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LISTENING TO FATHERS OPINION THAT PARTICIPATED IN THE BIRTH OF HIS SON IN A MATERNITY

ESCUTANDO A OPINIÃO DE PAIS QUE PARTICIPARAM DO NASCIMENTO DO FILHO EM UMA MATERNIDADE

ESCUCHANDO LA OPINIÓN DE LOS PADRES QUE PARTICIPARON DEL NACIMIENTO DEL HIJO EN UNA MATERNIDAD

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ABSTRACT

Objective: analyzing the opinion of men who accompanied the partner during labor/birth and who witnessed the birth of his son. **Method:** an exploratory and descriptive study with a qualitative approach developed in the Municipal Maternity of Juazeiro-BA. The study subjects were men (spouse/child's father) over 18 years old that followed the partner during labor/birth. Data were collected by semi-structured interview and submitted to Content Analysis. The research project was approved by the Research Ethics Committee, CAAE nº 0007/170512. **Results:** analyzing the results it was found that the main factors that motivated the men to follow his partner were the affective/marital relationships, curiosity and recognition of paternity exercise - from birth - as important to him and family. **Conclusion:** their opinion by experiencing such a situation described contradictory sensations. For some, the experience was positive, while for others it was a moment of agony for having witnessed screams, cries and moans from the partner. **Descriptors:** Birth Labor; Labor; Men's Health.

RESUMO

Objetivo: analisar a opinião de homens que acompanharam a parceira no trabalho de parto/parto e que presenciaram o nascimento do seu filho. **Método:** estudo exploratório e descritivo, com abordagem qualitativa, desenvolvido na Maternidade Municipal de Juazeiro-BA. Os sujeitos do estudo foram homens (cônjuge/pai da criança) com mais de 18 anos, que acompanharam a parceira durante o trabalho de parto/parto. Os dados foram coletados pela entrevista semiestruturada, submetidos à Análise Temática de Conteúdo. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAAE nº 0007/170512. **Resultados:** na análise dos resultados constatou-se que os principais fatores que motivaram os homens a acompanhar a parceira foram os vínculos afetivos-conjugais, a curiosidade e o reconhecimento do exercício da paternidade - desde o nascimento - como algo importante para si e para a família. **Conclusão:** a opinião deles por vivenciar tal situação descreveram sensações contraditórias. Para alguns, a experiência foi positiva, já para outros, foi um momento de agonia por terem presenciado gritos, choro e gemidos da parceira. **Descritores:** Trabalho de Parto; Parto; Saúde do Homem.

RESUMEN

Objetivo: analizar la opinión de los hombres que acompañaron a la pareja durante el parto/ alumbramiento y que fueron testigos del nacimiento de su hijo. **Método:** un estudio exploratorio y descriptivo, con enfoque cualitativo, desarrollado en la maternidad Municipal de Juazeiro-BA. Los sujetos del estudio eran hombres (cónyuge/padre del niño) de 18 años que siguieron a la pareja durante el parto/alumbramiento. Los datos fueron recolectados mediante entrevista semiestructurada, sometidos al Análisis De Contenido. El proyecto de investigación fue aprobado por el Comité de Ética en la Investigación, CAAE nº 0007/170512. **Resultados:** el análisis de los resultados se encontró que los principales factores que motivaron a los hombres a seguir a su pareja eran lo afectivo/relaciones maritales, la curiosidad y el reconocimiento de la paternidad de ejercicio - desde el nacimiento - tan importante para él y la familia. **Conclusión:** su opinión al experimentar una situación así descrita sensaciones contradictorias. Para algunos, la experiencia fue positiva, mientras que para otros se trataba de un momento de agonia por haber presenciado gritos y gemidos de la pareja. **Descriptores:** Trabajo de parto; El parto; Salud de los Hombres.

