



Article

Narrative Review Encouraging Factors of Mothers to Carry Out Gentle Birth Program

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A B S T R A C T

Childbirth is considered a frightening and painful process for most pregnant women, especially primiparas. This causes pregnant women to choose cesarean delivery. A gentle birth program is an approach to care for pregnancy and childbirth that helps mothers overcome their anxiety in dealing with childbirth. This study aimed to determine the factors that encourage mothers to carry out a gentle birth program.

This type of research is a narrative literature review. The research was conducted from October to December 2021. Article searches were accessed through the PubMed, ScienceDirect, and Google Scholar databases. Articles were selected based on inclusion and exclusion criteria.

The analysis was carried out on ten research articles. The results of internal factors that encourage mothers to carry out a gentle birth program are the mother's knowledge, mother's interest, mother's motivation, mother's perception, mother's experience of childbirth, mother's psychological aspect, and mother's belief in her abilities. Meanwhile, external factors encouraging mothers to carry out a gentle birth program are the husband's support, support from health workers, family and friends, and health facilities.

The mother's knowledge is the dominant internal factor that encourages mothers to carry out a gentle birth program. Meanwhile, the husband's support is the dominant external factor that encourages mothers to carry out a gentle birth program.

I. Introduction

Childbirth is a natural process that comes from the body without causing problems for most mothers and babies. However, many studies show that clinical interventions often occur which should not be necessary and potentially cause complications in healthy pregnant women.¹ In childbirth, women are more concerned with the choice to give birth without any disturbances rather than choosing where and how the place of delivery will be.²

Indeed, childbirth is a natural and normal process. However, research shows that some women think that childbirth is a scary and painful process.² Services from pregnancy to delivery are needed to deal with childbirth and reduce anxiety, especially for primigravida mothers.³ Based on research conducted on primigravida mothers in Samarinda, as many as 22.5% of primigravida mothers experienced mild anxiety, 30% with moderate anxiety, 27.5% with severe anxiety, and 20% with very severe anxiety.⁴ Based on research conducted by Hariningsih, Anxiety felt by pregnant women is one of the causes of cesarean delivery without medical indications.⁵

CS delivery is by giving birth to a fetus through surgery on the abdomen (abdomen).⁶ Delivery by CS is an option for most pregnant women because CS delivery can reduce the pain felt during labor, reducing the anxiety the mother feels when facing labor.

SC deliveries are not only absolutely done because of medical considerations, but some are done because of the patient's request or advice from the practical doctor.⁷ According to the 2012 IDHS data, the factors for performing SC surgery due to prolonged labor were 34,5%, excessive antepartum bleeding 7,8%, foul-smelling vaginal discharge 8,1%, seizures 2,7%, rupture of membranes of more than 6 hours 22,6%, others 12,6%, and SC with non-medical indications 44,6% of the total 1,878 births.⁸ Based on research conducted at Elisabeth Hospital, Medan, North Sumatra, cesarean delivery with non-medical indications, which are requests from the mother, occurred as much as 13,9% and continues to increase from year to year.⁹ It can be seen from the results of some of these studies that delivery by a cesarean section can still be avoided because of the mother's condition that allows for normal delivery.³

Gentle birth is one approach to care for pregnancy and childbirth that can help mothers reduce their anxiety since pregnancy. Gentle birth uses a calm approach to care for pregnancy and childbirth by utilizing the natural elements of the mother's body.³ In the face of pain-free from medical drugs, women can endure it by carrying out labor calmly and with complete self-control while allowing the baby to be born. Apart from being a woman's regulation of herself during childbirth, this is also to respect their body's ability to deliver without intervention.¹⁰

Reviewing the explanation above, the author is interested in conducting a literature review on the factors that encourage mothers to carry out the Gentle Birth Program. Every mother certainly has their own choice about the method she will choose to give birth to her baby, which of course, is influenced by the surrounding environment and from within the mother herself. Recognizing the factors that encourage mothers to carry out a gentle birth program can enrich the midwife's insight to help mothers make delivery choices with the most negligible possible intervention.

II. METHOD

This type of research is a narrative literature review. Data collection was carried out from October to December 2021. Journal searches were accessed using PubMed, ScienceDirect, and Google Scholar database searches. The search keywords used in international journals are gentle birth, husband support, family support, health workers support, social support, experience, And women motivation. At the same time, the search keywords used for the national journal are gentle birth, husband's support, family support, health worker support, social support, experience, and mother's motivation.

