



Maternal Coping Mechanisms Following Perinatal Loss and its Associated Factors Among Mothers in Ethiopia

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Received: February 23, 2022

Published: March 01, 2022

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Introduction

Perinatal loss involves the entire number of stillbirth and early neonatal death occurs in the first seven days of life and is of a major global concern especially for developing countries. Perinatal loss is an important indicator of poor socio-economic developments of a country.

Body

Even though sometimes stressful, pregnancy is usually a joyful experience for a woman and it is one of the milestones that is rewarding the woman to takes a new level of responsibility. Parents look forward to delivering a healthy newborn and dream to have a glad and contented future. Such plans and dreams are traumatized when the death of an unborn or newborn infant occurs. Perinatal loss is a sad, painful and unexpected experience not only for the women but also the entire family and is of a major global concern.

- Coping strategy is a cognitive and behavioral processes that used to deal with stressful situations that are arbitrated to be challenging, damaging, threatening and/or have a potential for harm on an individual's life due to devastating stress full condition.
- There are three dimensions of coping strategies namely problem-focused, emotion-focused, and dysfunctional or avoidance coping.
- The choice of coping strategies determined by the nature of the stressor, the person's perception of the seriousness of the experience and his/her evaluation of the resources available for coping and the likely effectiveness of a given strategy.

- Ethiopia is one of the developing and second fast growth countries in Africa next to Nigeria which is also suffering from high perinatal mortality. Since majority of neonatal deaths occurs during the first weeks of life which is a part of perinatal mortality, reduction in this perinatal death is a prerequisite for reduction of neonatal, infant and under-five mortalities which intern minimizes maternal negative life experience following perinatal loss.

Objective

The aim of this study was to assess maternal coping strategy following perinatal loss and its associated factors in Ethiopia, 2022.

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