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END INEQUALITIES. END AIDS. END PANDEMICS.

VIOLENCE AGAINST WOMEN AND GIRLS
INCREASES THEIR VULNERABILITY
TO HIV.



WORLD
AIDS DAY

1 DECEMBER
2021

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Effectiveness of Lamaze method on the outcome of labor among primi mothers



Nisha.M*

Child birth is a sweet memory that a mother should always cherish it. Labor is an experience of placenta and baby delivering from the uterus through the vagina to the outside world. **Godwin (2000)**

Abstract: A study was done to evaluate the effectiveness of Lamaze method on the outcome of labor among primi mothers in Balaji Hospital Palani. The research design used for this study was quasi experimental design [Non equivalent control group pre test and post test design]. Conceptual framework adopted in the present study was Roy's adaptation theory. The sample size was sixty primi mothers.

The samples were selected by purposive sampling method. This study comprised 60 samples selected according to the inclusion criteria. Among them, 30 samples allotted to experimental group and 30 samples were allotted to control group. The oral permission was obtained from each participant prior to the study. Pain and anxiety was assessed by using visual analogue scale. Behavioral rating scale, and anxiety was assessed by using modified zung self rating scale. The collected data were analyzed by using descriptive and inferential statistics.

India is the second most populous country in the world, with over 1.21 billion people (2011 census), more than a sixth of the world's population. The crude birth rate is 20.24 births per 1000 population in 2012, 21.82 births per 1000 population in 2013.

Statement of the problem

A study to evaluate the effectiveness of Lamaze method on the outcome of labor among primi mothers in Balaji Hospital at Palani.

Objectives

- To assess the pre test level of pain and anxiety during labor among primi mothers in experimental group and control group.
- To assess the post test level of pain and anxiety during labor among primi mothers in experimental group and control group.
- To compare the pre test and post

test level of pain and anxiety during labor among primi mothers in experimental group and control group.

- To evaluate the effectiveness of Lamaze method on reduction on pain and anxiety among primi mothers in experimental group and control group.
- To associate the post test level of pain and anxiety of primi mothers with their selected demographic variables of primi mothers in experimental group.

Hypotheses

H₁- The mean post test scores of labor pain is significantly lower than the mean pretest scores in experimental group.

H₂- The mean post test scores of labor anxiety is significantly lower than the mean pretest scores in experimental group.

H₃- The mean post test scores of la-

bor pain in experimental group is significantly lower than the mean post test scores of labor pain in control group among primi mothers.

H₄- The mean post test scores of labor anxiety in experimental group is significantly lower than the mean post test scores of labor anxiety in control group among primi mothers.

H₅- There will be a significant association between the post test level of labor pain in experimental group with their selected demographic variable.

H₆- There will be a significant association between the post test level of labor anxiety in experimental group with their selected demographic variable

Research approach: Quantitative evaluative research approach .

Research design: The research de-

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sign selected for this study was quasi experimental design (Non equivalent control group pre test post test design).

Variables: Independent variable: Lamaze method

Dependent variable: Pain and anxiety

Target population: The target population selected for the study was primi mothers admitted in Balaji Hospital, Palani.

Accessible population: Primi antenatal mothers (34-38) weeks of gestational age who visit OPD in Balaji Hospital, Palani.

Sample size: The sample size included for the study consisted of 60 primi mothers. 30 in experimental group and 30 in control group.

Sampling technique: Purposive sampling technique was used for this study.

Description of the tool

Part: I

It consisted of demographic data which includes name, age, religion, education, occupation, family income, family type.

Part II

a. It was a standardized tool developed by E.Ludington and Dexter in 1979. Visual analogue scale is a rating scale ranging from 0-10

b. Behavior rating scale is a rating scale which is standardized tool developed by John Hopkins, Mateo in 1991.

Part III

Modified zung self rating scale which is standardized tool developed by William w.k .Zung in 1971.

Scoring process

Part I

Total score interpretation

Level of pain	Score	Percentage
No pain	0	0%
Mild pain	1-2	10-20%
Moderate pain	3-5	30-50%
Severe pain	6-7	60-70%
Very severe pain	8-9	80-90%
Worst possible pain	10	100 %

Part II

Total score interpretation

Level of pain	Score	Percentage
No pain	0	0%
Mild pain	1-2	10-20%
Moderate pain	3-6	20-60%
Severe pain	7-8	70-80%
Very severe pain	9-10	90-100%

Part III

Total score interpretation

Level of anxiety	Score	Percentage
No anxiety	0	0%
Mild anxiety	1-9	2.7-25%
Moderate anxiety	10-18	27.7-50%
Severe anxiety	19-27	52.7-75%
Very severe anxiety	28-36	77.7-100%

Data analysis

Section A	Distribution of demographic variables.
Section B	Assessment of pretest and post test level of pain and anxiety in experimental and control group.
Section C	Comparison of pretest and posttest level of pain and anxiety in experimental and control group.
Section D	Comparison of post test level of pain and anxiety between experimental and control group.
Section E	Association of post test level of labor pain and anxiety in primi mothers with their selected demographic variables in experimental group.