The inclusion criteria for journal searches were primary journals that discussed the factors that encourage mothers to carry out a gentle birth program, the year the journal was published between 2016-2021, international journals indexed by Scimago and Scopus, and national journals accredited by

Sinta (minimum Sinta 4). Meanwhile, the journal search exclusion criteria were journals that were not available in full-text form (only abstract was available).

III. RESULTS

Search articles using PubMed, ScienceDirect, and Google Scholar databases. Articles were selected using inclusion and exclusion criteria. The selected articles will be read in their entirety (full text). Articles relevant to the inclusion criteria will be used for further analysis. The PubMed database found one relevant article. Relevant articles in the ScienceDirect database found 1 article. In the Google, Scholar database found, eight relevant articles.

The number of relevant articles based on the inclusion criteria found in the three databases is ten research articles. To find out which international journals are indexed by Scopus, the journal that contains the article will be identified through a value indexing system. After being identified, all journals indexed by Scopus were found. Meanwhile, all articles in national journals are accredited by Sinta (minimum Sinta 4).

Based on ten articles that have been analyzed, the results of the internal factors that encourage mothers to carry out a gentle birth program are the mother's knowledge, mother's interest, mother's motivation, mother's perception, mother birth experience, mother's psychological aspect, and mother's belief in her abilities. Meanwhile, external factors that encourage mothers to carry out a gentle birth program are the husband's support, support from health workers, support from family and friends, and health facilities.

IV. DISCUSSION

Internal Factors That Encourage Mothers to Do the Gentle Birth Program Mother's Knowledge About Gentle Birth Program

According to Sholihah's research¹¹, most respondents (37,1%) have sufficient knowledge about hypnobirthing. This result is higher than the other two categories, good and poor. The knowledge possessed by pregnant women can come from various sources, ranging from the internet, posters, books or magazines, friends, and others. The knowledge possessed by the mother is what influences the mother's attitude.

In another study conducted by Syafitri et al. ¹², half of the respondents (50%) with good knowledge were willing to do hypnobirthing. Without the knowledge that pregnant women have about hypnobirthing, they will be reluctant to do something they do not know. However, for pregnant women who have good knowledge but have experience during pregnancy that makes them feel they don't need to do hypnobirthing, it can influence pregnant women not to do hypnobirthing.

According to Situmorang et al. ¹³, there is a significant relationship between knowledge and the interest of pregnant women in doing prenatal yoga. The results obtained, more than half of pregnant women (53,3%) with good knowledge have an interest in doing prenatal yoga. Knowledge is the root of a person doing something and is the core of growing one's interest.

Research by Nurbaiti et al. ¹⁴ found that half of the respondents (56,3%) with good knowledge desired to attend prenatal yoga classes. Education is one factor that influences one's knowledge because education is a means to develop one's personality and abilities.

Another study by Widiantari et al. ¹⁵ found that mothers who performed gentle births had a reasonably good knowledge of gentle births. This is illustrated by the research results where mothers can explain the theory about gentle births well, ranging from understanding benefits to the types of gentle births.

Mother's knowledge is the most dominant internal factor in encouraging mothers to carry out a gentle birth program because one's knowledge about health is critical before the occurrence of health behavior. An attitude is a form of readiness or willingness to act. The result of the attitude of each individual can be different; if you like or agree with an object, you will approach, find out, and join; on the contrary, if you do not like or disagree, you will avoid or stay away.

Mother's Interest

Interest is accepting a bond between oneself and something from the outside. The greater the bond, the greater the interest. Interest is a person's primary motivation to do something or decide about something. Research conducted by Syafitri et al. ¹², there are as many as 70% of pregnant women are interested and interested in doing hypnobirthing. Meanwhile, the lack of interest of the other 30% of pregnant women is caused by several factors, namely mothers' lack of knowledge about hypnobirthing and the distance of available health facilities.

According to research conducted by Syaras et al. 16, the interest of a pregnant woman to do hypnobirthing is influenced by desires within the mother related to physical and emotional needs based on the experiences felt by the mother.

