

Literature Review Of The “Homey” Midwifery Clinic Concept To Reduce Patient Anxiety

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ABSTRACT

Anxiety in obstetric patients is a common psychological issue that often arises during pregnancy, childbirth, and the postpartum period. A formal and uncomfortable healthcare environment can increase patients' emotional stress, which is why we need to create more human-centered services that focus on psychological comfort. The aim of this study is to analyze the concept of a "homey" maternity clinic to help reduce patients' anxiety, based on findings from both national and international research. The research used is a literature review with a descriptive qualitative approach, searching for articles in databases like PubMed, ScienceDirect, Google Scholar, SpringerLink, and Garuda Kemdikbud from the years 2020 to 2025. Articles were selected using inclusion and exclusion criteria, resulting in 10 reputable articles that are relevant to the research topic. The literature review indicates that the concept of a "homey" maternity clinic, through a comfortable environment design, warm lighting, good privacy, therapeutic communication, and a patient-centered care approach, can help reduce patient anxiety and enhance positive experiences during maternity services. In addition, a service environment that feels like home has been shown to provide emotional security and enhance the psychological comfort of mothers during both pregnancy and childbirth. This research shows that the idea of a "homey" maternity clinic has great potential as a modern service for mothers. It focuses not just on clinical safety but also on the mental health and emotional well-being of patients in a comprehensive way.

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1. INTRODUCTION

Maternal healthcare today focuses not just on clinical safety, but also increasingly values the psychological comfort of patients as a key part of service quality. A rigid and formal maternity care environment that feels like a hospital often creates feelings of fear, tension, and anxiety for pregnant women and other maternity patients. The World Health Organization (WHO) explains that having a positive childbirth experience needs to be backed by a clinical environment that is safe as well as an emotional atmosphere that is comfortable for women. Data from WHO shows

that about 10% of pregnant women and 13% of women after giving birth around the world face mental health issues, mainly anxiety and depression. This problem is more common in developing countries (1)

Anxiety in maternity patients can be caused by several things, like fear of medical procedures, pain during childbirth, unhelpful communication from healthcare workers, and the feeling that the healthcare facility is unfamiliar and stressful. In Indonesia, anxiety before giving birth is still a significant issue. Research by Indriyani, M., Aryani, F., & Zuliyati (2024)) shows that about 28.7% of pregnant women feel anxious about giving birth, and this number rises to 52.3% among women in their third trimester on the island of Java. This situation shows that the psychological aspects of mothers have not been fully addressed in modern maternity care. The WHO also emphasizes that good maternal care services should use a respectful maternity care approach, which focuses on the comfort, privacy, safety, and emotional involvement of patients while they receive health care (3).

The development of the patient-centered care concept has led to new ideas in maternity clinics that use a "homey" approach. This means that the service is designed to feel like home, helping patients to feel more relaxed, comfortable, and psychologically safe. This idea began to be put into practice by creating a warm interior, using comfortable lighting, playing relaxing music, engaging in therapeutic communication, and offering more personal and human-centered service. Several international studies explain that a friendly and emotionally supportive care environment can reduce anxiety, boost patient satisfaction, and improve women's childbirth experiences (4). However, the implementation of the "homey" midwifery clinic concept in Indonesia has not been widely studied in a scientific way, especially in the form of literature reviews that explore the connection between service environment design and the reduction of patient anxiety.

Previous research mostly talked about ways to reduce anxiety through health education, music therapy, hypnobirthing, and support during childbirth. However, studies that focus on creating a comfortable clinical environment in midwifery that feels like home are still limited. Some studies only look at the physical facilities without including important factors like psychological aspects, therapeutic communication, and emotional approaches in maternity care. In addition, most previous research has used quantitative methods that focus on the anxiety levels of patients. This means they have not provided a complete picture of the "homey" clinical concept as a model for holistic maternity care. Therefore, this literature study is needed to identify different concepts, strategies, and evidence-based practices related to "homey" midwifery clinics that aim to reduce patient anxiety while also addressing the limitations of previous research.

This research is very important because improving the quality of maternity care today requires a more human-centered approach that focuses on the mental health of patients. The study about the concept of a "homey" maternity clinic is expected to serve as a foundation for developing a maternity care model that is not only medically safe but also provides comfort and psychological peace for patients. The results of this research are expected to offer new contributions to the development of midwifery knowledge, especially concerning innovative maternal care that focuses on emotional comfort and the experience of patients. Additionally, this research can serve as a guide for midwives, clinic managers, and healthcare institutions in creating maternity facilities that are more welcoming to women and help provide a positive experience for patients.

