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Attitude towards Natural Childbirth Vs Cesarean Section between Health and Non-Health Care Professional Students

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Abstract

Childbirth is a natural phenomenon and it has a significant impact on people's perception and attitude towards labor, coping mechanisms and related behavior. Childbirth can be a critical and sometimes painful experience for women. Cesarean section is only recommended when the life of mother or fetus is at risk. Individual's views and attitude significantly influences the choice of delivery. This study was conducted to assess the attitude towards natural childbirth vs cesarean Section. **Methods:** A survey approach and comparative research design was used to conduct the study. 100 students (50 health care professional and 50 non-health care professional students were selected using systematic random Sampling technique. Data was collected using background variable proforma and attitude scales on natural childbirth and cesarean section through self-administration method. **Results:** The study findings revealed that majority of the health and non-health care professional students had positive attitude towards natural childbirth (68% and 76%), most of them had neutral attitude towards cesarean Section (86% and 98%) among health care professional and non-health care professional students respectively.

Keywords: Natural childbirth, Cesarean Section, Health and non-health care professional students.

1. Introduction

Childbirth, a process of delivering a baby is an important moment. Childbirth is a multi-dimensional process with physical, emotional, social, physiological, cultural, and psychological dimensions (Zakerihamidi, 2015).

According to WHO (2018), Globally 140 million women give birth every year, 80 to 90% of women consider vaginal delivery is less costly, 10 to 15% undergo caesarean. When cesarean rate is moving towards 10% there is a significant decrease in maternal and newborn deaths. In Rural areas of India, the cesarean rate is about 12.9% but in urban cesarean rate is 28.3% and normal vaginal delivery rate is 50 to 60%. In Tamil Nadu, caesarean delivery rate is 34.1% and normal vaginal delivery is 65.9%.

The global number of women undergoing cesarean section based on their choice and without any medical indication is rising. Furthermore, a portion of this rise can be attributed to the shifting perspectives of expectant mothers and medical professionals toward delivery modalities, which can significantly raise the frequency of cesarean sections. (Banaem, 2017) In 2018, the Centers for Disease Control and Prevention (CDC) Trusted Source reported that 31.9 percent of births were via C-section.

Normal delivery is a natural and physiological process with numerous benefits for mother and baby. Giving birth by Caesarean Section (CS) should be limited to the cases in which normal delivery is not possible. (Siabani, 2019).

Cesarean is one of the more sophisticated forms of surgery until the day. After all, the mother's and baby's health is in question. Caesarean section at the right time and with real reasons behind may save the lives of the mother and her baby (Handan, 2017)

Because of the increasing trend for cesarean section on maternal request, knowledge about the norms and attitudes of general population towards natural childbirth and cesarean section should be important. Many people have a different perception about vaginal and cesarean

delivery. Adolescent female students will be the future parents and their attitude towards childbirth process will help us in rendering appropriate educational services in future towards childbirth. Comparison of attitude between health care and non-health care professional will enable the researcher to know the difference existing on targeted group for further education. Therefore, the researcher has conducted this study on attitude towards natural childbirth Vs cesarean section between health care and non-health care professional students at selected colleges in Chennai.

Statement of the Problem

A Comparative Study to Assess the Attitude towards Natural Childbirth Vs Cesarean Section between Health care and non-health Care Professional Students at Selected Colleges, Chennai

Objectives of the Study

1. To assess the attitude towards natural child birth and cesarean section among health care and non-health care professional students at selected colleges.
2. To compare the attitude towards natural child birth between health care and non-health care professional students at selected colleges.
3. To compare the attitude towards cesarean section between health care and non-health care professional students at selected colleges.

Hypotheses

H₁: There will be significant difference in attitude scores towards natural childbirth between health care and non-health care professional students.

H₂: There will be significant difference in attitude scores towards cesarean section between health care and non-health care professional students

2. Material & Methods

A comparative research design was adopted for the study. The study was conducted between two groups; they were selected from two different colleges in Chennai. Health care professional students were selected from Apollo College of Nursing, affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai. The non-health care professional students were selected from Sindhi College of Arts & Science affiliated to the University of Madras, Chennai. 50 BSc(N) fourth year students were selected through systematic random sampling technique (every even numbered were selected). Data was collected using pre-determined pre tested tools such as background variables proforma and Rating scales to assess the attitude towards Natural childbirth and Cesarean Section through self-administration method. Background variables Proforma includes age, educational status, religion, type of family and source of information. Attitude scales are 5-point Likert scale with twelve-item that contains both positive (8 items) and negative statements (4 items) based on the wording and meaning of items. Positive items were rated as strongly agree (5), Agree (4), Neutral (3), Disagree (2), Strongly Disagree (1). Reverse scoring given for Negative items. Individual item scores were summed up to get the total score. Hence the obtainable score was 1 -60. The formal permission from the college authority was obtained. The purpose of the study was explained to the selected students and informed consent was obtained. Assurance was given regarding the confidentiality before the data collection procedure. The collected data was analyzed, tabulated and interpreted using descriptive (frequency and percentage distribution) and inferential statistics (independent t test).

