

# A Study on Miscarriage Problem During Pregnancy

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## Abstract

Miscarriage is a very sad event. Along with the grief of losing your baby, you may also be feeling feelings of guilt or anger. Also physically it will be very painful and difficult for you to bear it.

If we understand abortion, then it can help in overcoming it.

*What is abortion?*

The death of a baby before 24 weeks of pregnancy is called a miscarriage. Sometimes it is also called spontaneous abortion.

The termination of the foetus or pregnancy in the womb is called 'abortion' and this action is more painful for a mother mentally and physically. Doctors use drugs and surgery to perform an abortion. A miscarriage can happen even if the unborn baby dies spontaneously or naturally, which is called 'miscarriage' in common language.

**Key words-** Pregnancy, Abortion, Miscarriage, Emotion, Female

## Introduction

Unfortunately, miscarriage can happen at any stage of pregnancy:

**Early miscarriage:** If the baby dies in the first 12 weeks of pregnancy, it is called an early miscarriage.

**Late miscarriage:** If the foetus dies after 12 weeks of pregnancy, it is called a late miscarriage.

**Missed miscarriage:** Sometimes, the embryo starts developing after conception, but something goes wrong and its development stops. This is called a missed miscarriage or silent miscarriage. It's called a missed miscarriage because we won't even know something went wrong. We may only find out during the first ultrasound scan.

**Recurrent miscarriage:** If there have been three or more miscarriages in a row, then doctors call it a recurrent miscarriage in English.

*What are the symptoms of having a miscarriage?*

The first signs of miscarriage we'll recognize will probably be bleeding and cramping and pain similar to our period. If we are having a miscarriage in the early stages of pregnancy, the bleeding may be light or heavy and may also contain blood clots. They may come and go for a few days. Many pregnant women have light spots of blood at the beginning of pregnancy, which does not necessarily mean a miscarriage at the end. This type of bleeding is mild and does not last more than three days and usually does not cause pain. If we have spots of blood or heavy bleeding accompanied by pain, our chances of continuing the pregnancy are slim.<sup>2</sup>

Vaginal bleeding, spotting or pain early in pregnancy can be signs of an ectopic pregnancy or a molar pregnancy. That's why it's important to always talk to a doctor whenever we have blood spots or bleeding. Sometimes, a miscarriage happens and we don't feel any symptoms. We learn about this during our routine pregnancy scan. This happens in case of missed miscarriage.

Our doctor will tell us that we have had a miscarriage if the scan shows an empty sac and does not show the presence of a foetus (blighted ovum), the foetus has stopped developing, or there is no heartbeat. Keep in mind that our baby's heart starts beating at six weeks of pregnancy, so if we get a scan before or during the sixth week, we may not see a heartbeat.

A miscarriage in the later stages of pregnancy is usually more painful than an early miscarriage. Our water bag will burst (we may or may not know it), we will bleed a lot and have painful contractions. We may also need to take painkillers. However, it is not necessary for everyone to be in so much pain. With a miscarriage due to a weak cervix, we may not feel pain.<sup>3</sup>

Miscarriages occasionally happen to women who are perfectly healthy and so nothing can be done to prevent it. This is especially the case in early pregnancy abortions. Miscarriage can happen to any pregnant woman, but there are some factors that make it more likely, such as:

### ***Age***

Older women are more likely to conceive a baby with chromosomal abnormalities and are also more likely to miscarry as a result. In fact, women in their 40s or older are twice as likely to miscarry as women in their 20s. Our risk of miscarriage increases with each pregnancy. Our husband's age also has an effect on this. The chances of miscarriage are highest if the woman is over 35 years old and the man is over 40 years old.<sup>5</sup>

### ***Health***

Certain health conditions increase the chances of miscarriage, especially if they are not being treated properly. We will need proper medical care in the following circumstances:

- We are overweight
- We have diabetes
- We have high blood pressure
- We have celiac disease
- We have lupus
- We have kidney problems
- We have a thyroid problem

A miscarriage may be an early stage, but recovering from it can be very painful and emotionally unbearable for us. It can be difficult for us to recover from a miscarriage, so we have to be patient and don't rush into anything. It may also be difficult for our husband and family members to recover from this incident. There is no fixed time for the pain to subside or end. It may continue longer than we and other people expect.<sup>13</sup>

The following tips can help us get over this shock:

- Talk to our husband openly. Give each other time to recover from grief. Maybe both of us are hesitant to talk so that some such thing should not happen which hurts our heart. But we should still talk to each other about our feelings.
- Go to the follow-up checkup with the doctor. Don't hesitate to ask for help if we need it. Many major hospitals have counselling centres, so we can make an appointment with a doctor there if we feel it necessary.
- Even if we are feeling better physically, we can still take some time off from work.
- If we have other children at home, we can enlist the help of a family member to help.
- Along with talking to our family members, we can also share our experiences with other people. Many people benefit from this.
- If after a few months we feel more distressed than we feel better, you may need help. We can consult our doctor.

