



congress book

The Third International Congress

Ethics in Midwifery and
Reproductive Health
with a Focus on Maternal
Dignity

September 2024 17-19
IRAN, The University of
medical Science of
Mashhad



۲۷ تا ۲۹

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۱۴۰۳

سومین کنگره بین المللی

اخلاق در مامایی و سلامت باروری
با محوریت کرامت مادری
با شعار

کرامت ماما، کرامت مادر

ایران - مشهد

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L42 Raheleh Babazadeh

Explaining the strategies to make childbirth pleasant from the perspective of adolescent mothers: A content analysis study

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Abstract

Introduction: Adolescent pregnancy as a major health issue in the current century, which in case of unsafe principles, especially during childbirth, is associated with many complications for the adolescent, family and society as a whole. So it seems necessary to make pregnancy and childbirth pleasant in this group. Therefore, the present study aimed to explain the strategies to make childbirth pleasant from the point of view of adolescent mothers.

Methodology: This qualitative content analysis study was conducted in health centers and educational hospitals in Mashhad and Sabzevar cities on pregnant women aged 10-19 and up to 6 months after delivery with purposive sampling until reaching data saturation. The interviews were conducted by the researcher in a quiet environment with confidentiality for 30-60 minutes in each interview. At the same time as data collection, analysis was done based on the theory of Elo and Kingas (2008) with MAXQDA software.

Results: The participants were 19 pregnant and postpartum mothers aging 13-19 years. The findings include 7 main categories and 17 subcategories including mental solutions to make childbirth pleasant (positive mental imagining, positive self-talk with trust; and mother's motivation), making childbirth pleasant with positive experiences (personal positive experiences, positive experiences of others), emotional support (consolation and reassurance of those around you, empathetic behavior of the delivery team), professional care (using techniques to reduce labor pain, providing safe care, honoring the mother), increasing individual knowledge (useful trainings of accompanying midwives, gaining sufficient knowledge), obtaining prior preparation (participating in childbirth preparation class, exercise, relaxation), seeking help from others (seeking help from accompanying midwives, visiting a doctor, receiving counseling from a psychologist).

Conclusion: The findings of this qualitative study can help policymakers, gynecologists and reproductive health specialists and midwives to make childbirth pleasant while maintaining maternal dignity in order to improve the physical and mental condition of these mothers and their decision making in the process of childbearing.

Key Words: Pleasantness, childbirth, adolescent mothers, qualitative study