

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

A descriptive study was conducted to describe attitudes, subjective norms and intentions to have cesarean section; to compare the attitudes and subjective norms between intenders and nonintenders, and to examine the relationships between attitudes, subjective norms and intentions to have cesarean section of Chinese nulliparous women. Two hundred and thirty-nine pregnant women attending the Antenatal Clinic of Obstetrics and Gynecology Hospital of Shanghai Medical University, China were included in the study. Personal Data Recording Form and ASNICS Questionnaire were used to collect demographic data and obstetrical information and study variables. This chapter presents conclusions of the findings, implications, limitations and recommendations for further nursing research.

Conclusions

The conclusions based on the findings of this study were as follows:

1. Most of Chinese nulliparous women had positive attitudes toward having cesarean section.

2. Most of Chinese nulliparous women perceived their significant others unsupportive of their having cesarean section.

3. The number of Chinese nulliparous women who intended to have cesarean section was almost equal to that of women who intended to have vaginal delivery.

4. Chinese nulliparous women who intended to have cesarean section had significantly more positive attitudes toward having cesarean section than those who did not intend.

5. Chinese nulliparous women who intended to have cesarean section perceived their significant others significantly more supportive of their having cesarean section than those who did not intend.

6. There was significantly positive relationship between attitudes and intentions to have cesarean section of Chinese nulliparous women.

7. There was significantly positive relationship between subjective norms and intentions to have cesarean section of Chinese nulliparous women.

8. The combination of attitudes and subjective norms could explain a significant amount of the variance in intentions to have cesarean section of Chinese nulliparous women.

Implications of findings

Implications for nursing practice

The presence of significant positive relationships between attitudes, most of components of attitudes and intentions to have cesarean section is noteworthy and can be meaningful in design of nursing intervention. According to Ajzen and Fishbein (1980), attempts to influence behavioral change should be focused on exposing subjects to information which will produce changes in personal beliefs about the behavior; be directed towards the beliefs most salient to the group. Therefore, nursing intervention should include teaching scientific information of cesarean section, both advantages and disadvantages of cesarean section, compared to vaginal delivery, especially the information which will be directed on all salient beliefs, modifying the misconception of cesarean section, neutralizing the convenience of cesarean section. As indicated by the study, fear of childbirth, prelabor anxiety, worry about safety of baby and themselves were moderate positive correlated with their intentions to have cesarean section, therefore, nursing intervention should also include discussion with the women about their fear, and anxiety of childbirth, training women strategies for coping with fear, anxiety of childbirth and prepare them for coping with labor pain.

As indicated by this study, there was significant positive relationship between subjective norms and intentions to have cesarean section, moreover, normative belief of husband was more correlated with intentions than that of other normative belief. Therefore, the intervention program should include both women and their significant others, especially their husband as target groups.

With an increased familiarity and understanding of cesarean section as well as vaginal delivery, decreased fear and anxiety of childbirth, and supportive environment, pregnant women would be better prepared and be able to make appropriate decision of delivery mode which lead to safe outcome for both mother and baby.

Implications for nursing education

As mentioned in implications for nursing practice, multicomponent intervention programs are essential to help pregnant women with appropriate decision-making of delivery mode. Nurses need to attain the knowledge and skills necessary to conduct the intervention program. Nursing curricula, especially in the graduate level, should include the theory and skills required for program planning, implementation and evaluation.

Implications for nursing research

From the present study, it was concluded that attitudes and subjective norms accounted for 55% of variance in intentions to have cesarean section of Chinese nulliparous women. In this light, the theory of reasoned action provides a potential useful framework for the researchers who would intervene to change behavior and decrease unnecessary cesarean section. The salient behavioral and normative belief related to have cesarean section could be served as independent variables for manipulating in experimental study in bringing about behavior change. The conclusion also suggests that there may be unknown and unmeasured factors in the study sample that accounted for the unexplained variance. Therefore, further research is needed to explore other factors which may contribute to variance in intentions to have cesarean section.

Limitation of the study

1. Women were obtained through a purposive sampling. The sample was restricted to Chinese expectant women who attended the Antenatal Clinic in the Obstetrics and Gynecology Hospital of Shanghai Medical University. Therefore, generalizability of the findings can not be made to the expectant women who live in other area of China.

2. To obtain information essential for constructing the questionnaire, a pilot study of qualitative interviews is

essential to determine pertinent beliefs regarding having cesarean section to identify both positive and negative consequences of having cesarean section, which would be incorporated into the questionnaire measuring attitudes. The significant others included in the normative belief section of the questionnaire should also be identified in this way. Due to time limited, most of the positive and negative consequences of having cesarean section and the significant others included in the normative beliefs sections were obtained from literature review, most of which were conducted in western country, behavioral beliefs and normative beliefs may differ from western people to Chinese people.

3. Attitudes, subjective norms, and intentions to have cesarean section were elicited on the basis of self-report, not by observation. Therefore, data obtained were subject to response bias related to social desirability.

Recommendations for further study

Based upon the findings from this study, the following recommendations are offered for further research.

1. Replication of the study with a more representative in a relatively longer period and randomly selected sample of nulliparous women from various hospitals in China is needed to provide generalization of the study.

2. A qualitative study to identify the salient

behavioral belief and normative belief of having cesarean section is needed to develop a more proper instrument for measuring attitudes and subjective norms, which is better fit for Chinese nulliparous women.

3. A longitudinal intervention study is needed to ascertain if and how attitudes and subjective norms may change, and to evaluate the effectiveness of an intervention program on behavior change.

มหาวิทยาลัยเชียงใหม่
Chiang Mai University