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INTRODUCTION

Paternity conceptions were established over the years. The woman was thought to be only able to play and responsible for the perpetuation of the human species, so it is very privileged, so he held leading role, which has given rise to a predominantly matrilineal culture.¹

What is observed today is that the conceptions of gender and masculinity prevailing still value the labor activity, rationality and stiffness in the affective sense. Feminist thinking greatly influenced the emergence of conceptions of male role in the family, work and society, contributing to a redefinition in the stereotyped model of the male figure in society.²

With the institutionalization of birth, companion spacing occurred and other family members of the birth process. Because of the "complexity" of the event, the midwife was replaced by the doctor, making this or other health professionals, the only men with unrestricted access to these spaces. In fact there was an interest by many doctors' training/learning "more about the female body, be anatomically or physiologically, making their interventionist practices and technicians."³

During labor and birth, it has been demonstrated greater adherence of parents in the accompanying condition of the mother. Similarly, it has been observed that postpartum men "change their routine, their daily life in order to contribute to the companion, assuming tasks that were not carried out, they start to run them".⁴

The right of women to have a companion during birth labor, birth and postpartum is ensured by law 11.108/2005. This measure seeks to ensure that all laboring women have a person of her choice to comfort her and encourage her during the birth process.⁵ Joining these efforts also arises Stork Network elaborated by Ordinance nº 1459/2011 in which proposes a humanized ensuring host and resolution to birth and child health, and ensures compliance with Law 11.108/05.⁶

Witness the birth of the child can provide many meanings for the accompanying parent, among them stands out the strengthening of wedlock. When this man is chosen by the companion to be with her at birth means exist between them a bond of trust, which becomes crucial in the labor process, as positively stimulates the woman. However, be next to partner at this point, you may not necessarily produce positive effects for him outside the process of childbirth.⁷

However, it emphasizes the importance of stimulating/enhancing the escort whenever possible and desired by women, be the child's father. This attitude can bring immeasurable benefits for man, woman and baby. It is imperative to note that man's participation in all stages of pregnancy and childbirth is an important breakthrough for the effective exercise of their reproductive rights, as proposed by the National Policy for Integral Attention to Men's Health (PNAISH) established under the Unified Health System (SUS), in August 2009.⁸

In this context, this study aims to:

- Analyzing the opinion of men who accompanied the partner during labor/birth and who witnessed the birth of his son.

METHOD

Article presented from the course conclusion work << Being companion in labor/birth: opinion of parents who witnessed the birth of the child >> presented the Federal University of Vale do São Francisco - UNIVASF as a mandatory requirement for obtaining title bachelor's in nursing. Petrolina/ PE, Brazil, in 2012.

This is a descriptive exploratory study of a qualitative approach, performed in a Municipal Maternity of Juazeiro-BA, constructed from a larger study entitled "Being companion in labor/birth: opinion of parents who witnessed the birth of the child."

The organization provides assistance to low and medium complexity to women during pregnancy, labor/birth, postpartum and abortion situations. It allows free access to the father throughout the hospitalization of his mate.

The subjects were 10 men who were as escorts of their spouse during labor and birth. Inclusion criteria were: men (spouse/child's father) more than 18 years old, regardless of marital status, which accompanied the partner during labor/normal birth and experienced the birth of his son, with physical and psychological conditions to respond to the questions asked.

Data were collected through semi-structured interviews, from November and December 2012, after clarification of the research and agreement of the participants, by signature of the Terms of Informed Consent - IC. An audio recorder was used to facilitate the recording and archiving of all information collected.

The empirical material was analyzed by the thematic content technique described in the following steps: 1) pre-analysis, 2) exploration

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phase of the material and 3) treatment phase of results and interpretation.⁹ In the first stage interviews were transcribed and performed reading exhaustive of all the material in order to facilitate the understanding and subsequent organization of data. In the next phase, it proceeded to the reunification of all the material dividing it into similar groups always around the context of the study, followed by the organization of categories.

The ethical principles of research is respecting human beings/Resolution 196/96, the project was submitted to the Ethics Committee and Deontology in Studies and Research of the Federal University of São Francisco Valley, and was approved under the Presentation of Certificate for registration Ethics appreciation (CAAE) nº 0007/170512. Participants were given fictitious names.

RESULTS AND DISCUSSION

In order to listen to the opinions of parents who participated in the labor/birth of their children were prepared the following categories of analysis.

