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"The experience of miscarriage in women with chronic illnesses and without chronic illnesses as a traumatic situation."

## Abstract

Miscarriages are very common. Taking into account Polish statistics, this issue affects approximately 40,000 women in our country each year (Guzdek, 2023). It also affects women with chronic illnesses. Miscarriage is sudden, unexpected, causing a loss of control, helplessness, terror, and is associated with fear for life and signifies the death of a child. It can therefore be perceived as a traumatic event. This study focuses specifically on this aspect of miscarriage. The primary group under investigation consisted of chronically ill women.

Currently, there is an increasing number of pregnant women who have chronic illnesses. Given that such conditions carry risks for both the mother and the prenatal child, they become a challenge in the context of realizing motherhood dreams.

The objectives of this paper are as follows:

- cognitive objective - comparative diagnosis of miscarriage as a traumatic event among women with chronic illnesses and those without such conditions, as well as the identification of factors influencing the perception of miscarriage in these two groups of studied women.
- practical objective - development of a theoretical support model for women after experiencing a miscarriage, both with chronic illnesses and without such conditions.

The results obtained show that many women experience symptoms of post-traumatic stress disorder for an extended period. Many differences have also been demonstrated between women with chronic illnesses and those without chronic illnesses in terms of the analyzed variables.

This study consists of three parts. The theoretical part contains 3 chapters. It discusses issues related to miscarriage: its medical, psychological, social, and pedagogical aspects. The issue of stress and coping with miscarriage is addressed, and the problem of post-traumatic stress is also indicated. The final chapter of the theoretical part deals with the issue of chronic illnesses. The methodological part consists of one chapter, in which the methodological assumptions of the author's research are presented. The empirical part consists of 3 chapters. It presents the results

of statistical analyses, research findings, and a theoretical support model for women after experiencing a miscarriage.

Keywords: miscarriage, trauma, chronic illness, coping, posttraumatic growth, basic hope

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