

Preference of mode of delivery and associated factors among pregnant mothers attending antenatal clinics of Teaching Hospital Jaffna

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Background and objective: There has been an increase in the rate of caesarean deliveries globally. Maternal knowledge, attitudes, sociodemographic and other factors are known to influence preference of mode of delivery. This research aims to assess preference of mode of delivery and its association with knowledge, attitude and socio-demographic factors among pregnant mothers attending antenatal clinics of Teaching Hospital Jaffna.

Methods: This is an institution-based descriptive cross-sectional study among pregnant women who attended the antenatal clinics of Teaching Hospital Jaffna between November and December 2019. Data related to sociodemographic factors, maternal knowledge, and attitudes towards modes of delivery were collected by using an interviewer-administered questionnaire. Chi-square test was used to analyze the association between variables. $P < 0.05$ was considered significant.

Results: Among 427 participants, 359 (84.1%) preferred vaginal delivery and 68 (15.9%) preferred caesarean section as their mode of delivery. Advanced age ($p=0.003$), parity ($p < 0.001$), previous mode of delivery ($p < 0.001$), income ($p=0.036$) and maternal knowledge on modes of delivery ($p < 0.045$) were significantly associated with preference of mode of delivery. Older, multiparous, and mothers representing the higher income group were more likely to prefer caesarean delivery, while mothers with good knowledge were more likely to prefer vaginal delivery. Most mothers preferred their previous mode of delivery as their delivery method.

Conclusion: Preference of mode of delivery is influenced by past experiences as well as a range of sociodemographic and obstetric factors. Noteworthy is that good knowledge on mode of delivery is associated with a preference for vaginal delivery, suggesting that maternal health literacy may help to reduce the incidence of unnecessary caesarean sections.

Keywords: Maternal Preference, Mode of Delivery, Antenatal Clinic, Jaffna