

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

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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 activates 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.

Table 1
 Reveals the frequency and percentage distribution of demographic variables of experimental and control group of primi mothers

S. no.	Demographic Data	Experimental Group		Control Group	
		Freq.	%	Freq.	%
1	Age				
	17-20yrs	21	70	18	60
	21-25yrs	6	20	6	20
	26 and above	3	10	5	16.6
2	Education				
	Illiterate	6	20	8	26.6
	Primary Education	13	43.3	10	33.3
	Graduate	14	46.6	12	40
3	Type of Family				
	Joint	17	56.6	15	50
	Nuclear	13	43.3	15	50
4	Habitants				
	Rural	19	63.3	16	53.3
	Urban	11	36.6	14	46.6
5	Regular Exercise During AN				
	Walking	5	16.6	7	23.3
	Pelvic floor exercise	3	10	6	20
	Abdominal exercise	6	20	6	20
	No exercise	16	53.3	11	36.6
6	Prenatal Counselling				
	Attended	12	40	8	26.6
	Not attended	18	60	12	40
7	Who wants to be with parturient mothers				
	Spouse	8	26.6	9	30
	mother	12	40	10	33.3
	Sister	6	20	6	20
	Mother-in-law	4	3.3	5	16.6

Table 2
 Mean and Standard Deviation of perception of pain among mothers in experimental and control group

Labour Pain	Experimental Group		Control Group		Difference in mean	t Value
	M	SD	M	SD		
Over All	7.40	0.50	9.03	0.70	2.27	3.02

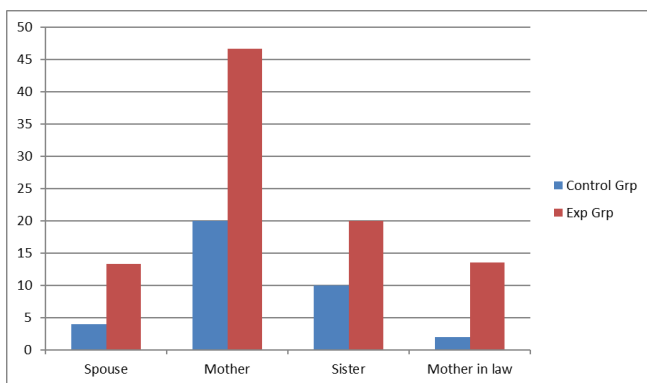


Fig. 1. Distribution of percentage according to the supportive family to be with the mother during labour

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 is 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.

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