

## Influence of Choice of Birth on Women's Child Birth Experience

Prasuna Jelly<sup>1</sup>, Suman Choudhary<sup>2</sup>, Prakash Mahala<sup>3</sup>

**Author Affiliation:** <sup>1</sup>Assistant Professor, <sup>2</sup>Nursing Tutor, <sup>3</sup>Nursing Officer, All India Institute of Medical Science, Rishikesh, Uttarakhand 249203, India.

How to cite this article:

Prasuna Jelly, Suman Choudhary, Prakash Mahala. Influence of Choice of Birth on Women's Child Birth Experience. J Nurse Midwifery Matern Health. 2020;6(1):9-13.

### Abstract

The impact of choice and control on women's child birth experiences depend on a woman and her care providers because delivery strategy normally include data such as wherever a woman want to plan for delivery, birth attend by who and what types of medical treatment and pain relieve who will appear a delivery will be used. If expectations are not met, it affects the birth experience. The aim of this review is to more appreciate the complete role of control and choice of women's labourskills. There are many factors include to women's arrogance toward their delivery experience. The greatest protruding issues include decision making choice, control, community support, and pain control efficacy. Choices and control may be internal and external processes which impact women's birth experiences. Internal may be to control women emotional state and pain expression and external may be on other hand, which refers to women's ability in decision making related to her birth include medical intervention, type of support and sources and where and how to give birth. If these criteria are fulfilled associated with positive experience and lacking of these indicate negative experience.

**Keyword:** Impact; Choice; Control; Childbirth; Experiences.

### Introduction

Birth planning is an implement that plans a woman's outlooks for her delivery and may exposed statement between a woman and her provider of care, in case the lady with information previous to deliver/ birth once women conceive, they develop their plan birth early and changes of plan affect birth experiences overall. Their positive and negative emotions and memories are belonging further to spirit, emotional state and effort of control and choice than to exact facts of delivery involvement.

"The plan of birth is a device that plans a woman's expectations for her birth and can good communication between a woman and care providers, prior to giving birth providing the woman with knowledge."

The childbirth is an essential time in the mother life as well as her family. The mother and child health and well-being at birth generally regulate the future health and wellness of the whole family. The child birth outcome not only important factor in mother well-being but also suggest the way of women pregnancy experience and birth of child is also key

---

**Corresponding Author:** Prasuna Jelly, Assistant Professor, All India Institute of Medical Science Rishikesh, Rishikesh, Uttarakhand 249203, India.

**E-mail:** [prasunajelly@gmail.com](mailto:prasunajelly@gmail.com)

**Received on** 04.03.2020, **Accepted on** 19.03.2020

factor for relationship of mother with her child and future experience of childbearing.<sup>1</sup> Complication during pregnancy is requiring extra monitoring because it is considering in high risk pregnancy. Therefore, antenatal check-up is essential in order to ensure appropriate management. It will be beneficial for mother as well as baby also.<sup>2</sup>

Normal delivery is defined as pregnancy with low risk and spontaneous onset labour between thirty-seven weeks to forty-two weeks. Delivery is acceptable to positioning of the mother throughout to progress and on its own with the free movement. After delivery, the infant and mother are in good state and are allowed limitless time for initiating bonding and breastfeeding. The WHO estimates

that between 70.1% and 80.04% of women incoming labour are at small risk.<sup>3</sup>

**Results and Discussion**

Recently German study initiate that women preparation an out-of-hospital vaginal birth (it may be homebirth and birth centre) had a 77.81% success rate in comparison to in-hospital vaginal birth of 32.1% in the same province. Overall the study concluded that outside of hospital vaginal delivery was harmless where there were properly capable midwives and clear risk showing principles. Most of the women chose normal delivery because it has

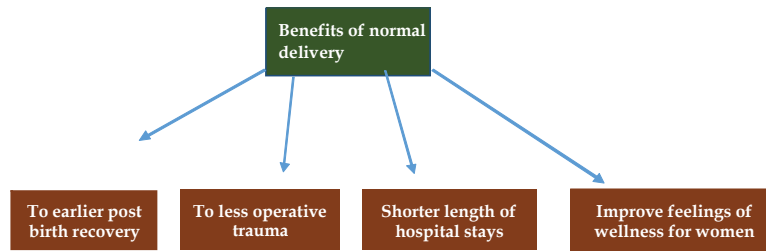


Fig. 1: Benefits of normal delivery

more benefits for woman as well their family also. Even communities are also supported to have a normal delivery.

