

MOZAMBICAN WOMEN'S EXPERIENCE OF LABOUR PAIN

by

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DECLARATION

I declare that **MOZAMBICAN WOMEN'S EXPERIENCE OF LABOUR PAIN** is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references and that this work has not been submitted before for any other degree at any other institution.

SIGNATURE

(Cynthia Zodwa Vilakati)

DATE

ACKNOWLEDGEMENTS

I praise and thank God for giving me the opportunity and strength to complete this study.

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ABSTRACT

The study sought to describe Mozambican women's experience of labour pain. The study sought to determine the manner in which labour pain is perceived and to determine the culturally acceptable behaviour of Mozambican women as they experience labour pain. The preferred pain relief measures and cultural practices and beliefs pertaining to labour pain by this cultural group were also studied.

The major inferences drawn from this study are that during labour, Mozambican women mainly respond stoically to the experience of labour. They also exhibited different kinds of behaviour in response to labour pain, such as rubbing the painful site, tossing about in bed, and verbalisation. The implication of the study is that Swazi nurse-midwives should render culture congruent maternity care to the women during labour.

KEY CONCEPTS

Bracketing, contextual, culture, descriptive, ethnic group, experience, exploratory research, general pain, intuiting, labour pain, perception, phenomenological research, qualitative.

Dedication

I dedicate this dissertation to:

- **My husband Rodwell Mandla Vilakati for his constant emotional and financial support in undertaking work of this magnitude.**
- **My children Nompumelelo, Majaha and Bongiwe who tolerated the absence of the motherly attention and love as I concentrated on this work.**
- **The Mozambican women who were very willing to participate in the study. I hope that through the recommendations laid down in this study, the maternity care that they will receive will be**

culture congruent, making their stay in Swaziland most pleasurable.