Another study conducted by Triana¹⁷ showed that there was a relationship between the interest of pregnant women and doing hypnobirthing. Of the majority of respondents (32%) who are interested, there are as many as 21 respondents (11%) who do hypnobirthing. Pregnant women's lack of interest in doing hypnobirthing is caused by the lack of knowledge or information about the benefits of hypnobirthing, so people still feel unfamiliar with hypnobirthing.

According to Situmorang et al. 13, there are many factors that influence the interest of pregnant women to do prenatal yoga, namely education, information, and work. A mother's education has an effect on the amount of information obtained by the mother and how the mother digests the information. Information is essential in influencing the mother's interest in doing prenatal yoga because the more information the mother gets, the more it will affect the mother's interest in doing prenatal yoga. Work also affects the mother's interest in doing prenatal yoga because if her income is inadequate, it will be difficult for the mother to fulfill her interests.

Research conducted by Situmorang et al. 13 found that more than half of the respondents (59,4%) were highly interested in taking prenatal yoga classes. Mother's interest begins with the knowledge and information obtained about prenatal yoga. In addition, the mother's participation or experience with happy feelings when doing prenatal yoga can also increase the mother's interest. This combination of knowledge and experience forms a person's interest in doing prenatal yoga classes.

Mother's Motivation

Motivation is a need that encourages someone to do something or achieve a goal. In other words, motivation is not much different from motive, a power that drives someone to do something. The greater the motivation a person has, the greater their desire to achieve the goals of that motivation.

Research conducted by Khasanah et al. 18 found that 40,7% of mothers had positive motivation and did perineal massage. The mother's motivation to do perineal massage is obtained from the support provided by the family. This follows the theory of Mutmainah, Yuliasari, and Mariza; positive motivation can be influenced by external factors, namely in the form of opportunities and the availability of facilities to perform perineal massage and support from those closest to them.

Mother's Perception

According to Syaras et al. 16, the perception that is created in a person is influenced by various factors, starting with a perception that is implanted in a person's subconscious, which is then translated by the brain so that the brain controls the interaction between body organs. Based on the results of his research, it was found that when pregnant women do hypnobirthing, they feel the changes that occur to them during pregnancy and childbirth. Hypnobirthing is a method of delivery that uses techniques to suggest to the brain that childbirth can be done painlessly, calmly, and comfortably. Giving this suggestion provides a stimulus to the receptor so that perception is formed.

Research conducted by Widiantari et al. 15, said that mothers who did a gentle birth had a perception of a gentle birth that was in accordance with what it should be. Pregnant women describe their perception of gentle birth in the form of a delivery method that is important to do because it can speed up the delivery process and create a calm delivery and minimize medical interventions and complications that can occur to both mother and baby.

Mother's Maternity Experience

Maternity experience that has been experienced by the mother greatly influences the mother's decision in determining the method she will do during pregnancy and childbirth. This impacts mothers' positive and negative experiences during pregnancy until the previous delivery.

Research conducted by Widiantari et al. 15, said that the mother's personal experience greatly influences the mother in making decisions about how to give birth. Mothers who did not give a

gentle birth previously described that at the time of delivery, they felt excessive pain, feeling uneasy, and felt unable to give birth until they chose surgery as a way out.

Research conducted by Fair et al. 19, stated that women wanted to do a water birth because they had a positive experience using the previous water birth method. For women, water birth is considered to reduce pain during labor and control during the labor process. Another benefit they feel with this waterbirth is an increase in mobility, and an environment that is created feels intimate, safe, and peaceful for the baby to be born.

Mother's Psychological Aspects

Interest is a psychological aspect of a person who pays great attention to specific activities and encourages them to carry out them. Meanwhile, each person's level of attention and psychological encouragement is sometimes different, so the level of interest in an object for each person will be different. The process of human observation and capture always involves a choice among many objective external stimuli, which are then considered and interpreted more deeply by each individual. The choice is also closely related to the psychological aspect of a person who works within him at the time of the stimulation of an object.

Research conducted by Widiantari et al. 15 said that the psychological aspects studied in this case were the feelings that underlie pregnant women when choosing a gentle birth. Most pregnant women describe that the fear and worry they feel when they are about to start the labor process is caused by a sense of trauma from previous deliveries. This is in line with the results of research by Yusdiana, D. (2011) in Widiantari et al., that each method of delivery chosen has a different sense of trauma, which affects the choice of the following delivery method.

