ORIGINAL ARTICLE

PARENTAL INVOLVEMENT IN PREGNANCY UNDER THE LOOK OF GENDER

ABSTRACT

Objective: to identify the involvement and father involvement during pregnancy, through the eyes of puerperal women. Method: exploratory study, qualitative approach conducted with 15 women interned in a public hospital in the city of Alfas-MG/Brazil. The data were collected through semi-structured interviews in May 2010 with the signing of terms of free and informed consent, as approved by the Research Ethics Committee under protocol number 082/2010. The interviews were analyzed according to content analysis. Results: from the analyzes of the interviews revealed three categories: << Paternal involvement in clinical prenatal >>; << New care that come with pregnancy >>; << Feeling the pregnant woman and father involvement >>. Conclusion: there was the importance of paternal involvement during pregnancy, which is not prevented when the companion has real interest in participating, and that each parent has a peculiarity in getting involved with the pregnancy. Descriptors: Nursing; Pregnancy; Father; Gender and Health.

RESUMO

Objetivo: identificar a participação e o envolvimento paterno na gestação, segundo o olhar da puérpera. Método: estudo exploratório, descritivo, com abordagem qualitativa realizado com 15 puérperas internadas em uma maternidade pública, na cidade de Alfas-MG/Brasil. A coleta de dados ocorreu por intermédio de entrevistas semiestruturadas realizadas em maio de 2010 com assinatura dos termos de consentimentos livre e esclarecido, conforme aprovação do Comitê de Ética em Pesquisa sob o protocolo nº 082/2010. Os depoimentos foram analisados de acordo com a Análise de Conteúdo. Resultados: a partir das análises das entrevistas, emergiram três categorias: << Participação paterna nas consultas de pré-natal >>; << Novos cuidados advindos com a gestação >>; << Sentimento da gestante quanto ao envolvimento paterno >>. Conclusão: verificou-se a importância da participação paterna no período gestacional, a qual não é impedida quando o companheiro tem real interesse em participar, e ainda que cada pai tem uma peculiaridade em envolver-se com a gestação. Descriptores: Enfermagem; Gravidez; Pai; Gênero e Saúde.

RESUMEN

Objetivo: identificar la implicación y la participación del padre durante el embarazo, a través de los ojos de las puérperas. Método: estudio exploratorio, descritivo, con enfoque cualitativo, realizado con 15 mujeres internadas en un hospital público en la ciudad de Alfas-MG/Brasil. Los datos fueron recolectados a través de entrevistas semi-estructuradas en las mayo de 2010 con la firma de los términos de consentimiento libre e informado, tal como fue aprobado por el Comité Ético de Investigación bajo el protocolo número 082/2010. Las entrevistas se analizaron mediante análisis de contenido. Resultados: de los análisis de las entrevistas revelaron tres categorías: participación en Paternal << >> clínica prenatal; << Novo cuidado que vienen con el embarazo >>; << Sentimiento de la gestante durante el envolvimiento del paterno >>. Conclusión: se verificó la importancia de la participación paterna en el periodo gestacional, a la cual no se impide cuando el compañero tiene real interés en participar, y aún que cada padre tiene una peculiaridad en involucrarse con el embarazo. Descriptores: Enfermería; Embarazo; Padre; Género y Salud.
INTRODUCTION

Pregnancy addition to biological factors also has repercussions on the psychological, sociocultural and economic, that affect women, the family and society. A pregnancy is configured as a point of great social interest and public health, requiring care and distinguished service in the health services. In this sense, the participation of the baby's father in the monitoring of pregnant women in health services or even significant other, whenever possible, to guarantee a gestation pleasurable and a lower rate of complications. It appears that participation requires greater paternal involvement due to the complexity of the changes and sudden change of routines.1,2

The presence of man/father in clinical prenatal care is of importance in the process of humanization of obstetric care. Their distance, both pregnancy and childbirth tends to cause feelings of loneliness and emptiness in the woman.3,4 However, during the prenatal period, it is clear that health professionals focus their approaches during consultations in pregnant women, making the man/father a mere spectator. Participating in consultations enables man to understand and fit into the gestational period, and interfere with preventive measures.5

Note that often the workday does not allow man to remain long at home or accompany the expectant mother in your queries. Much of society still believes that the father's presence is somehow expendable. However, it is suggested that sharing life together and attend appointments, may favor the health care of the woman.5 Importantly nursing has participated in key discussions on women's health, along with feminist social movements, in defense of the Program for Humanization of Prenatal and Birth (PHPN). In this context, directives were created by the Ministry of Health (MS) of Brazil to promote the performance of this professional in the comprehensive health care of women, taking the pregnancy-puerperal period, for consider that these measures are essential to reducing interventions, risks and consequent quality care both in hospitals, and in birth centers.6

