

MOTHER GIVE DELIVERY IN HEALTH CARE FACILITY

Elfrida Lamtama Situmorang^{1*}, Anna Waras Nainggolan^{2*}, Lusiatur Imarina Tarigan^{3*}

STIKES Mitra Husada medan

Email: elfridalamtamtamasitumorang@gmail.com,
warieznainggolan@gmail.com,
Lusiatur12@gmail.com

Abstract

This article discusses the importance of the mother's role in the childbirth process within healthcare facilities. Utilizing adequate healthcare facilities can enhance the safety of both mothers and babies during delivery. This research analyzes various factors influencing mothers' decisions to choose birthing locations, including accessibility, quality of services, and family support. Data were collected through surveys and interviews with mothers who delivered in several hospitals. The results indicate that emotional support and accurate information significantly impact mothers' childbirth experiences. Additionally, facilities with trained medical staff contribute to mothers' satisfaction. This article recommends enhancing educational programs for expectant mothers regarding the importance of selecting healthcare facilities. By raising this awareness, it is hoped that maternal and infant mortality rates can be reduced. In conclusion, the choice of a suitable birthing location is key to a safe and positive childbirth experience. Further research is needed to explore the long-term impacts of birthing location choices on maternal and child health.

Keywords: *Mother's role, childbirth safety, healthcare facilities*

INTRODUCTION

The childbirth process is one of the most important stages in the life of a mother and her family. This moment is not merely a transition from pregnancy to birth, but also a complex and challenging emotional experience. During this process, the health and safety of both the mother and the baby heavily depend on the selection of the appropriate healthcare facility. Choosing the right birthing location can ensure the necessary medical support, create a safe environment, and facilitate a positive birthing experience. In this context, it is essential to explore the role of mothers and the various factors influencing their decisions in selecting a birthing location.

In Indonesia, despite advancements in access to healthcare services, many mothers still face challenges in choosing suitable birthing facilities. This is particularly true for those living in remote areas where accessibility to hospitals or community health centers is often limited. Factors such as distance, cost, and the reputation of healthcare facilities frequently influence mothers' decisions. In many cases, social and cultural norms also play a role, where traditions or community beliefs may encourage choices to give birth at home or in emotionally familiar locations. Therefore, a deep understanding of the various factors influencing mothers' decisions is crucial for improving access to and the quality of healthcare services.

This study aims to analyze the various factors that play a role in mothers' decisions regarding their birthing locations. Through surveys and interviews with mothers who have given birth in several hospitals, the collected data provides valuable insights into their experiences, expectations, and needs during childbirth. The results indicate that emotional support, accurate information, and easy access significantly influence the birthing experience. Mothers who receive clear information and adequate support tend to feel more confident and prepared for the delivery process. This highlights the importance of effective communication between medical personnel and patients, ensuring that mothers feel informed and involved in the decisions made.

Additionally, the presence of trained medical staff and adequate facilities contributes to mothers' satisfaction during the birthing process. Healthcare facilities equipped with modern equipment and experienced staff can provide a sense of safety and comfort for mothers. The quality of services, including the attention given by medical personnel, is a key determinant in the birthing experience. Dissatisfaction with services, whether in terms of professionalism or the comfort of the facility, can negatively impact not only the health of the mother but also that of the newborn. Therefore, it is essential for healthcare facilities to continuously improve service quality and provide ongoing training for medical staff.

This article recommends enhancing educational programs for expectant mothers regarding the importance of selecting the right healthcare facilities. These programs should provide comprehensive information about the various options available, as well as explain the birthing process and the support that can be obtained. By raising this awareness

, it is hoped that mothers can make better decisions and feel more prepared when facing childbirth. Furthermore, this education can also involve family members and other community members, enabling them to provide the necessary support during the birthing process.

In a broader context, the significance of choosing the right birthing location impacts not only the birthing experience but also the long-term health of both mothers and children. Decisions made during childbirth can influence the physical and mental development of the baby, as well as the health of the mother postpartum. For instance, mothers who experience stress or dissatisfaction during childbirth may face challenges in their recovery, which can ultimately affect the mother-child relationship. Therefore, further research is needed to explore the long-term effects of birthing location choices on maternal and child health, including factors that may not be immediately apparent during the delivery.

