

Life Quality Development of Mothers and Infants by the Serene Mind Project

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Abstract

The national development mainly focuses on human development. In order to gain a good quality of life with potential, the development must begin at the time of conception in the womb because the child is the cornerstone of developing a qualified adult in the future. The mother and infant will receive care and health promotion from pregnancy through the delivery and postpartum period. When born, the child must be properly cared for growing and becoming a qualified adult in the future. The Serene Mind Project is a project that promotes parents to have a correct view of life to get along with the 10 months of pregnancy and gives a child a chance to be a noble person because the mother's womb is a world of children to learn through hormones that indicate the emotions of the mother in each moment. Therefore, it is important to keep the mother's mind from irritability, by having a father who is supporting and encouraging, mothers and infants have a good quality of life.

Keywords: *Life Quality Development; Mothers and Infants; The Serene Mind Project*

Introduction

The Serene Mind Project (Jitrapatsorn) with outstanding format of activities is a project conceived by Sansani Sathianrasut, the nun of Sathian Dharmasathan, established and opened for members on May 27, 2004 [1]. Organizing activities in the project take place every first Sunday of the month all year round. By integrating Buddhism, Science and Liberal Arts through activities that can be used in everyday life. To promote "female and male" who are changing their status to "mother, father". As not only a combination of the two body cells, "fertilization" has been elevated and defined as "mind fertilization" and "birth". Give birth to a child with a mind of ready to create the world is a good power that invites "a good boy to be born" [2].

While staying in the mother's womb, the original mind of a child is actually a serene mind. But mother's feelings can affect the mind of the child. Due to mother's consciousness can cause chemicals production in the body. Both happiness hormones (endorphins) and sadness hormones (adrenaline, cortisol) can be transmitted secretly through the mother's body to the child's body at all times. Sadness hormones hinder child's development and effect on the body and the brain by being deeply ingrained in the child's subconscious. Under negative mood and behavior after childbirth, mothers with insufficient consciousness practice mind, can face a condition that when something hits on their minds, it is easily shaken. This state of mental distress often leads the mind into a cycle of suffering. Mindfulness practice helps mothers temporarily return to a state of serene mind, consciousness that will terminate the suffering cycle and eventually, turn into happiness. Happiness and unshaken mind are important factors of mothers for child development in the womb. The mind that goes beyond happiness doesn't deal with things that you like or dislike, due to realizing that things one likes or dislikes are impermanence.

It will be another step where one's mind can frequently and continuously return to serene mind. In addition, when more practice was done until continuity of serene mind has been achieved, one's mind develops into a new character [3].

The "serene mind" is an original mental state without adherence that causes gloom. Human mind is naturally manipulated. However, raising children with good wish, but without being aware of that manipulating mind is going to create a cycle of suffering, results in a long-term problem for children. Considering on serene mind can help mothers and fathers stop the cycle of suffering and turning it into a cycle of suffering free. Serene mind is the preparation of the body and the mind of mothers, fathers to invite good children to be born [4].

The nun used lecture and quotation of Lord Buddha's speech. In some topics, poster charts are presented as learning media in order to make it easy to understand. Some advertisement short video clips are showed along with Dharma lecture during the course of participation in the project. Though discussion, question, and practice, the participants share steps by step to realize. The other important point is to look at the daily lifestyle known as "Live to see. Cool to touch." Various media are used as teaching materials, such as the radio program, "Savika", dharma advertising film, music of mindfulness, and massage lasts for about one hour. Mothers and fathers are invited to do small joyful activities and make practise on caring for each other and mindfulness activities with "like blooming flowers" songs, so that everyone learns to breathe consciously in the present. Dharma talks, a part of Dharma principles in topics that are difficult to understand, but important, are introduced to those who may never have Dharma practice in order to ease them to get the picture of the real cause of suffering easily. Referring to some Lord Buddha's speeches enhances more accurate understanding. Poster charts, learning materials along with detailed explanation of the Dharma are helpful tools that helps the participants to understand easily [1].

