

Dilemmas of contemporary women's maternity: integrative review

Dilemas da maternidade das mulheres contemporâneas: revisão integrativa

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ABSTRACT

Integrative literature review that sought to evidence and discuss the trends in Brazilian literature on the multidimensional impact of working women in post-maternity. The search occurred in the LILACS, BDNF and CID Health databases, between 2002 and 2017, with a selection of two productions. After content thematic analysis, two categories were obtained: Woman, work and family in the contemporary scene, and the Multiplicity of contemporary women's roles and late motherhood. The evidence showed that in the early days the woman was reserved for the housewife's place, who took care of her husband and offspring, but with the sociopolitical and cultural changes that the society went through, the woman acquired new configurations, without losing its original role. It is concluded that there is a need to expand the scientific production that deals with the on-screen study, considering that there are few studies that address the dilemmas of the contemporary women's maternity.

Keywords: Women; Work; Maternity.

RESUMO

Revisão integrativa de literatura que buscou evidenciar e discutir as tendências na literatura brasileira sobre o impacto multidimensional da mulher trabalhadora na pós-maternidade. A busca ocorreu nas bases LILACS, BDNF e CID Saúde, entre 2002-2017, com seleção de duas produções. Após análise temática de conteúdo, obtiveram-se duas categorias: Mulher, trabalho e família na cena contemporânea e a Multiplicidade de papéis da mulher contemporânea e a maternidade tardia. As evidências demonstraram que nos primórdios a mulher era reservada ao lugar de dona de casa, a quem cuidava do marido e da prole, porém, com as transformações sociopolíticas e culturais que passou a sociedade, a mulher adquiriu novas configurações, sem perder seu papel original. Conclui-se a necessidade de se ampliar a produção científica que trata do estudo em tela, haja vista que são escassos os estudos que abordam os dilemas da maternidade das mulheres contemporâneas.

Palavras-chave: Mulheres; Trabalho; Maternidade.

NOTE

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INTRODUCTION

The woman's work history is as long as the man's, even if in domestic and unpaid space, it was intended to housekeeping, prepare food and care for her children and her husband; and the man, was destined to external work, with the purpose of providing the financial support of his family⁽¹⁾.

Over time, women gradually entered the labor market, and a new reconfiguration took place in their functions, more precisely after the First and Second World Wars, in which many men could not leave alive or had physical sequelae in as a result of violent conflicts with their enemies, which encouraged women to take on other responsibilities, in addition to the functions already performed in the domestic sphere, such as new functions in the labor market to provide financial support for their family⁽²⁾.

In the given context, women then assume a new role in society, which changes the fragile image, referring to a strength and courage figure, with a position in the labor market. Not only does she gain this working position, but also to immerse herself in higher education, which leads her to places of prominence in society, enabling her to climb to high positions and compete with the male gender on the market⁽³⁾.

Nowadays, female expressiveness is easily seen in different positions and functions, and even in managerial positions, which shows that prejudice has been minimized in many areas⁽⁴⁾. The woman becomes the protagonist of its own history and not only as passive woman, submissive to the other's wills, becoming a resistance figure. From the knowledge acquisition, she has the ability to choose whether to form a family or not, whether to have children or not, to become the owner of herself, having an active voice in a society⁽⁵⁾.

The great problem for most women is related to the society new status' reconfiguration, they take on many functions beyond what they already performed, without reducing it or share it with the male gender, which brings a huge overload, how to take care of the home, children, husband, take care of itself and still be able to take care of the labor functions exerted outside the walls, being able to result in difficulties in the conciliation of all these functions⁽⁶⁾.

The present study has as research questions: what exists in the literature on the multidimensional impact of working women in post-maternity and what has been discussed about the multidimensional impact of working women in post-maternity? Based on this questioning, the objective was to carry out a literature integrative review, with the purpose of analyzing and discussing evidences that guide these inquiries with inferences based on these studies.