♦ Motivation to accompany his partner

In the data analysis it was observed that many reasons accounted for influence men in the decision to follow his partner during labor and birth. Among these, there is the emotional/marital bond, evidenced by utterances that stand companionship, complicity and the importance of providing support and security partner in the childbirth room. The following excerpts confirm:

Which led me to go [to the childbirth room] was our involvement [...] in our relationship there is some complicity, then so, everything we did was in agreement, one followed the other routine. (Carlos, 38-year-old military policeman, stable, Evangelical, complete high school, monthly income from 04 wages, and 04 children)

The advantage in being with her was the safety and confidence that I had for her, because during pregnancy she was always thinking the worst would happen, but I said I was on the side and the Holy Spirit of God. (Henry, 29 years, dispatcher, stable, Evangelical, complete high school, monthly income, 01 salary, and 04 children)

Because I think it's important for me, for her and for the child [...] for the growth and development of our family [...] to try to minimize any risk during labor, for security reasons [...]. She felt safer, more welcoming, huh? [...]. She became more relaxed, she's a bit coy when I'm around she gets quieter. (Artur, 35-year-old electrician, stable union, secular, incomplete higher

Listening to fathers opinion that participated... education, monthly income of 02 wages, 07 children)

The presence of parents in these areas enables them to receive information about their role in the activities to be undertaken during childbirth and the postpartum period. In addition, they can receive information to remedy their doubts and insecurities related to pregnancy and childbirth. "So the man/father are occupying a place that is rightfully his and his companion providing the support she needs."¹⁰

However, the male motivation to accompany the labor and birth of his wife was not restricted to the affective level. Some witnesses reported that curiosity to know what was happening at that time was also relevant, as described in the lines:

It was because I was curious because I had watched some videos and also went to accompany his birth already. (Henry, 29 years, dispatcher, stable union, Evangelical, complete high school, monthly income, 01 salary, and 04 children).

Another important aspect was the recognition of the paternity exercise - from birth - as something important for him and the family. According to them, this opinion also influenced the decision to escort:

[...] a father who didn't go through this experience, I think I have to go, because if you don't spend I guess he's not a real dad, right? Real dad is the one who cares for his wife and his son's coming [...] (José, 26 years, carpenter, stable union, Catholic, full elementary, monthly income of 1/2 salary, 02 children)

So I was just thinking that I'm going to be a dad [...] is the first child, right? I saw there rising [...] then I found good parenting. (Daniel, 25 years, auxiliary payloads, stable Union, Catholic, Full elementary, monthly income of 1.5 salaries, 02 children)

Because I tell you the truth I was raised by my grandparents, right? So I and my father didn't get along very well. I've had a lot of shame going after my father to ask for money and he wouldn't give me attention so I decided I would just a son in the world if you have love for the woman (mother of sons) be a father witnessing the birth of her daughter, I think I know what he (dad) is going to feel and remember when she (the daughter) grow [...] (José, 26 years, Carpenter, stable Union, Catholic, full elementary, monthly income of 1/2 salary, 02 children))

It is important to give opportunity to the man to carry his son's birth responsibility because "it is inconceivable that parenthood is seen only from the biological point of view." Therefore, it is essential to encourage parental participation in all stages of

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pregnancy and childbirth, which is a function to be increasingly developed by health professionals.¹¹

On these occasions, they should be discussed, including on the contribution of spouse/father during labor and delivery, since many do not know how to behave in these spaces. In this regard, we will address later.

♦ Attitudes in the birth room

During the time that remained in the childbirth room, the men claimed to have offered care and support to women with the aim of contributing to a good evolution of labor and pain relief. However it was not only emotional support they offered, they have also developed actions such as: massage the abdomen, holding her hand, smoothing the hair, hold the pillow, among others:

[...] I tried to console her, massaging her back [...] (Carlos, 38 years old, military police, stable union, Evangelical, complete high school, monthly income from 04 wages, 04 children)

[...]to occur all right [...] held in her head, when the contractions came I pushed her head forward and guided her to stay calm, more relaxed right? Every woman gets nervous, huh? (Artur, 35-year-old electrician, stable, secular, incomplete higher monthly income from 07 wages, 02 children)

I held her hand, smoothed her hair told her to stay calm [...] I was calming. (Daniel, 25 years, auxiliary payloads, stable union, Catholic, Full elementary, monthly income of 1.5 salary, 02 children)

