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The lived experience of the primigravida in Taiwan

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Purpose: The purpose of this study was to explore the lived experience of the primigravida in Taiwan.

Methods: Phenomenological approach as research methodology. The study used convenience sampling to recruit 6 participants who met the study criteria. Face-to face semi-structured interview was applied to collect data. Interviews were taped recorded and transcribed. Data were then analysed and categorized by using Colazzi method.

Results: The analysis resulted in five categories from the interviews which included: At a loss as to what to do; follow the traditional culture; body and perception discomfort; unconditionally for baby and; shift the role.

Conclusions: The findings of this study can provide better and appropriate health care for primigravida, and in order to improve the quality of life. It would also be extend both practical and academical value domestically.

Biography

Yun-Hsuan Lin has completed her Master's degree from National Cheng Kung University. She is a Lecturer at Ching Kuo Institute of Management and Health, and Doctoral student of School of Nursing at Yang Ming University.

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