

Pregnancy - The Medium to Sustain Human Race on the Earth

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ABSTRACT

The study adopted explanatory research design, research strategy used was cross-sectional survey, research approach used was qualitative, population of the study was 8 authors, sampling design were examination of papers published by academic journals and papers published at the various websites, source of data collection was primary source and method of data collection was research. The problem of the study was "Pregnancy: The medium to sustain human race on the earth". The objectives of the study were achieved. With the literature review the study investigated into what other writers had written about the subject under study. The background of the study was brief introduction to pregnancy. The study found out how fetus developed, reasons why people wanted to give birth, signs and symptoms of pregnancy, reasons why people did want to have children, biological sex of a child, causes of infertility, nutritious food for pregnant women and importance of having children. The study generalized that pregnancy was the medium to sustain human race on the earth. The study recommended that actors and actresses should act films to educate the general public to understand need to have children. Nurses ought to advise pregnant women to eat balance diet in order to meet nutritional needs of the growing baby.

BACKGROUND OF THE STUDY

Introduction

Pregnancy is a technique which leads to changes that occurs in the organs and tissues of a woman due to development of fetus. The process from fertilization to birth takes 266-270 days or nine months (Huffman,2022). Pregnancy is a means in which one or more offsprings develop in the womb of a woman. A multiple pregnancy exceed one offspring like twins. Sexual intercourse brings pregnancy but it can happen through reproductive technology method. Pregnancy could results in live birth, miscarriage, induced abortion or still birth. Childbirth happens 40 weeks beginning from the last menstrual period. This is called gestational age. The gestational age is more than 9 months. The period of a pregnancy which starts from fertilization is 38 weeks (wikipedia,n.d).

OBJECTIVES OF THE STUDY

To find out how fetus develops

To find out the reasons why people want to give birth

To find out signs and symptoms of pregnancy

To find out the reasons why people do not want to have children

To find out the biological sex of a child

To find out causes of infertility

To find out Importance of having children

DEVELOPMENT OF FETUS

The fetus develops after pregnancy but two weeks after last menstruation pregnancy happens. The health care provider counts 40 weeks ahead right from the last menstruation. This implies that menstruation is considered as part of pregnancy. The sperm of a man fuses with the egg of a female to form zygote. Multiple zygote develops when more than one egg are produced and fertilized. The zygote comprises of 46 chromosomes, 23 chromosomes from biological father and 23 chromosomes from biological mother. The chromosomes determine the sex of a baby and physical traits.

After fertilization the zygote goes to the fallopian tube getting to the uterus. The zygote divides to form a cluster of cells and the division of the ball of cells is called blastocyst. The blastocyst starts retreating into the uterine (endometrium). This is known as implantation. The inner group of cells become the embryo and the outer layer forms part of the placenta and nourishes the baby till delivery. The blastocyst produces HCG hormones and increase faster after the third week of pregnancy. This blocks the ovaries to stop producing eggs but rather produce more estrogen and progesterone. When the estrogen and progesterone increase, the menstruation period stop and promotes the growth of the placenta. The embryo consist of three layers namely, ectoderm, mesoderm and endoderm. The ectoderm develops the outer layer of baby's skin, central and peripheral nervous systems, eyes and inner ears. In the center of cells a baby's heart and primitive circulatory system develop. The mesoderm acts as the foundation for baby's bones, ligaments, kidneys and reproductive system. The baby's lungs and intestines develop in the endoderm. The neural tube at the baby's back begins to close. The neural tube develops a baby's brain and spinal cord. The heart, other organs begins, structures that form the eyes and ear develop. Small buds develop as arms and body of the baby looks like c-shaped curvature. The baby brain and face grow but depression develops as nostrils and retinas form. Lower limb buds develop as legs and the arm buds become like paddles. Fingers, small swellings like shell-shaped parts of the baby's ear develop but the eyes are clearly seen. The trunk and neck start to straighten. The baby is about 1/2 inch (11-14 millimeters). The elbows, toes and eyelids develop and the baby's head become big but poorly developed. The baby is less than 3/4 inch (16-18 millimeters). The head of the baby is round. The eyelids, external ears go on to develop and the umbilical cord is clearly seen. The baby's head is about half of its length. The body of the baby is soon to develop but now the

baby is classified as fetus. The face of the baby is broad, the eyes are separated, eyelids fused, the ears are lowly set and buds for teeth begin to develop. Red blood cells develop in the liver of the baby. The external genitalia begins to develop into penis or a clitoris and labia majora. The measurement of the baby is 2 inches (50 millimeters) long from crown to rump. The baby begin to develop fingernails and the baby's face develop. The intestines of the baby are in the abdomen.

