books, audios and visual knowledge. Nagima et.al (2019).

### **Spiritual health influencers in new born motherhood.**

Embrace of the child's body, satisfaction received while breastfeeding, actions of an infant and being a mother as themes that arrived through coding of the transcript. The mother and child connectedness come in the physical form after delivery as they can feel and touch one another. The emotions of love develops and both become the agency of dependence for one another during the phase. Additionally, the action, and becoming a mother become more cherishing as she enjoys her essence as a mother after long investment in pregnancy phase through patience and self-improvisation towards the responsibilities. Spiritual health becomes the essential dimension that can bring in positive influence and consequences at any phase of life (Gaur & Sharma, 2014). Also, personal, social, environmental and transcendental dimensions help in connecting the mother with the other that is her child and helps in the self-evolution, actualization (Gomez & Fisher, 2003).

The attentiveness nature of the mother is essential as it enhances the ideal emotional responses towards the situations and individuals by regulation of breath, calming the nervous, valuing positive thoughts, learning from the experiences of others, awareness of wakefulness and dream experiences can be the major strategies for preparing the mind for the worthy phase and its result can be cherished in the lifelong journey by the woman (Mahadevan, 2019).

For women, being pregnant is a period of life change because it involves the development of their unborn child and bringing them into the world. As her foetus may be affected, her obligations to maintain her general well-being increase. She needs a lot of courage to complete tasks at home or at work with the same results as before. The pregnancy experience of a woman may vary depending on her personal characteristics, her social environment, and other factors, but the overall phase has significance that is the same for all pregnant women. Research on her self-potential, belief, spiritual connection, and faith development was less studied than research on the physical and mental influences of the phase on her life. According to Modh, Lundgren, and Bergbom (2011)'s data analysis of pregnant women's experiences, it has been discovered that being pregnant makes a woman more open to relationships, helps her understand and take control of her emotional state, and makes her consider the future with her child. These findings emphasize the need to investigate the pregnancies of Indian women in order to understand the dimensions of self-positionality, self-belief, belief in a higher power, and perceptions of connection to the foetus, environment, and family.

Clinical perspectives on existing health focused on the physical and psychological struggles experienced by pregnant women, including their distress, body image issues, anxiety, fear, sadness, mood swings, and physical changes. Few people offered their opinions on the nature of quality of life and the significance of physical activity, but there is a paucity of information on spiritual health, which plays a significant role in determining an individual's overall subjective well-being. Pregnancy is a stage that calls for special attention, nourishment, and a need for positive subjective wellbeing. This can be achieved by understanding the spiritual health component in her experiential journey through connectedness with the life within, her growing foetus, because it is connected to her physically and psychologically. When one first learns about their own pregnancy, which is a stage that drastically alters the pregnant parents' lives, attachment begins to grow. The effort to investigate the spiritual aspect of health can fill a research gap that currently exists. Today, many couples find it difficult to get pregnant because of unhealthy habits and other outside issues related to lifestyle. When the process from conception till delivery is unsuccessful, the mother's general health and the father's mental health are both impacted. Couples must meet specific needs throughout pregnancy because the growing foetus causes new physical, psychological, emotional, and social changes. The phase has an impact on the expectant mother's general health.

### **7. LIMITATIONS AND DIRECTIONS FOR FUTURE RESEARCH**

The present study was limited to a small sample for the understanding, increase in sample size can be helpful in receiving more useful information to enhance elaborative explanation to the nuances. The sample was belonging from the well settled background with all requisite support system. Comparative study on low income and high-income families can be useful in getting more clarity on ground reality and will provide insights on working for the improvisation of the condition.

### **8. CONCLUSION**

It is concluded that the spiritual health of the pregnant women is dependent on the attachment with her progeny and health promotional behaviors are incorporated in personal life through a sense of responsibility and self-care importance by understanding the connectedness of the mother and child for positive outcomes. It has been found that the social support and the partners acceptance helps the women in successfully taking the pregnancy forward and mindfully be there with the child after birth. Spiritual health can be crucial aspect for the personal efficiency, subjective wellbeing and enhancing the quality of life during the pregnancy phase as it makes the self-awareness more prominent by developing sense of courage and faith in self for the welfare of an offspring. The spiritual aspect of health has a significant role in defining an individual's general welfare. It promotes the growth of self-awareness, knowledge, and self-esteem, which can help a pregnant woman develop herself further by accepting responsibility for herself, her potentials, managing herself, and actively working to control her emotions, feelings, and desires for both herself and the unborn child she is nurturing. The experiences of the expectant moms will be beneficial to future expectant mothers in terms of spiritual health, and they can serve as a foundation for creating a health promotion strategy that will make pregnancy a holistic experience for both the mother and her child.



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