

UNIVERSITI TEKNOLOGI MARA

**A STUDY ON THE QUALITY OF LIFE (QoL) AND
DEPRESSION AMONG ANTENATAL WOMEN**

NIK NURAFIFAH BINTI NIK ZAIDI (2016564963)
NURFASIAH BINTI ZULKIFLI (2016734491)
NURULJANNAH BINTI MOHAMAD RODZI (2016730069)

Final Year Project Submitted in Partial Fulfillment of the Requirements
for the Degree of

BACHELOR OF SCIENCE (HONS.) STATISTICS

FACULTY OF COMPUTER AND MATHEMATICAL SCIENCES

JULY 2019

ACKNOWLEDGEMENTS

IN THE NAME OF ALLAH, THE MOST GRACIOUS, THE MOST MERCIFUL

Firstly, I am grateful to Allah S.W.T for giving me the strength to complete this project successfully.

I would like to express my sincere gratitude to my supervisors Puan Aini bt Abdul Wahab for providing their invaluable guidance, comments and suggestions, given advice throughout the course of the project. This project cannot be completed without the effort and cooperation from our group members' Nik NurAfifah binti Nik Mohd Zaidi, NurFasihah bt Zulkifli, NurulJannah binti Mohamad Rodzi.

Secondly, I would like to thank our parents for their blessing and motivation throughout this project.

**NIK NURAFIFAH BT NIK MOHD ZAIDI
NURFASIHAH BT ZULKIFLI
NURULJANNAH BT MOHAMAD RODZI**

ABSTRACT

The research study that have been conducted on antenatal women. The objectives of the study are to identify the quality of life during antenatal stage, to identify depression stage among antenatal women and to compare quality of life between non-depressed pregnant women and depressed pregnant women. From the study, method of Descriptive Analysis and Hotelling T Square was implemented. For descriptive statistics most of the antenatal women originate from urban area. The most number of pregnancy women are in the early stage of pregnancy which is first trimester followed by second trimester and third trimester. Meanwhile, most of the respondents gave birth normally and not many of them ever experienced miscarriage. For the colour system used by the hospital to grade all antenatal women based on the level of severity of risk factors, green is the highest which means the mothers only required monitoring by a senior nurse. In analysing the result of Hotelling T square, the value of test statistics obtained is 567.866 which is larger than the critical value with the value of 15.507 respectively. Conclusion can be made from the result is that, there is a difference in the eight life domains between depression and no depression among antenatal women. It is proven that for pregnant women who is suffering from depression will have poor quality of life and vice versa. For the recommendations, an initiative have been found to handle the independent variable in this research study precisely. For future studies, Government and hospital management should introduce screening for depression as part of routine antenatal assessments in both public and private health facilities. Not only that, hospital management should check on the antenatal women both on their physical and mental health since early detection of depression is crucial in order to avoid its further consequences.

TABLE OF CONTENTS

TOPIC	PAGE
ABSTRACT	i
ACKNOWLEDGEMENT	ii
TABLE OF CONTENTS	iii
LIST OF TABLES	v
LIST OF FIGURES	vi
LIST OF APPENDICES	vii
CHAPTER 1: INTRODUCTION	
1.1 Introduction	1
1.2 Problem Statement	3
1.3 Research Questions	4
1.4 Research Objectives	4
1.5 Research Hypothesis	4
1.6 Scope of the study	5
1.7 Limitation of study	5
1.8 Significance of study	6
CHAPTER 2: LITERATURE REVIEW	
2.1 Introduction	8
2.2 Instrument	8
2.2.1 DASS-21	8
2.2.2 SF-36	9
2.3 Depression during pregnancy	10
2.4 Quality of Life (QoL) among depressed pregnant Women	11
2.5 Depression affect quality of life (QoL) of pregnant women	12
2.6 Prevalence of antenatal depression symptoms in Malaysia	13
CHAPTER 3: METHODOLOGY	
3.1 Introduction	15
3.2 Sources of Data and Data Collection Method	15
3.3 Measuring Instrument	16
3.4 Data Management	
3.4.1 SF-36	17
3.4.2 DASS-21	18

3.5	Target Population	20
3.6	Sampling	20
	3.6.1 Sampling Technique	20
	3.6.2 Sample Size	20
3.7	Theoretical Framework	21
3.8	Method of Analysis	23
	3.8.1 Descriptive Analysis	23
	3.8.1.1 Mean	23
	3.8.1.2 Standard Deviation	24
	3.8.1.3 Frequency Distribution	25
	3.8.2 Hotelling's T-Square	26
	3.8.2.1 Hotelling's T^2 Test	27
	3.8.2.2 Hotelling's T-Square Interval	28
CHAPTER 4:	RESULTS AND DISCUSSION	
4.1	Introduction	30
4.2	Pregnant Womens' Background Infromation	30
	4.2.1 Age	30
	4.2.2 Residency	31
	4.2.3 Trimester	32
	4.2.4 Giving Birth	33
	4.2.5 Miscarriage	33
	4.2.6 Color	34
4.3	Descriptive Analysis	35
4.4	Scoring Depression among Antenatal Women	36
4.5	Hotelling's T^2	
	4.5.1 Multivariate Normality	38
	4.5.2 Test Homogeneity of Covariances Matrices	41
	4.5.3 Hotelling's T^2 Test	41
	4.5.4 Confidence interval	42
CHAPTER 5:	CONCLUSIONS AND RECOMMENDATIONS	
5.1	Introduction	44
5.2	Conclusions	44
5.3	Recommendations	45
REFERENCES		47
APPENDICES		51