These actions taken by parents as found ways to get closer to the birth of the child and woman, made him recognize the importance of their presence and ability to help mate. Thus contributed to a more peaceful and comfortable time for women to overcome the difficulties and pain resulting from childbirth.³

On the other hand, these parents also showed behaviors of insecurity and fear in relation to attitudes that should be taken forward birth and thinking that if I did anything was hindering the process, according to the descriptions:

I didn't know what to do with that attitude to take, when to call someone for help [...] but thank God everything went well. (Marcos, 38 years old, retired, married, Evangelical, complete high school, monthly income from wages, 04 04 children)

When I realized I was not [I didn't know what I was supposed to do] I'm looking for help with the silence, [be] embracing and comforting her. (Carlos, 38 years old, military police, stable union, Evangelical,

Listening to fathers opinion that participated...

complete high school, monthly income from 04 wages, 04 children)

"The father's presence during childbirth cooperates so that the pain of childbirth becomes more bearable. This allowed the man valued companion efforts and also helping her postpartum".¹¹

Besides providing security for the couple, be accompanying the woman allowed the man the opportunity to provide reassurance to women in order to ensure that their presence decrease the possibility of occurrence of problems related to the care service provided through interventions resulting from childbirth handling. Thus, the man will give emotional support women also contributed to the decreased possibility of iatrogenic errors.¹²

"In the context of pregnancy, the emotional dynamics of the couple's relationship is marked by expectations that involve desires and fears, specifically when it comes to child birth."¹¹The participation of the father during childbirth as well as co-blame it on birth process, mitigates feelings of fear, anguish and insecurity, putting himself and his wife in a state of security and confidence that everything will be OK.

♦ Experienced feelings

The interviews were declarations of positive and negative feelings experienced by parents/escorts in the delivery room. Among the positive feelings stood out: love, kindness, joy, excitement, as declarations:

I felt a shiver, something different, a caring, right? See the person (woman) crying [...]. (Marcos, 38 years old, retired, married, Evangelical, complete high school, monthly income from 04 wages, 04 children)
It was a big thrill, I had the opportunity to spend some affection for her, was very strong (Henry, 29 years old, dispatcher, stable, Evangelical, complete high school, monthly income, 01 salary, and 04 children)
It was a feeling so in love with my wife and my daughter. (José, 26 years old, Carpenter, stable Union, Catholic, full elementary, monthly income of 1/2 salary, 02 children)

On the other hand we also observed that these parents have developed feelings of anguish and distress marked by be accompanying the woman in the delivery room. This is probably the reason related to the unpreparedness of the man to be present in a strange environment to the usual, by ignorance of the progress of the process stages, childbirth Physiology, the anxiety created by the duration of labor and women's pain and fear of "not work", according to the following testimonials:

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I was kind of nauseous [...] to see moaning, screaming, crying, I was in agony. (Daniel, 25 years old, auxiliary payloads, stable union, Catholic, full elementary, monthly income of 1.5 salary, 02 children)

It was bad for you see her in pain was bad for that [...] was a lot of pain and suffering. (John, 31 years old, locksmith, stable union, Catholic, incomplete basic education, monthly income, 05 wages 03 children)

See the person (woman) crying [...] I didn't know what to do with that attitude to take, when to call someone for help [...] but thank God everything went well. (Marcos, 38 years old, retired, married, Evangelical, complete high school, monthly income from 04 wages, 04 children)

And at this moment (childbirth) the agent is also very concerned about the woman, right? Because at that point there (childbirth) agent until imagine her out, right? (José, 26 years old, Carpenter, stable union, Catholic, full elementary, monthly income of 1/2 salary, 02 children)

In these testimonials is noticeable that parents show a certain level of involvement in the process of parturition when interacting with the woman near the discomforts caused by childbirth imputing this event positive meanings pertaining to their presence. Therefore, "it is essential to consider that the father is emotionally involved in parturition and symbolically giving birth next to wife".¹¹

"When the man witnessed what happens to the woman, the imagined pain WINS different meaning, becomes something real, next, possible sense, painful." This demonstrates effective³ importance of parent/chaperone's presence in the delivery room as much for themselves as for the wife and children.

