



## Impact of Benson Relaxation Therapy To Reduce Stress Among Antenatal Mothers in A Selected Hospital, Bhubaneswar, Odisha, India

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### ABSTRACT

*A quasi experimental study with pre and post test without control group design was undertaken on 50 antenatal mothers attending OPD at PHC,Pahal, Odisha and the sample were selected by purposive sampling technique. Data were collected by the use of Modified pregnant women's specific stress scale and analyzed by using descriptive and inferential statistics. Highly significant difference was found out between pre and post test stress score. No significant association was found between post test knowledge with demographic variables. Statistical analysis of data revealed that video assisted teaching module on Benson relaxation therapy was effective for reducing the stress among the Antenatal mother.*

**KEYWORDS : Stress, Antenatal mothers,Video assisted teaching programme (VATM), Benson relaxation therapy (BRT) .**

### INTRODUCTION

"A healthy baby begins with a healthy pregnancy, being stress free will help promote a healthy pregnancy".

Pregnancy is filled with physical & emotional changes. This is a transformational experience during this time emotions runs high from excitement to joy, anxiety to panic, a women may experience a complete range of emotion while pregnant. The first trimester can be roller coaster of pregnancy emotions. Most pregnant women experience fatigue & moodiness during the first trimester of pregnancies.<sup>1</sup>

Every pregnant woman experiences stress of some sort, whether it is financial fears or just how to assemble the crib correctly. These sorts of stress are common during pregnancy. But some women suffer extreme stress during pregnancy. Certain situations such as domestic violence, workload, worries over being a single mother, and medical worries can cause some pregnant women to endanger themselves and their babies.<sup>2</sup>

Giving birth is one of the great honors which god gave to woman, for this woman is respected everywhere. Pregnancy is a state of carrying one or more offspring's, known as an embryo or foetus inside the womb of a female. Pregnancy is a profound physical transformation<sup>3</sup>. Each year according to World Health Organization, ill health as a result of pregnancy is experienced by more than 20 million women around the world. According to the World Health Organization and UNICEF, the number of women death related to complications of pregnancy has decreased by 34percent from an estimated 546000 in 1990 to 35800 in 2010<sup>4</sup>.

To counter stress during pregnancy, mothers need to be well as far as the emotional aspect is concerned. Studies have shown that techniques of relaxation and deep breathing go a long way in preparing pregnant women to cope with challenges and discomforts associated with child birth. Practicing relaxation and breathing techniques also have a positive effect on the foetus. Several studies are being conducted on the impact of relaxation techniques on antenatal stress. The results revealed that all relaxation therapies were effective in reducing antenatal stress<sup>5</sup>.

Yoga, meditation, progressive muscle relaxation, physical exercises are the methods used to reduce stress. Physical exercise can also help to maintain health. Stress associated with pregnancy can also be reduced by practicing Benson relaxation technique. Benson relaxation technique is a form of meditation that is mainly focused on breathing. It can be mastered with just a few weeks of practice and comprises of

easy steps. Dr. Herbert Benson brought the relaxation therapy into its integrative form. Benson relaxation can be done by sitting in a comfortable position this technique will make the muscles to relax and there by reduces stress<sup>6</sup>.

Because pregnancy brings with it such a major role change it can be a time of extreme stress for a woman. This stress of pregnancy, likely any, stress can make it difficult for the woman to make decisions, be as aware of her surroundings as usual, or maintain time management with her usual degree of her skill.<sup>6</sup>

By this findings ,the investigator was interested to conduct research study on prevention of Antenatal stress among mothers at PHC,Pahal,Bhubeneswar,Odisha,India.

### Statement of the problem

A Study to assess the effectiveness of VATM on Benson relaxation therapy to reduce stress among antenatal mothers at PHC. Pahal, Bhubaneswar,Odisha,India.