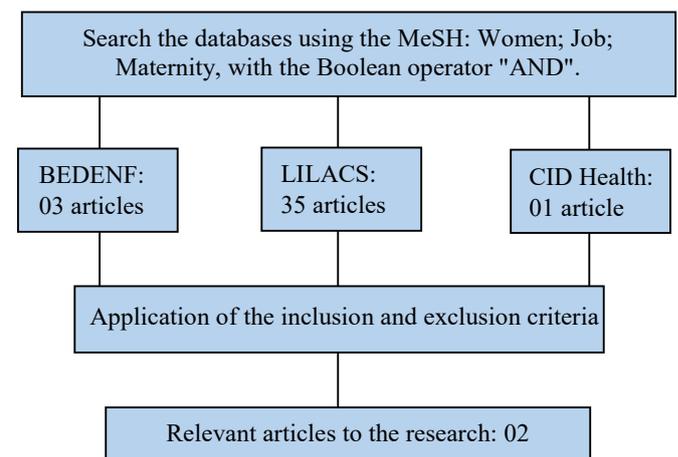
It is possible to infer that the proposed study on the screen may contribute to nursing practices, qualifying the approach to women with their multiple functions in the

daily life with their demands and dilemmas that emerge from their society reconfiguration in order to conduct behaviors beyond of the biomedical model, which often to the disease detriment, underestimates the social determinants that interfere in the health-disease process.

METHOD

It is an integrative review, which enables a synthesis of published studies, allowing the new knowledge generation based on previous research results⁽⁷⁾. For development, six steps were covered: the first was the definition of the research guiding question; in the second step, the inclusion and exclusion criteria were delimited; in the third step, the databases and the search for scientific productions were elected; in the fourth step, data analysis; on the fifth, the data discussion and in the sixth step was presented the review synthesis⁽⁸⁾.

The following index terms were used to search the Latin American and Caribbean Health Sciences (LILACS), Nursing Database (BDENF) and CID Health databases, selection and identification of studies, were used the following terms indexed in the Medical Subject Headings (MeSH): Women, work and motherhood, using the Boolean operator "AND". The inclusion criteria used were: completed studies, published in the period from 2002 to 2017, that addressed the women's multidimensionality after maternity. Were excluded studies that did not meet inclusion criteria published outside the time series stipulated in this study (2002 to 2017), which are not completed studies and do not address the multidimensional view of women after maternity. The path traveled is shown in Flowchart 1 below:



Flowchart 1. Selection process of scientific articles. Rio de Janeiro, RJ, Brazil, 2017.

Source: survey data.

The data were analyzed according to the thematic modality of the content analysis proposal, which aims to identify the sense nuclei that make up the communication, and the presence or appearance frequency may have meaning for the issues under treatment⁽⁹⁾.

The articles selected by reading the abstracts were organized in a didactic way, according to the creation of a matrix, for later reading. This matrix, composed of Title, Author, Year and Periodical, made possible a better understanding of the obtained data and each article was enumerated. In addition, a table was created relating the total articles number found using selected descriptors, according to each database used, the articles number that fit the inclusion criteria, and also the articles number that, after reading of their abstracts, were relevant to achieve the research objectives. The creation of the thematic category allowed to organize all the content, improving the visualization of the same one.

RESULTS

According to the category, information provided by the articles found and enumerated was cross-referenced. Therefore, the research period was the first semester of 2017.

A total of 38 studies were identified in the database BDEF, LILACS and CID Health, which, after an analysis after floating reading of the material, only 02 fit the inclusion criteria. In the BDEF database there were 03 studies, however, 32 were indexed in LILACS, concomitantly. Thus, seven studies were excluded because they did not meet the criteria and nine included studies. Thus, a final sample of 02 studies was added to this integrative review.

Regarding the methodology used in most of the analyzed studies, a qualitative research is predominant, of the descriptive type. About the authors' reflection in the analyzed studies, there is a diffusion of discussions that show, in part, women have projected themselves and legitimized their role in the labor market and others are in dilemmas that put them having to postpone the maternity, the internal conflicts of having to absent from motherhood and childcare⁽¹⁰⁾, the incompatibility of breastfeeding and work⁽¹¹⁾ as well as the difficulties in the daily life, originated from the modern woman's role that inserts in multiple functions and finds little man participation in the housework⁽¹²⁾.

