

Attitudes and Barriers to Physical Activity and Exercise Self-Efficacy Among Chinese Pregnant Women: A Cross-Sectional Study [Letter]

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Dear editor

The reviewers have assessed the paper written by Xingchen Shang et al, Titled: “Attitudes and barriers to physical activity and exercise self-efficacy among Chinese pregnant women: A Cross-Sectional Study”.

The researcher attempted to understand the lacunae to do the exercise and physical activities. It is true that very few women understand the importance of physical activity and exercise during pregnancy. Pregnancy is a time of great physical and emotional change for women. Everything from belly size to heart beat speed. It is a delicate time in women's lives. Using a self-reported questionnaire, the researcher identified barriers such as lack of knowledge, low energy and motivation, feeling of morning sickness, large body weight and unclear advice, and lack of support from others. However, very common barriers such as cultural and religious beliefs, other child care responsibilities, other commitments, family responsibilities, weather, lack of social support, worry about the mother's and baby's physical activity, lack of willpower, fear of injury, and lack of skill were not identified. The study's implications for nursing practice can be prenatal nurses and other medical experts ought to inform and uplift the woman, her partner, and their relatives with the health advantages of exercise and physical activity. A customized, regimented program will be initiated for every expectant mother upon her enrollment in the prenatal clinic. This will lead to women's positive attitudes which will be translated into more physical activity engagement through person-centered initiatives.

In research mentioned 40.8% of the pregnant women do not know exercise. During antenatal visit to hospital explain and show charts to antenatal mother simple exercise, so help to mothers about exercise and importance of exercise during pregnancy and benefits. There are some simple techniques which can be taught to the mothers. Mothers can learn Jacobson's progressive muscular relaxation technique, which will lessen pregnancy-related fatigability. Additionally, it lessens tension, worry, and the likelihood of difficulties following childbirth.

Another technique is yoga. It consists of a set of breathing exercises (called pranayama) and body positions (called postures or asanas). It seeks to increase flexibility and strength to enhance both physical and mental wellness. Pregnancy yoga programs include exercises that are safe during pregnancy.

In conclusion, Xingchen Shang et al¹ researcher encourage and show simple exercise to pregnant women and educate them about healthy lifestyle during pregnancy, this helps to normal delivery of women, prevention of high-risk pregnancy and pregnancy-related complications.

Disclosure

The authors report no conflicts of interest in this communication.

Reference

1. Shang X, Ye L, Xiaohua G, et al. Attitudes and barriers to physical activity and exercise self-efficacy among Chinese Pregnant Women: a cross-sectional study. *J Multidiscip Healthc*. 2023;16:3561–3573. doi:10.2147/JMDH.S441210

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