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ORIGINAL ARTICLE

Aspects of Spirituality in Midwifery services at Az Zahra Clinic Tangerang Primary Health Services

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ABSTRACT

Introduction: Primary health services as gatekeepers in midwifery services have an important role to reduce cesarean section referral rates. The existing midwifery services have not been able to reduce the number of referrals. There is a growing literature about the role of spirituality in the wellbeing of human beings. Spiritual care guidelines are now being developed regarding current discourse about childbirth. This will help to restore the understanding of the mothers and families that pregnancy and childbirth are natural. This study aimed to explore the indicators of the spiritual aspects in midwifery services. **Methods:** This study used a qualitative research design. Data collection was conducted by in-depth interviews using a sample of 27 people. This was divided into 3 groups: Key Informant (Midwife) numbered 8 people, main informant (Pregnant woman) numbered 9 people, and Additional Informant (Mother who has a history of section cesarean delivery) consisting of 10 people. **Results:** The result showed 14 indicators of spirituality aspects in obstetric services in primary health services Az-Zahra Clinic Tangerang. These are Confidence, Serenity, Power, Thorough, Creation, Holy Qur'an, Religion, Surrender, Faith, Pray, Love saying, Struggle, Communication and Positive experience. **Conclusion:** In addition to physical pregnancy examination, spiritual aspects could be applied as a foundation of midwifery care in the method of education of midwifery services in primary health services.

Keywords: Section Cesarean, Midwifery services, Spirituality Aspects

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INTRODUCTION

Childbirth by section cesarean (SC) method is the delivery of the baby through the abdomen and uterus of the mother-made incisions (2) Cesarean delivery can be done in an emergency (Cesarean Section emergency) or a planned process (elective cesarean section). The number of elective cesarean section in private health services are more than 30-68% while in public health services by 12-14% (2).

The data from Demographic Health Survey of Indonesia showed that (3) 17% of livebirths within last 5 years of survey among women of 15-49 years of age were born by cesarean section. Cesarean section was originally a surgical solution to solve difficulty caused by problem of normal childbirth, but now there is no control over its implementation. The increase in the number of elective

cesarean section is a contributing factor in the increasing of the SC number for some hospital (4). This has led to the escalation of the rate of cesarean section worldwide (4). High prevalence of cesarean section births is currently the focus in midwifery services. Post-operative pain after the cesarean section may negatively affect mobilization, breastfeeding, and even the emotional bond between the mother and the infant. Post cesarean section mothers find difficulty with baby care, while getting up and down from the bed, and due to pain is difficult to adjust their comfortable position during breastfeeding. As a result of the pain, the patient delays breastfeeding from the birth of the baby (5). Cesarean birth also affects the sensory perception of the child, sensory integration ability, neuropsychiatric and affects development, and the relationship between the baby and the mother (4).

The weak relationship between the use of antenatal care and maternal health outcomes was due to a lack of attention to the content and quality of antenatal care (6). The success of basic health services, which are primarily promotive and preventive, is expected to reduce the burden of continued services (7). The mothers before

giving birth expect to receive antenatal services provided by health workers who have the competency, assurance, responsiveness, and communication (8).

One of the efforts to restore antenatal care is by integrating spirituality into midwifery which is applied through prevention, promotion, and education. It is the duty of the hospital management to bring the mother back to God, nature, and the environment after delivery so that there is a balance (9). The physical, psychological, and spiritual balance will bring better health to pregnant women(10). In this manner a woman is not be fearful of undergoing and dealing with normal childbirth. They can be more confident and will be free from psychological problems (11).

In a preliminary study showed that mothers who gave birth normally after previously having a history of cesarean delivery reported that pregnancy and childbirth education from the spiritual aspect is very important. The return to nature and self-awareness among the creator, that the female body was created to be able to conceive, give birth, and breastfeed. The mother and family can realize and believe that they are empowered with the ability of the creator. The integration of spiritual aspects in antenatal care as a basis for providing education needs to be done because it is not included in integrated antenatal services. Education based on spiritual aspects is expected to have a major influence on the psychology of mothers and families so that mothers and families are more confident in choosing normal methods of childbirth.