Some of these articles bring the issues related to women's health, which can be weakened by the suffering caused due to the multidisciplinary roles in society⁽¹³⁾, and there is clear evidence from studies that prove that women have often sought placement on the market due to socioeconomic infrastructure problems⁽¹⁴⁾.

DISCUSSION

With the location in the databases of the selected articles and whose presence or appearance frequency it was possible to give a meaning to the questions being treated for the study, and thus, two categories emerged: Woman, work and family in the contemporary scene and Multiplicity role of the contemporary woman and the late motherhood.

Woman, Work and Family in the Contemporary Scene

The first category addresses the issues that drive women to the labor market, and at the same time, the contradiction of the pleasure and suffering caused by their choices, such as the postponement of the motherhood dream and living with the absence of prolonged contact with the family, leaving them in a certain discontent for not being able to deal with so many daily demands due to the multiplicity of roles that they tend to exert in society.

Lopes and his colleagues⁽¹⁵⁾ who investigated the multiple roles of contemporary women and the relation of this multiplicity of roles to late motherhood, describe the predominance of women with higher education. Scorzafave and Filho⁽¹⁶⁾, point out the growing tendency of women in the labor market with more studies and more years of education level compared to men, which can be related to the need for specialization and qualification for maintenance in the labor market

Through the multiple roles exercised by women today, one can perceive the transcendence achieved, giving them the power to reconcile these various functions, among which, in many cases, it becomes the main financial provider.

With regard to family income, study⁽¹⁵⁾ shows that in some cases, the woman becomes the main provider of the family nucleus, results corroborated with data from the National Household Sample Survey - NHSS⁽¹⁷⁾ of 2016, demonstrating that contemporary women are the reference symbol of their family nucleus: 79% are referenced as head of the family, while 25% of men are seen as family provider.

There is a clear demonstration that the aforementioned women, as opposed to those who played only the role of housewife and mother in the nineteenth and twentieth centuries, despite the overload and dedication to work that may lead to a lack of health care, making work under

Table 1. Systematization of 02 relevant articles within the established criteria for study. Rio de Janeiro, RJ, Brazil, 2017.

Author	Database	Periodical	Type	Design
Diogivânia Maria da Silva, Albenise de Oliveira Lima.	LILACS	Clinical Contexts	Article	Descriptive Qualitative
Manuela Nunes Lopes, et al.	LILACS	Themes in Psychology	Article	Descriptive Qualitative

Source: survey data.

these circumstances a source of personal and financial satisfaction. These women emerge from a group of modern women who make work possibilities for change more broadly as a means of emancipation that can extend into their lives globally⁽¹⁸⁾.

Multiplicity of Contemporary Women's Roles and Late Motherhood

In this category, it can be seen that if, on the one hand, women feel fulfilled with the possibilities arising from their insertion in the labor market, on the other, some projects and personal dreams, such as being a mother, are postponed. Pleasure and suffering at work are related to the work process that involves relative positive and negative individual experiences⁽¹⁹⁾. The dream-to-mother relationship and late pregnancy for many women may be related to the pursuit of economic stability or fear of discontinuity at work because they fear being hindered or impaired in progress and career continuation⁽²⁰⁾.

In summary, it can be said that Lopes and his collaborators⁽¹⁵⁾ in investigating the multiple roles of contemporary women and the relation of this multiplicity of roles to late motherhood, on the one hand, a strong woman emerges in contemporary society as an emancipation result caused by her reconfiguration in the society of the modern woman, who seeks and legitimizes her value in the labor market, and in contrast, a woman with dilemmas (as housewives and good mothers) emerges, because they do not experience the need to postpone the dream of being a mother and to perform as a woman.

The second article found, worked with the case report of a woman, mother of 3 children, police officer, who in her interview reports being the administrative and financial manager of her house, as well as a seller and coordinator of a handicraft fair. The person interviewed reports that she does not like to delegate functions to either her children or her husband, and that she only does it when she does not find another way to solve problems, but always bothering not to overload them.

