

## Birth preferences by nulliparous women and their partners in Turkey (Article)

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Abstract [View references \(22\)](#)

**Objective:** The aim of this study was to examine the preferences of nulliparous women and their partners in giving birth and the reasons for these preferences. **Methods:** The sample in this cross-sectional study consisted of 162 pregnant women in the last trimester of pregnancy and their partners. Data collection was accomplished using a questionnaire. **Results:** It was found that most women (90.8%) and their partners (92%) preferred a vaginal birth. The couples' birth preferences were generally similar to one another. The main reasons for the choice of a vaginal birth were that it was natural and healthier for the mother and child and that recovery and discharge from the hospital were quicker. The main reasons for the choice of cesarean section were fear of childbirth and not putting the baby at risk. **Conclusions:** Antenatal education may help to reduce the number of elective cesarean sections by changing the negative perceptions of vaginal birth and reducing the fear of childbirth. © 2015 Elsevier B.V.

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