Section A

Frequency and percentage distribution of demographic variables in experimental group and control group among primi mothers

Demographic variables	n1 = 30, n2 = 30			
	Experimental group (n1 =30)		Control group (n2 =30)	
	f	%	F	%
Age (in years)				
19-22	13	43.3	5	16.6
23-25	9	30	9	30
26-28	6	20	11	36.6
29-32	2	6.6	5	16.6
Religion				
Hindu	21	70	20	66.6
Muslim	5	16.6	5	16.6
Christian	4	13.3	5	16.6
Others	0	0	0	0
Educational status				
Illiterates	0	0	0	0
Primary education	6	20	7	23.3
Higher secondary education	5	16.6	14	46.6
Graduates	19	63.3	9	30
Occupation				
Unemployed	10	33.3	2	6.6
Private employee	11	36.6	14	46.6
Government employee	6	20	14	33.3
Coolie workers	3	10	4	13.3
Family income				
Below Rs. 3000	10	33.3	4	13.3
Rs.3001-Rs.5000	7	23.3	3	10
Rs.5001- Rs.8000	7	23.3	13	43.3
Above Rs.8000	6	20	10	33.3
Family type				
Nuclear	14	46.66	16	53.3
Joint	16	53.33	14	46.6

Section E:

Association of the post test level of labor pain among primi mothers with their selected demographic variables in experimental group

											n = 30	
Demographic variables	None		Mild		Moderate		Severe		χ ²	Table value	Inference	
	F	%	F	%	F	%	F	%				
Age(in years)												
9-22	-	-	2	6.6	11	36.6	-	-	1.693	7.815	NS	
23-25	-	-	-	-	9	30	-	-	df=3			
26-28	-	-	1	3.3	4	13.3	-	-				
29-32	-	-	-	-	3	10	-	-				
Religion												
Hindu	-	-	2	6.6	18	60	-	-	3.576	5.991	NS	
Muslim	-	-	-	-	5	16.6	-	-	df=3			
Christian	-	-	2	6.6	3	10	-	-				
Others	-	-	-	-	-	-	-	-				
Educational status												
Illiterates	-	-	-	-	-	-	-	-	3.576	5.991	NS	
Primary education	-	-	4	13.3	2	6.6	-	-	df=2			
Higher secondary education	-	-	2	6.6	3	10	-	-				
Graduate	-	-	15	50	4	13.3	-	-				
Occupation												
Unemployed	-	-	3	10	7	23.3	-	-	2.768	7.815	NS	
Private employee	-	-	2	6.6	8	26.6	-	-	df=2			
Government employee	-	-	-	-	5	16.6	-	-				
Coolie worker	-	-	2	6.6	3	10	-	-				
Family income												
Below Rs.3000	-	-	4	13.3	6	20	-	-	51.53	7.815	S**	
Rs.3001-Rs.5000	-	-	-	-	7	23.3	-	-	df=3			
Rs. 5001-Rs.8000	-	-	4	13.3	3	10	-	-				
Above Rs.8000	-	-	-	-	6	20	-	-				
Family type												
Nuclear	-	-	2	6.6	12	40	-	-	2.7091	3.854	NS	
Joint	-	-	-	-	16	53.3	-	-	df=1			

NS-Not significant S-Significant P<0.05 level

Table E: Association of the post test level of anxiety among primi mothers with their selected demographic variables in experimental group

											n = 30		
Demographic variables	No anxiety		Mild		M o d e r - a t e		Severe		Very severe		χ ²	Table value	Inference
	F	%	F	%	F	%	F	%	F	%			
Age (in years)													
9-22	-	-	8	26.6	7	23.3	-	-	-	-	0.507	7.815	NS
23-25	-	-	6	20	4	13.3	-	-	-	-	df=3		
26-28	-	-	2	6.6	2	6.6	-	-	-	-			
29-32	-	-	-	-	3	10	-	-	-	-			

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Religion													
Hindu	-	-	15	50	7	23.3	-	-	-	-	3.982	5.991	NS
Muslim	-	-	2	6.6	3	10	-	-	-	-	df=2		
Christian	-	-	-	-	3	10	-	-	-	-			
Others	-	-	-	-	-	-	-	-	-	-			
Educational status													
Illiterates	-	-	-	-	-	-	-	-	-	-	6.436	5.991	S**
Primary education	-	-	4	13.3	2	6.6	-	-	-	-	df=2		
Higher secondary education	-	-	4	13.3	2	6.6	-	-	-	-			
Graduate	-	-	2	6.6	3	10	-	-	-	-			
Occupation													
Unemployed	-	-	4	13.3	5	16.6	-	-	-	-	0.674	7.815	NS
Private employee	-	-	6	20	5	16.6	-	-	-	-	df=3		
Government employee	-	-	4	13.3	3	3	10	-	-	-			
Coolie worker	-	-	1	3.3	2	6.6	-	-	-	-			
Family income													
Below Rs.3000	-	-	4	13.3	5	16.6	-	-	-	-	6.49	7.815	NS
Rs.3001-Rs.5000	-	-	3	10	4	13.3	-	-	-	-	df=3		
Rs5001-RS.8000	-	-	4	13.3	3	10	-	-	-	-			
Above Rs.8000	-	-	5	16.6	2	6.6	-	-	-	-			
Family type													
Nuclear	-	-	2	6.6	12	40	-	-	-	-	2.7091	3.841	NS
Joint	-	-	-	-	16	53.3	-	-	-	-	df=1		

NS-Not Significant S-Significant P<0.05 level

Conclusion

The present study assessed the effectiveness of breathing and relaxation technique on level of pain, level of anxiety among primi mothers during labor process in Balaji Hospital.

Based on statistical findings, it is evident that the breathing and relaxation technique among primi mothers reduce level of pain and anxiety. Independent 't' value for level of pain and anxiety was 48.44, 23.74 (table value=2.02) at (P<0.05) level of significance in between experimental and control group.

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Education's purpose is to replace an empty mind with an open one.

Malcolm Forbes