We may find help in a support group of women who have gone through this experience. We can meet such women in our community.

*What is Miscarriage?*

Miscarriage is the term used when a woman's pregnancy falls within the first 20 weeks. Most of the miscarriages happen early; these events are most common in the first 12 weeks of pregnancy. It may happen that vaginal bleeding and period (menstruation) experienced by a woman are the first signs that the pregnancy is not progressing properly. It may happen that some women have no symptoms and find out that they have had a miscarriage at the time of their regular ultrasound. In general, there is no treatment that will prevent miscarriage. There are different types of miscarriage, these include complete miscarriage, incomplete miscarriage, or missed (failed) miscarriage. Total miscarriage means that all the pregnancy tissue has come out and the uterus is now empty. Incomplete miscarriage means that some tissue from the pregnancy remains in the uterus. Missed (failed) miscarriage means that the early pregnancy has stopped developing and has failed but has not passed out of the uterus. An ectopic pregnancy is a complex condition in which the pregnancy develops outside the uterus. An ectopic pregnancy will not survive and can be life-threatening, requiring specific medical treatment.<sup>14</sup>

### **Research Methodology**

The process of research not only emphasizes the search for related and logical knowledge in an impartial and reliable manner, but also the verification of pre-established facts and conclusions. When by this process we find solutions to the questions related to social phenomena, then it can be broadly called social research.

Social research is the use of systematic scientific method to understand, verify and quantify social phenomena and theoretical analysis. Different sociologists have also presented similar views in this regard. Giving the definition of social research, PV Young<sup>1</sup> said - "Social research is a scientific scheme, whose object is the investigation of new and old facts by logical and systematic methods and the sequences found in them, the interrelationships, causal explanations and their conducting " To analyze the natural laws.

Social research is mainly the study done by the scientific method. The facts and conclusions obtained due to scientific method are logical, reliable and without bias, although it may not always be true. Social research is concerned with various aspects of social events, human behavior or social life.

### **Research design**

Social research is a complex process. It seems that doing research is a very easy task, but whenever we start creating social research discourse, we come to know how difficult this task is. There are many types of problems faced in social research. According to PV Young, social research is a systematic scientific undertaking. It is perfect. In social research, after the selection and formulation of problems and formulation of hypotheses, research discourse is created. Its function is to provide a definite direction to research. The outline of the plan set out in the beginning to complete the process of any social research in a proper way is called the design of social research.

Good research methods also save human labor by reducing the errors of collection of material. And the possibility of subsequent difficulties is often eliminated in advance.

The meaning of the word research design or design is such a predetermined form. According to Saltz, Jahoda and others, the meaning of social research is to obtain new information about social events and facts. Or correction, verification and enhancement in the complete acquired knowledge. He also said that when the researcher have formulated the problem and have decided what material they have to collect, then they should prepare the research design.

### **Objectives of the study**

The main objectives of this study are as follows –

1. To explore about some common maternal health problems that a woman may experience during pregnancy;
2. To describe inter-professional team strategies for improving care coordination and communication to patients undergoing miscarriage.

### **Hypotheses of the study**

The following hypotheses have been outlined for the present study:

1. Some women experience health problems during pregnancy. These complications can involve the mother's health, the fetus's health or both.
2. Some other complications may make the pregnancy a high-risk pregnancy.

After selecting the information, it becomes necessary for the researcher to get information about the sources from which reliable information can be gathered.

These sources of information are mainly of two types -

1. Primary
2. Secondary

### Determination of Instruments and Methods of Study:

At this stage, it is necessary for the researcher to determine those tools and methods, using which reliable and objective facts can be collected. These techniques should always be selected keeping in mind the nature of the problem. For the present study, the following methods and instruments have been formulated - (1) observation in the form of method, (2) interview and instrument (3) interview schedule.

