

The Role of Mindfulness and Relationship Quality on Pregnant Mothers' Quality of Life

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Pregnancy is a transformative process. During the course of the pregnancy, mothers experience both physical and psychological changes. As a result, the various changes that occur may have an effect on their quality of life as a whole. Previous studies have reported that mindfulness may help women to smoothen the pregnancy process. However, their partners also have an important role in the increase of quality of life for the mothers. The quality of the relationship between expectant mother and partner undergoes change as the embryo continues to grow. Past research have shown that a low relationship quality may cause depression in pregnant women. Therefore, this study aimed to explore how mindfulness and relationship quality may affect the quality of life as a whole in pregnant women. 130 participants filled out the questionnaires, although only 127 of them were able to be analyzed due to the criteria of presently residing in Indonesia. This study used Five Facets of Mindfulness Questionnaire (FFMQ) to measure mindfulness, Relationship Assessment Scale to measure relationship quality, and EQ-5D5L as a measure for quality of life. Results of this study indicated descriptions of both mindfulness and relationship quality, as well as the interaction between the two variables in affecting the quality of life of expectant mothers.