A Pregnant Thalassemia Carrier’s Coping Behaviors as She Faces Screening

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ABSTRACT

This study investigated how a female thalassemia carrier dealt with the process of screening after multiple failed pregnancies. It adapted the field study in which the observer behaves as a participant to understand the patient’s situation using unconstructed observation and conversation. This method involves the observer recording, organizing and analyzing the patient’s language and non-language behaviors. The research revealed many insights into the thoughts and feelings of the patient. These thoughts include: (1) Concern about the attachment of labels - Am I a thalassemia-carrying pregnant woman? (2) Uncertainty about the process of pregnancy. (3) Frustration about failure to have a baby. (4) Negative attitude toward uncontrolled disease. Moreover, this study discovered that her coping behaviors included: (1) Looking for information about the disease. (2) Avoiding hurting herself and her baby. (3) Lowering her ideals to meet her expectations. (4) Thinking about other things to relax. (5) Coming to terms with her situation and facing the facts of her disease.

Key words: thalassemia carrier, screening situation, coping behavior.