

Associations among fetal heart rate patterns and mothers' spiritual health and forgiveness

ABSTRACT

Objective: Studies have shown that spiritual commitment and positive personality traits such as forgiveness are considered a factor in effective adaptation to stressful problems and events and stress reduction. This study was to associations among fetal heart rate (FHR) patterns and mothers' spiritual health and forgiveness in women referring to Maternity Hospital Affiliated to Shiraz University of Medical Sciences.

Materials and Methods: This study is a correlational study, which was performed on pregnant women referring to selected hospitals with a sample size of 200 pregnant mothers in 2016. After receiving written consent from qualified individuals, a general information questionnaire, medical history, spiritual health, and forgiveness were recorded. Then, data were analyzed using descriptive statistics (frequency and percentage) and Chi-square test in SPSS software, version 22.

Results: The mean age of the participants was 28.92 years, with a gestational age of 37–31 weeks. The mean spiritual health was 102.64 (14.61) and 133.2 (16.99). 31.5% of mothers' spiritual health was average, 68.5% their spiritual health was estimated to be high. Twenty-five percent had a moderate level of forgiveness and 75% had a high level of forgiveness. According to the Chi-square test, there is a significant relationship between spiritual health and forgiveness with normal FHR patterns ($P = 0.001$).

Conclusion: The majority of pregnant women had a high score of spiritual health and forgiveness, and there was a statistically significant relationship with the normal FHR. It is suggested that implementing a spirituality-based care program that promotes spirituality and positive personality traits can be a good way to reduce maternal anxiety and regular FHR.

Keywords: Fetal heart rate, forgiveness, health, intrapartum, pattern, spiritual

INTRODUCTION

Pregnancy, delivery, and the postpartum period are a turning point in life. This experience profoundly affects women, children, fathers, and families, whereas it has a significant and long-term impact on society. Mood changes during pregnancy are considered normal because hormonal changes affect the amount of neurotransmitters and a wide range of possible feelings about motherhood. Everyone responds to these changes in their own way. Some pregnant women experience intense emotions, both good and bad.^[1]

This period is the result of physiological and psychological changes and adaptations that require special attention. In

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and neonatal health and thereby for improvement of the health of pregnant women.

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Conflicts of interest

There are no conflicts of interest.

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