THESIS STATEMENT: The problem statement of the study was "Pregnancy: The medium to sustain human race on the earth". The study found out development of fetus, reasons why people want to give birth, how to determine the sex of a child, signs and symptoms of pregnancy, reasons why people do not want to have children, nutritious food for pregnant women and causes of infertility, importance of having children,

THE REASONS WHY PEOPLE WANT TO GIVE BIRTH

Family: Many people were brought up in a loving and caring families and want to continue with the lifestyle of their family of orientation. They desire to create family that is caring, full of joy where they can demonstrate love towards their children. They value the act of creating family of their own like their parents.

Family name and values: People are proud of their families' name and values but many parents like to continue the historic family lineage. They are happy that their children will take their surnames and maintain the good name of the family. This is centered on societal customs.

Love: The concept of having children and babies may haunt some people. Others love to train babies through adulthood.

Human nature: Naturally man is ordained to produce children and to transmit our genes to the next generation. This biological concept is strong in many people who have realized the relevance of having children and train them.

Unconditional love: There is unique bond that exists between parents and children. This kind of love compels other to value the need to give birth. They like to portray unconditional love to their children.

Joy: Some have strong feelings of giving birth and proud of their children being productive to society.

Meaning: The issue of giving birth changes one's life and add new meaning to life. After giving birth, we are responsible to children's life. Because of this, our lives give new meaning to the public.

Create and mold: A lot of people like the concept of giving birth and train children which enable them to share their love with them.

Mistakes: It is not everyone who comes from comfortable home and train by good parents. Many people are from poor family background and decided not to commit the mistakes of their parents.

LITERATURE REVIEW

Many authors have written papers about pregnancy which enlightened the general public to know the need to give birth and assisted them to understand the importance of having children. Notwithstanding the views of the authors, the study investigated into the topic: "Pregnancy: The medium to sustain human race on the earth". Due to this, the study found out what other authors have written concerning the subject under study. In reference to (www.cdc.gov) an article written entitled "Pregnancy complications" states that problems of pregnancy are health issues which happen at the time when a woman is pregnant. These comprise of the health of the mother and the baby. Many women experience health problems during pregnancy. Other women have health

problems before they become pregnant. Women should receive medical treatment before and after pregnancy. They have to communicate to their doctors about their current health problems or the previous health problems. In reference to (www.kidshealth.org) an article written entitled "10 things that might surprise you about pregnancy". This paper says that a lot of pregnant women are compelled to prepare their homes for the coming of unborn baby. They do this through cleaning and decorating the home. During the first trimester many pregnant women become broken-down and mentally furry through tiredness and morning sickness. Pregnant women who have enough time to rest cannot concentrate and become forgetful. The breast size increase and breast grow at the time of first trimester because of high level of hormones. Throughout pregnancy, the breast can grow and the ribcage affect the bra size. When a woman is pregnant, her lungs capacity increases and she she takes additional oxygen which causes large chest. With respect to views of the above mentioned writers, the study investigated into how fetus developed, reasons why people wanted give birth, reasons why people did not want to have children, signs and symptoms of pregnancy, biological sex of a child, causes of infertility and importance of having children.

SIGNS AND SYMPTOMS OF PREGNANCY

Missed period: Since implantation is completed, the body starts to make human chorionic gonadotropin (hCG). This hormone enables the body to maintain the pregnancy and prevents the ovaries from producing natural eggs each month.

Body temperature: The main body temperature increases higher. The body temperature rise up due to exercise or hot weather. During this time, pregnant women should drink more water.

Fatigue: The progesterone scars which make pregnant woman feel sleepy.