Education-based on spiritual aspects is expected to have a major impact on the psychology of the mother and family so that the mother and family are more confident in choosing the delivery method. The use of the Maternal Child Health handbook as an educational tool by health workers needs to be modified, especially in combining educational information to make it more interesting and easier to understand.

MATERIALS AND METHODS

The first phase research used qualitative methods. Data was collected through in-depth interviews to explore the information needed in building spiritual dimensions or indicators and instruments with midwifery services. The selection of informant subjects used purposive sampling as a data source. In this study inclusion criteria are respondents with data, living in Tangerang city, and have the willingness to provide complete and accurate information. Qualitative research was conducted from April to May 2020 with a sample of 27 people. This was divided into 3 groups: Key Informant (Midwife) numbered 8 people, Main informant (Pregnant women) numbered 9 people, and Additional Informant (Mother who has a history of childbirth in cesarean section)

amounting to 10 people.

Data Collection Stage in this study was done with a)Determined qualitative research informants,b) Personal approach with requesting willingness to be an informant,c) the time was set to conduct an in-depth interview,d) Interviews of established informants were conducted. Data collection techniques conducted in this study were done by using: a) Structured interview,b) Documents

Data Processing and Analysis Techniques in this study are both qualitative data collected, along with primary and secondary data, imported and classified according to the type of data to facilitate the processing and analysis of data in NVivo 12 Plus. The data imported into NVivo is already in the form of a transcript of the data. After that, data is imported and classified in NVivo, the data is processed following the aim of this study. The three types of coding used in this study are open coding, axial coding, and selective coding. Then triangulated the data. This article got ethical clearance (Nomor: 2641/UN4.14.1/TP.02.02/2021) from Muhammadiyah Tangerang University.

RESULTS

Table I, II and III show the key informant characteristics, characteristics of the main informant and additional informant characteristics, respectively.

Qualitative results of spiritual aspects is shown in Figure 1. Based on the results of qualitative research, 14 indicators of spirituality aspects were found in the obstetric services in primary health services Azzahra Clinic Tangerang. These are: 1. Confidence, 2. Serenity, 3. Power, 4. Thorough, 5. Creation, 6. Holy Qur'an, 7. Religion, 8. Surrender, 9. Faith, 10. Pray, 11. Love saying, 12. Struggle, 13. Communication, 14. Positive experience.

DISCUSSION

Table I: Key Informant Characteristics

No	Informant Name	Education Level	Place Work	Experience
1	Ny. RS	D4	Clinic	≥ 5 Years
2	Ny. RA	D3	Midwife Self-Practice	≥ 5 Years
3	Ny. NS	D4	Midwife Self-Practice	≥ 5 Years
4	Ny. NP	D4	Midwife Self-Practice	≤ 5 Years
5	Ny. MP	S2	Midwife Self-Practice	≥ 5 Years
6	Ny. AA	D4	Clinic	≥ 5 Years
7	Ny. AW	D3	Midwife Self-Practice	≥ 5 Years

Source: Primary Data 2020

Table II: Characteristics of the Main Informant

No	Name	History of Pregnancy And Childbirth	Pregnancy Screening Site
1.	Ny. AF	G2P1A0, BSC 1x; 4 years old	Az-Zahra Clinic
2.	Ny. FS	G3P2A0, BSC 2x; 2 years old	Az-Zahra Clinic
3.	Ny. AP	G2P1A0, BSC 1x; 5 years old	Az-Zahra Clinic
4.	Ny. RH	G2P1A0, BSC 1x; 5 years old	Az-Zahra Clinic
5.	Ny. HS	G1P0A0	Az-Zahra Clinic
6.	Ny. RS	G2P0A1	Az-Zahra Clinic
7.	Ny. IP	G1P0A0	Az-Zahra Clinic
8.	Ny. IS	G1P0A0	Az-Zahra Clinic
9.	Ny. SA	G3P2A0	Az-Zahra Clinic

