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The loss of natural birth and delivery with a tendency election section caesarea for pregnant woman

Wilhelmina Wahara, Lily Zulaikha and Dewi Sartika
Indonesia

Statement of the Problem: The experience of childbirth always represents a very important event in the life of women, a unique and special moment, marked by the transformation of women into their new role of being a mother. A mother's fear of pain in the normal labor process allows the mother to seek help for labor that is believed to reduce the pain. The choice of labor which was performed is the method of cesarean section. The phenomenon of cesarean section is performed no longer based on need in the delivery aid but to avoid the fear for the mother. The saddest thing nowadays is that pregnant women are no longer able to give birth normally; they sometimes get incorrect information or are afraid of doctors who have altered their inner strength to normal labor. Studies of vaginal delivery and cesarean births have addressed the various problems associated with both types of treatment; indicate some concerns about the quality of midwifery care, the current high cesarean rates, and the meaning of labor by different women.

Aim: This study has a purpose to reduce the number of cesarean delivery and to improve the quality of maternal health through confidence in normal delivery.

Methodology & Theoretical Orientation: This research is designed descriptively qualitative by one group with narrative method of data collection. The narrative approach allows women to tell their stories, emphasizing the parts they consider most important by way of snowball sampling. Rationality is based on women who still process their birth or have previous cesarean history.

Results: Findings show that 95% of pregnant women are able to do normal labor by doing some things early in pregnancy trimester-I, the mother can adjust to pregnancy by way of relaxation, Trimester-II doing stress management activities, sports/ yoga prenatal. This is where yoga is necessary for prenatal power, passage and passenger on the preparation of delivery later and massage pregnant women for pregnant women still feel comfortable. In Trimester-III pregnant women are already in the phase of precautions to the process of getting closer.

Conclusions & Significance: Pregnant women without pathology problems can spontaneously deliver, but health services that sometimes do not match their expectations make them decide to choose cesarean delivery. Pregnant women rely on many resources when planning births and changes made to a woman's early birth plan affect her memory of the birthing experience. Misinformation, the experience around (other women who have given birth) and lost confidence in the process of labor are strong reasons for choosing to end cesarean delivery.

awilhelmina@yahoo.com