

The Effect of a Rigorous Sporting Activity on the Beginning Period of Maternity

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Abstract

Few people are suitable to live a life as a competitor. The price of a medal is more self-denial and more training. The strong physique and the high load-bearing capacity could accompany the sportsman throughout his life. In this research young mothers who were not sportswomen (in farther: NAM) before and young mothers who were sportswomen (in farther: AM) before were compared with each other in the beginning period of the maternity. We researched above all their general state of health and sporting-habits during their pregnancy and after the childbirth.

The research shows that more of the ex-sportswomen take exercises after their withdrawing too, during the pregnancy and after the childbirth as well. Because of their higher level of physical conditions, they bear both the pre-period and the post-period of the childbirth with fewer complaints. The higher rate of doing sport-movements and having more healthy habits characterize their way of life.

Keywords: Sporting-habits; Frequency of backache; Noxious to health habits

Introduction

In post-industrial countries an inactive lifestyle results in five groups of illnesses. We are focusing on one of these: the backache. Specifically we are emphasizing the positive effect of sport on it [1].

Few people are able to live the life as an athlete. But the strong physique and the high load-bearing capacity could accompany someone throughout life. The experience of childhood, and within it a mother who sets a good example, influences in the adulthood the willingness to engage in physical activity [2,3]. Comparing the two genders, women are more inclined to a healthy way of living [4]. But actually how far does the need for the regular physical activity last and how does it influence the backache? [5] In relation these matters a special life-stage was chosen, the early period of maternity, which includes the pregnancy and 3 years after the delivery. The research examines sporting habits before, during and after pregnancy, the method of delivery and one of the young mothers' most frequent problems, the backache during and after pregnancy.

Methods

We conducted the research in August and September of 2010. 89 young mothers who live on the outskirts of Budapest were given a questionnaire within 6 months to 3 years after giving birth. Thirty young mothers were physically active in their early years and later: they competed in their sport. Some of them were competitors in their sport in the proximate years before the pregnancy. They are 34 years old on the average and have an average of 1.70 children. Of these, 86.7% are well-educated, 13.3% of them have graduated from high-school.

Fifty-nine of the young mothers physically were not active in their early years. They were 33.25 years old on the average, and have an average of 1.76 children. Of these, 67.8% are well-educated and 28.8% of them have graduated from high-school.

To process the data, SPSS17 descriptive statistics was used.

Based on the data of their gender (female), their place of living (it's the capital: Budapest) and their qualification (well-educated) these women should be rated among the physically most active group in Hungary. But among this group too, young mothers spend very little

time with sport [6].

The questionnaire was focused on the following areas:

1. Sporting habits 2-3 years before the last pregnancy.
2. The lifestyle during the last pregnancy, and the sporting habits and frequency of backache during the last pregnancy.
3. The type of the delivery.
4. The sporting habits and frequency of backache after delivery.

ad 1. The young mothers were asked; whether before their pregnancy they did some kind of sporting activity daily, 2-3 times a week, weekly, or not at all. With this question we wanted to assess those engaging in regular physical activity as an adult.

ad 2. The lifestyle during the last pregnancy was diagnosed by the young mothers' doctor and could be normal, non-strenuous, or endangered. The young mothers were asked, whether during pregnancy they did sport daily, 2-3 times a week, weekly, or not at all. And they were asked as well that during this time they had back ache several times, rarely, or never.

ad 3. The method of delivery could be vaginal birth or caesarean section.

ad 4. Sporting-activity after birth was characterized with the time elapsed before returning to it. In this period the lifting and the carrying of the baby has a bad effect on the back. The late correction of the increased lordosis left from the pregnancy could accompany this, which can cause backache, which could occur several times, rarely, or never.

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Results

There is a difference in the willingness to engage in physical activity in the 2-3 years before pregnancy. 13% of the earlier active young-mothers trained daily, and 64% of them trained several times a week. Both data can be considered optimal, so in summary we can say that 77% of the active mothers trained satisfyingly as an adult as well. Among the not-active mothers not even one trainee daily and only 32% of them trained the optimal 2-3 times a week. 10% of the active mothers and 41% of the non-active mothers didn't train at all. We can state, that the trainings begun in the childhood drive more willingness to engage in physical activity as an adult (Figures 1A and 1B).

The lifestyle during the last pregnancy was diagnosed by the young mothers' doctor and could be normal, non-strenuous, or endangered. 90% of the active mothers and 69.5% of the non-active young mothers had a normal lifestyle in this period. 6.7% of the AM, 13.6% of the NAM had to drive a non-strenuous lifestyle. The biggest difference in this question between the two groups was in the endangered-pregnancy: 3.3% of the AM as opposed to the 16.9% of the NAM.

30-32% of both groups took part in new-mum-trainings before the birth. 57.6% of the NAM and only the 30% of the AM didn't train during this time. Opinion varies regarding physical activity during pregnancy. Certain biological factors must be taken into consideration if an active person is forced to cease activity. A sudden halt to training can result in vegetative disorders [7]. The preferred sports in this period: jogging, swimming, jog.

