

Change in the Internal Transformation and Birth Plan of Pregnant Woman Based on Awareness of the Presence of a Fetus: A Comparison Before and After Participating in a Maternity Class to Enhance Body Sensations

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Abstract

This study assessed the changes in the internal transformation and in pregnant women's birth plans as a result of becoming aware of the presence of their fetus through a Maternity Class for the Enhancement of Body Sensations. We conducted a qualitative inductive analysis of the birth plans of eight pregnant women who participated in the class and their narratives in the sharing sessions of all lessons. As a result, the following 10 categories were extracted: no time to think about the fetus, strong anxiety about childbirth, a birth plan with no awareness of the fetus, awareness of the presence of the fetus, activation of body sensations, feeling the fetus' sensations and thoughts, dialogue with the fetus, birth plan with the fetus, sharing sensations with fellow participants, and the special space of the Maternity Class. Before participating in the Maternity Class, with great anxiety about childbirth, the pregnant women's birth plans were written mainly based on their own desires. However, the pregnant women had their body sensations activated in the Maternity Class, became aware of the presence of the fetus in a "pleasant" sense, formed an attachment to the fetus, became aware of themselves as "mothers," and began to formulate a new birth plan to face the birth together with the fetus. These results suggest that, with the five senses stimulated and on becoming aware of the presence of their fetus in a "pleasant" sense, pregnant women can promote attachment formation during pregnancy and proactively complete delivery with the fetus.

Key words: fetus, birth plan, pregnant woman, maternity class for the enhancement of body sensations, five senses, attachment