Other benefits also feel a birthing woman such as pride experience and accomplishment which may lead to a psychological healing period following Prior birth upset. Birth upset/trauma may also include a woman were treated through the health personnel's and birth mode she practiced.<sup>4</sup> The women experience with a safety environment and good network added to emotional strength

and a trusty sense, which effect and promote a normal labour and confident birth experience. Mother had always a positive approach towards the delivery and use different managing policies to contract with it. This factor turned to positive birth experience and connection with child birth starts from antenatal preparation which also contribute positive child birth experience.<sup>5</sup>

Labour is stimulating and obstacles happen, women's builds are intended to deliver a baby. In during and after childbirth shape of pelvis,

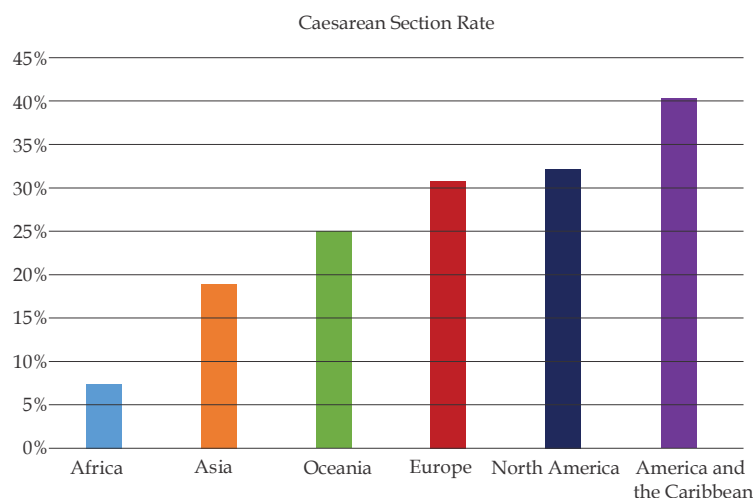


Fig. 2: Caesarean section rate

hormones, power of muscles and more all work composed to help carry a baby into the outside of world.<sup>6</sup>

Other ways Caesarean section frequency has raised in various portions of the world, both in developing nations and developed countries. Recently world health organization reports show that between 1991 and 2014 the world coverage Caesarean section rate raised from 12.40% to 18.61% with frequent extending liable on area between 6 and 27.20% and increasing at a typical rate of 4.41% yearly. Studies of epidemiologic has exposed that, in high/maximum, low/less- and middle-income countries similarly, Caesarean section is existence providing at increased proportions than suggested. The lowermost rates were setup in Africa (7.31%), tracked through Asia (19.20%), Europe (25.1%), Oceania (31.10%), and North America (32.30%), with Caribbean and Latin America having the increase rates at 40.51%.<sup>7</sup>

A woman is in need to play various roles as daughter, wife, mother, or mother-in-law based on the reference. To fulfil these roles and responsibilities are severely impacted during the time of Pregnancy and childbirth. These are natural life events for mother, when all women's hope for expectation pregnancy and birth. There is a chance of complication that affect mother as well as baby also.<sup>8</sup> Some women's experiences have reason to choose Caesarean delivery such as

Caesarean delivery is not gentle. usually, birth involves pressure, stress associated with the emotional, physiologic and life-style pregnancy changes and the puerperium, including mood swings, fatigue, assumption of the parental role and body image changes. Caesarean delivery adds extra stress, including the surgery stress. Women who experience caesarean birth have stated depression feeling, anxiety, less gratification with the experience of birth, guilt, loss of control, and self-esteem loss.

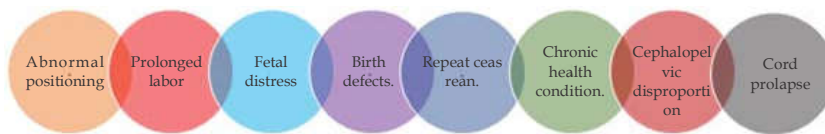


Fig. 3: Reason to choose Caesarean delivery.

