

WOMEN DURING PREGNANCY

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Introduction. Pregnancy is a unique and difficult period in a woman's life when there is gestation and concomitant changes in her body. This process lasts an average of 9 months and includes many stages, starting from fertilization of an egg and ending with the birth of a child. During pregnancy, the female body undergoes significant anatomical and physiological changes aimed at ensuring nutrition and fetal development. It is important that the expectant mother receives adequate medical support, including prenatal diagnosis and consultations on healthy nutrition, which contributes to a favorable outcome of pregnancy and the health of the child.

Keywords: pregnancy, women, fetal gestation, egg fertilization, childbirth, pregnancy course.

Literature review. Modern research has shown that the pregnancy process, like any other crisis condition, can be accompanied by strong emotions, including negative ones; it is important that this leads to a deeper understanding of oneself, the child, his place in his life, i.e. it is a means of personal development. The key point that indicates a productive living through this crisis period, according to V.I. Brutman and G.G. Filippova (2012), is the formation of a woman's parental position. As part of their research, they consider the pregnancy period as a "normative crisis" in the development of female identity and a special stage associated with the formation of attachment between a woman and an intrauterine developing child. According to O.V. Magdenko (2012), the formation of maternal role identity is based on a psychological identification mechanism, namely identification with the same pregnant women, social norms, values and motives of motherhood. Maternal role identity acts as an individual category, but conditioned by social role, values, motives. V.I. Brutman, G.G. Filippova, I.Y. Khamitova note that during pregnancy there are radical changing life goals, motives and changing all aspects of a woman's life. Within the framework of our research, the study of the features of maternal role identity will be revealed through the description of the motivational and value-semantic components of identification processes.

Methodology, results. To study the peculiarities of the formation of maternal identity in women during pregnancy, the following psychodiagnostic techniques were used: Semantic differential of Ch. Osgood, which allows you to determine the attitude of women to such concepts as "Myself", "My pregnancy", "My child", "My future", using 12 pairs of antonymous adjectives belonging to three scales: "Activity", "Strength", "Assessment"; Drawing "Me and my the child" by G.G. Filippova, allowing to identify the peculiarities of women's experience of the pregnancy process and the very situation of motherhood, as well as the perception of themselves and their child.

The study involved 60 pregnant women of the first and third trimesters of pregnancy. The study was conducted on the basis of 3 obstetrics, gynecology and perinatology in the city of Andijan.

At the first stage of the study, using descriptive statistics and comparative analysis of the results obtained using the scales of the Semantic Differential methodology, the peculiarities of the attitude of pregnant women at the beginning and at the end of pregnancy to themselves, their pregnancy, their prenatally developing child and to the future were revealed.

There are equally high values in the sample of the first and third trimesters of pregnancy in terms of indicators: "I am myself" on the "Strength" scale and "My pregnancy" on the "Strength" scale, which indicates that most women of both groups feel their strengths and capabilities, highly appreciate resources and at the same time feel the changes in the body associated with developing pregnancy.

There were differences in the level of tendency between the groups of women of the first and third trimesters of pregnancy in terms of "My child" on the "Strength" scale and significant differences in the "My child" on the "Assessment" scale. Negative values for the indicator "My child" on the scale of "Strength" in women in the first trimester of pregnancy indicate that most women in this group do not feel the activity of their intrauterine developing child, they are not yet able to see its manifestations, which is quite. It is explained by the small size of the child and the inability for a woman to feel it inside her body, unlike women of the third trimester of pregnancy. And significantly high values in women of the third trimester of pregnancy on the "Assessment" scale indicate a greater formation of the independent value of the child.

Also, at the trend level, differences were found in the "My future" indicator on the "Activity" scale, which indicates that it is more difficult for women of the first trimester to build a temporary perspective of the future.

With the help of descriptive statistics and comparative analysis, the peculiarities of the motives for maintaining pregnancy in women at the beginning and at the end of pregnancy were established.

The leading motives for women of both groups turned out to be the reasons for maintaining pregnancy: "Pregnancy to realize the feeling of motherhood" and "Pregnancy to satisfy the need for love." When choosing these motives for women, the very fact of having a child is the goal of realizing the feeling of motherhood and marital love. It is important for them to "give life to a person", they have a desire to "show their love for the child", "look at him with affection", they show their willingness to interact with the child, even while he is still in the womb. The motive "Pregnancy as compliance with social expectations and status" was also the leading one. This motive is less constructive, as it contradicts the values of motherhood. In the content of this motif, the birth of a child is determined by the expectations of family members and the fact that "everyone I know has had children for a long time."

