

Correlations between Pushing Skills and Pushing Perceptions, Second-Stage Labor Duration, Postpartum Fatigue, and Birth Satisfaction

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Abstract : Background: Delivery bridges the antepartum and postpartum period. Subsequent fatigue can affect indices, including postpartum recovery and life quality. Milk secretion, breastfeeding quality, and newborn participation may be compromised. Correspondingly, using proper pushing skills during the second stage of labor has the potential to effectively reduce postpartum fatigue and enhance birth satisfaction in new mothers. Purpose: To compare the effects of using different pushing skills on maternal pushing perception, postpartum fatigue, and birth satisfaction. Methodology: The present study used a descriptive research approach and recruited 382 participants from a medical center in northern Taiwan. Data were collected using a structured questionnaire, which included a demographic and obstetrics information datasheet, the Labor Pushing Experience Scale, a fatigue scale, and a birth satisfaction scale. Research Results: Using pushing skills (including upright position [$t = 2.28$, $p < .05$] and delayed pushing [$t = -1.98$, $p < .05$] during the second stage of labor was shown to enhance birth satisfaction in participants. Additionally, open glottis pushing ($t = 5.46$, $p < .001$) resulted in a mean duration of second-stage labor that was 17.67 minutes less than that achieved using Valsalva pushing. Moreover, a better perceived pushing experience was associated with lower perceived postpartum fatigue ($r = .46$, $p < .05$) and higher birth satisfaction ($r = -.16$, $p < .05$). Finally, postpartum fatigue perception was negatively associated with birth satisfaction ($r = -.16$, $p < .05$). Conclusion and Clinical Application: The findings suggest that midwives should advocate that women adopt upright positions, delayed pushing, and open glottis pushing during the second stage of labor in order to enhance their birth satisfaction.

Keywords : second stage labor duration of pushing skill, pushing experience perception, postpartum fatigue, birth satisfaction

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