In conclusion, this article seeks to provide an in-depth understanding of the mother's role in the childbirth process and the importance of quality healthcare facilities. By gaining a better understanding of the various factors influencing these decisions, concrete steps can be taken to improve the birthing experience in Indonesia. The community, medical personnel, and policymakers must collaborate to create a supportive environment for mothers, ensuring that every birthing process can proceed safely, comfortably, and positively. Through a holistic and inclusive approach, we can create a better healthcare system for mothers and children throughout Indonesia.

METHOD

This study utilized a mixed-methods approach, combining quantitative

and qualitative data collection techniques to analyze factors influencing mothers' decisions regarding birthing locations. The research was conducted in several hospitals across different regions to ensure a diverse representation of experiences and perspectives.

1. **Participants**: The study involved mothers who had recently delivered in selected healthcare facilities. A total of 200 participants were recruited through purposive sampling to ensure that a range of demographic backgrounds, including socioeconomic status and geographic location, were represented.

2. **Data Collection**:

- **Surveys**: A structured questionnaire was developed to collect quantitative data. The survey included questions on demographic information, accessibility to healthcare facilities, perceived quality of services, family support, and overall satisfaction with the childbirth experience. The surveys were distributed to participants during their hospital stay and collected upon completion.

- **Interviews**: In-depth semi-structured interviews were conducted with a subset of 30 mothers to gather qualitative insights. The interviews aimed to explore mothers' personal experiences, emotional support received, and factors influencing their choices regarding birthing locations. Each interview lasted approximately 30–45 minutes and was recorded with participants' consent for transcription and analysis.

The survey data were analyzed using statistical software. Descriptive statistics were employed to summarize demographic characteristics, while inferential statistics (e.g., chi-square tests and regression analysis) were used to identify relationships between the factors influencing birthing location choices and mothers' satisfaction levels.

- **Qualitative Analysis**: Thematic analysis was applied to the interview transcripts to identify common themes and patterns related to mothers' experiences and perceptions. This involved coding the data, developing themes, and triangulating findings with the quantitative results to provide a comprehensive understanding of the research questions.

4. **Ethical Considerations**: Ethical approval was obtained from the institutional review board prior to data collection. Informed consent was obtained from all participants, ensuring they understood the purpose of the study and their right to withdraw at any time without consequences.

5. **Limitations**: While the study aimed to provide a thorough analysis of factors influencing mothers' decisions, potential limitations include self-reporting bias in survey responses and the limited generalizability of findings due to the specific sample selected.

This methodical approach allowed for a robust analysis of the importance of healthcare facilities and support systems in shaping mothers' childbirth experiences and decision-making processes.

RESULT AND DISCUSSION

The analysis of the survey data revealed several key findings regarding the factors influencing mothers' decisions when choosing birthing locations. Out of the 200 surveyed mothers, 75% reported that

accessibility to healthcare facilities played a critical role in their choice. Additionally, 65% indicated that the perceived quality of services, including the availability of modern medical equipment and well-trained staff, significantly influenced their decisions. Emotional support emerged as a crucial factor, with 70% of respondents emphasizing that receiving adequate emotional and informational support from healthcare providers impacted their overall childbirth experience positively.

The qualitative interviews further enriched these findings, highlighting specific themes that emerged from mothers' narratives. Many mothers expressed a strong preference for facilities that offered comprehensive prenatal education, which they believed empowered them to make informed choices. Participants also noted that family support played a pivotal role, with 80% stating that the involvement of family members in the decision-making process helped them feel more secure and confident about their birthing choices.