Source: Primary Data 2020

Table III: Additional Informant Characteristics

No	Name	Referral Diagnosis	Types of Childbirth
1.	Ny. NA	G3P2A0 UK 38-39 Weeks with KPD	SC
2.	Ny. TA	G1P0A0 UK 40 Weeks with Kala II extending + KPD 12 hours	SC
3.	Ny. IE	G2P1A0 UK 40 Weeks with Kala I Elongated	SC
4.	Ny. ER	G2P1A0 UK 40mg with BSC 1X	SC
5.	Ny. SE	G1P0A0 UK 39-40 Weeks with KPD	SC
6.	Ny. HM	G1P0A0 UK 38 Weeks With Kala 2 Elongated	SC
7.	Ny. MT	G3P1A1 with PEB	SC
8.	Ny. LA	G1P0A0 UK 38 Weeks with PER	SC
9.	Ny. GH	G1P0A0 Pregnant UK 39 mg with KPD	SC
10.	Ny. AY	G1P0A0 UK 38 weeks with HT and Oligohidramnion	SC

Source: Primary Data 2020

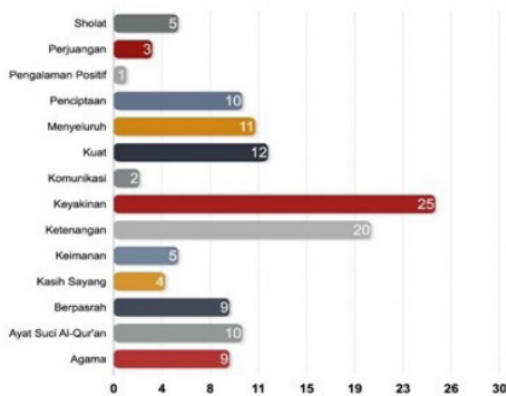


Figure 1: Qualitative results of spiritual aspects

A very strong belief in Islamic teachings could affect one's mindset and behavior, including when a mother going through the process of childbirth. She must also have a very strong belief in the teachings of Islam so that she can remain patient, calm, and confidently passed through the process of childbirth. This is in line with the previous research (12) Spirituality is a form of belief to set a relationship with the Almighty. This spiritual belief would make one maintain harmony, the harmony with the outside world. Spiritual beliefs could affect the level of health and behavior in the care of patients. In other words, self-confidence is a person's feeling of his or her ability to form behavior and something believed based on his knowledge.

The beliefs of pregnant women as informants and respondents in this study during the process of pregnancy and maternity were most instrumental in the success of this study. This will help the mother who has taken some decision on herself. Even if the mother changes her mind and decided something about the advice of medical personnel, it means that the patient has changed her beliefs. It is crucial to detect stronger factor that prompted her to decide something. Midwife confidence could also affect a patient's confidence. If the patient is initially unsure that she would be unable to give birth normally, then the midwife must be able to provide information and spiritual motivation. In this manner it is very likely that the patient's confidence would increase. Therefore this belief must be present among midwives and patients then process will be in harmony and synergize into great energy for normal pregnancy and childbirth.

Tranquility is a picture of a person's condition or surroundings that depict attitudes or symptoms of bodily and environmental stress, does not promote anxiety, and is characterized by confidence and a wide range of perceptions. If the indicators for a human being include crucial signals of a stable and generally excellent state, such as normal facial expressions and serene body language. Lucero et al., (2013) stated that pregnant women often want to be free from anxiety and tension. This can be achieved by praying to God to give peace, well-being, and safety in pregnancy and childbirth (13). Midwives in while caring for the mothers should be able to provide peace to mothers who will give birth by giving touches, providing spiritual support, suggesting the family or husband to read or listen to the murotal Qur'an to create a tranquility during childbirth. This is presented in the research by Qadhi as a psychiatrist, who concluded that the reading of the Qur'an has a great effect while giving birth among 97% women providing peace of mind and healing of human diseases (14).

Strength is a pinned benchmark for something that tests resistance. Prayer is a tremendous representation of a person's faith in God, enabling the individual in times

of desperation or even enjoyment to interact with God, gaining new power. The strength, in this case, helps the mother to prepare and resist the test of a life process undergoing the process of pregnancy and childbirth.