The Serene Mind Project is an excellent project that encourage mother's and father's wisdom in raising children under any situations in their life. Which the author has summarized from 4 researches which are: 1. The effectiveness of the Buddhist way for children raising in purifying citta from pregnancy project by Sathira-dhammasathan Bangkok 2. Serene Mind Project on Perinatal Outcome in Primiparous. 3. Model for natural childbirth services by Jitrapatsorn and 4. Life Experience of The Pregnant Women who Participated in The Serene Mind Project. In addition, the author has 12 years of experience as a volunteer speaker on this project on the topic of childbirth preparation and postnatal health care with serene mind and as an on line consultant to solve various problems in child rearing. Since various problems on unsuccessful breastfeeding during the first 6 months was noticed, the benefits of this project are recognized as being very important to the quality of life of mothers and babies. Lack of research the overall picture of The Serene Program, as a specialist in maternity nursing and midwifery, it is informed that more research studies on this subject should be carried out. The author will continue the research on improvement of The Serene Program to success of the mother in the 6-month exclusive breastfeeding.

Purpose of the Study

The Purposes of this article are:

1. To provide knowledge and understanding about The Serene Mind Project.
2. To provide concepts for improving the quality of life of mothers and babies.

Objectives of the serene mind project [1]:

1. To establish right views of mothers and fathers in having children by inviting them to prepare themselves through the period of before pregnancy and during pregnancy to be ready to form a family and children who are easily to be happy but hardly be suffering.
2. To introduce mindfulness meditation practice that can be applied in the daily life of the family by teaching "Patipatti" (the practice) "Pariyatti" (the Scriptures) and Pativedha" (penetration) in an integrated way with emphasis on "Patिकासamuppada" (The Dependent Origination) and Bhavana 4 to the participants.

3. To create a kin group with right views in raising children. It is a society that promotes the growth of children by creating a network of mothers and fathers and relevant experts.

The success factors of the serene mind project [1]:

1. The activities are designed with the principles of mind and brain. By integrating Buddhism with other disciplines such as science, arts and social science.
2. Create a warm society environment to promote each other both on online and offline community, namely, Sathien Thammasathan community is the second home of the children.
3. The absence of exploitation from participants. All speakers are volunteers. No payment is received from any merchandise. Mothers and fathers join together to create merit for the continuation of activities.

Content of the activity

Activities focus on practical use in daily life. Although mothers and fathers who have just begun to be interested in the dharma can practice themselves With the main content communicated as follows [3,4].

Buddhist wisdom development

1. The creation of “Samma Ditthi” (the correct attitude) in participating in The Serene Mind Project is the preparation of mothers and fathers to open up the spiritual gates of their children by giving birth to a child as a “noble individual,” whose ‘life capital’ is an ‘pure mind’. No matter how the world will be, it is a fundamental noble wealth that provide save happiness to the child. The mother’s womb is the world of the child. A child discovers the world through hormones that indicate a mother’s daily mood. “What does a mother feel? The child feels that way”. Therefore, caring of the mother’s heart is mental development of both the mother and the child, along with 10 months of exploiting the same breath. A child with a good mental background leads to the maximum development of physical, mental, emotional, social and intellectual potential. Mothers and fathers with well train in emotional management, good communication, and world truth recognition will allow the child to imitate life wisdom since childhood. This is the present “karma”, a volitional action, that they can create for their children.
2. Mastering principle of the Paticcasamuppada that is a thinking process that relates to the causes and effects of the emergence of suffering and the end of suffering. Each component in the process that come out, how are they being factors and in which way they show relationships to each other and continue to occur in a continuous suffering cycle that has burned all beings for a long time. It is the law of nature, that helps people understand the rational nature of the mind, the factors of the emergence and the end suffering and happiness. Communication is the cause of family suffering. To avoid of being toughed, practice to observe the body language, verbal language and mind language of one’s own and others, and to monitor the impact on the eyes, ears, nose, tongue, and body is very useful. Therefore, parents must take their mind to a merit-way with honest opinion.
3. “Anapanasati” meditation practice causes peace by using breath in and out as a tool. It is a technique that everyone can rely on themselves. It does not promote superstition or attachments to a person, time, and place. breathing practice has been proved scientifically that it is beneficial for physical health, mental health and reducing labor pain.
4. “Bhavana 4” is a daily lifestyle guideline that promotes development in various areas as follows:
 - a. “Kaya Bhavana” (physical meditation) (body development, body training, to know how to deal with external things in the right way via the five faculties. And treat them in a useful way, promote charity, destroy evil, develop relationships