2. METHOD

This study uses a Literature Review method with a descriptive qualitative approach to examine the concept of a "homey" maternity clinic in reducing patient anxiety. This method was chosen because it can provide a complete picture of previous research related to the connection between the maternity care environment, patients' psychological comfort, and a patient-centered approach to maternal care. The research was carried out by identifying, selecting, evaluating, and combining various relevant scientific articles from both national and international sources.

The data for this research comes from scientific articles found in official databases like PubMed, ScienceDirect, Google Scholar, Garuda Kemdikbud, and SpringerLink. The search for articles was carried out using the keywords: "homey midwifery clinic," "healing environment," "birth environment," "maternal anxiety," "midwifery care," "patient-centered care," "patient anxiety," and "humanistic midwifery services." The articles used are limited to publications from

2020 to 2025 to make sure that the information gathered is in line with the latest developments in maternity care.

The criteria for including studies are: (1) national and international articles published between 2020 and 2025, (2) full-text articles that are fully accessible, (3) articles that discuss patient anxiety in obstetrics, healthcare environment, delivery room design, humanistic maternal care, or non-drug approaches to reduce anxiety, and (4) original research articles or systematic reviews from reputable journals. The exclusion criteria include articles that are not related to midwifery services, duplicate articles, and articles that lack a clear research method.

The research process involves several steps: identifying articles, filtering titles and abstracts, assessing the suitability of the articles, and finally selecting the articles that match the research objectives. The data collected was then analyzed using content analysis techniques by examining the similarities, differences, and trends from previous research related to the "homey" service environment concept and its effect on reducing patient anxiety. Next, the synthesis results are presented in a narrative format to explain how a comfortable maternity care environment can support patients' psychological health and enhance the quality of maternal service experiences.

3. RESULTS AND DISCUSSION

Table 1 National and International Articles Used (2020-2025)

No	Author & Year	Article Title	Article Type	Journal
1	Nielsen & Overgaard (2020)	Healing architecture and Snoezelen in delivery room design: a qualitative study of women's birth experiences and patient-centeredness of care	Internasional	BMC Pregnancy and Childbirth
2	Nilsson et al. (2020)	Effects of Birthing Room Design on Maternal and Neonate Outcomes: A Systematic Review	Internasional	SAGE Journals
3	Oh et al. (2020)	Managing Perinatal Anxiety in Healthcare Settings	Internasional	PubMed
4	Katili et al. (2021)	Literature Review: The Effect of Audio Hypnobirthing on Anxiety Levels in First Childbirth Mothers	Nasional	Journal of Community Health Provision
5	Nainggolan et al. (2021)	Influence of Hypnobirthing on Anxiety Levels Pregnant Women	Nasional	EMBRIO Jurnal Kebidanan
6	Businelli et al. (2021)	Prenatal Ultrasound Anxiety and Maternal Psychological Response	Internasional	PubMed
7	Winter et al. (2022)	Place of Birth and Psychological Adaptation During Childbirth	Internasional	MDPI Journal of Clinical Medicine
8	Bellini et al. (2023)	Sensory Design in Birth Environment: A Review of Hospital Delivery Rooms	Internasional	MDPI Buildings
9	Women and Midwives Study (2024)	Women and midwives' experiences of an audio-visual enhanced hospital birth environment	Internasional	Science Direct
10	Sari et al. (2025)	Hypnobirthing: A Systematic Review of Relaxation Techniques in Reducing Prenatal Anxiety	Nasional	Journal of Community Mental Health and Public Policy

The results of the research show that most studies say a comfortable and calming maternity care environment that feels like home has a positive impact on the mental well-being of patients, especially in reducing anxiety during pregnancy and childbirth.

The results of the literature review show that the idea of a "homey" maternity clinic is closely linked to a reduction in anxiety for patients during pregnancy, childbirth, and the postpartum period. Most international studies highlight that a comfortable, warm service

environment that feels like home can provide patients with a sense of psychological safety. A study by (5) found that using healing architecture in the design of birthing rooms and applying the Snoezelen approach can make mothers feel more emotionally comfortable and lead to a more positive birthing experience. The findings are in line with the patient-centered care theory, which says that the quality of healthcare is not only based on medical actions but also on the emotional experiences of patients while they receive care (6).

