

Abstract

My bachelor thesis deals with the issue of birth injuries and their influence on the sex life of the woman. It is composed from two parts: theoretical and research. Theoretical part deals with the definition of birth injury, its known types and ways it can be healed. Also I analyze how birth injury can affect sex life of women. The theoretical part also include information on the possibilities of faster recovery from birth injury. The research section is focused on interviewing women on their experience of labour and at the end i summarize information about how well they are informed about methods of preventing birth injury and how the injury influences their sex life.

For the research i made a questionnaire, which was posted online on different social media in groups, which are related to pregnancy. The questions are multichoice or the answers can be given directly. The questionnaire was only for women, who already gave a birth and only spontaneous delivery rather then caesar section.

The results have shown that mothers are well informed about the possibilities of preventing a birth injury but infomation are not from relevant source. Other results show that those who used some of the methodes of preventing birth injury, as perineum massage, aniball and more, had smaller birth injury and faster and less complicated start of sex life after birth.

Keywords

Childbirth, birth injury, sex life of woman, puerperium, sexual health of woman