

The diploma thesis concentrates at the psycho-prophylactic preparation of pregnant women. It stresses the importance of such preparation for the parents-to-be, and mentions ways to achieve a better and easier childbirth. The thesis consists of two major parts; the theoretical and the empirical. The theoretical part maps the knowledge in the given field. Firstly, it defines and characterizes antenatal courses and explains their positive and negative impact. Secondly, it mentions the structure of the psycho-prophylactic preparation of pregnant women, and speaks about the progress, goals and contents of the antenatal courses. Thirdly, the theoretical part deals with the partner's (or another close person's) presence at birth; it also lists different alternative methods which can be applied at childbirth.

The aim of this thesis is to stress the importance of the psycho-prophylactic preparation of parents-to-be and help eliminate the obstacles on the way to a better and easier childbirth.