

THE IMPORTANCE OF SELF-ESTEEM DURING PREGNANCY FOR THE MENTAL HEALTH OF PREGNANT WOMEN

*Giovana Rodrigues de Souza Proença
Gomes*

Sthefany Mikaely Procopio Barbosa

Nicole Marciano da Silva

Bianca Cândido de Souza

Katiussia Pinho da Silva

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Abstract: Pregnancy is a phase of both psychological and physical changes, which impact pregnant women's self-image. The objective is to demonstrate the influence of self-esteem on the mental health of pregnant women. Publications indexed in several research bases were used. Data shows that low self-esteem during pregnancy increases the risk of depression during and after childbirth. Therefore, promoting self-esteem during pregnancy is of crucial importance for women's mental health.

Keywords: Self-esteem; Gestation; Mental health.

INTRODUCTION

Pregnancy is marked by dramatic physiological and psychological changes in a woman's body and, therefore, triggers changes in the perception of how this pregnant woman sees herself and, consequently, how she deals with her pregnancy (ALVES; BEZERRA; 2020).

Self-esteem is a subjective analysis of how the individual behaves, and its reduction during pregnancy and its role as a risk factor for depression during and postpartum has been demonstrated (ARRAIS, A. R. 2005). It is important to highlight that depression is harmful to building maternal bonds and promoting self-care. (NONACS; COHEN; 2002). Therefore, as a way of protecting women's health, actions are necessary to guarantee and encourage the beauty of the pregnant body. In this sense, this review aims to demonstrate the importance of self-esteem during pregnancy as a way of guaranteeing mental health.

MATERIAL AND METHODS

This bibliographic review was carried out based on cataloged books, scientific articles and studies published and indexed on the following digital platforms Scientific Library Online (SciELO), Pubmed, Periodical Capes and Cochrane.

RESULTS AND DISCUSSION

To paraphrase Oscar Wild, "loving yourself is the beginning of a lifelong romance". Self-esteem is the subjective evaluation that an individual makes of themselves, which can manifest itself as attitudes of approval or repulsion, based on personal value judgments. and may or may not change depending on internal and/or external factors (ROSENBERG, 1965). Pregnancy is a period of great transformation for women, in which numerous internal changes occur – contradictory feelings, doubts, anxiety, emotional lability, and external – weight gain, stretch marks, spots, breast enlargement (BRASIL, 2016), therefore, pregnancy has great potential to change women's self-esteem.

A study carried out with 352 pregnant women between 21 and 30 years old treated in the public health network of Rio Branco, capital of Acre, evaluated the self-esteem of these women using the Rosenberg scale, data demonstrate that the lowest self-esteem scores were observed at younger ages, low education, lack of occupation, weight gain greater than 15 kilos, previous pregnancies, current unwanted pregnancy, alcoholics and smokers (SANTOS, et al; 2015). The literature points out that low self-esteem is associated with greater risks for depression during and after pregnancy and a decrease in self-care (HUDSON, et al; 2000).

Portrait photography, when used in favor of women, has the power to change the negative perception they have of themselves and their own appearances and if operated appropriately and professionally, photography

enhances the beauty of any person, directly influencing in your self-love (BATISTA, 2016). Therefore, promoting self-love through photo shoots during pregnancy can be a very valuable action and must be analysed.

CONCLUSION

Based on what was mentioned, self-esteem has an intrinsic relationship with well-being and because of this, its promotion directly affects the mental health of pregnant women.

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