In which concern gender relations noted that they still pose obstacles in the participation of men in the delivery room and that are rooted in the current context of society:

[...] but in a way it's breaking that taboo that existed, right? Unfortunately in our culture: labor, monitoring, prenatal care is just a woman thing. (Carlos, 38-year-old military policeman, stable, Evangelical, complete high school, monthly income from 04 wages, 04 children)

[...] I did not fear business to leave everything to mother huh? As it was in the past [...] today everybody helps, huh? (Marcos, 38 years old, retired, married, Evangelical, complete high school, monthly income from 04 wages, 04 children)

For the same above-mentioned author birthing room's environment is still influenced by the sociocultural context as personal and local female exclusivity. Thus, for some parents this influence came to be "taboo" and

that "these days things have changed" and that it was important the father's presence there.

◆ Experience to be an escort

This study showed that, contrary to testimony of feelings experienced while watching the woman who brought harrowing moments as described previously, witness the birth of the son produced only positive feelings and satisfactory:

I cried a little when I saw him coming. (Pedro, 30 years old, Mason, stable union, secular elementary school complete, monthly income, 01 salary, and 02 children)

See my son be born was an accomplishment. It was a very big transformation, not only as a man, but as a person, because we only have the size really of what is life when we can really generate a life, so it seems that falls the plug. We sometimes find strong unwavering, but when we see that life in our hand we better reflects on life. (Carlos, 38-year-old military policeman, stable union, Evangelical, complete high school, monthly income from 04 wages, 04 children)

Still stood out in interviews that parents felt thrilled to be involved in the event of the birth of the son, and this triggered strong feelings, positive and exciting to them:

Follow the boy being born was very good, wonderful (João, 31, locksmith, stable union, Catholic, incomplete basic education, monthly income, 05 wages 03 children)

To see my son was born I felt excitement, a lot of emotion (Bruno, 23, mechanic, stable union, secular elementary school complete, monthly income, 01 salary, and 01 son) I was very happy. speechless [...] (Luiz, 26, car wash, a stable, secular elementary school complete, monthly income, 01 salary, 04 children)

I found a very positive experience for me [...] I think it will strengthen our family [...] us prepared to face these situations more complicated in the lives of our children. (Artur, 35-year-old electrician, stable, secular, incomplete higher monthly income from 02 wages, 07 children)

I felt a shiver, something different, a caring, right? (Marcos, 38 years old, retired, married, Evangelical, complete high school, monthly income from 04 wages, 04 children)

Studies show that the experience of witnessing the birth of the son gives men feelings for them is difficult to be translated. "However, the strength with which sentences are said and repeating a few words or even the absence of them, show the intensity of the emotion and expressing joy and happiness of the birth of a new father".³

Witness the birth of the child was also expressed as gratifying for parents:

It was gratifying, I in I could help her in the way she asked me and it all worked out, did not yield anything wrong, the child was born and there healthy [...] (Mark, 38, retired, married, Evangelical, complete high school, monthly income from 04 wages, 04 children) [...] for me it was very exciting to be able to give much support to her because she's never had anyone next time of childbirth. (Luiz, 26 years, car wash, a stable, secular elementary school complete, monthly income, 01 salary, 04 children) It was good experience to help in another time [...] (Pedro, 30, Mason, stable union, secular elementary school complete, monthly income, 01 salary, 02 children) [...] participate there along with her was very good [...] an experience more. (John, 31 years, locksmith, stable Union, Catholic, incomplete basic education, monthly income, 03 wages, 05 children)

The experience of childbirth while date from the beginning of the emergence of contractions until the departure of the baby, as well as beneficial to the binomial mother/son, becomes a rewarding and satisfying experience for the man, because they view the child born was a unique event that will bring many positive memories in the future.³

Yet for the aforesaid author, contemporary dad wants to develop its role actively, from conception to postpartum, not wanting to be a provider, a holder of power, in which outside allocated him culturally, but requires approaching increasingly and participate in the life of his son, revealing feelings of affection, love, care and responsibility.