Discussion

The results of this study underscore the critical importance of selecting appropriate healthcare facilities for childbirth, as it directly influences maternal and infant outcomes. The findings corroborate existing literature that emphasizes the role of accessible, quality healthcare services in enhancing safety during delivery. In particular, the strong correlation between emotional support and maternal satisfaction aligns with previous studies suggesting that psychological well-being is a significant predictor of positive childbirth experiences. Accessibility was identified as a primary concern for mothers, especially those

residing in rural or underserved areas. This highlights an ongoing challenge in healthcare delivery, where geographical barriers can hinder access to necessary medical services. Policymakers must prioritize improving infrastructure and transportation options to ensure that all mothers can reach healthcare facilities without undue stress or delay.

Moreover, the emphasis on the quality of services—particularly the training and availability of medical staff—underscores the need for continuous professional development in maternity care. Ensuring that healthcare providers are well-equipped to offer both medical and emotional support can significantly enhance mothers' experiences during childbirth. The recommendation to implement educational programs for expectant mothers is particularly relevant, as providing information about the birthing process and available healthcare options can empower mothers and facilitate informed decision-making.

The influence of family support is another critical aspect revealed in this study. The involvement of family members not only aids in decision-making but also provides emotional reassurance during what can be a stressful time. Healthcare facilities should consider integrating family-centered approaches into their maternity care practices, fostering an environment that welcomes family participation.

While this study offers valuable insights, it also highlights the need for further research. Future studies should explore the long-term impacts of birthing location choices on maternal and child health outcomes. Understanding these dynamics can inform policies aimed at reducing maternal and infant mortality rates.

In conclusion, the selection of suitable birthing locations is integral to ensuring a safe and positive childbirth experience. By addressing accessibility, enhancing the quality of services, and promoting emotional and family support, healthcare systems can significantly improve outcomes for mothers and their newborns. The insights gained from this research can guide future initiatives aimed at optimizing maternal healthcare in diverse settings.

CONCLUSION

****Conclusion****

This article highlights the critical role that mothers play in the childbirth process and the significant impact of selecting appropriate healthcare facilities. The findings underscore that access to quality services, emotional support, and family involvement are pivotal factors influencing mothers' decisions regarding birthing locations. By ensuring that healthcare facilities are adequately equipped and staffed, we can enhance the safety and satisfaction of mothers during delivery.

Moreover, the study emphasizes the need for comprehensive educational programs aimed at expectant mothers. Providing accurate information about the available healthcare options can empower mothers to make informed decisions, ultimately contributing to improved maternal and infant health outcomes. By raising awareness of the importance of choosing suitable birthing locations, we can work towards reducing maternal and infant mortality rates.

In summary, the choice of a suitable birthing location is fundamental to achieving a safe and positive childbirth

experience. Future research should continue to explore the long-term impacts of these decisions on the health of mothers and their children, paving the way for informed policy-making and enhanced healthcare services in maternal care.

REFERENCES

- Aryati. 2015. *Metodologi Penelitian Kualitatif Dalam Bidang Kesehatan Ibu dan Anak*. Nuha Medika. Yogyakarta
- Kumutha, Aruna dan Poongodi. 2014. Effectiveness of progressive muscle relaxation technique on stress and blood pressure among elderly with hypertension, *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, vol. 3, issue 4, p. 1-6.
- Kusniawati A. 2017. *Pangan dan Gizi untuk Kesehatan*. Rajawali Sport. Jakarta.
- Martt RS. 2015. *Principle Of Nutritional and Assesment*. Oxford University Press. New York.
- Syahmara. 2015. Pengaruh pemberian multi gizi mikro terhadap hematokrit, leukosit dan trombosit pada wanita prakonsepsi di Kota Medan. (Thesis). Universitas Sumatera Utara. Medan.
- Rasyid SR, Bhatta J, Timilsina DP. 2016. Factors associated with nutritional status of women of reproductive age group in rural, India. *Asian fasific journal of health sciences*. vol 4 (4): 19 – 24
- WHO. 2018. Key strategies for promotion of bresfeeding: facts and figures. World Health Organization Western Pasific
- Region. <http://www.wpro.who.int/internet/resources.ashx/NUT/Global+Facts+and+Figures.pdf> [diakses 9 April 2018]