Allegedly, emergency or unplanned caesarean delivery is especially challenging. women who have caesarean birth are less pleased with the experience of birth and themselves, noticing the caesarean birth as knowingly different from normal birth.<sup>9</sup>

The thought of choice is an important feature of current health care strategy is now normally well implanted. The recent maternity strategy promotes choice and control for gestation women associating

these basics to both a more value of experience outcomes and upgraded. Choice is an action, which involves close connections between purpose and wisdom, profits and risks gathering of first choice created on their efficacy. It is possible to propose that because consequences during gravidity and delivery are undefined, that female may reflect choice not only to be around wishes for a firm birth skills but also a casual.<sup>10</sup>

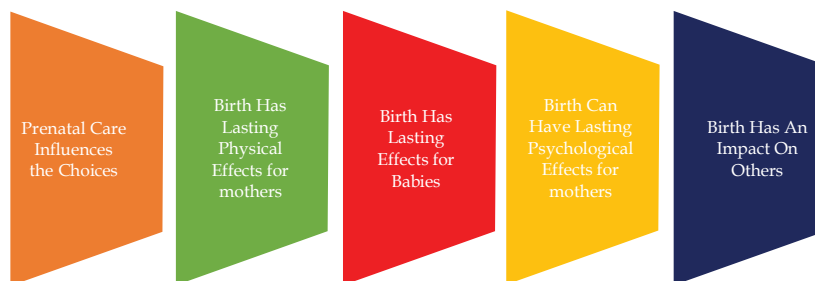


Fig 4: 5 ways to affect parenting

Birth has an impact on a woman, her baby and the entire family unit for years to come. Birth has a short and a long term physiological impact on both

mother as well as baby also.<sup>11</sup>

The mission of SOGC's stated is to indorse quality in the skills of Gynaecology and obstetrics

to progress advance the women health through leadership, direction, support, advocacy, collaboration, team work outreach and education. Some essential beliefs are

- Women should have impartial access to ideal, complete health care providing with trust and empathy.
- Females should have the data they want to make choices about their welling.
- The members of society have the accurate skills in a healthy and safe atmosphere.

- The Society has a accountability to endure helping patient security by systems of health care and to be observable by supportive efforts in provision of women's health worldwide.<sup>12</sup>

Mother have some kind of choices such as: place of birth, care provide, what foods to avoid, prenatal testing, eliminating all caffeine, alcohol, how much and what kind of exercise, Safe travelling etc.<sup>13</sup> and Mother have some kind of choices such as: Choice in decision making, Efficacy of pain control, Social support, Control own feelings and Some kind of medical interventions etc. And one main theme



Fig. 5: Categories and sub categories for a positive birth experience.

presented as mother's involvement and replications of their delivery are:

"To be empowered increases first-time mother's chances for a positive birth experience" with three categories and sub categories:

So women's labelled that the body's pretentious by how they could achieve and contract all situations.<sup>14</sup> But labour pain can reduce through some labour supportive measures and non-pharmacological methods.<sup>15</sup> It is a positive experience in which mother control the pain. Thus, during both the

advance and application of the delivery plan, women must communicate their prospects and make decisions about health with their care givers. Results that a woman styles before and after labour which affect the birth experience because labour is a composite life event considered by rapid social and expressive changes and is of countless belief and huge stress for many ladies and the relatives.<sup>16</sup> Continuity attention is related with the detail that women emotions good ready for the delivery and that they are more assure and emotions a positive labour.<sup>17</sup>

The labour is an essential event in a mother life. Experience of positive delivery can result in a sense of achievement and emotions of self-esteem and self-assurance. Negative delivery experience can result in injurious meanings ranging from maternal suffering emotions to postpartum psychosis and even an experience of negative delivery can declare in harmful cost ranging from feelings of maternal distress to post-traumatic pain conditions and even postpartum psychosis.<sup>18</sup> So, pregnancy and labour are as normal and unexpected as breathing, thinking or loving. Pregnant women appearance many selections that will touch the gravidity, experience of birth and life as an original mother.<sup>19</sup>

### Conclusion

The impact of choice and control on women's child birth experiences depends on ladies' emotions of being authorized or not, if women feel empowered when a trustful relationship with partners and professionals it increases ability to feel forte of the figure and control, satisfaction and skill to handle the pain ensued during birth with good experience but inadequate support from family and professionals may lead bad birth experience and women felt immobilized, abandoned.

