

CHAPTER 8

HOW DO ATTITUDES DURING BIRTH AFFECT WOMEN'S PERCEPTION OF TRAUMATIC BIRTH?

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INTRODUCTION

Childbirth is a multidimensional, complex and unique life event for women affected by society. Birth is a transition for women; It is an existential process involving the fear that something unexpected may occur at any moment ⁽¹⁾. This process has a significant impact on women's physical, social, psychological and emotional health. In order for women to experience this period positively, not only their medical needs but also their emotional needs should be addressed. It should be accepted that women have feelings, choices and preferences as an autonomous individual ⁽²⁾.

In recent years, many studies have been conducted around the world to expose the disrespect and mistreatment of women during maternity care ^(1,3,4,5). These studies; It shows that women all over the world are faced with disrespectful, abusive or neglectful attitudes during childbirth and this situation is perceived as traumatic and reduces their quality of life ^(4,6,7). As a result of the traumatic birth experience; anxiety, fear of childbirth, postpartum depression (PD), attachment and breastfeeding problems, and post-traumatic stress disorder (PTSD) ^(1,8,9). Neglect and abuse is one of the important factors in women's choice of place of birth and delivery method and planning for the next pregnancy ^(10,11). Disrespect and mistreatment, especially in the birth process where women are vulnerable, is a violation of human rights and is considered an aspect of violence against women ⁽⁴⁾.

Every woman, family and newborn; have the right to receive individualized, dignified, respectful and compassionate care for a positive birth experience with knowledgeable and skilled health professionals ⁽⁵⁾. Health professionals should be

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- Hospital procedures should be organized around respectful maternity care. Birth rooms should be moved to a quality that can provide respectful motherhood care. Delivery rooms should be prepared that provide freedom of movement for the woman, protect her privacy, be comfortable and respect the physiology of childbirth.
- Through women's associations, it will improve the socio-economic situation of women and empower them by providing information about their reproductive health rights, enabling them to seek their rights in case their rights are violated.
- Strengthening the health systems, increasing the number of health workers and reducing the workload will make a positive contribution so that all women can have positive pregnancy and birth experiences.

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