### Objective of the study

- To find out the effectiveness of video assisted teaching module on prevention of antenatal stress.
- To compare stress score of the mothers with their selected demographic variables.
- To find out association between post-test stress score with their selected demographic variables.

### Hypothesis

**H<sub>1</sub>** -There will be significant difference between the level of stress in pre-test & post- test after administering Bensons relaxation therapy

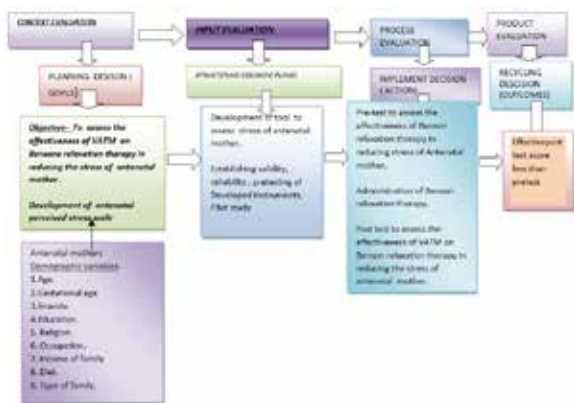
**H<sub>2</sub>** -There will be significant association between post- test stress level with their selected demographic variables

### 2.1 Inclusion Criteria

- Who are willing to participate in the study.
- Who are of gestational age 26-35 wks.
- Who don't have any complication during pregnancy.

### Exclusion criteria

1. Antenatal mothers who are not willing to participate in the study.
2. Antenatal mothers who are expected to have maternal and Gestational complication.



( Fig.1.1:-Conceptual Framework Based On Modified Daniel Stuffle Beams CIPP Model)

**MATERIAL AND METHODS**

An evaluative research approach with pre-experimental research design was used to conduct the study. The study was conducted at PHC, Pahal, Bhubaneswar, Odisha, where 50 mothers of Antenatal mothers were selected by purposive sampling technique. The tool was developed in 2 sections. Section –A includes the demographic variables and section-B includes modified perceived pregnant women specific stress rating scale to assess the stress of the antenatal mothers. Permission was obtained from the Medical Officer of PHC, Pahal, Odisha and informed consent was taken from the participants. Pretest was conducted by using stress rating scale followed by implementation of VATM. After 15 days of practicing BRT post test was done .

Descriptive and inferential statistics was used for data analysis.

**FINDINGS**

**TABLE NO-1 Distribution of mothers according to their demographic variables**

Sl. No.	Demographic variables	Frequency	Percentage
1	Age		
	>21 yrs	2	14%
	21-26 yrs	2	4%
	26-31yrs	19	38%
	31-35 yrs	19	38%
2	Gestational age		
	< 35 yrs	8	16%
3	Gravida		
	Primi	8	16%
	Multi	26	52%
4	Grand	16	32%
	Educational status		
	Illiterate	6	12%
	Primary	11	22%
5	Higher secondary	32	64%
	Graduate or above	1	2%
	Monthly income		
6	Rs,1,000-4,000/	-	
	Rs4,000- 8,000	26	52%
	Rs >8,000	24	48%
7	Occupation		
	Housewife	4	8%
	Business	6	12%
	Self employee	22	44%
	Private sector	17	34%
8	Govt sector	1	2%

Sl. No.	Demographic variables	Frequency	Percentage
7	Type of family		
	Nuclear family	11	22%
	Joint family	33	66%
8	DIET		
	Vegetarian	11	22%
	Non-vegetarian	18	36%
9	Both	21	42%
	Physical activity		
	Sedentary	6	12%
10	Mild	15	30%
	Moderate	17	34%
	Heavy	2	4%
10	Previous knowledge		
	Electronic media.	35	70%
	Public media.	10	20%
	Relatives & friends	5	10%

(Fig -1 : Bar diagram shows the comparison of pre & post test stress score of Antenatal mothers)

