

CHAPTER 9

MATERNAL CONFIDENCE AND SELF-EFFICACY FOR PHYSIOLOGICAL BIRTH

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INTRODUCTION

Pregnancy and childbirth are normal processes that cover dynamic, physical, psychological, emotional, cultural, and social changes in the context of a woman's environment. Birth is a physiological event, and most deliveries do not require intervention. Some unpredictable and intervention-requiring situations are also inherent in childbirth. However, births are among the low-risk births with a high rate of approximately 85%. The Maternity Care Working Party in the United Kingdom states that physiological births are "not by caesarean section; not intervened before or during childbirth; instrument unused; general, spinal or epidural anaesthesia, induction etc. unused; a completely non-invasive birth." defined as ^(1,2). Unfortunately, due to the increasing use of technology in childbirth around the world, this definition has been far away from this definition. Even normal births do not occur in accordance with birth physiology. As a result of increased caesarean section rates and medicalisation at birth, women's perceptions of traumatic birth have steadily increased. This situation reduced the belief that women could give birth and caused them to fear childbirth ^(3,4). As a result of their decreased confidence in giving birth, women demanded to move away from normal birth, to have a caesarean section or use epidural anaesthesia at birth. The medicalisation of childbirth has caused this vicious cycle. As a result of increased caesarean sections, anaesthesia during normal delivery, induction and other interventions, and damage to both mother's and baby's health as well as the state economy, research has recently increased in physiological birth ^(5,6,7). As a result of these studies, a large number of positive results of physiological birth have been revealed for mothers and babies. For this reason, physiological birth has recently started to

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