

The goal of this paper is to find whether music therapy is one of the means to be used to increase parental readiness for childbirth.

The theoretic section is discussing the psychological aspects of pregnancy. One of the chapters is briefly describing the psychological aspects of childbirth. Further on, a demarcation of music therapy and its main forms is introduced. Perception of music by mother and the unborn child is described giving an enumeration of various music activities and music therapy techniques to be performed in a group of expectant mothers and their partners.

The practical section is a presentation of my research concerning impact of music therapy techniques and music activities on stress level during pregnancy. Usage of such music therapy techniques during psycho-prophylactic preparation of expectant mothers and their partners for the childbirth is discussed.

The first research topic ("A") is focused on the stress, anxiety and tension levels. This is done through a series of questionnaires collected during the cycle of three sessions called "music activities with elements of music therapy" attended by pregnant women with partners.

The second research topic ("B") focuses on discovery of characteristic elements in the spontaneous music activity of a group of pregnant women with partners by a group of independent evaluators.

The third research topic's goal is to find out music preferences of women during pregnancy. Each research topic introduces distinct premises (14 in total) that are subsequently being verified.

Conclusion of my research is that music therapy and music activities do play a part in lowering stress levels and tension in a group of pregnant women with partners. Furthermore it has been found that music preferences of women during pregnancy do not change substantially, only a shift towards relaxation music has been observed as well as the calming effect of singing and relaxation on pregnant women.