

## **Abstract**

This bachelor thesis focuses on the issue of non-pharmacological analgesia. The main aim of the bachelor thesis was to describe and analyse in what frequency non-pharmacological analgesia was used by women during childbirth and which methods are used most often by women. The thesis includes a theoretical and a practical part. The theoretical part is devoted to the definitions of physiological childbirth, describes the periods of labour, labour pain and options for pain control in labour which includes in detail the options of non-pharmacological analgesia and marginally describes pharmacological analgesia.

The practical part is the research part. The research part was conducted using analytical data collection in the form of quantitative questionnaire. The aim of the questionnaire was to find out which non-pharmacological methods of pain control during labour are most preferred by the parents and to what extent the non-pharmacological methods of pain control during labour helped the parents. 107 women participated in the quantitative questionnaire survey.

Through this bachelor thesis, we found that hydrotherapy and breathing techniques are the most commonly used non-pharmacological methods by parturients during labour. Using the questionnaire survey, we found that the effectiveness of non-pharmacological analgesia during labour is ultimately rated positively by the parturients and they would choose this method repeatedly.

**Keywords:** Parturition, labor pain, pain, pain management, massage, patient satisfaction, hydrotherapy, acupuncture, respiration, delivery, obstetric