The PHPN was established by MS in Brazil in June 2000. Entered in the field of public policy, occupies a prominent place in the backdrop of humanization of care in pregnancy and childbirth.7 The program is based on the principles and guidelines of the National Humanization Policy (PNH) - Humanizes SUS, the recommendations of the World Health Organization (WHO) and the scientific actual evidences.8,9 In this context, the study was proposed from the observation that man's participation in assistance to the gestational period constitutes a recommendation of the MS, which enables humanized both mother and child, since the aid fellow reflects positively on the quality of life making it relevant to the pregnant woman.

OBJECTIVE

• To identify the participation and paternal involvement during pregnancy, through the eyes of puerperal women.

METHOD

Qualitative study and exploratory-descriptive, developed in a public maternity in a general hospital in the city of Alfenas, Minas Gerais, Brazil, with 15 postpartum. As inclusion criteria, it was determined that the mothers should reside in Alfenas, be 18 years or older, is being served by the Unified Health System (SUS) and accept to participate. The number of subjects was determined as observed saturation of information occurred during the process of data collection.

Data collection occurred in May 2010. We used a semistructured interview guide consists of two parts: the first, consisting of sociodemographic questions, in order to characterize the participants, and the second part consists of guiding questions specific to the object of study.

Were respected all search requirements in accordance with Resolution No. 196/96 National Health.10 The women invited to participate in the study were informed about the purpose and development of the research and signed the consent form (FC), agreed to participate voluntarily. To guarantee the anonymity of the participants was given the code names of flowers each.

The interviews were recorded electronically transcribed and processed in accordance with the technique of content analysis, in the form of thematic analysis, Bardin, which is characterized by a set of analysis techniques of communication that seeks, by systematic procedures and objectives, indicators that allow the inference of knowledge concerning the conditions of production/reception of messages.11

This analysis consisted, first, a brief reading of the testimony in order to become aware of their content. Then, there was a thorough reading of them and identified the themes, which were coded and categorized according to content analysis. This process led to the following categories: Paternal
involvement in clinical prenatal care coming to new pregnancy, the pregnant woman feeling regarding father involvement.

The PHPN was adopted as a theoretical-conceptual in this study. Approach him, amid a field as broad and diverse humanization, is choosing which presupposes the recognition of its importance in the scenario of humanizing the pregnancy-puerperium cycle in Brazil. In addition, the program defines a clear set of criteria on how humanized care should be, why it was adopted as one of the guiding principles of analysis of this study

The study was approved by the Ethics Committee of the Federal University of Alfenas-MG (UNIFAL-MG), under protocol number 082/2010.

RESULTS AND DISCUSSION

The women in the study were between 20 and 39 years old with a history of two to six pregnancies. Regarding education, five had incomplete primary school, six elementary school, three high school education and a university degree.

After the analysis of the speeches of the mothers, revealed three themes:

- Paternal participation in clinical prenatal

As paternal participation in clinical prenatal ten women reported that their partners did not participate in the same, five justified by work, by considering three not need his presence in the query, one for not liking the environment and each other for being such closed system of detention in prison, as evidenced in the reports:

No, it just brought me, because it works. (Camélia)
No, he was not. He does not like the hospital and those things. (Bromélia)
No, he accompanied me because he's stuck. (Acácia)

It was found that the work is a factor that hinders the participation of parents in prenatal care because the schedules of the same place in the trading period, becoming unfavorable inclusion father.  

The society and the labor market does not encourage parent participation worker, allowing its absence from work to assist his wife and son during prenatal considering that those who need care the woman is pregnant and that she should be able to care for themselves or have someone take care of it, not necessarily the partner. 

The results show that father involvement is so peculiar, because the bond between father and son is indirect, mediated by the mother, as observed in other studies.

As to the companions who participated in the consultations, according to information of the mothers, accompanied only four conducting ultrasounds, two proved doubters who participated in the consultations, three did not interfere in them and only one was actively participated and to all queries:

He accompanied me once in a ultrasound. (Avenca)
He was in three consultations. He asks, he gets anxious, wants to know everything. (Orquídea)
He just brought me in consultations. I did not miss, I prefer to go alone. (Gérbera)
He was in consultations but it is more shameful, is quieter, just listening. (Orquídea)

With this study, it was found that the intensity of engagement with antenatal care is unique, allowing each man to exercise their participation according to their personality. Given that little or no parental involvement discourages strengthening linkages future care and affection, both in relation to the baby as with his mother.

