



Return to work, family functionality, and social support in women who experienced pregnancy after age 35 in Antioquia, Colombia

Retorno al trabajo, funcionalidad familiar y apoyo social en mujeres que fueron gestantes después de los 35 años en Antioquia, Colombia

Retorno ao trabalho, funcionalidade familiar e apoio social em mulheres que engravidaram após os 35 anos em Antioquia, Colômbia

ABSTRACT

Introduction: Pregnancy after the age of 35 is an increasingly common trend in the contemporary world; however, aspects such as returning to work and its relationship with family functionality and social support remain underexplored. **Objective:** To assess work reentry, family functionality, and social support in women who experienced pregnancy after the age of 35 in Medellín and the metropolitan area of Antioquia, Colombia. **Materials and methods:** A descriptive study measuring sociodemographic characteristics, social support, family functionality, and satisfaction with work reentry following pregnancy in 106 women from the department of Antioquia, Colombia. **Results:** Of the participants, 82.1 % had an education level higher than secondary school, and over half belonged to the upper-middle class. No participant with normal family functionality reported unsatisfactory work reentry, and approximately 80 % of these women were still employed. 75 % of the participants reported not experiencing postpartum depression; however, only 43.8 % self-reported normal family functionality. **Conclusion:** For a pregnant woman over 35 years of age, a functional family and a positive perception of social support play a beneficial role in work reentry.

Keywords: Pregnant women; women's health; return to Work; social support; family relations. (Source: DeCS, Bireme).

Sustainable development goals: Good Health and well-being.

RESUMEN

Introducción: La gestación luego de los 35 años es una tendencia creciente en el mundo contemporáneo, sin embargo, aún no han sido suficientemente explorados aspectos como el retorno al trabajo y su relación con la funcionalidad familiar y el apoyo social. **Objetivo:** Evaluar el retorno laboral, la funcionalidad familiar y el apoyo social en mujeres que fueron gestantes después de los 35 años, en Medellín y el área metropolitana, en Antioquia, Colombia. **Materiales y métodos:** Estudio descriptivo en el que se midieron características sociodemográficas, el apoyo social, la funcionalidad familiar y la satisfacción con el retorno laboral después de la gestación, a 106 mujeres del departamento de Antioquia, Colombia. **Resultados:** El 82,1 % de las participantes tenía un título superior al bachiller y más de la mitad pertenecía a una clase media-alta. Ninguna participante con funcionalidad familiar normal tuvo un retorno laboral poco satisfactorio y aproximadamente el 80 % de estas aún se encontraba activa laboralmente. El 75 % de las participantes negó haber presentado depresión posparto, sin embargo, solo el 43,8 % autorreportó una funcionalidad familiar normal. **Conclusión:** Para una mujer gestante mayor de 35 años, una familia funcional y una buena percepción de apoyo social actúan positivamente en el retorno laboral.

Palabras clave: Mujeres embarazadas; salud de la mujer; reinserción al trabajo; apoyo social; relaciones familiares. (Fuente: DeCS, Bireme).

Objetivos de desarrollo sostenible: Salud y bienestar.

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