The results of the research show that the atmosphere of the service environment is an important factor that affects the psychological condition of maternity patients. (7) explain that a calm delivery room design, natural lighting, good privacy, and a reduction in clinical feel can enhance the comfort of mothers and improve outcomes for both mothers and newborns. The study by (8) also showed that sensory design in labor rooms, such as soft colors, aromatherapy, relaxing music, and homey furniture, has a significant relaxing effect on mothers in labor. The result supports the healing environment theory, which explains that the physical setting of healthcare services can affect patients' physical and mental responses by lowering their stress and anxiety (9).

In addition to having similarities, some studies indicate that there are differences in the focus of approaches used to reduce patient anxiety. International research tends to emphasize the design of healthcare environments and the emotional experiences of patients, while national studies usually focus on non-drug interventions like hypnobirthing, relaxation techniques, and audio therapy. (10) found that hypnobirthing audio is effective in helping first-time mothers reduce anxiety before childbirth by promoting mental relaxation. The research by Nainggolan, E., Sitorus, R. and Situmorang (2021) also says that hypnobirthing can help reduce anxiety in pregnant women by boosting their self-control and psychological readiness for childbirth. This difference shows that national research is still focused on individual interventions, while international research is starting to develop a more holistic approach by including both physical and emotional environmental factors in maternity care.

The reason why the "homey" concept in midwifery clinics is effective in reducing patients' anxiety is related to how the environment of care can impact the body's psychoneuroimmunology system. A comfortable and familiar environment can reduce the activation of stress hormones like cortisol and boost the levels of oxytocin, which helps create a feeling of calm and enhances the emotional comfort of mothers. Oh, H., Deering, S. and McCarthy (2020) explain that therapeutic communication and a supportive service environment can help patients feel more valued and in control during the childbirth process. In addition, Winter, C., Sandall, J. and Lavender (2022) found that women are more likely to choose a birthing place that makes them feel emotionally safe rather than one that is too formal and stressful. This situation shows that the patient's psychological experience is greatly affected by the interaction between their physical environment and the quality of their relationships with healthcare workers.

The reaserch highlights the importance of having a childbirth environment equipped with audio-visual elements to create a comfortable and calming atmosphere during the labor process (14). At the same time, the study by Sari focuses more on using hypnobirthing as a relaxation method to help pregnant women manage their fears and anxieties as they approach childbirth (15). Both studies have the same goal, which is to improve the psychological comfort of mothers, but they use different methods to achieve this.

The findings of the research align with the theory of a healing environment, which explains that the physical setting of healthcare services can impact the emotional and physical well-being of patients (9) explain that natural light, soft room colors, relaxing music, and a not-too-formal atmosphere can help lower stress hormones like cortisol. According to the theory of patient-centered care, high-quality healthcare should meet the emotional needs of patients by providing a comfortable environment and supportive personal relationships (6). Therefore, the mix of a calming environment and relaxation methods like hypnobirthing is thought to lead to better results in reducing patient anxiety.

The findings of this research suggest that the idea of a "homey" maternity clinic can be an important innovation in the development of modern maternal services. Using this concept can not only help reduce patient anxiety but also improve service satisfaction, strengthen the therapeutic relationship between midwives and patients, and promote a more positive childbirth experience. From the perspective of obstetrics, this research expands our understanding that the success of maternal care is influenced not just by clinical safety, but also by the psychological comfort of the patient. Therefore, the development of maternity facilities in Indonesia should focus on a woman-

centered care approach by creating a service environment that is more friendly to women, comfortable, and emotionally supportive.

However, this research still has limitations because there are not many studies that specifically focus on the concept of "homey" maternity clinics, especially in Indonesia. Most research is still focused on individual psychological interventions and hasn't really combined service environment design with a comprehensive approach to maternity care.

4. CONCLUSION

Based on the literature review, the "homey" concept in maternity clinics has been shown to help reduce patients' anxiety by creating a comfortable, safe, and emotionally supportive care environment. Various studies have shown that a room design that feels like home, along with therapeutic communication, emotional support, and a woman-centered care approach, can enhance psychological comfort and create positive experiences for patients during maternity services. This idea is an important innovation in the development of modern maternal care because it not only focuses on clinical aspects but also takes into account the mental health and emotional well-being of patients in a holistic way.

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