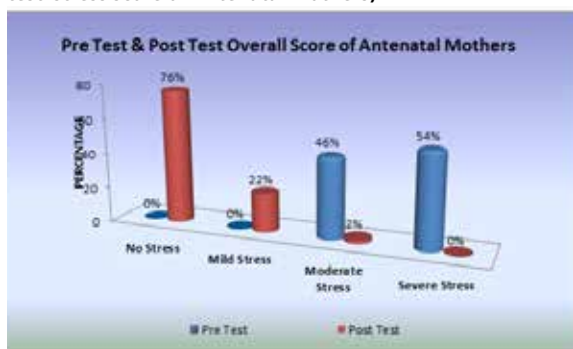


Fig-1: Levels of pre test & post test stress score of mothers depicts that in pretest (54%) of the antenatal mothers had severe level of stress, 23 (46%) of them had moderate stress. Where as in post test majority 76% of them had no stress, 22% of them mild stress & 2% of them had moderate stress.

H1- There will be significant difference in the pre & post test stress scores of the antenatal mothers after administering Benson relaxation therapy.

**Table 2: Factor wise Comparison between difference of pre& post test stress score of Antenatal Mothers. (n=50)**

Factors	' Z'test	Level of significant
Physiological Factor	16.48	Highly significant
Factor related to labour	8.41	Highly significant
Factor related to post delivery	11.93	Highly significant
Overall stress score	17.66	Highly significant

(Table value -2.00)(p<0.005)

Table2: Z test was calculated to assess the significant difference between the area wise pretest & post test. Thus difference observed in the mean score value of pretest & post test were true difference and not by chance.

Hence stated null hypothesis is rejected(p<0.5) and statistical hypothesis is accepted. Thus It can be interpreted that VATM was effective for all the areas.

H<sub>0</sub>. There will be significant relationship between level of stress among the mothers who receives video assisted teaching programme on BRT..

**TABLE NO -3: Association between post test stress score of antenatal mothers with their demographic variables**

Demographic variable	Calculated $\chi^2$ value	Level of significance
Age	5.36	Significance
Gestational Age	0.88	Not significant
Gravida	0.4	Not significant
Educational Status	1.75	Not significant
Monthly income	1.07	Not significant
Occupation	4.007	Not Significant
Type of family	0.344	Not significant
Diet pattern	1.88	Not significant
Physical activity	0.895	Not significant
Previous knowledge of Benson Relaxation Therapy	5.488	Not Significant

(df :1 Table value: 3.84 , ( P<0.005)

Table no-3 From the chi square test it is interpreted that there was no significant association between stress score of the mother in post test when compared to relationship with age, gestational age, gravida, educational status, monthly income, occupation, type of family, diet pattern, physical activity, previous knowledge of Benson relaxation therapy.

Hence, the difference observed in the mean score values were by chance and not true hence the null hypothesis is accepted.

**IMPLICATIONS**

**Nursing Education**

- Health education programme should be organized for Mothers regarding antenatal stress.

- Nursing curriculum should be updated and regarding Antenatal stress related topics should be integrated at different levels to decrease the stress level of Antenatal mothers.

**Nursing Practice**

- Nurses as a women and competent professionals have responsibilities to promote health information and healthy practices regarding prevention of stress during pregnancy.
- All nurses should disseminate the proper information regarding Benson Relaxation Therapy to increase public awareness which help to promote healthy practice. This further leads to reduction in the mortality and morbidity rates.

**Nursing administration**

- Nursing administrators should take the initiative in organizing health education programme for prevention of Antenatal stress
- Appropriate teaching – learning materials regarding the Benson Relaxation Therapy and make them available for nurses in health settings and community settings.

**Nursing research**

This study helps the nurse researcher to develop appropriate health education plans for educating mothers regarding prevention of stress.

**CONCLUSION**

It was inferred that VATM was the best teaching strategy in imparting on antenatal stress can be prevented if mothers are educated through on going in teaching programme by nurse.

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