Mother's Confidence In Her Ability

According to the research of Fair et al. 19, many women have started exploring their choice of giving birth using water because they sincerely believe in their body's ability to experience birth with minimal medical intervention. With water birth, women feel a strong connection with their bodies, and childbirth becomes more natural than giving birth with medical assistance.

External Factors That Encourage Mothers to Do the Gentle Birth Program

Husband Support

Research conducted by Deliktas et al. 20 found that in going through the labor process, it is essential for women to get support from their husbands because it is an experience for them to welcome their babies into the world for the first time. The support and empathy given by the husband make women feel valued and consider their existence, which can improve women's health during the delivery process.

Another study by Syafitri et al. 12 found that as many as 80% of pregnant women who received their husband's support were willing to do hypnobirthing. Husband's support during pregnancy and childbirth provides comfort for pregnant women. The support provided by the husband can take various forms, ranging from emotional support, instrument support, and information support.

The husband's support is the most influential external factor, among other factors. This is because the husband is the closest person to the mother, so the support provided by the husband plays a vital role in maternal decision-making. This is in line with the theory put forward by Azwar²¹, namely that someone considered necessary will significantly affect a person's attitude towards something.

Health Worker Support

Research conducted by Deliktas et al. 20, found that women who wanted to give birth generally without medical intervention, in practice, received support from health workers who accompanied them during childbirth. The support provided by health workers increases a woman's self-confidence during the birth process. The support provided by health workers is in

the form of information, guidance, and support from health professionals for women in dealing with childbirth.

In Fair et al. 19 research, women received support for their decision to have a water birth from various sources, one of which was the midwife. Here the midwife plays a significant role for women; apart from being a health worker who accompanies them during pregnancy to delivery, the midwife is also a reliable source of waterbirth information.

Family and Friend Support

In the study of Deliktas et al. 20, it was found that women wanted to give birth typically and without medical intervention. To realize this desire, women are supported by several factors, one of which is support from family and friends. Most primiparous women feel less confident when they are about to give birth, and it is from family and friends that they expect guidance and support to avoid feeling anxious when facing childbirth.

In a study conducted by Fair et al. 19, it was found that women also received support from their family and friends. Even so, there were also negative responses they got when they informed them of their decision to have a water birth. This is because the public is still ignorant about information about waterbirth, so waterbirth is considered a method that is still not trusted.

Health Facility Support

Health facilities are one of the external factors that influence mothers to give gentle birth. Health facilities affect through various aspects, ranging from the atmosphere created in the place of service, the attitude given by health workers, and the infrastructure that supports the implementation of gentle births to the affordability of access from health facilities.

According to the research of Widiantari et al. 15, the attitude of the service provided by health workers plays a significant role because when health workers accompany pregnant women with a gentle, friendly, and caring attitude, the mother will enjoy the birth process herself without feeling pressure from her surroundings.

Research conducted by Syafitri et al. 12, shows that distance from health facilities is one of the factors influencing pregnant women to do hypnobirthing. It can be seen from the results of the study as many as 80% of pregnant women who have homes that are close to health facilities are willing to do hypnobirthing.

According to the research of Deliktas et al. 20, it was found that women have the desire to give birth in a health facility that supports expected delivery. Women want health facilities to provide an environment that provides privacy, silence, and comfort.

V. CONCLUSION

Gentle birth is one approach to care for pregnancy and childbirth that can help mothers reduce their anxiety since pregnancy. Gentle birth helps mothers by providing a sense of security and confidence in themselves to give birth typically. By trusting in the ability of her own body, the anxiety felt by the mother will disappear so that her body will work naturally during the delivery process.

Two factors influence mothers to carry out a gentle birth program: internal and external. Internal factors within the mother's body encourage the mother to do something. Internal factors that encourage mothers to give a gentle birth are the mother's knowledge, the mother's interest, the mother's motivation, the mother's perception, the mother's birth experience, the mother's psychological aspect, and the mother's belief in her abilities. The mother's knowledge is the most dominant internal factor that encourages mothers to carry out a gentle birth program. At the same time, external factors come from outside the mother's self that influences the mother to do something. External factors encouraging mothers to give gentle birth are the husband's support, health workers' support, family and friends' support, and health facilities. The husband's support is the most influential external factor in encouraging mothers to carry out a gentle birth program.

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