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Review

Spiritual Aspects of Pregnancy and Childbirth Based on an Islamic Perspective

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ABSTRACT

A midwife adheres to a philosophy and has the belief that all human beings are unique bio-psycho- socio-cultural and spiritual beings who are a complete physical and spiritual entity and no two individuals are the same. The physical, psychological and spiritual synergy that is built during pregnancy has a significant impact on the outcome of labor. The role of religion as spirituality in this case maintaining human relations with the greatest power of Allah SWT, is an entity that cannot be negated in the management of pregnancy and childbirth care. Spirituality strongly affects Muslim women's behavior in caring for their pregnancy. The aim of this literature review study is to determine the effect of spiritual aspects on pregnancy and childbirth. Searches for qualitative and quantitative research published in peer reviewed journals were carried out through the PubMed, Elsevier and Google Scholar databases using a combination of the search terms "spiritual", "pregnancy", "childbirth" and "Islam" which were searched systematically. Publications selected for the final review covered a variety of research designs including experimental, case-control, phenomenological, cross-sectional, and ethnographic studies published between 2010 and 2022 and free full text articles, resulting in a final data set that included 15 studies. A spiritual approach to pregnancy has been shown to reduce stress in high-risk pregnancies and support normal delivery. Spirituality is a power from God that makes a woman confident about her health during pregnancy and childbirth and prevents excessive anxiety. A midwife should provide midwifery care holistically by paying attention to physical, mental, spiritual and social aspects in order to achieve optimal health and well-being. Attending to women's spiritual experiences during childbearing is an important way to enhance care.

1. INTRODUCTION

A midwife adheres to a philosophy that has the belief within her that all human beings are unique bio-psycho-socio-cultural and spiritual beings who are a complete physical and spiritual entity and no two individuals are the same. The midwifery philosophy that guides midwifery practice is contained in the Indonesian Midwife Professional Standards that the midwifery profession has a role in providing care that is safe, holistic and individual-centered at all ages and in various life settings. The holistic approach is the most comprehensive approach in health services, including midwifery. In this appoach, an individual is a unit consisting of physical, mental, emotional, socio-cultural and spiritual dimensions, and each part has a relationship and dependence on one another. To maintain an individual as a unit, the fulfillment of spiritual needs is one aspect that must be considered in addition to the fulfillment of other needs (Dolofu, 2019).

Spirituality is something related to spirit, enthusiasm to gain faith, hope and meaning in life. Spirituality is a tendency to make meaning of life through intrapersonal, interpersonal and transpersonal relationships in overcoming various life problems. Humans are God's most perfect creatures consists of comprehensive biological, psychological, social, spiritual and cultural components. Demands of circumstances, development, competition in various aspects of

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life can cause disappointment, hopelessness, helplessness in humans whether they are healthy or sick which will eventually make humans seek other powers outside of themselves, namely spiritual strength (Yusuf, 2016).

Pregnancy, as a natural event in the life cycle of women, is associated with profound changes and challenges and it affects the physical and mental health of women. In addition to having hormonal changes at the beginning of pregnancy, women change their attitudes toward life and start to assess their skills and lifestyle. Stress during pregnancy can be associated with adverse pregnancy outcomes. It takes all the energy of woman's body and disturbs her function. Stress stimulates the adrenal gland and the sympathetic system, which increases respiration, heart rate, pulse and blood pressure through a complex process and causes complications such as preeclampsia and spontaneous abortion. One of the mechanisms of coping with depression, anxiety, and stress during pregnancy is paying attention to the women's beliefs and values, including spirituality, ideology, ethics, and cultural values. The world health organization recommends a comprehensive care approach addressing the four dimensions of physical, mental, social, and spiritual needs of patients. Spiritual and religious counseling examines the cognitive, behavioral, and emotional dimensions of the individual. The cognitive dimension seeks meaning, concept, and purpose of life and the values that matter to the patients. The emotional dimension addresses the variables of hope, interest, and support in the recovery process and the behavioral dimension addresses spiritual and religious beliefs. Spirituality is a natural desire in a person that gives meaning to life and creates power within the individual and is, in fact, an empirical indicator of human superiority in life. Engagement with religion protects people mentally and physically (Haghighat, 2018).

The birth of a child is one of the most important events in a mother's life. The use of religious beliefs and spirituality is often considered as a constructive coping strategy in improving the psychological health of individuals. spiritual health strategies to prevent labor pains and promote mental health in pregnant women. Midwives should be sensitive to the spiritual health of pregnant women and integrate this element into maternal care (Dahestani, 2021).

