

Primary fears of childbirth of couples who have not yet had children in Turkey

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Purpose: This study aimed to describe and compare the fear of primary childbirth (FOC) among women and their partners with no children according to demographic characteristics.

Methods: This cross-sectional descriptive study was conducted between July-August 2020, including couples residing in metropolitan or district regions and aged 18–35 years who had never been pregnant (n = 289). FOC among the couples and their demographic characteristics were compared in terms of readiness for pregnancy, birth, the postpartum period, baby care, breastfeeding, and readiness to provide social support in coping with FOC. Individual descriptive forms and the Women and Men Childbirth Fear - Prior to Pregnancy Scale (WCF-PPS/MCF-PPS) were used for evaluation.

Results: Overall, 65.4% of the participants were not planning a pregnancy in the next year. The difference between the total WCF-PPS/MCF-PPS scale scores between the women and men was not significant. There was a significant relationship between women's FOC and their place of residence. District residents had higher FOC. Conversely, we observed that the economic status, education level, and women's age did not impact FOC. Men with good economic status had higher FOC scores. Female university graduates living in metropolitan areas were not ready for pregnancy. Conclusion: Men and women's FOC scores were average and differed according to their place of residence and economic situation. Adding criteria for FOC to the content of pre-pregnancy and pre-conventional counseling and providing information

packages to couples can help reduce the pre-pregnancy FOC.

Keywords: FOC, childbirth, couples, fear, demographic

Biography

Hulya Tosun works in the field of Women's Health Nursing. After working in hospitals and family health centers for 24 years, she started to work as an Academician at Beykent University in 2019. She still teaches at Kutahya University of Health Sciences on issues related to Women's Health. His views on nursing care can be expressed as follows; protecting women's health also means protecting child and community health. Dealing with the physical, psychological, mental and even spiritual life of the woman in her entire life period means a holistic nursing approach and nurses should be able to display multi-methodological approaches by making all care models a framework.