with the physical environment: physical development) In daily life, that mother has to eat, sleep, recreate, and exercise and the use of social media in a way that promote a peaceful mind and comfortable positively effect on happiness chemicals for the child.

- b. “Sila Bhavana” (precept observation, behavior development, precept training) Stay in the discipline not encroaching or causing trouble and damage, coexist with others as well. support each other: moral development) daily life. Where mothers and fathers have to listen with the heart (Deep Listening) and communicate with each other Care-Share-Respect (caring - sharing your heart - respecting and accepting differences) will sustain the marriage through difficult times. The same is true for mothers who have to communicate with their unborn children. Including communicating with each other when in a large family living with children, older people and grandparents.
- c. “Jitta Bhavana” (mental development, mental training, to be strong, stable, prosperous with all virtues, such as compassionate, diligent, perseverance, concentration, refreshment, joyfulness, happiness, etc.: cultivation of the heart; emotional development) Daily life provides opportunity to get mindfulness meditation practice and develop mental strength. Regular mental training and turn the mind to be calm and stable, committed to daily work, can be in the form of praying, sitting meditation, walking meditation, and other forms such as mindfulness training while standing, lying, eating and listening whether while working or resting. It is a training to turn to perceive impacts and see the one’s thoughts throughout the day.
- d. “Panya Bhawana” (wisdom development, intelligence development, or intelligence training to learn the truth of things, to be aware of seeing the world and life according to its state, to free the mind, to free one’s self from desires and suffering, and to solve problems with wisdom: cultivation of wisdom; intellectual development) Panya or wisdom refers to intellect, knowledge, understanding, realization, and appreciation. Buddhists divided it into 3 levels: 1. “Jintamaya-panya”, wisdom resulting from thinking or rationalization, 2. “Sutamayapanya”, wisdom resulting from education, 3. “Bhavanamayapanya”, wisdom resulting from practice.

Mindfulness life style that always practice the 3 things, Kaya Bhavana, Sila Bhavana, and Jitta Bhavana will develop and change Panya to Bhavanamayapanya. Due to physical transformations during pregnancy affect her mind and life spending, the 10-month of pregnancy is a golden opportunity for women to learn.

5. Being a true friend, mothers form a community by exchanging and learning from each other. The community including volunteer lecturers, such as obstetricians, pediatricians, nursing teachers, and nurses and mothers develops into an empowering group.

It is revealed that there are 2 types of suffering, physical suffering (suffering from pregnancy discomfort and pregnancy complications) and mental suffering (suffering resulting from general physical, complications, work, economy, environment; suffering that affects the mental health of the mother; depression). The community provides all members warmth, confidence and capability in facing the difficulty of the postpartum life. As a mentor, the community helps parents learning how to take care of their children and how to develop physical, mental, social and spiritual well-being children during the early childhood.

Science education

The serene mind project has invited volunteer experts to educate mothers in the following matters:

- Fertilization, fetal growth and development, and impacts on the mother’s body and mind.
- Baby’s brain developable since in the womb.