Heart rate: About 8-10 weeks the heart pumps blood faster and harder; palpitations and arrhythmias are associated with pregnancy. This is caused by hormones. Research conducted in 2016 proved that blood flow increases between 30 and 50 percent during pregnancy.

Breasts: The breasts of women change when it is 4-6 weeks. The breasts become tender and swollen because of hormone changes. This development stops if the body is addicted to the hormones. Getting to 11 weeks the nipples and breasts change. The hormones make the breasts to grow. The areola changes to dark color and enlarge.

Mood: At the time of pregnancy estrogen and progesterone rise high.

Urination: If a woman is pregnant, her body increases the blood it pumps. This makes the kidneys to process more fluid which cause more fluid in the bladder.

Bloating and constipation: Bloating may happen at early pregnancy. That is caused by hormone changes and that result in slow down of the digestive system.

High blood pressure and dizziness: During the early stages of pregnancy, high or normal blood pressure reduce. This lead to dizziness once the blood vessels are dilated.

THE REASONS WHY PEOPLE DO NOT WANT TO HAVE CHILDREN

Economic impact: USDA declared that it was costly to cater for a child and the amount involved was around 233.610 pounds right from birth till 17 years of age. A lot of parents see this as a burden and put stress on them.

Stress: There is high level of stress on parents who are bringing up children as responsible in the society. University of Texas at Austin conducted a research and mothers confirmed stress level increased around 20-22 percent after giving birth. High-stress level creates poor health for parents.

Unhappiness: Many people accept that having children create happiness but evidence proofs this point to be wrong. British Psychological

Association declared that having children cause unhappiness.

Sleep: Parents do not have enough time to sleep and it does not make the body healthy or the mind. There are many problems associated with being unable to sleep like mood disorder, heart disease, diabetes, memory matters, high blood pressure and weight gain.

Poor eating and lifestyle habit: Having children goes with poor eating and bad health. It is common to eat processed food which affect their health, lack exercise and do not have time to go out.

Overpopulation: The world population is over 7 billion people and the struggle for accommodation and resources are not easy. The problems of the world increase as the population grows.

BIOLOGICAL SEX OF A CHILD

During reproduction, male's sperm and female's egg each produce only one sex chromosome. The sex of a child is determined through chromosome the male release. The male possess XY chromosomes and females have XX chromosomes but the males must produce X or Y chromosome. The females also release one of their xx chromosome. A baby boy is determined when the male produce Y chromosome. A baby girl is determined if the male produce X chromosome.

CAUSES OF INFERTILITY IN WOMEN

Ovulation: Problems with ovulation cause infertility which hinders an egg from being released and others stop an egg from producing at certain cycles. Ovulation problems are polycystic ovary syndrome, thyroid problems, immature ovarian failure.

Fallopian tube: Problems in the uterus prevent the egg from reaching the womb. If the egg fails to reach uterus, conception becomes impossible.

Chronic condition: This could be AIDS or cancer.

Primary ovarian insufficiency: The ovaries do not work before 40 years of age.

Poor egg: When females grow, the number and quality of the eggs decline.

Surgery: Pelvic surgery destroys and defects the fallopian tube which connect the ovaries to the womb.

Cervical mucus: At the time ovulation, the mucus in the cervix should be dilutant so that sperm can swim through it. When the mucus has a problem, conception becomes a problem.

IMPORTANCE OF HAVING CHILDREN

Low blood pressure: Brigham Young University conducted a research and discovered that Parenthood reduced blood pressure. The researchers connected 200 married men and women to blood monitors for 24 hours and found out that couples with children had low blood pressure.

Self-esteem: Those who have children are often praise with these word "you are the best daddy or mother in the world". These praises from their children encourage them to do what they previously thought were not easy to accomplish in life.

Happiness: Parents accept that their children make them happy. This fact has proved to be true through research conducted by Max Planck Institute for Demographic Research and 200,000 parents were studied in 86 countries between 1981 and 2005 and found that parents around 40 years who had one to three children were content than childless couples. After 50 years mothers and fathers were frantic than childless couples.

Unity: Having children strengthen the bond of unity between married couples. The proud being mom and dad is meaningless when one is childless. Children are symbol of love between married couples.

Fun and playing: Children make married couples to recall their childhood days. Playing with them helps the couples to forget about their problems. They cannot play with anybody like the way they play with their own children.

