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Esra KARATAŞ OKYAY, J Nurs Care 2022, Volume 11

## Father in the birth room

**Esra KARATAŞ OKYAY**

İnönü University, Turkey

Birth is perhaps the period when the expectant mother needs the most support during the entire pregnancy. The biggest sources of social support for expectant mothers during the birth process are fathers. Fathers' participation in childbirth and research on this subject have not been found until recently. In the 1960s, with the natural birth movement, it was emphasized that men should take part in childbirth and that they should be with their spouses during childbirth. The birth of a child is a turning point for fathers and it is stated that witnessing the birth will facilitate the birth. In this context, the tendency of fathers to participate in childbirth has been increasing in recent years. Although fathers' participation in childbirth in the world started 50 years ago, in our country, gender-related traditions, the roles that parents will take at home, cultural reasons, health system, policies, the absence of environments and practices that support male participation in childbirth, health professionals do not have enough information about the roles of spouses in childbirth. Many factors negatively affect fathers' participation in childbirth, such as the prevalence of childbirth preparation classes. Expectant mothers feel safe with their father's participation in labor. In fact, they reduce the mother's anxiety about the baby's health and share the responsibility they carry. When anxiety subsides, labor becomes easier for both parents and the medical team assisting them. Feeling that she is not alone in childbirth and being next to her most trusted person will not only facilitate labor and increase her tolerance to labor pains, but also contribute positively to issues such as delivery time, mode of delivery, birth complications, birth interventions, use of analgesics. and they don't want them to see it in an unpleasant situation. They are concerned that this may adversely affect their sexual life after giving birth. As a result, the father's accompaniment contributes positively to the birth.

### Biography

She completed her undergraduate and graduate studies at İnönü University. She worked as a midwife for a while, then she started to work as a Research Assistant at the Faculty of Health Sciences of İnönü University. Esra Karataş Okyay, who continues her doctoral education has articles on pregnancy, childbirth and women's health and presentations in congresses. She has attended various courses related to her field. She has memberships in professional organizations related to its field.

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