Childbirth as a time to grow closer to God, the use of religious beliefs and rituals as powerful coping mechanisms, childbirth as a time to make religiosity more meaningful, the significance of a Higher Power in influencing birth outcomes, and childbirth as a spiritually transforming experience. In clinical settings, understanding the spiritual dimensions of childbirth is essential. Assessments of childbearing women may include the question (Khalaf, 2010).

The process of childbirth seems to be a medical event, so that women without sufficient understanding tend to surrender their bodies to those who are considered to know more. On the other hand positive prayer or affirmation is also believed to be able to dispel negative energies, free fear, and create harmony in the form of positive thoughts and feelings. this will help the baby to be born in a calm and comfortable atmosphere (Nurrochmi, 2019).

Indonesia is a cultured country and the majority of its population are Muslims who adhere to eastern culture in their daily life. This entity is the basis of how important the spiritual needs of a pregnant mother are to reconcile her culture and religion. Women are the people who give birth to the next generation of religion and nation. To achieve this, of course, mental and physical health is needed. The hope of women who get balance is none other than to give birth to generations who will continue the ideals and struggles of a country that has the character of piety to Allah SWT, has knowledge and maintains the originality of the nation's character (Fatma Harahap, 2018).

Midwifery care that is carried out holistically during pregnancy has a positive impact on labor outcomes. Ignoring the spiritual aspect can cause the client to experience spiritual pressure. In carrying out holistic midwifery care, fulfilling the client's spiritual needs is carried out by providing spiritual care. Health workers (midwives) play a role in efforts to identify and meet the spiritual needs of clients by paying attention to aspects of respect for clients. Midwives also play a role in facilitating clients in carrying out religious ritual activities. In addition, building communication, providing attention, support, showing empathy, and helping clients find meaning and purpose in life, including with regard to the conditions they are currently facing. Spiritual care can help clients to be grateful in their lives, find peace within themselves, and find strategies for dealing with pain and discomfort experienced, both during pregnancy and childbirth. Apart from that, this will also help clients improve their self-concept that the painful or uncomfortable conditions they are experiencing are also other forms of love given by God (Dolofu, 2019).

Based on this background, it is important for midwives to know how much influence spiritual aspects have on pregnancy and childbirth so that midwives can carry out midwifery care in accordance with a comprehensive holistic approach.

2. RESEARCH METHODS

Article searches were carried out using online research journal databases in the form of National and International journals. In addition, a manual search was carried out on other supporting literature sources from textbooks and

other related articles. A search for qualitative and quantitative research published in peer reviewed journals was conducted through the PubMed, Elsevier and Google Scholar databases using a combination of the search terms “spiritual”, “pregnancy”, “childbirth” and “Islam” were searched systematically, using a combination of keyword terms- The conditions include; “spirituality in pregnancy”, “spirituality in childbirth”, “spirituality in midwifery care”, “spiritual experience in childbirth” and “Islamic approach”. Publications selected for final review covered a variety of research designs including experimental studies, case-controlled studies, phenomenological, cross-sectional, and ethnographic studies that met two inclusion criteria: (a) published between 2010 and 2022 and (b) free full-text articles , resulting in a final data set that included 15 studies.

3. RESULTS AND DISCUSSIONS

Based on research Susan Crowther & Jennifer Hall (2015) with the title “Spirituality and spiritual care in and Around childbirth”, the results were obtained the phenomenon of spirituality is implicit in the experience of childbirth and midwifery practice. Childbirth has been repeatedly shown to be very meaningful. Ideas about spirituality, holism, and spiritual care are found throughout midwifery literature. Undoubtedly, the experience of spirituality in and around childbirth is much broader than, for example, asking what religion a mother adheres to. Thus the role of midwifery and childbirth has been tied to spiritual meanings and religious rituals in the context of western religious beliefs. During the research discussion midwives mentioned spirituality as a concept. They highlight the understanding that it is not about religious beliefs, but that their meaning is difficult to put into words. Instead it was seen as integrated to be a midwife and about loving and caring for people. The midwives also cover spiritual and holistic care and relate it to the actual practice of art (Susan Crowther, 2015).

In research with the title “Meaning of the Spiritual Aspects of Health Care in Pregnancy and Childbirth”, this research used a qualitative approach with 27 postpartum respondentsthe results showed that The spiritual aspect of health care is increasingly important in the care of pregnant women, as it can have a beneficial impact on the outcome of labour. Spiritual health and attitudes regarding maternal-fetal attachment are considered as promising strategies process of adaptation and healthy development of pregnancy. Increasing the spiritual aspect of health care is a means of strengthening the mother-fetus attachment. However, the spiritual component cannot be confused with religiosity. Although they cannot clearly define spirituality or spiritual health care, the participants in this study demonstrated a connection and meaning that is not reduced to being biological, mental, and social dimensions. Another relevant aspect that emerges in this study refers to the relationship between spiritual connections and the mother's womb/sacred temple where new beings live. Despite the lack of evidence regarding this association, the results suggest that nursing/health professionals must increase their awareness, in order to understand health in its various aspects, that is, beyond the physical aspect (Dirce Backes, 2022).