- New care that come with pregnancy

After the diagnosis of pregnancy, eleven of the respondents reported receiving new attention to: affection, help with domestic chores, caring for other children, concern for your well-being, but four reported no difference in the relationship, as demonstrated in reports:

He was more loving, gave me more attention. Became much affection to me. (Camélia)
It has not changed me, did not differ. It continued as before. (Gérbera)
He helped me with the house, washed clothes and helped with the kids too. (Jasmim)

It was found that the father's involvement during pregnancy is not just to participate in consultations but can also be understood through their participation in activities related to pregnant women and to prepare for the arrival of the child, the emotional support provided to the mother, seeking contact with the baby, as well as the concerns and anxieties of these parents.

Note that as a fellow man conveys love and security to women, sharing the joys of birth and daily tasks once reserved exclusively to women and culturally, collaborating with the activities of daily living, support bio-psycho-social for this has gestation humanized. And with this increased proximity may occur an intensification in the couple relationship, promoting and strengthening the bond between parent and baby during pregnancy and the development of maternal and paternal roles, as advocated in PHPN.

- Feeling the pregnant woman and father involvement

Among the interviewed women who have participated in the consultation of his companions, whether partial or total, seven agreed to participate, expressing the importance of this care, only one reported prefer to go without a companion, citing a lack of patience on his part and two reported not feeling lack of absence, and one understood the reason for the absence, in this case, work mate, whereas the other was accompanied by a relative, which replaced the presence of the companion:

He was in three consultations. I thought it hit me pretty good! (Orquídea)

He accompanied me in two visits and I liked it. Makes a difference! With it's much better! (Hortência)

He accompanied me not because she had to work but his mother went with me! (Rosa)

It is found that pregnant women make positive the presence of the companion: because it is a period in which a woman undergoes modifications and conflict adaptation. The involvement of the partner in the vision of pregnant women is essential. A pregnant woman has her mate also become pregnant, happy, involved and affectionate with her.

For man to feel his father before the birth of the child is necessary, beyond the physical proximity to the mother, the emotional involvement and acceptance of pregnancy, and the need to have been built as a project in the past, even if this project were to another time. The paternal involvement in pregnancy can be achieved through the expression of their concerns and anxieties of their participation in prenatal care, involvement with the preparations for the arrival of the baby, the emotional support provided to the mother and bonding with the baby.16

Regarding parenting experienced by men from pregnancy, there is the speech search 'new parent', which breaks the traditional model of parenting, developing feelings and affective bond that favor the construction of the triad father-mother-child. Moving away from the traditional model of men rigid and distant, they share the experience lived in the body of the companheira.16 Monitor pregnant women in prenatal care, man experiences the pregnancy period along with his partner, prepares for paternity and humanizes the period by changes and adaptations. This participation he raises his companion as the focus of attention and stands in the position of active and not offering a mere spectator support humanized.

According to a study by the group of pregnant and/or pregnant couples, it appears that encourage the participation of the partner strengthens its potential and knowledge that can assist the mother in new experiences. It also provides space to express fears, doubts and feelings and helps in preparation for parenthood, in the companion case to be the father. The stimulating role of the father in this case reinforces the importance of his role in his companion, to provide them with emotional support, safety and tranquility.17

This new marital relationship that proved the study shows that the effective participation of the partner and their willingness to assume paternity helps to reduce conflict and to the satisfaction of the mother positively interfering in the couple's relationship. The results shown above can be used for the planning of actions in relation to the encouragement of paternal involvement during the pre-natal health care team.

The nurse's role as a member of the health team and responsible for the care of prenatal consultations in primary care should be to facilitate the reception of this man/father in the clinic, providing them with conditions to interact along the mother/partner in the process pregnancy.

CONCLUSION

The participation of man/father during pregnancy is facilitated when the man has a
real interest in this care because despite difficulties such as lack of scheduling flexibility of queries and their work, of disgust for the environment consultations and hospital and even by imprisonment in the prison system, the father humanizes participation through questions regarding medical advice, emotional support, household chores, caring for other children and the baby, which comes to meet PHPN and PNH. In the meantime, we note the importance of this man as the incentive to participate effectively in the gestational cycle, either through dissemination of worker rights, whether by health institutions, framing it in responsibilities care of pregnant women or with flexibility in opening hours. Emphasizes the importance of strengthening health policies, such as PNH, prioritizing the participation of men in the pregnancy for the humanization provided by him, “paternization” become a reality not far. Thus, there is a need for interaction between professionals involved in prenatal care, community and health facility with the pregnant woman and her partner to work in the educational process with the intention of bringing the participation of man/father in pregnancy.

REFERENCES


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