- Communication with the fetus to promote development and family attachment.
- Birth preparation and postpartum care by serene mind.
- Breastfeeding by serene mind.

The serene mind project applied liberal arts to promote self-understanding and self-empowerment by 3 steps as follows:

- Calm, by setup a physical atmosphere that provides pregnant women relaxation, warmth, and safety in order to create a feeling of trust. a state of calm and relaxation both physically and mentally.
- Mindfulness, when the mind is calm, the pregnant women begin activity of consciousness where the principle is to create a harmony of the body and mind, such as “The body with work and the mind on the job.” and “Body moves and determines” to realize the present while and not to distract in the past or the future. When the mind is focused on the present activity, it becomes apparent that the light and airy state arises from the decline of the previous sensation. Finally, the mothers acquired direct experience and knowledge of “Patikasamuppada”.
- Passing on, practice in normal activities in daily life, such as standing, walking, sitting, lying, exercising, eating is easy. It affects the unborn child, for example, while being calm and mindful, communication with the unborn child during activities, “A song of consciousness” and “Sleeping meditation with the crystal bowl sound waves”. The Pregnant women reflected that the unborn child struggles to respond to communication and the previous morning sickness and exhaustion from nearly full-term pregnancy has been refreshed.
- The Serene Mind Project outcome Integrative collaboration work among obstetricians nursing teachers and spiritual leaders promoted pregnancy happiness in many aspects, including physical, mental, social, and environmental. A caring society of pregnant women by a heart of humanity has been established. Health empowering to originate faith in task of “Mother to child in the womb”, is the important step of people development, creating a good nation and a good world.

Important information in the serene mind project

The project that has been working continuously for at least 15 years and widely implemented both in Thailand and other countries It is summarized in 3 important areas [1]:

1. Dharma Knowledge from Nun Sansani Sathianrasut. She is an expert in Dharma teaching, encouraged the participants to develop personal competency and correct opinions about family life. The important practical components is a unique Anapanasati meditation practice of Sathian Dharmasathan. it is a place of support or suitable for meditation practice. Nun Sansani Sathianrasut, the leader of this meditation practice center and the major instructor of the project, has a deep knowledge of dharma and has a very compassionate personality. The way of communication and teaching in both verbal and non-verbal language are harmoniously coordinated, including acting as a model to all the time in every words and deeds. It enables the participants in the project to be able to feel it by themselves and to promote faith, trust, and devotion in the Buddhism propagation, although it is a profound, difficult comprehensible principle. However, she composed it in words that are easy to understand, in a language that rhymes beautifully and easily remembered. It is effective and practical in daily life. Additional knowledge is reinforced by using electronic media to deliver that spread the dharma widely and reach a large number of people. It is convenient, modern, and time-saving. As health which is important in life, she also provided lunch, snack and Nampana (fruit juice for refresh) for all participants. to accommodate enough for all practitioners. This makes it comfortable, and helpful (Sappaya: favorable to mental development) to learning and practice.

2. Knowledge of management system. The program is not limited only to mothers, fathers or pregnant women, but also open to a couple who plan to have children. Practice on emotional management and family communication during pregnancy will improve skills to support family life and children care consciously and intelligently from birth. The participants joined the project with great intention, therefore, the all day of various activities is designed for marriage life practice and pregnant care. The project is held for only one day on every first Sunday of the month. All activities are arranged continuously in accordance with the sequence of meditation practice process, starting on mental preparation, then concept understanding preparation, and activity participation, respectively. In this way, the concepts are arranged in accord with the “way of life” that the participants can practice by themselves. Even though the activity is only once a month, knowledge participants get during the training activities can penetrate and mix to daily life activities. It was confirmed that objectives of the project are successfully achieved. At the end of day, about 6:30 - 7:00 p.m., when the activity is complete, there is a simply counseling process for the pregnant women who have health problems or suffering to seek advice from Nun Sansanee. The participants who need counseling may note to the project coordinator in advance. Counseling help the participants know how to deal with emotions that may affect the unborn child.