1. Observation - The observation method has also been used as per the need for data collection.

2. Interview - Based on the sampling method, facts have been collected from 300 respondents on the basis of schedule.

3. Schedule - Schedule is generally used during the interview, and information was compiled on the basis of it.

**Table No – 1.1**  
**Classification of respondents on the basis of Class**

S. No.	Class	Number	Percentage
1.	Upper Class	170	34.00
2.	Middle Class	240	48.00
3.	Lower Class	90	18.00
4.	Total	500	100.00

Table 1.1 gives information regarding the class of the respondents. It is clear from the perusal of the table that 34 percent of the respondents are from the category of upper class, 48 percent of the respondents are from the middle class family, 18 percent of the respondents are from the lower class family. Here we want to clear that the different castes have been categorised into three different classes, i.e. Upper, middle and lower.

**Table No – 1.2**  
**Classification of respondents on the basis of occupation**

S.No.	Occupation	Number	Percentage
1.	House-wife	300	60.00
2.	Govt. Job	40	08.00
3.	Private Job	60	12.00
4.	Business	100	20.00
5.	Total	500	100.00

The above table no. 1.2 has been drawn on the basis of occupation of the respondents. It is clear from the table that the respondents have been categorised on different occupation. There are 60 per cent respondents are house-wife; 08 per cent respondents are belong to govt. job; 12 per cent respondents are attached with private job and 20 per cent respondents are doing their own business.

**Table no. 2.1**  
**Do you know that work place hazards causes miscarriage?**

S. no.	Social Class	Responses		Total(%)
		Yes(%)	N0(%)	
1	Upper	100(20.00)	70(14.00)	170(34.00)
2	Middle	200(40.00)	40(08.00)	240(48.00)
3	Lower	80(16.00)	10(02.00)	90(18.00)
4	Total	380(76.00)	120(24.00)	500(100.00)

The above table no. 2.1 has been drawn on the basis that work place hazards, there causes miscarriage. It is clear from the given table that out of 500 respondents 380 (76.00 per cent) respondents replied that working women has so many hazards at their work place. These hazards become helpful in being miscarriage. On the other hand only 120 (24.00 per cent) respondents replied in negative.

**Table no. 2.2**

**Do you know that high level of radiations or toxic agents can cause miscarriage?**

S. no.	Social Class	Responses		Total(%)
		Yes(%)	N0(%)	
1	Upper	120(24.00)	50(10.00)	170(34.00)
2	Middle	180(36.00)	60(12.00)	240(48.00)
3	Lower	50(10.00)	40(08.00)	90(18.00)
4	Total	350(70.00)	150(30.00)	500(100.00)



**FINDINGS AND RECOMMENDATIONS**

Miscarriage is a very common occurrence in humans. These studies demonstrated the significant contribution of unbalanced chromosomal karyotypes to pregnancy failure. Maternal age as a contributing factor in trisomy was clearly demonstrated. First trimester miscarriage exhibits very high cytogenetic abnormality; in contrast to very low rates in later losses. Combining data across all time periods of pregnancy will affect the significance of chromosomal error in the early pregnancy failures. Cytogenetic methods investigate whole genomes, and are considered to represent the standard against which new methods must be validated. New molecular genetic methods provide the opportunity to examine samples without the necessity of tissue culture. Conventional cytogenetic has provided a very robust platform to understand first trimester miscarriage. It has demonstrated the strong contribution of chromosomal error to foetal loss.

Miscarriage in early pregnancy is common. Studies show that approximately 8 to 20 percent of persons who know they are pregnant have a miscarriage some time before 20 weeks of pregnancy; 80 percent of these occur in the first 12 weeks. But the actual rate of miscarriage is even higher since many people have very early miscarriages without ever realizing that they are pregnant. One study that followed hormone levels every day to detect very early pregnancy found a total miscarriage rate of 31 percent .

**Findings**

It is clear from the given table that out of 500 respondents 380 (76.00 per cent) respondents replied that working women has so many hazards at their work place. These hazards become helpful in being miscarriage. On the other hand only 120 (24.00 per cent) respondents replied in negative.

(On the basis of table no. 2.1)

It seems clear from the above table that out of 500 respondents, 350 (70.00 per cent) respondents replied that at the time of ultrasound, there is high level of radiations and in some women have least energy to face it. The embryo is very soft position in the body and due to this reason it causes miscarriage. On the other hand only 150 (30.00 per cent) respondents replied in negative of the statement.

(On the basis of table no. 2.2)

**Recommendations**

*Keep these things in mind to avoid falling during pregnancy*

To avoid falling during pregnancy, a woman should take special care of the following things.

- While bending, take support of something strong.
- If a woman feels dizzy or weak, then sit down for a while and let herself come back to normal.
- Use flat slippers, sandals and shoes. Also make sure that the footwear has a good grip, so that she do not slip.
- Avoid going over smooth or where water has spilled.
- Take the support of a railing or wall when descending the stairs.

- Avoid walking carrying heavy weights.

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