

# **PRENATAL AND POSTNATAL VIOLENCE AS ONE OF THE FACTORS PREDISPOSING TO DIABETES MELLITUS**

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One of the factors that can trigger the development of diabetes is stress. There are many examples of individuals with a predisposition diabetes mellitus was developed as a result of nervous shock. Unfortunately today psychological trauma as a result of violence is a characteristic of the reality and has serious consequences for the modern society. Effective solution of the problem of violence depends on the depth analysis of its causes, among which an important role belongs to the prenatal development of the child.

The importance of the prenatal period and the first years of life in the formation of mental health in the future is determined by the intensity of brain development during these periods and its sensitivity to environmental influences.

Numerous scientific studies show a close connection between the necessary components for the normal development of the child and its health state. This approach can be entirely attributed to the prenatal development of the child, which is the determining in the process of becoming human health. Information that was obtained by child prenatally, in combination with the basic genetic information determines the features of mental and physical development of the human (*Brekhman G., 2005*). Physiological studies of famous scientists Ainsworth M. (1969, 1983), Winnicott DW (1994, 1998) have substantiated the approach to prenatal system "mother-child" as to a single system.

Today the perinatal psychology considers the relationship between mother and child as an important factor of a healthy or psychopathological development. Some authors (*Filippova G., 2001; Dobryakov I., 2010*) describe the prenatal relationship between mother and fetus as the process of formation of the primary maternal attachment. The phenomenon of "maternal attachment" in recent years is the focus of researchers and is considered important in the formation of an effective maternal behavior, the harmonious development of the child and its positive social adaptation to the environment. The maternal factor is an integrative basis that determines the further development of the child. The psychological state of pregnant woman significantly affects the formation of mental functions of the prenat. Violations of emotional attachment in «mother-child» relationships, from the prenatal period, are one of the most important factors of mental disorders of the child. In such situations we can talk about the prenatal stress or prenatal trauma (*Brekhman G., 2005*). Factors of prenatal stress have the strongest damaging effect which is explained by the influence of the stress hormones on the brain structure of the fetus and lead to the primary damage of the important structures and mechanisms of the brain.

Fetal development is implemented not only through hormonal metabolism with mother but through constant interaction through the noise and sounds that reach the fetus, through the emotional and physical feelings of the mother (*Cerezo*

*M.A., Pons-Salvador G., 2008*). The increase in society the violence, associated with prenatal conditions, was confirmed by scientific studies of perinatal psychologists which has shown that boys from unwanted pregnancy had complications at birth and in their teenager's period in 4 times more often they have committed acts related with violence than the teenagers of control group. The similar results were obtained in those children, whose mothers ignored the pregnancy and didn't want it. Kids who have been damaged by prenatal trauma are susceptible to stress, fear, aggression during their future life. Prenatal trauma can be more potential source of the behavior associated with violence than the psychological trauma received in early childhood or as a result of the war (*Clarke S.B., Koenen K.C., Taft C.T., 2007*).

The occurrence of diabetes of the first type may be due to increased concentration of the "stress hormone" cortisol. A study carried out in Sweden analysed more than 10,000 families with children aged between 2 and 14 who did not already have the condition and also looked at factors including whether there was any family conflict, change of family structure, interventions from social services or unemployment. Parents were given questionnaires asking them to assess such serious life events, parental stress, worries and the parent's social support and 58 children were subsequently diagnosed with the 1<sup>st</sup> type of diabetes.

Psychosomatic and social consequences of the prenatal and postnatal stress for child appear as difficulties of the socialization, different types of psychosomatic disadaptation. Children who experienced "prenatal trauma", often are prone to deviant forms of behavior, have problems with their reproductive, endocrine and mental health, have chronic depression with aggression, autoaggression, low self-esteem, which can cause manifestations of violence in future (*Holt S; Buckley H; Whelan S, 2008; Stirling J Jr; Amaya-Jackson L; Amaya-Jackson L., 2008; Luipen S. J., Mc. Ewen B.S., Gunnar M.R., Heim C., 2009*).

The program of combining scientific and practical efforts of medical professionals, psychologists, social workers can be as an effective solving of the problem of violence in the modern society. Primary prevention of violence logically has to be started with the basic - prevention of prenatal and first years stress. Unfortunately today is impossible avoided the stressful events and task is to support families of risk group.