The spiritual strength will have a positive impact on mother during the childbirth process by gaining inner strength that enable to give birth normally and smoothly. According to research individuals with a high level of spirituality tend to be better at adapting and can overcome difficulties by relying on internal forces (15).

Holistic or comprehensive aspect help in the understanding that the health of pregnant women consists of not only physical body but also mental, emotional, and spiritually aspects. All these aspects are inseparable from each other. The results of research conducted by Lasair, (2020) stated that the awareness of spirituality may be shown to encourage healthcare customers to be engaged in the cure of their body, mind, soul, and culture, which is a healing process that involves every aspect of the body and mind (16).

Midwives while providing care not only stresses on biological terms but also must pay attention to the socio-cultural and spiritual needs of their patients so that midwifery services are effective and comprehensive for mothers, babies, and their families through appropriate screening, prevention, and treatment measures. To maintain balance in an individual, the fulfillment of spiritual needs is one aspect that must be considered in addition to the fulfillment of other needs.

The Process of Creation is a process of producing something new. This creation is achieved through a series of events that also begins with a design. Where the process of pregnancy is a process of creation carried out by the Almighty. Surah Al-Mu'minun: 12-13-14 explains the process of creation of man in the womb. The spiritual strength teaches that there is a creator-created substance that performs the process of creation. Creation that cannot be achieved by man by any sophisticated tool.

Midwife while providing care must understand spiritual care for the mother. At the time of pregnancy they must explain about the process of creation or formation of a fetus in the womb so that the mother can understand better the importance of maintaining her pregnancy until it passes the process of childbirth. Pregnant women and midwives who understand the science of creation will gain more confidence, strength, in undergoing the process of pregnancy and childbirth. For health workers in this case midwives will be more confident in providing care.

Currently, the use of Murrotal is widely heard to help reduce pain during childbirth. One of the results of the study stated that the playback of holy verses of the Qur'an can help reduce pain in mothers who will give birth (12).

Midwife in providing care should also be able to provide a spiritual understanding of the importance of reading or listening to the holy verses of the Quran in every process of pregnancy, childbirth, even postpartum period because by reading the holy verses of the Quran in providing its tranquility can avoid stress or depression. Religion is the identity of one's faith, which is recognized by positive laws and norms in society. As written in the scriptures explaining pregnancy and childbirth is crucial reference to a person who has faith that will strengthen themselves.

In doing midwifery care religious or spiritual elements must be included because it is very important in the formation of attitudes or behaviors of mothers in undergoing childbirth pregnancy during the postpartum and breastfeeding period. Religion is the main feature of human life and can be said to be one of the most powerful forces in influencing one's actions. Albright and Ashbrook (2001) mention that man can be referred to as a religious creature (*Homo religious*) because religion has been present throughout his presence as *Homo sapiens* (17).

Tawakkal is the condition of a person who submits an object or event to another force that is considered stronger and competent than himself. In pregnancy and childbirth, the condition of surrender will unravel the tension. This often occurs in the condition of pregnancy and childbirth. The condition of surrender to Allah will relieve the patient and midwife in the process of pregnancy and maternity with a calmer, less burden and chest space.

When the condition is less surrendered, patients and midwives tend to be tense and stiff. The hormone stress will increase which can trigger complications in pregnancy and childbirth. Surrendering won't happen if a pregnant woman is still worried about something. If you still have a heavy burden, it is usually not said to be surrendered.

Faithfull is something believed from the heart, spoken by his mouth, and shown through his behavior. Spirituality according to Milner-Williams in Perry and Potter, (2010) means one's awareness of one's circumstances and attachment to something higher, natural, and greater than oneself (18). Spirituality is associated with intrapersonal (self-connected), interpersonal (connectedness with others), and transpersonal (invisible, God, or higher power). A Faith is above belief. That faith will make a person strong and hard-bitten.

Midwives in carrying out the care must provide spiritual support that instills the belief or faith of the mother during the process of pregnancy and childbirth so that it has a good impact on the healing process of the postpartum period. Pregnancy and childbirth are one form of test that is a consequence of the faith that must

be accepted. Patients and midwives who have the same faith tend to be considered mission-based in the process of pregnancy and maternity. It will provide test-resistant conditions.

