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TITLE

SELF-COMPASSION AND FEAR OF CHILDBIRTH AMONG PREGNANT WOMEN

AUTHOR/S

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ABSTRACT

Context: Pregnancy and childbirth are transition periods in a women's life associated with heightened levels of emotion and anxiety.

Objective: This study was conducted to examine the relationship between fear of childbirth and self-compasses of pregnant women in thirth trimester period.

Method: The descriptive and cross-sectional study was performed in a obstetric polyclinic of a state of hospital in Ordu, Turkey.

Patients: The sample of the study consisted of 104 pregnant women in third trimester. Interventions: A questionnaire form, self-compassion scale, the Wijma delivery expectancy/experience questionnaire (W-DEQ A version) were used for data collection. Permission for the study was taken from the institution. The written consent of the pregnant woman was obtained.

Main outcome measures: Descriptive statistics and t test, Pearson correlation analysis test were used.

Results: Average age of the women was 25.72 ± 5.54 , 82.7% of women were housewife, 50% of pregnant women were primiparous. 75% of pregnancies were planned, 30.8% of them had spontaneous vaginal birth. Average number of antenatal care at the present pregnancy was 10.15 ± 1.97 times. The average of W-DEQ A score of women was 74.51 ± 34.18 . W-DEQ A score of primiparous women was higher than multiparous women, but difference was no significant. Self-compassion of pregnant women was a high level. Statistically significant correlations between scores of W-DEQ A and total self-compasses and its subscales. Age, parity, antenatal care number was no correlated W-DEQ A scores and self-compasses scores.

Conclusion: The result of the study indicated correlation between self-compassion and delivery expectancy/experience of pregnant women. Self-compassion of pregnant women was a high level. Childbirth fear and expectations were high in primiparous women.

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