3. Environmental Knowledge and Organizational culture. Sathian Dharmasathan was designed and built to support for meditation practice. The leader of this meditation practice center looks highly honest, compassionate and calm. When found her, it gives rise to faith. Her staffs are attentive. During teaching, you can convey principles including those from the Buddha’s speech that are related to the teaching topic and practical in daily life in simple language. In addition, various activities have been designed to achieve a systematic and fathers. Through activities, it was aimed to teach them to build a new home, that is a healthy heart for the child, and to open the world to the child with maternal right views. Work continuously with families contributes community formation and a strong child care network with mutual assistance and support. Experienced families have served as group mentors of the next project generation. It is a creation foundation of a learning community and a creation of a real sustainable intelligence family based on the concept that building a learning community is the foundation of a strong society. It is a good conduct service that Sathian Dharmasathan gives to its sustainable society. When a child grows with his age, his heart also grew. When the parents are not lonely, children are not lonely. As she said, “In the past, families had supportive members. But in the present way of life, the family pattern has changed and become a single family. Building a supportive family and a supportive city community, therefore, the project can be further extend”.

These concepts and approaches are the center of the project that is the “core” of the body of knowledge that drive the growth of success for The Serene Mind Project. As an educational innovation and practical in real life, it becomes popular among modern families whose members have suffered from unsuccessful in raising their children. Therefore, more mothers and fathers from all professions and levels of knowledge are currently interested in the idea of raising children to become an genius and create the world through children according to the concept of The Serene Mind Project.

In addition, health team personnel include obstetricians, nurses, and nursing teachers have applied the concept of the serene mind to conduct research as follows:

Serene Mind Project on Perinatal Outcome in Primiparous⁵ is a quasi-experimental research. The sample consisted of 60 first pregnant women who were selected through Qualifications-Based Selection and divided into groups of 30 people, with the control group receiving normal care, while the experimental group received a pre-pregnancy program using the serene mind concept. It was found that parturients in the experimental group had a statistically significant reduction in pain level ($p < 0.001$). Pain coping was more appropriate than the control group ($p < 0.001$). The outcome of the delivery which consisted of: The duration of labor was significantly less than the control group ($p < 0.05$), the methods of delivery were significantly different ($p < 0.01$), complications ($p < 0.05$), and the need for analgesic drugs ($p < 0.01$) were less than the control group. It was also found that the satisfaction of the labor pain management in the experimental group was higher than that of the control group ($p < 0.01$). Lying in the womb can be used to encourage pregnant women to perform optimally

for optimal pregnancy and delivery outcomes. It is revealed that the Childbirth preparation program using the concept of the serene mind can be used to encourage pregnant women to perform optimally for pregnancy and delivery.

Model for natural childbirth services by Jitrapatsorn [6-8] aimed to develop a model based on a serene mind, a Buddhism concept. Serene mind is defined as a state of mind that is awake and joyful, free from frustration. By applying this concept as a guideline for nursing practice through natural birth, therefore the conceptual framework used in this research is the serene mind, which is the Buddhist belief of the nun Sansani Sathianrasut (1987) and the action research of Kemmis and McTaggart [9]. The research samples were 16 couples of pregnant women and husbands, including obstetric nurses of a hospital in Thailand.

Research method with cooperation from maternity nurses of hospitals in Thailand, 5 persons agreed to participate in the research project. The research team then organized a natural childbirth training by using the serene mind in meditation practice. The co-study nurse selected 16 pregnant women in the third trimester and their husbands to participate in the study. The participants had to undergo three natural birth preparation training sessions and were empowered by the serene mind during natural birth. They acquired relaxation with aromatherapy and serene mind with standard services (such as breathing techniques, balls, and herbal massages). During, labor period, the husbands applied his trained knowledge to take care of his wife. Two days after the birth, the couples gave in-depth interviews on experiences from natural childbirth [10-12].