Renata, the fictitious name of the person interviewed, states that she experienced a great guilt sense about having to leave her son with nannies to work and not see their childhood. In this speech, one can observe the guilt of the woman who needs to exercise various social roles and that moves away from the creation and the integral care of the children for this. The network support she has created is not always able to meet the needs and even if this happens, the fault of not being fair and complete in all its functions brings psychological disorders. It is observed, in Renata's story, what Perrot⁽²¹⁾ analyzes in his work "The women or the silences of history", surrounding the contemporary woman in a paradoxical tripod that is based on the professional fulfillment, the complaints about the accumulation of activities and the expectations generated with the maternity.

Given three factors historically correspond to a so-called "feminine identity". With modernity, the multiplicity of roles has taken over the lives of the population, especially women, but the old and new habits coexist. The collection, not only family but also professional and personal, brought psychological, emotional and physical damage to the interviewee, as well as situations that often become naturalized at work and in life itself, aggravating the mental suffering of the worker⁽²²⁾. The same reports weight gain, hypertension, anxiety, and refers to feeling charged on all sides. Situations of conflict experienced can have a devastating effect as a stressor, since interpersonal conflicts are considered to involve greater attrition⁽²³⁾.

The multiplicity of roles is a subject little discussed in the literature as causing severe health damage, as can be observed in Renata's speech. Goode⁽²⁴⁾ reports that the multiplicity of roles is the cause of impairment in psychological well-being.

The woman who struggled so much for the conquest of new spaces in the society and the execution of mother and caregiver different roles, today suffers also with this choice, since the inequality between men and women still exists and is very discrepant.

Therefore, it is possible to infer that the main role of nurses in dealing with women's care in the contemporary context is based on issues of maternity and insertion in the labor market in a context that discusses the dilemmas of a late gestation with all its nuances and possibility of reaching it due to the woman natural cycle, which in itself already characterizes the difficulty of achieving this goal when it comes to a gestation with the advanced age. It is also important to include in the approach of these women the guidelines on the current alternatives of treatment that can help in the realization of their dreams as a mother, without having to give up their insertion in the job market. Some of these technologies such as fertilization in glass, artificial fertilization among other resources, are available by UHS. It is important that nurses in daily life know about these resources already available to the population on the Brazilian public health agenda to offer these women possibilities during the guidelines.

CONCLUSION

About the results, it was observed that in the early days the woman was reserved for the place of housewife, who cared for her husband and offspring, with the sociopolitical and cultural transformations that the society passed, the woman acquired new configurations. The women's insertion in this new social context disappoints a woman who has expressivity and achievement in society due to her placement in the labor market, or has brought countless challenges in dealing with daily work and without having to lose the role of the housewife woman and caretaker of her children, who, despite having her role redemolated over time in society, did not lose the characteristics attributed to her over the years.

It has been observed that in the course of the years, men have adapted to the reformulations of women in society, although very timidly, man becomes an important actor in the support networks to women through the multiplicity of roles in the society, however, the woman strives to carry out the numerous dilemmas she faces day by day through her social reconfiguration that she was driven to acquire. In contradiction, modernity did not make them forget the dream of fulfillment as a woman, not the dreams of the women of the past, the dream of being a mother, of motherhood ...

The limits of this study to access only the LILACS, BDENF and CID Health databases, with selection of Brazilian-only productions that deal with the subject in the context, with full text and published in electronic journals, point out the possibility of expanding this research encompassing search in other databases, containing international studies that bring contributions to the knowledge production in relation to the theme.

It is believed that this study will contribute to the teaching-learning process, highlighting the importance of the approach of this subject since Graduation, and for nurses and other health professionals who are involved in the women healthcare, who have new eyes stimulated by the presented results, making it possible to identify the difficulties and assisting in the resolution of the problems presented in the women's daily life to whom they offer assistance in various health spaces. Likewise, it is hoped that this study will contribute to the scientific production that deals with the object on the screen, since there are few studies that address the dilemmas of contemporary women's motherhood.

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