

★ RISING CAESAREAN SECTION RATES & FACTORS INFLUENCING ITS UPTAKE ★ IN INDONESIA

KEY INSIGHTS FROM **NEW QUALITATIVE STUDY**

1

INCREASING RATES OF CAESAREAN

Caesarean section (CS) rates have surged in Indonesia, from 1.6% in 1991 to 25.9% in 2023. Jakarta has reached over 40% of caesarean rates at population level. We interviewed 28 pregnant women in Jakarta twice (during pregnancy & after birth) to understand their decision making on mode of birth and influences behind CS uptake.



<https://bit.ly/4ck2IP8>



2

WOMEN'S PREFERENCES

Despite rising CS rates, many women prefer vaginal birth initially but opt for CS due to late-pregnancy influences. Initially, 26 out of 28 women preferred vaginal birth, but by the second interview, 13 opted for CS. What were those influences?

3

INFLUENCE FROM ERACS ADVERTISING

Women were influenced by advertisements in social media and health facilities promoting enhanced recovery after CS or ERACS as an 'advanced technique' of CS, promising a comfortable, painless and faster recovery birth. This messaging influenced women to perceive CS as equivalent or even superior to vaginal birth.



4

INFLUENCE FROM HEALTHCARE PROVIDERS'

Healthcare providers' recommendations also heavily impact women's uptake of CS. Women reported imbalanced information providers share when recommending CS, often instilling fear rather than offering evidence-based advice.

5

INFLUENCE FROM SOCIAL NETWORKS

Women's decisions were also influenced by partner, family, friends, and online sources, with some husbands favoring ERACS due to its perceived ease, advantages for women, and improved pain relief.



6

TAKEAWAYS

Increasing ERACS ads and persisting power imbalances between providers and women may further increase CS in Indonesia. Thus, there is a need to:

- 1) Improve provider communication
- 2) Support women's autonomy & collaboration in birth decisions
- 3) Standardise ERACS use. If ERACS is effective, it should be available and accessible to women with CS

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