A Study to Assess the Perception of Pain in Presence of Selected Family Members among Primi Mothers during Labour Process in Reducing Labour Pain

N. S. Sunitha Mercy¹, P. Kanagavalli²
¹Ph.D. Scholar, Department of OBG, Bon Scours College of Nursing, Molasur, India
²Professor, Department of OBG (N), Madha College of Nursing, Sikkarayapuram, India

Abstract: A quasi experimental study design was chosen to assess the effectiveness of presence of family members during labour process in reducing labour pain was conducted in Chennai with the 30 intra natal mothers. The study concluded that in control group overall mean values is 9.03 with the standard deviation of 0.70 and in experimental group, overall mean values is 6.40 with the standard deviation of 0.5. The paired t value of overall score of pain is highly significant at p<0.001 level. Thus proves that presence of family member during labour helps in reduction in the perception of labour pain.

Keywords: Family members, labour pani, primi mothers.

1. Introduction

A women in labour needs consistent care throughout labour. This care refers an active and participative presences in the room, to manage the care of women obstetrically and to provide or facilitate the provision of indicated supportive care.

Prepared child birth hypnosis and acupuncture are techniques designed to deal with psycho physiologic aspects of pain. Pain perception in an individual patient in dependent on a variety of interrelated and complicated factors, including physical condition, expectation, distraction, motivation and education. Pain during labour appears to be accentuated by fear of the unknown, insecurity, anger, unpleasant experiences. On the other hand it seems to be lessened or better tolerated if the patient has confidence, supportive family members, understanding of birthing process and breathing exercises.

Identify the women’s significant other who she wants with her during the child birth process. The significant other can be involved in such actives as the use of wet wash cloth, hand holding, fanning and abdominal rubbing if facilitates their relationship as it involves continuing commitment in their daily life.

2. Statement of the problem

A study to assess the perception of pain in presence of selected family members among primi mothers during labour process in reducing labour pain.

3. Objectives

1. To compare the level of pain perception during labour between experimental group with presence of family members.
2. To assess the level of pain perception during labour between experimental group and control group.
3. To find the effectiveness of on presence selected family members on level of pain perception among the experimental group.

4. Hypothesis

1. There will be a significant difference in the level of pain perception between experimental and control group with the presence of family members.
2. There will be a significance association of post test level of pain perception between experimental and control group with their selected demographic factors.

5. Methodology

A quantitative research approach, quasi experiment research design was used in this study. The population of the study was Primigravida mothers admitted in labour room in Rathi med maternity hospital, (30 in experimental and 30 control group), were selected those who satisfied the inclusion criteria using convenient sampling technique. After getting consent from the samples, the level of pain was assessed by using visual analogue scale. The ethical guidelines were followed throughout the study.

6. Plan of data analysis

Descriptive and inferential statistics were used to analysis the data.

7. Results and discussion

Frequency and Percentage distribution of selected demographic variables among experimental and control group.
The above figure shows that in experimental group 46.7% primi mothers prefer their own mothers as supportive member. Rather in control group 10% of primi mother prefer their sisters in control group.

The analysis reveals that with respect to experimental group the mother had a mean value of 7.40 and SD 0.50 and control group had a mean value 9.03 and SD 0.70, project t value 3.02 which is statistically significant.

8. Conclusion

The health care team play very important role in providing emotional support and other techniques of distraction. Proper selection of supportive person is important for the success of all psychological methods. In the experimental group pain perception significant. P value (0.001) hence it proved the presence of family member has vital role in reducing the pain. Therefore, the finding the study disseminated to motivate the nurse to provide a support for the better outcome of the labour process and reduction of pain perception.

9. Recommendation

1. Similar study can be replicated with large size
2. Similar study can be carried out measure of anxiety level of mothers.
3. In Nursing education pre conceptional, counselling can be added as a separate unit.

References