

## The Effect of Fetal Movement Counting on Maternal Antenatal Attachment

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**Abstract :** Aim: This study has been conducted for the purpose of determining the effects of fetal movement counting on antenatal maternal attachment. Material and Method: This research was conducted on the basis of the real test model with the pre-test /post-test control groups. The study population consists of pregnant women registered in the six different Family Health Centers located in the central Malatya districts of Yeşilyurt and Battalgazi. When power analysis is done, the sample size was calculated for each group of at least 55 pregnant women (55 tests, 55 controls). The data were collected by using Personal Information Form and MAAS (Maternal Antenatal Attachment Scale) between July 2015-June 2016. Fetal movement counting training was given to pregnant women by researchers in the experimental group after the pre-test data collection. No intervention was applied to the control group. Post-test data for both groups were collected after four weeks. Data were evaluated with percentage, chi-square arithmetic average, chi-square test and as for the dependent and independent group's t test. Result: In the MAAS, the pre-test average of total scores in the experimental group is  $70.78 \pm 6.78$ , control group is also  $71.58 \pm 7.54$  and so there was no significant difference in mean scores between the two groups ( $p > 0.05$ ). MAAS post-test average of total scores in the experimental group is  $78.41 \pm 6.65$ , control group is also  $72.25 \pm 7.16$  and so the mean scores between groups were found to have statistically significant difference ( $p < 0.05$ ). Conclusion: It was determined that fetal movement counting increases the maternal antenatal attachments.

**Keywords :** antenatal maternal attachment, fetal movement counting, pregnancy, midwifery

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