At the trend level, differences in the choice of the motive "Pregnancy as a protest" were revealed. Higher values in the choice of this motif are observed in women of the first trimester of pregnancy, which suggests that they are more likely to perceive pregnancy as an opportunity to feel their value and significance, as well as as a way to prove their independence, adulthood and independence to their loved ones. According to the author of the methodology, this motive is not constructive and may create a probability the emergence of internal conflicts related to the formation of an independent value of the child, and to indicate the unwillingness to enter into a new maternal identity and give the needs of the child a primary place.

Further, correlation analysis was used to establish the relationship between the motives for maintaining pregnancy and indicators of women's attitude towards themselves, pregnancy, their child and the future. As a result, the interrelationships between the motive "Pregnancy for the realization of a sense of motherhood" and indicators of the value of pregnancy "My pregnancy" on the "Assessment" scale and the value of the child "My child" on the "Assessment" scale were revealed; between the motive "Pregnancy as a protest" and an indicator of the attitude of "I am myself" on the scale of "Assessment". The revealed interrelations confirm that the realization of the feeling of

motherhood and the formation of maternal identity are associated with the emergence of a qualitatively new value education – the independent value of the child. The formation of a new value changes the hypersensitive reality, transforming the image of the world into which a child and pregnancy "fit" as a special life stage, as a result of which a child is born. And the need to use pregnancy as an achievement of self-importance and adulthood It is more associated with a woman's low self-esteem and self-doubt.

At the end of the study, we invited women to draw a drawing on the theme "Me and my child" for a better study of their ideas about themselves (from the point of view of identity), about the child and about the interaction between them. According to the formal signs of the drawing adopted in psychodiagnostics (line quality, location on the sheet, details of drawings, etc.), and according to the rules of working with this technique developed by G.G. Filippova (2006), the content of the drawing took into account the presence of figures of mother and child, the content of the image of the child and his age, the presence of joint activity of the mother with the child, psychological distance, as well as characteristics of the general condition. Further, according to the analysis of the drawings, the category was determined: a prosperous state; self-doubt and anxiety; signs of conflict and hostility.

Using the analysis of frequency tables, it was found that the majority of pregnant women of the first trimester (more than 70% of all women) are characterized by self-doubt and anxiety (2), they depict children in drawings separately from themselves or do not draw them at all, which indicates the impossibility of imagining a child, the difficulty of imagining compatibility. The quality of the drawings also shows that for women of this group, the attachment of ideas about the child is still in the formation stage – in their. There is an image of a child in consciousness, but there is no orientation and ways of interacting with it. For this group of women, communication with a child is represented by external attributes. In the drawings, this is displayed in the form of strollers, cots, in which the child is located. According to G.G. Filippova, such an image of oneself with a child is normal for women from the first to the second trimester of pregnancy.

The majority of women in the third trimester of pregnancy (more than 75% of all women) are characterized by a prosperous state (1), in the drawings they most often depict themselves with a baby in their arms, which, according to the author of the technique, is the most prognostically favorable sign for the formation of maternal identity. The drawings of women in this group often show visual contact between mother and child, which indicates the woman's readiness for bodily interaction with the child and the possible the formation of a symbiotic bond. These women have formed ideas about motherhood: they see themselves in the role of a pregnant woman and a future mother, and feel confident in themselves. They have an image of the child in their minds, they are well aware of his basic needs and are ready to interact with him.

Conclusions. As a result of the conducted research, the peculiarities of the development of maternal role identity are revealed through the description of the motivational and value-semantic components of identification processes in women during pregnancy. The leading motives for maintaining pregnancy, characteristic of most women, at the first and last stages of pregnancy, have been identified. It has been established that for the majority of pregnant women involved in In the study, pregnancy was a way to realize their desire for motherhood, but some women in the first trimester of pregnancy perceived pregnancy as a way to feel their own worth, significance, adulthood and independence. The differences in the attitude of women in the first and last stages of pregnancy towards themselves, pregnancy, the child and the future are described. It has been established that with the development of pregnancy and the appearance of more obvious bodily sensations of an

intrauterine developing child, the formation of an independent value of the child occurs, a woman's confidence in herself and in her abilities increases and a positive time perspective is attached. It was also revealed that with the development of pregnancy, more accurate representations are formed women talk about their child and how to interact with him, which, according to T.G. Filippova, is a favorable sign of the formation of a maternal identity.

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