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The relationship between women's perception of support and control during childbirth on fear of birth and mother's satisfaction

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Abstract

The study was conducted in order to determine the relationship between women's perception of support and control during childbirth on fear of birth and mother's satisfaction. This descriptive study was carried out at the postpartum clinics of a state hospital. Seven hundred and twenty-five puerperal women were included in the sample. T test in independent groups and Pearson's correlation test were used in the evaluation of the data. Seventy-six percent of the puerperal women had vaginal birth, 24% had caesarean section. The mother's perception of control and support at birth was moderate (99.04 ± 17.30), the fear of birth was at clinical level in most of them (92.8%), and the satisfaction at vaginal and caesarean births was low. Puerperal women who had a planned pregnancy, non-invasive birth, birth without perineal tear had higher support and control perception at birth and lower fear of birth than who had unplanned pregnancy, invasive birth, or birth with a perineal tear (p < .05). Puerperal women who did not have any health problems during pregnancy and postpartum period had higher satisfaction levels compared to those who did (p<.05). The high level of perception of support and control at birth decreases the fear of childbirth and increases the satisfaction levels of puerperal women in vaginal and caesarean births. All health professionals, especially perinatal nurses and midwives, should strive to implement care initiatives that are appropriate to the needs of women.Impact StatementWhat is already known on this subject? The mode of delivery, insufficient supportive care during delivery, or perception of supportive care received are among the causes of trauma among women. Birth trauma may cause women to experience stress, anxiety, fear and loss of control, and maternal and foetal/neonatal health is adversely influenced during the delivery and postpartum period. A literature review revealed no study examining the effect of maternal perception of support and control during delivery on fear of childbirth and maternal satisfaction. What the results of this study add? Stronger perception of support and control during delivery reduces fear of childbirth, and also increases puerperal women's levels of satisfaction from care during vaginal and caesarean deliveries. What the implications are of these findings for clinical practice and/or further research? Facilitating women's achievement of personal control and expectations during childbirth should be the focus of care interventions. In line with these results, it may be recommended that all healthcare professionals, especially perinatal nurses and midwives, strive to implement care initiatives that comply with the needs of women.

Keywords: Birth; control; fear of birth; mother's satisfaction; perception; support.

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