

ABSTRACT

This thesis deals with the issue of biopsychosocial factors in childbirth. It aims to map factors and their possible relationships that contribute to a positive birth experience. The study used a mixed methods research design. A questionnaire was used for the quantitative part of the research. Respondents completed a set of online questionnaires about pregnancy and childbirth, followed by a questionnaire on childbirth experience, stress management strategies (SVF-78), and the Psychosocial Climate of the Maternity Hospital (KLI-P). For the qualitative part, semi-structured interviews were used. The research sample for the quantitative part consisted of 81 first-time mothers, from which five respondents who scored above average on the birth experience questionnaire were subsequently interviewed. The results showed that the absence of obstetric complications, perceived low pain intensity, delivering without pain relief medication, a pleasant psychosocial climate of the maternity hospital and stress avoidance coping strategies significantly contributed to a positive birth experience. The qualitative analysis results showed that a close person, especially a partner, who assists with their passive presence or practical help, also plays an important role. Women with positive birth experiences in the qualitative research sample experienced pregnancy positively; they prepared themselves for the birth in some way and used body work and various self-instructions during the birth. Their common feature was also a lower level of coping strategy called control of the situation. These factors may thus contribute to a positive birth experience. In relation to early adaptation to early motherhood, the positive birth experience did not appear universally significant; however, it may have been protective against postpartum psychological problems that these women did not experience.

KEYWORDS

Childbirth, Positive childbirth experience, Psychosocial climate in maternity hospitals, Coping strategies, Adaptation to Motherhood