### References

1. Cook K, Loomis C. The Impact of Choice and Control on Women's Childbirth Experiences. *J Perinat Educ* 2012;21(3):158-68.
2. Dam P, Chakravorty PS, Mukherjee P, Dasgupta S. An atypical successful outcome of multifetal pregnancy in bicornuate uterus: A case report. *J Int Med Sci Acad* 2014;27(4):211-2.
3. Brunt I. Normal Birth. *Perm J* 2005;9(1):96-8.
4. Keedle H, Schmied V, Burns E, Dahlen HG. Women's reasons for, and experiences of, choosing a homebirth following a caesarean section. *BMC Pregnancy Childbirth* 2015;15(1):1-31.
5. Aune I, Marit Torvik H, Selboe ST, Skogås AK, Persen J, Dahlberg U. Promoting a normal birth and a positive birth experience: Norwegian women's perspectives. *Midwifery* 2015;31(7):721-7.
6. Australia H. What happens to your body during childbirth. 2018;1-2. Available from: <https://www.pregnancybirthbaby.org.au/what-happens-to-your-body-in-childbirth>
7. Konlan KD, Baku EK, Japiong M, Dodam Konlan K, Amoah RM. Reasons for Women's Choice of Elective Caesarian Section in Duayaw Nkwanta Hospital. *J Pregnancy* 2019;2019:1-12.
8. Jelly P, Choudhary S. Breastfeeding and breast cancer: A risk reduction strategy 2019;5(2): 47-50.
9. Miovech Sm, Knapp H, Borucki L, Roncoli M, Arnold L, Brooten D. Major Concerns of Women After Cesarean Delivery. *J Obstet Gynecol Neonatal Nurs* 1994;23(1):53-9.
10. Snowden A, Martin C, Jomeen J, Martin CH. Concurrent analysis of choice and control in childbirth. *BMC Pregnancy Childbirth* 2011;11:1-27.
11. 5 Ways Your Birth Experience Can Affect Your Parenting. 2018. <https://www.bellybelly.com.au/birth/5-ways-your-birth-experience-can-affect-your-parenting/>
12. The Society of Obstetricians and Gynaecologists of Canada. Society of Obstetricians and Gynaecologists of Canada (SOGC). Available from: <https://www.sogc.org>
13. Lothian JA. Risk, Safety, and Choice in Childbirth. *J Perinat Educ* 2012;21(1):45-7.
14. Nilsson L, Thorsell T, Hertfelt Wahn E, Ekström A. Factors Influencing Positive Birth Experiences of First-Time Mothers. *Nurs Res Pract* 2013;2013:1-6.
15. Choudhary S, Prakash K, Mahalingam G, Mahala P. Effectiveness of labor support measures on the pain perception of mothers in labor. *Int J Med Sci Public Heal* 2018;7(5):1.
16. Zhang X, Lu H. Childbirth expectations and correlates at the final stage of pregnancy in Chinese expectant parents. *Int J Nurs Sci* [Internet] 2014;1(2):151-6. Available from: <http://dx.doi.org/10.1016/j.ijnss.2014.05.019>
17. Dahlberg U, Aune I. The woman's birth experience-The effect of interpersonal relationships and continuity of care. *Midwifery* [Internet] 2013;29(4):407-15. Available from: <http://dx.doi.org/10.1016/j.midw.2012.09.006>
18. Guittier MJ, Cedraschi C, Jamei N, Boulvain M, Guillemin F. Impact of mode of delivery on the birth experience in first-time mothers: A qualitative study. *BMC Pregnancy Childbirth* 2014;14(1).
19. Topics H, Sections C, Birth V, Cesarean A, Surgery U, Place B, et al. *Pregnancy & Birth* 2020;1-3. <https://www.ourbodiesourselves.org/book-excerpts/health-topics/pregnancy-birth/>