There is not a big difference between the two groups in the frequency of backache on the upper part of the back: 40% of AM never had a backache during the pregnancy, but then 13.3% of them had backache several times. Of the NAM 52.6% had backache on this body-area several times. But on the lower part of the back 26.7% of the AM and almost the half of that, 13.6% of the NAM never had backache. Of the AM 23.3% and of the NAM 32.2% had backache several times during the pregnancy (Figure 2).

An astonishing difference was found in the method of delivery: 70% of the NAM had her baby by vaginal-birth (at home or in hospital) while only the 51.7% of the AM could do this. Of them 48.3%, so every second ex-sportswoman could have her baby by caesarean-section, as opposed to 29.3% of the NAM. (The WHO considers 15% of caesarean section justified. It was not within the scope of our research to examine this). We can suggest, that the AM, because of their tense red muscle tone, are not able to dilate so easily.

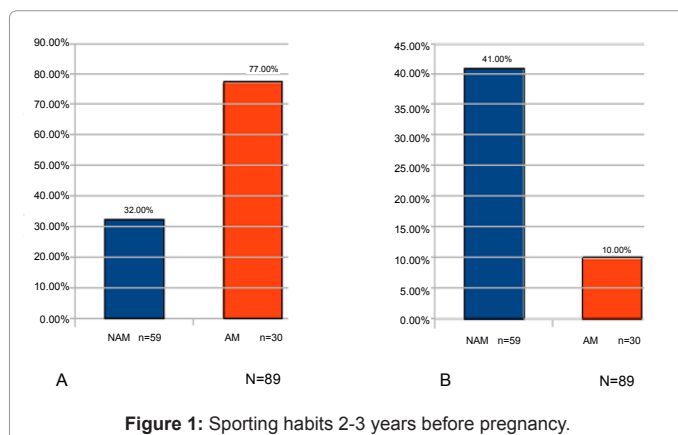


Figure 1: Sporting habits 2-3 years before pregnancy.

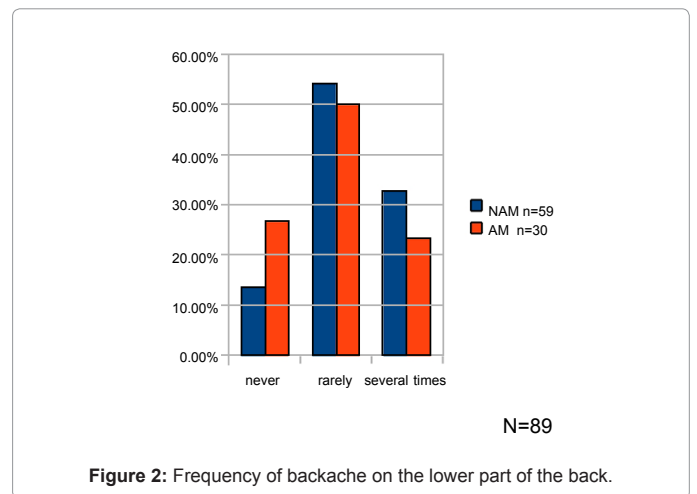


Figure 2: Frequency of backache on the lower part of the back.

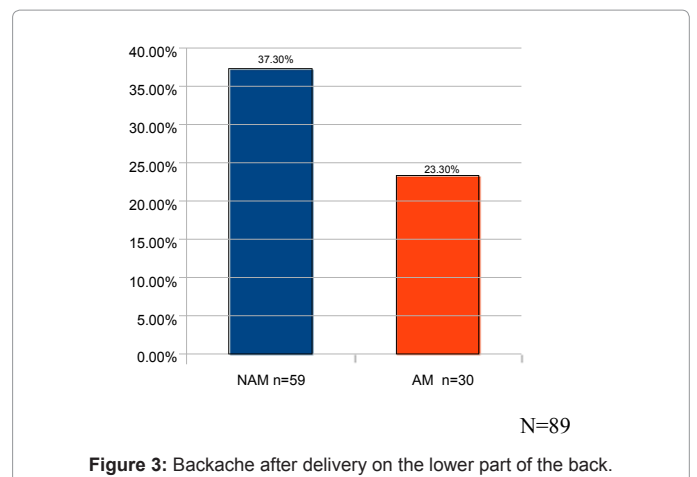


Figure 3: Backache after delivery on the lower part of the back.

2-3 months after delivery 36.7% of the AM begin the regular trainings, 10% of them continue her professional sport carrier, and 20% of them quit the regular trainings. Of NAM 29.3%, begin the regular trainings again, and 40.7% of them are not active at all. The most preferred activity in this period is the jogging. The second most preferred activity by the NAM is the baby-mum training, while by the AM is the aerobic. Considering this last fact the quality difference is bigger between 36.7% of the AM and the 29.3% of the NAM.

After delivery on the lower part of the back 37.3% of NAM and only 23.3% of the AM had backache several times (Figure 3).

Summary

The regular trainings done as a child, gradually altering, stay part of the sportswomen's' life after withdrawing from competition too. They tend to build the regular-training into their everyday-life. As a result of this they bear the pregnancy and the post-period of the pregnancy fitter and with less back-ache on the lower part of the back.

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