Prayer is the worship of Muslims who become pillars of religion. The implementation of prayer must be five times a day, namely 'isha, shubuh, zuhr, asr, and maghrib. In Islam prayer is in addition to being mandatory worship and sunnah, prayer provides an opportunity to better interact with oneself and the almighty power. Prayer is the great manifestation of a person's relation to God, which allows the individual to communicate with God in times of desperation (19).

Midwives in providing care also teach the benefits of prayer in addition to being able to provide fetal circulation and changes in the fetal position as well as other benefits such as getting closer to Him and providing inner peace so that sure can go through the processes of pregnancy and childbirth later. Prayer turns out to have many benefits in our daily lives. In addition to calming the soul and mind when approaching God, prayer is also healthy for our bodies (20). There is a strong relationship between the body and the spirit, the body and the mind, and the spiritual aspect and the mind.

Compassion is a condition that indicates an attitude that prefers to pay attention, want close, protect, nurture, care, which is directly proportional to the positive things received by the individual. Pregnant women who feel affection from their husbands, family, and health workers will be more confident and feel loved. This makes them calmer physically, mentally, and emotionally and they are ready to undergo all physical changes that occur during pregnancy and childbirth.

Family support for a woman during pregnancy and childbirth is a very important element in human relationships in terms of spirituality. Support from the family is very important as it can provide a good experience during the pregnancy journey and the process of childbirth (16). This is explained in Pomegranate Midwife that symbolizes quality services in Reproductive Health and Family Planning based on compassion, manners, hospitality, human touch, affordable, with obstetrics measures following standards and professional codes of ethics (21).

The struggle to face an important moment in life is to become a woman who suits her creator to reproduce through pregnancy and childbirth. The struggle is a term that describes a real effort that requires motivation and energy that is above the average of other activities, which when one does expect an above-average result. In Islam pregnancy and maternity are a form of struggle for women. The process of conceiving and giving birth is a condition of the body and an event that is "above average" that everyone cannot experience and not

everyone can go through with the expected results.

Pregnancy and childbirth are life processes experienced by a woman, in this case, a future mother. There in the process is a form of struggle. Midwives in this case as a mother's companion need to understand the context of the struggle in the spiritual aspect, to provide midwifery care following the needs of the mother.

Communication is a form of interaction between living things in the process of delivering messages that can be done if each party has sensors or sensors of the recipient and also an effector or organ that responds to the received message. During pregnancy and childbirth communication patterns between pregnant women and their husbands greatly affect their health condition.

In Islam, communication with Allah SWT can be done by reading verses of the Qur'an and mentioning his name or sounds and chanting prayers exemplified in the Qur'an and hadith. Patients and midwives who have good communication will give rise to attitude "trust".

According to another research, health services are not only medical treatment, but they are also oriented towards attitudes and communication because attitudes and communication are very important and useful for patients (22). So important is the element of communication that it will affect the spiritual aspect, so midwives are obliged to provide midwifery care by conducting therapeutic communication. This means communication has the effect of comforting, healing, strengthening the soul, and improving spirituality.

A positive experience is an event felt by our five senses that gives a sense of pleasure, happiness, joy, comfort. Saving positive experiences in a pregnant woman or her husband will be an amplifier in the process of pregnancy and childbirth.

As the results of research show that empathy and spiritual care of midwives can play a key role in creating a positive attitude while giving birth and motherhood experience. Positive experiences are more likely to encourage them to remember and be happy (23). Positive experiences are empowered with wisdom or learning. Every experience will strengthen wisdom.

CONCLUSION

Aspects of the spirituality underlying pregnant women's decision-making in determining the method of delivery will be used as the foundation for constructing the variable components of the spiritual aspect to build a midwifery education module for mother that will help to reduce section caesarean delivery. In addition to physical pregnancy examination, the spiritual aspect has been presented in the method of education in midwifery services in primary health services. Spiritual aspects

were implemented in private primary health services are expected to suppress section cesarean delivery. If spirituality aspect is imbibed among the mother and family, then the mother will be able to prefer the normal method of childbirth than Caesarean section.

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