Research on Islamic physical, psychological and spiritual balance during pregnancy and childbirth by Harahap from the results of the study it was found that women are at risk low in obstetric history have experienced normal births with physical, psychological, spiritual balance and sectio caesarea deliveries with physical, psychological, spiritual imbalances. Balanced treatment in the prevention of physical, psychological and health. Spirituality during pregnancy for low-risk women can reduce medical interventions in labor such as labor induction, vacuum extraction and caesarean section. From their statement it was found that the physical, psychological and spiritual synergy that was built during pregnancy significantly had a positive impact on labor outcomes (Fatma Harahap, 2018).

Lynn Clark Callister and Inaam Khalaf said : The majority of women in our study regarded childbearing as a spiritual experience. Nevertheless, one Australian woman did not view childbirth as a spiritual experience. She stated, “What's so spiritual about it? I just see it as a normal way of life. To me, spiritual is where you go to church and listen to the minister”. An Orthodox Jewish woman, however, said that childbirth would be a spiritual experience for her because, “We take spirituality and we infuse it into every aspect of our daily life”. Though not all women in this study had a similarly spiritual outlook on their daily lives, most women resonated with the idea that childbirth is a time when spirituality was enhanced. The themes we identified in all of the reviewed data included childbirth as a time to grow closer to God, the use of religious beliefs and rituals as powerful coping mechanisms, and childbirth as a time to make religiosity more meaningful. Other themes included the significance of a Higher Power in providing blessings and influencing birth outcomes, and childbirth as a spiritually transforming experience. Understanding the spiritual dimensions of childbirth helps childbirth educators provide holistic health care. Childbirth and motherhood are ideal contexts in which to acknowledge the spiritual dimension of women's lives (Khalaf, 2010).

Afiyanti and Muthia research in Indonesia with the title “The Experience of Spirituality during pregnancy and Childbirt in Indonesian muslim woman” This study found 5 themes related to the Muslim women's experience of

spirituality during pregnancy: (1) Submission to God makes it easier for mothers to endure pregnancy and childbirth; (2) Meaning-making through spiritual stories enhances confidence, motivation, and persistence during pregnancy and childbirth; (3) Remembrance of God is a way of self- control, overcoming anxiety and labor pains; (4) Faith in God's help raises self-confidence during labor and delivery; and (5) Faith and close relationship with God can overcome the challenge of pregnancy and childbirth. Spirituality strongly affects Indonesian Muslim women's behavior in caring for their pregnancy. This study offers insights into the experiences of Indonesian Muslim women in living their spiritual values during pregnancy and labor. Nurses should be sensitive to the spirituality of the women and integrate this element in providing maternal nursing care (Afiyanti, 2019).

Recent research on "The Effect of Spiritual Counseling on Stress and Anxiety in Pregnancy" In the present study, spiritual counseling was effective in controlling stress and state anxiety of pregnant women but did not affect the trait anxiety. Furthermore, spiritual counseling reduced perceived stress in the intervention group. Jabbari et al. showed that the voice of Quran, with and without translation in pregnant women significantly decreased the mean score of perceived stress in the intervention groups compared to the control group. based on spiritual counseling and self-care education, reported that spiritual counseling reduces stress and increases distress tolerance of mothers with premature infants in NICUs. Spiritual interventions had significant effects on spiritual well-being, the meaning of life, anxiety, and depression. In the present study, spiritual counseling reduced the state anxiety score in the women of the intervention group but did not affect the level of trait anxiety (Haghighat, 2018).

At the core of spirituality is the fundamental human need for connectedness. Human beings are beings in relationships. As health professionals involved in the care of women diagnosed with high-risk pregnancies, we frequently witness the influence of spiritual beliefs and practices during hospitalization. Within our clinical practice, we witness many women with a pregnancy at risk utilizing their spiritual beliefs and practices to try to make sense out of their experience. Several spiritual issues are present for these women including guilt, grief, alienation, aloneness, need for prayer and reforming of relationship with a sacred or higher power. Spiritually focused interventions aimed at addressing these issues can help to reduce stress and anxiety and create a more open and confident approach to the management of pregnancy complications (Breen, 2006).

