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Influence of socio demographic factors on psychological well-being among pregnant women in Ibadan, Oyo state

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The psychological wellbeing of pregnancy women in recent year has received little considerable attention in the literature. This study, therefore, investigated the influence of demographic factors (stages of pregnancy, age, family type and educational qualification) on psychological wellbeing among pregnant women in Ibadan, Nigeria. The study adopted an ex-post facto research design and was carried out at the antenatal section of the university college hospital (UCH) Ibadan, Nigeria. The study adopted the purposive sampling technique, to select a total of 100 pregnant women with a mean age of 30.2 year and Standard deviation of 6.53. Questionnaire containing standardized scales that measured demographic characteristics and psychological well-being were used for data collection. Data collected were analyzed using the one-way ANOVA, t-test for independence measure and Pearson moment correlation (PPMC). Results showed that there was significant influence of stages of pregnancy on psychological wellbeing ($F(2, 97) = 15.40, p < 0.01$) meaning that pregnant woman in second trimester ($M = 59.69$) and third trimester of pregnancy ($M = 66.27$) significantly reported higher psychological wellbeing than pregnant woman in first trimester of pregnancy ($M = 51.07$) who reported lower psychological wellbeing. There was significant positive relationship between age and psychological wellbeing ($r = .39, df = 98, p < 0.01$). The result further showed that there was significance differences between the psychological wellbeing of pregnant women who came from monogamous family ($M = 62.04, S.D = 13.66$) and polygamous family ($M = 53.69, S.D = 10.39$), ($t(98) = -3.45, p < 0.05$). Finally, there was significant influence of educational qualification on psychological wellbeing ($F(2, 95) = 7.64, p < 0.01$). The study concluded that demographic factors (stages of pregnancy, age, family type and educational qualification) have significant influence on psychological wellbeing. Based on these findings, the study recommends that trained psychologist should develop an intervention program tailored toward recognizing and detecting early problems which might pose danger to the psychological wellbeing of pregnant women especially less educated women who are from polygamous family and in their first trimester of pregnancy.

A study for questionnaire: The self-concept in social media

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This study aims to measure the level of self-concept in social media by a scale that consists of 30 items. Social media is one of the latest extensions of technological developments and it offers individuals to express themselves. These innovations have given rise to an important field of research in psychology to understand human behavior through social media. To be examined individuals' psychological state in social media, it is important to know whether people truly reflect themselves on there, or not. The purpose of this scale was to measure what extend people reflect themselves in social media. As the analyzing method, exploratory factory analysis and confirmatory factor analysis were used. The reliability and the internal consistency values of the measures acquired from the factor analysis are also calculated. The 42 items prepared in total and the data file was created in field application by reaching 750 participants. According to the explanatory and confirmatory factor analysis resulting with 30 items and five dimensions, KMO value in all dimensions is 0.956 and explanatory rate is 60.663%. To what extend people reflect themselves on social media is an object of curiosity and this leads to the need for an inquiry process that will take a long time. However, this scale can make it measurable by 30 items and can be suitable for use in any study that investigates the reflection of human psychology in social media. That is to say, this scale is thought to contribute the field of current researches.