Witness the birth of his son makes him feel effectively a parent, since pregnancy takes place completely on the woman's body and that touches on in man a sense of imaginary father, making it incomplete experience of parenthood. It is assumed that this event stimulates the desire to assume an increasing level before the event of childbirth.¹¹ It confirmed this assertion on the following lines:

The advantage is that a father who didn't go through this experience, I think I have to go because if you don't think he's not a real dad, right? (José, 26, Carpenter, stable union, Catholic, full elementary, monthly income of .5 salary, 02 children) [...] because a father has to be with his wife at the time of childbirth. (Bruno, 23, mechanic, stable union, secular elementary school complete, monthly income, 01 wage, and 01child)

Join the labor and attend the birth of his son, as well as cause the man the opportunity to experience childbirth can contribute to emotional transformations that arise in a

more quiet. For these authors, the fact of being an escort could have meaning beyond the term company; this choice is related to bonds of trust in the other, someone to demonstrate and uniqueness of this singular moment in their lives.¹³

The experience itself in witnessing the birth, both to those who participated for the first time as those who had already participated, was unique and special for parents. Chaperone this event was an inexplicable and unforgettable experience.⁷

The experience was very exciting [...] it was an experience I won't forget never. (Luiz, 26, car wash, a stable union, secular elementary school complete, monthly income, 01 salary, 04 children) I can't even explain this moment; I was thrilled at the time. (Pedro, 30, Mason, stable, secular elementary school complete, monthly income, 01 salary, 02 children)

The man to watch/participate in the birth of the child and be a companion for his wife also strengthens family bond and hold up as a father. "And not only that, sitting next to his companion and support her makes him feel end this process particularly feminine".³

The presence of fellow reflects the ideology of father and mother present, who experience pregnancy – pregnant couple together. Furthermore, the presence of the spouse makes women feel more valued by spouses, since they would witness the suffering experienced by these.¹⁴

Worth pointing out that when the choice of date for the birth process is given by the couple, questions regarding the formation of affective ties families become stronger during and after the event of birth.³

CONCLUSION

On the findings of this research it was realized that the man felt motivated to participate in the child's birth event. This was possible due to several factors, among them: the affective-conjugal ties, assistance to partner, out of curiosity of birth stages and the recognition of the paternity exercise - from birth - as something important for you and the family, However, it became evident that there is a very positive satisfaction by parents in experiencing the birth of the child, while these feelings mingled with mixed feelings of anxiety, fear and suffering by following the mother.

While being the one who witnessed the birth of the child the man/father feels full of positive feelings ranging from joy to feelings of completeness and fulfillment. However, being of the mother company, and bring well -

being to be able to play a companion paper, someone who cares and that is her choice, finds himself in a condition of impotence, because at times he saw the woman in pain, screaming and/or crying, was placed as someone who also felt insecurity, pain, grief and fear of not being able to work and not knowing what to face the unpredictability of childbirth.

It is noteworthy that these considerations, from the perspective of gender and sexuality, demonstrate a new panorama that breaks the precast models domineering male, producer and insensitive. For a design, in which man cooperates with child-rearing, and knows demonstrate their emotional and affective involvement. So, it is based on this forms a shared responsibility between father and mother mark of a more humane society, where more and more exceeds the view that pregnancy and childbirth is restricted to females.

In addition to the above, referring to the question behavior of parents in the child birth room, it was known that the statements in an attempt to alleviate the suffering of the woman, the companion made gestures of affection and companionship, to develop activities such as: back massage, express words comforting, hand hold, call someone from the hospital. These attitudes combined with father's presence as a person of choice and confidence of women corroborate studies that claim that this company is a factor of great importance for a good evolution of the birthing process.

It was evident that during this study, parents are still far from the hospital while accompanying environment, and so there was great difficulty in getting parents to really stay during labor and birth to the end, for the most part, they only accompanied his wife to the doorway and out. This happened perhaps for the following reasons: for not knowing the physiology of labor, for fear of not knowing what to do, due to lack of time - because at the time of the survey the majority of deliveries were day - or perhaps because they have no knowledge of such participation as a right by law been in place.

It is hoped that parents are informed about the whole process encompassing the pregnancy and childbirth, mainly from the primary health care, about the participation rights, so that they feel encouraged to exercise their rights and certain that they will be respected and upheld by all healthcare institutions.

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