

Abstract:

This bachelor's thesis focuses on what pregnant women should be taught about a birth process by their midwives in antenatal classes and what important facts and skills make them mentally and physically sufficiently prepared for the birth process. It studies how well educated about the birth process after attending childbirth education classes selected group of pregnant women actually is. The primary aim of this bachelor's thesis was to describe and analyse efficiency of Czech antenatal classes in the field of preparedness for birth of selected group of pregnant women and to find out if these pregnant women were subsequently able to use their new skills during their birth process and if the given education was in their opinion sufficient and comprehensible. Thanks to this bachelor's thesis we have found out that the efficiency of education in the antenatal classes in the Czech Republic is not sufficient. The rate of well educated women is 75 %, the given education was in their opinion very well comprehensible and sufficient. However the ability to use the skills during their birth process wasn't satisfactory. Therefore we have arrived at a conclusion that antenatal classes lecturers should turn their attention to improvement of efficiency of the antenatal classes and educate pregnant women in a better way. I highly recommend that the lecturers try harder to increase the motivation of pregnant women to attend antenatal classes. They should inform about the importance of physical activity and exercises to strengthen the muscles in the floor of the pelvic area at least during pregnancy and shortly afterwards. They should concentrate on practical rehearsal for gaining the birthing skills rather than just sharing useful information.