

## عنوان مقاله:

Effective Environmental Factors in Encouraging Iranian Mothers to Have Physiologic Birth through Facilitating it: An Exploratory Factor Analysis

## محل انتشار:

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## نویسندگان:

Faeghe Deljoo Ghamgosar - *School of Architecture and Environmental Design, Iran University of Science and Technology, Tehran, Iran*

Seyed Abbas Yazdanfar - *School of Architecture and Environmental Design, Iran University of Science and Technology, Tehran, Iran*

Neda Sadat Sahragard Monfared - *School of Architecture and Environmental Design, Iran University of Science and Technology, Tehran, Iran*

.Sanaz Litkouhi - *Tehran East Branch, Payame Noor University, Tehran, Iran*

Hassan Yari - *Department of Surgery, School of Medicine, Ayatollah Mousavi Hospital, Zanjan University of Medical Sciences, Zanjan, Iran*

.Mina Honarbakhsh - *Department of Surgery, Ayatollah Mousavi Hospital, Zanjan, Iran*

## خلاصه مقاله:

Background: With the decrease in physiologic birth due to fear, researchers became interested in the mechanisms affecting mothers' tendency to deliver naturally. Studies have indicated that environmental factors significantly influence the fear experienced by women during labor. This research aims to examine the extent to which environmental parameters can facilitate Iranian mothers in managing their fear during physiologic childbirth. Methods: The comparative analysis drawn from the relevant literature about environmental factors and mothers' perception of these factors has led to a reevaluation of this subject. Consequently, a research project was carried out, using a structured questionnaire and employing the exploratory factor analysis methodology. Results: According to the findings, the most important environmental factors that encourage Iranian mothers to physiologic delivery are as follows: "objective quality of life (Eigenvalue of ۹.۴۰۰)", "attractive environmental stimuli (Eigenvalue of ۶.۲۶۷)", "environmental and physical health (Eigenvalue of ۵.۱۲۶)", "friendly atmosphere (Eigenvalue of ۴.۵۹۶)", "environmental vitality (Eigenvalue of ۴.۳۷۵)", "environmental privacy (Eigenvalue of ۳.۸۶۶)" and "tangible technology (Eigenvalue of ۳.۶۸۹)". Conclusion: Promoting the environmental quality of the delivery room through architectural interventions such as interior design and the general configuration, can help mothers, their partners, and medical staff in managing childbirth more effectively, ultimately leading to a higher incidence of physiologic delivery.

## کلمات کلیدی:

Iranian Mothers, Environmental Factors, Physiologic Birth, Facilitation, Encouragement

