

VISOKA ZDRAVSTVENA ŠOLA V CELJU

SKUPNO DOŽIVLJANJE PORODA – SPREMSTVO PARTNERJA

**THE COMMON EXPERIENCE OF GIVING BIRTH – THE PRESENCE
OF THE PARTNER**

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POVZETEK

Uvod: Porod je edinstven dogodek v življenju vsakega človeka. Močno vpliva na porodnico in njenega partnerja. Pomembna je sama priprava porodnice in partnerja na porod, saj lahko z dobro pripravo drugače doživljata porod. Z rojstvom se namreč ne samo rodi otrok, ampak se v družini izoblikujejo tudi drugače socialne vloge. Porodnica in partner postaneta mati in oče. Namen raziskave je ugotoviti skupno doživljanje poroda z vidika porodnice in partnerja.

Metode dela: Za raziskavo smo uporabili kvalitativno paradigmo raziskovanja in metodo deskripcije, podatke smo pridobili s tehniko intervjuja. Za instrument smo uporabili polstrukturirani intervju, ki smo ga oblikovali na podlagi pregleda literature. Intervju smo razdelili na intervju za porodnico in intervju za partnerja. Oba sta dobila podobna vprašanja, ki so se nanašala na: pripravno na porod, potek poroda, sodelovanje med porodom, komuniciranje med starši in babico. Intervju smo prilagodili vsaki vlogi posebej (porodnica, partner), osredotočili smo se predvsem na potek poroda in skupno doživljanje poroda. Intervju je bil sestavljen iz osmih široko zastavljenih vprašanj, ki so bila odprtega tipa.

Rezultati: Pri analizi intervjujev smo prepoznali glavno kategorijo – skupno doživljanje poroda s strani porodnice/partnerja. Prepoznali smo tudi podkategorije, ki so: pred porodom, porod in po porodu. Znotraj podkategorij smo postavili kode, ki se navezujejo nanje. Glavna spoznanja raziskave so, da porodnice drugače doživljajo porod kot njihovi partnerji. Tudi porodnice se med seboj razlikujejo po doživljanju poroda ter prav tako partnerji med seboj. Različne so priprave pred porodom, porodnice in partnerji porod dojemajo različno.

Razprava in sklep: Ugotovili smo, da se partnerji in njihove partnerke različno pripravljajo na porod in tudi različno dojemajo porod oziroma porodno izkušnjo. Porod porodnice dojemajo bolj kot čustven dogodek, partnerji pa kot fizičen dogodek. Vsi intervjuvanci menijo, da je porod čustven dogodek, ki zaznamuje oba starša.

Ključne besede: nosečnost, porod, porodnica, partner, babica.

SUMMARY

Introduction: Birth is a unique event in every individual's life. It strongly affects the woman giving birth and her partner as well. The preparation of the birthing mother and her partner for the process of labour is very important and can affect the process itself. With birth, not only that a child is being born, but the social roles in a family are formed as well. This is where the woman giving birth and her partner become mother and father. The purpose of this research is to find out the common experience of giving birth from the point of view of the woman giving birth and the partner

Methods: For this research, we have used the qualitative paradigm of research and the method of description. The technique for data generation are interviews. As an instrument we have used a semi-structured interview, which we have formed on hand of the given literature. We have divided the interview into "the interview for the birthing woman" and "the interview for the partner". They have both received similar questions which pertain on: preparation for labour, the process of labour, cooperation during labour, communication between the parents and the midwife. We have adjusted the interview for each role (woman giving birth, partner). Our focus was mainly on the process of labour and the common experience of it. The interview consisted of 8 open type wide-asked questions.

Results: By analysing the interview we recognized the main category - the common experience of labour from the points of view of the mother giving birth and her partner. We also recognized subcategories which were "pre-labour", "mid-labour" and "post-labour". Within the subcategories we have also set codes, which are connected to them. The main discovery of this research is that the birthing mothers are experiencing labour differently than their partners. Even the birthing mothers themselves differ in the process of labour as do their partners. When the preparation of labour differs, the birthing mothers and their partners experience the birth differently.

Debate and conclusion: We have discovered that the women and their partners prepare differently and that they comprehend labour or the whole labour-experience differently. The birthing mothers perceive the whole experience more emotional, whereas their partners see it as more of a physical experience. They all agree on the point, that labour is a very emotional event which marks both parents lives.

Keywords: pregnancy, labour, birthing mother, partner, midwife.