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Safitri's research on the Use of The MISIS-PRETY Application (Mindfulness Spiritual of Islam For Prenatal Anxiety) Toward Childbirth Anxiety in Covid-19 Pandemic can improve the quality of mothers by providing independent intervention using Android. The research used True Experimental Pre and Post-test with Control Group Design. The intervention was the MiSIS-PreTy application to relieve anxiety in primiparous pregnant women with active status in the third trimester of the experimental group for 7 days. Every day, mother get an implementation time of 30 minutes. The positive the control group, on the other hand, received health education about childbirth preparation. The researchers took 30 respondents as a random sample. A trial using the intervention was given to both groups. Losing is effectively worrying. Effectiveness for the experimental group was $p<0.001$ while the control group obtained $p<0.005$. However, there were more uses of the developed application which was effective for relieving anxiety with a mean score of 11.8±5.414 for the experimental group compared to the positive control group with 4.46±4.24. the application, MiSIS-PreTy, has been validated and revised to be more effective in relieving anxiety for pregnant women. Other research also found that the effectiveness of reducing anxiety during childbirth can be done with virtual reality (VR), Pregnancy Hypno, gentle yoga, implementation of Al-Qur'an Murotal, and therapeutic communication. Research shows an increase in endorphins associated with the study (Safitri, 2021).

If spiritual health is at risk, loneliness, anxiety, and loss of meaning in life will be likely developed. However, strengthening the spirituality in patients allows them to adapt effectively to their problems. Therefore, being connected with higher power and support from spiritual or religious sources can improve one's quality of life, control mental health disorders, and create interpersonal support. In some studies, the use of spiritual counselling has been emphasized in the treatment of various aspects of pregnancy and childbirth, such as the stress during pregnancy and childbirth self-efficacy. Spirituality is a key factor in promoting maternal and fetal health it plays an important role in the acceptance of pregnancy (Moradi, 2022).

The study of the spiritual approach found that a spiritual approach with a focus on God, is something that comes from the individual's mind. This approach also affects the birthing process, including higher self-esteem from psychological problems. Mindfulness refers to an approach to holistic health interventions. It can be applied based on cultural needs or people's beliefs. The spiritual approach relates to God, the Almighty, and the Creator. Implementation of Islamic spiritual mindfulness is an exercise to remember Allah Almighty as God Almighty. So that every individual always involves Him in every process, especially those related to pregnancy. This involvement will involve awareness to understand the condition that what is experienced is not a coincidence but has happened planned by Allah SWT. It encourages the practice of self-acceptance, and conscious awareness and emotion (Safitri, 2021).

In the Qur'an, the story of Maryam who is pregnant in solitude is told, Maryam is pregnant without being impregnated by a man, but she enjoys the solitude with Allah and this pleases her more because being with Allah is a consolation for her. Khalwat with the creator brings peace and serenity. Maryam's pregnancy shows that everything is possible because God's power covers everything. All provisions of affairs are by His will. only faith and piety can believe in such things. How important it is for a pregnant woman to take care of her fetus from nutritional intake, a healthy physical, mental and spiritual condition (Rahayu, 2017).

Birth is a beautiful and mysterious journey that every woman experiences as a form of worship of faith in Allah. Allah has designed and created a woman's body perfectly for pregnancy, childbirth and breastfeeding. but in the course of many women who have lost faith in the design of the body. In this modern era, many women submit themselves to various medical interventions so that pregnancy and childbirth are no longer something natural. In the Al-Quran surah Al Fatihah verse 5 it is stated "Only Allah do we worship and only Allah do we ask for help" (Hajjar, 2017).

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَ

It is You we worship and You we ask for help.

Allah commands us to sincerely worship only Him and ask for help only from Him for all matters, including matters regarding the course of pregnancy and childbirth which cannot be separated from provisions hand of God.

4. CONCLUSIONS

A midwife should provide midwifery care holistically by paying attention to physical, mental, spiritual and social aspects in order to achieve optimal health and well-being. Attending to women's spiritual experiences during childbearing is an important way to enhance care. Spiritual counseling can control the perceived stress and state anxiety of pregnant women. Therefore, spiritual counseling is recommended as a complementary, effective, and non-invasive intervention in controlling the psychological problems of pregnant mothers. In general, the use of religious beliefs to overcome pregnancy stress and anxiety is a positive factor that can have an impact on women's reproductive health and general health without spending high costs. Childbirth and motherhood are ideal contexts in which to acknowledge the spiritual dimension of women's lives. Birth narratives can provide insights into the connection between childbearing and spirituality, and can be utilized as an effective intervention for childbirth educators.

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