Knowledge: Children normally ask their parents questions about what worry them in life.

When married couples teach their children, they build upon their knowledge

NUTRIOUS FOOD FOR WOMAN

Dairy products: A pregnant woman has to eat extra protein and calcium to assist the growing baby. The dairy products are milk, cheese and yogurt. Dairy products consist of two types of protein namely, casein and whey but the best dietary source of calcium is dairy and it gives phosphorus, vitamin B, Magnesium and Zinc

Legumes: The legumes are lentis, beans, chickpeas, soyabean and peanuts. Legumes are derived from plant which are good source of fiber, protein, iron, folate and calcium. Folate is among the essential B vitamins (B9). Legumes are rich in fiber.

Sweet potatoes: This is rich in beta carotene but beta carotene is a plant compound that changes to vitamin A in the body. Vitamin A is good for the development of the baby.

Salmon: It gives Omega-3 fatty acid. These are common in seafood and assist to build the brain, eyes of the baby but contribute to increase gestational length.

Eggs: They contain little of every nutrients and big egg has 80 calories, protein, fat, vitamins and minerals. The source chlorine is eggs and chlorine is important at the time of pregnancy. Chlorine assists to develop the baby's brain, hinders abnormalities of the brain and spine.

Brocoli; dark leafy greens: Brocoli, dark leafy greens like kale and spinach. They contain fiber, vitamin C, vitamin A, vitamin K, calcium, potassium and folate.

Lean meat and protein: These are lean beef, pork and chicken which are good source of protein.

Berries: Berries contain many good things such as water, health carbs, vitamin C, fiber and antioxidants. Berries have low glycemic index value so they don't cause main spikes in blood sugar. They give favlor and nutrition. The best berries for pregnant women ate blueberries, raspberries, gojiberries; strawberries.

Grains: These contain fiber, vitamins and plant compounds. Think oats, quinoa, brown rice wheatberries and barley. Grains like oats and quinoa contain protein.

Avocados: They contain monosaturated fatty acids. They are rich in fiber, vitamin B, vitamin K, potassium, copper, vitamin E; vitamin C.

METHODOLOGY

Introduction

This chapter deals with research design, strategy, approach, population of the study, sampling design, source of data and method of data collection. The study used explanatory research design in the sense that it was the best to achieve the objectives of the study. The research strategy used was cross-sectional survey where the study examined what other authors had written about the subject under discussion. The research approach used was qualitative because the study found out pregnancy as a medium to sustain human race on the earth.

SAMPLING DESIGN: The study considered papers published by academic journals and papers published at the various websites.

POPULATION: The study examined the works of 8 authors.

SOURCE OF DATA COLLECTION: The source of collecting data for the study was primary source

METHOD OF DATA COLLECTION: The method of collecting data for the study was research.

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

SUMMARY OF FINDINGS

The study found out that pregnancy is a process which brings changes in the organs and tissues of a woman due to development of fetus. The fetus developed but two weeks after last menstruation pregnancy happened. The sperm and egg fused together to form zygote. Many people were brought up in a loving and caring family wanted to continue with the lifestyle of

their family of orientation. The hormone, chorionic gonadotropin helps the body to maintain the pregnancy and prevented the ovaries to stop producing natural eggs each month. There is high level of stress on parents who were bringing up children to be responsible in the society. The chromosome of a male was XY chromosomes and chromosome of a female was XX chromosomes. Chronic condition such as AIDS or cancer caused infertility. Those who have children were praise with these words " you were the best mom or dad in the world". A pregnant woman had to eat extra protein and calcium to satisfy nutritional needs of the growing baby.

CONCLUSION

The study discovered that pregnancy is a means in which one or more offsprings developed in the womb of a woman The sperm of a male fused together with an egg of a female to form zygote. The zygote passed through series of process before the zygote became fetus. Due to the above mentioned points, the study generalized that pregnancy was the medium to sustain human race on the earth.

RECOMMENDATION

Medical advice: Nurses should educate pregnant women to eat balance diet in order to meet the nutritional needs of their growing babies.

Films: Actors and Actresses ought to act films to educate the general public to understand the need to give birth.

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