

This theoretical and empirical work addresses experience with anxiety and fear during pregnancy of primiparae.

In the theoretical part the pregnancy is defined. Physical, psychical and social changes are described as well as adjustment of women to pregnancy. Further on there are general characteristics of the concept of anxiety and fear with their demonstrations and results. In the next part there is the description of anxiety and fear in pregnancy, their reasons, possible demonstrations and results of anxiety and fear in pregnancy.

The research project of my graduation work was focused at the detection of how far the primiparae experience fear and anxiety during pregnancy and what reasons and cause are indicated. We tried to find out if there are any correlations between fear and anxiety in pregnant women and if there is any possibility to estimate in advance which group of women would experience fear and anxiety more. We also tried to find out what helps the pregnant women to get rid of these fears and anxiety or how can these feelings be reduced and if there is any possibility to prevent these feelings. Next we wanted to know how the primiparae get the information about pregnancy and which information is considered most appropriate.