3. Results

Table 1: Frequency and Percentage Distribution of Background Variables of Health and Non-Health Care Professional Students.

Background Variables	Health Care professional students (n=50)		Non-Health Care professional students (n=50)	
	f	%	f	%
Age in years				
18-20 years	3	6	50	100
21-23 years	47	94	-	00
Religion				
Hindu	26	52	45	90
Christians	24	48	03	06
Muslims	00	00	02	04
Others	00	00	00	00
Types of family				
Nuclear family	42	84	38	76
Joint family	7	14	1	2
Extended family	1	2	11	22
Monthly family income				
<30,000	37	74	41	82
>30,000	13	26	9	18
Educational status of the father				
No formal education	4	8	12	24
Primary education	11	22	25	50
Secondary education	23	46	11	22
Graduates	12	24	2	4
Educational status of the mother				
No formal education	4	8	9	18
Primary education	10	20	32	64
Secondary education	17	34	9	18
Graduates	19	38	0	0

In this study the distribution of background variables (table.1) reveals that most of the students were between the age group of 21-23 years (94%), Hindus (52%, 90%), from nuclear family (84%, 76%) with the monthly family income of <Rs.30,000/- (74%,82%) in health and non-health care professional students respectively. Less than

half of their fathers had secondary level education (46%,22%), 38% of the mothers of health care professional students were graduates and majority of the mothers of non-health care professional students had primary level education (64%).

Table 2: Frequency and Percentage Distribution of Level of Attitude towards Natural Child birth and Cesarean Section among Health Care Professional Students (n=50).

Mode of Delivery	Positive Attitude		Neutral Attitude		Negative Attitude	
	f	%	f	%	F	%
Natural Child birth	34	68	16	32	0	0%
Cesarean Section	7	14	43	86	0	0%

Table 3: Frequency and Percentage Distribution of Level of Attitude towards Natural Child birth Vs Cesarean Section among Non-Health Care Professional Students. (n= 50).

Mode of Delivery	Positive attitude		Neutral attitude		Negative attitude	
	f	%	f	%	F	%
Natural Child birth	38	76	12	24	00	00
Cesarean Section	00	00	49	98	1	2

In our study 68% of the health professional students had positive attitude towards natural childbirth which was less

when compared to non- health professional students (76%) as in table 2 and 3.

Table 4: Comparison of Mean and Standard Deviation of Attitude towards Natural Childbirth between Health and Non-Health Care Professional Students. (N=100).

Group	Mean	SD	Independent t Value
Health Care Professional students	42.16	4.39	0.231 P = 0.8179
Non-Health Care Professional students	42.36	4.27	

p>0.05

Table 4 shows that there was no significant difference in attitude score towards natural childbirth between health and non-health care professional students at p>0.05. Hence, the

hypotheses H₁ “There will be significant difference in attitude scores towards natural childbirth between health and non-health care professional students” was rejected.

Table 5: Comparison of Mean and Standard Deviation of Attitude towards Cesarean Section between Health and Non-Health Professional Students. (N=100).

Group	Mean	SD	Independent t Value
Health Care Professional students	33.7	4.96	3.841 P = 0.0002
Non-Health Care Professional students	29.8	5.19	

p<0.001

Table 5 shows that there was significant difference in attitude score towards cesarean section between health and non-health care professional students at p<0.001. Attitude scores were higher among health care professional students than non-health care professional students. Hence, the null hypotheses H₂, “There will be significant difference in attitude scores towards cesarean section between health and non-health care professional students” was retained.

4. Discussion

Majority of the health care professional students had positive attitude towards natural childbirth (68%) and none of them had negative attitude. Majority of the non-health care professional students had positive attitude towards natural childbirth (76%) most of them had neutral attitude (98%) and 2% of them had negative attitude towards Cesarean Section.

Health and non-health care professional students had same attitude towards natural childbirth. They did not have any negative attitude towards natural childbirth.

There was significant difference in attitude score towards cesarean section between health and non-health professional students at p<0.001. Attitude scores were higher among health care professional students than non-health care professional students.

Non-health professional students had fear about cesarean section. They had the attitude that complications are more in cesarean section. They were scared about the surgery, anesthesia and the future complication of the cesarean section.

The study findings are consistent with a descriptive analytical study conducted by Heidari (2015) to compare the Knowledge and Attitude of Midwifery and Nursing Students towards Natural Childbirth and Cesarean Section. The results revealed that 97% of midwifery students and

78.6% of nursing students had a positive attitude towards natural childbirth. Moreover, most of the midwifery students had neutral attitude about CS (93.5%) while 6.5% had a negative attitude towards CS. In addition, 5% of nursing students had a positive attitude towards CS, while 95% had neutral attitude about CS.

5. Conclusion

The study concluded that both health professionals and non-health professionals had a positive attitude towards natural childbirth. There is need for nurses to educate women about the advantages and disadvantages of different birthing modes to ensure their active participation in decision-making process, so nurses should have adequate knowledge about modes of delivery, its benefits and complications and participate in the teaching programs.

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