The results of the research were as follows: 16 pregnant women gave birth naturally without pain medication and without complications (such as hemorrhage or infection). It is also successful in breastfeeding. All newborns had a minimum of 8 APGAR scores at the 1st minute. The couples were very satisfied with the service of the natural childbirth. The relationships in the spouse between mother and child are very good. In addition the pregnant women insisted that the serene mind promoted calm during childbirth. The relationships is very good. In addition, all 5 co-investigators were highly satisfied with the results of the natural birth service [6].

Life Experience of The Pregnant Women who Participated in The Serene Mind Project [13]. It is a qualitative research, aimed to study the life experience of pregnant women who participated in The Serene Mind Day activity at Chum Phae Hospital and assessed the effectiveness of The Serene Mind Project. By purposive sampling, 11 pregnant women with 20 weeks gestation who continuously attended the activities were selected. The data were collected through in-depth interviews. The main theme of the interview was self-care experience during pregnancy, delivery, and 6 weeks postpartum. The project was done once a month for 6 times. Data were analyzed by Van Manen's Hermeneutic phenomenological approach.

The results revealed that pregnant women participated in The Serene Mind Day activity at Chum Phae Hospital experienced self-care in 4 areas as follows: 1) Listening to Patikasamuppada talk, it is applicable to emotional manage and causes reduction in fear, stress, and anxiety. It also support for self care and fetus care until the due date of delivery. 2) Activity participation, listening to vocal and music massage for relaxation create feeling of relaxation. 3) Meditation practice, praying create calm and powerful. Mindful breathing practice is useful during the delivery period. It promotes pain reduction, create calm, easy to give birth. 4) Parenting after childbirth is easy. It is the belief of giving Dharma to the child since the pregnancy is creating child tenderness. The results of this study help pregnant women in many ways such as, mental prepare to take good care of themselves and the fetuses, able to face pain, and reduce their fear and anxiety during delivery. Until giving birth to every child with a serene mind, ensuring the care of the child to grow to be a good person. It was suggested that organizing a normal antenatal care system, it should be provided childbirth preparation activities by applying concepts of the serene mind. It is the creation of a good citizen for society and the country [13].

Conclusion

The serene mind project is a project that helps pregnant women reach maturity in raising their children from fetuses with support from their husbands. To develop together, mother and father from a man and a woman who love each other to being a mother and father

who are united by love and compassion. Give each other intelligence and experience then invest with the child since the conception of the mind by transforming himself to have a wonderful serene mind. When they get a serene mind, any defilement cannot get in. Raising a child to have a serene mind is the result of a profitable investment, that is 'happiness', where mothers and fathers receive mindfulness training according to Anapanasati meditation from the first trimester of pregnancy which consists of Bhavana 4, namely, Kaya Bhavana, Sila Bhavana, Jitta Bhavana, and Panya Bhawana. That aims to train pregnant women to be mindful and to concentrate in their daily life [3]. The Serene Mind is a management process that produces wisdom. A mother must think fairly correctly during the ten months of the child being in the womb and must think that the birth of a child gives her an opportunity to train your body and mind. Creating a serene mind for the child is the great duty of the mother. It is the highest investment for the child. Due to that when a mother thinks well, the child will think well. A mother of kind heart, the child will be gentle too [3].

One serene mind child is therefore a blossoming flower that makes the world happy and beautiful. Many flowers began to grow into mentally stable adolescents. We therefore see the future of the world where the spirit of children is. 'Shaded trees'. These boys and girls will be the next generation to pass on 'The power of giving' to make the beautiful world forever. Hence, if supporting and encouraging the use of The Serene Mind Project to be used in the antenatal unit, delivery and postpartum rooms of various hospitals. It would promote good quality of life for mothers and babies as well as children who will grow into quality adults in the future.

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