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Original Research Paper

Nursing

A COMPARATIVE STUDY TO ASSESS THE INSIGHT AND APPROACH REGARDING CAESAREAN SECTION VERSES NORMAL VAGINAL DELIVERY AMONG ANTENATAL MOTHERS FROM SELECTED HOSPITALS OF BANGALORE.

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KEYWORDS :

INTRODUCTION

The joy what is about to arrive is far greater than the anguish you have been experiencing. Pregnant mothers who are about to welcome another soul into the world are addressed with such remarks. With all of this love and care, a mother tries to decide what's best for her child. In these times of uncertainty and anxiety, we allow presumptions to creep into our minds, such as those natural births keep children healthier and prevent infections, or that caesarean delivery methods are safer and have a higher success rate. All of them are merely inferences drawn from different examples or circumstances that have already happened.

While caesarean section (CD), which requires an operational incision, has historically been seen as a dangerous surgery reserved for women with medical grounds, vaginal birth (VB), which occurs naturally, has been considered the unquestionable method of delivery.

Only in cases when the mother's or the foetus's life is in danger is a caesarean section advised. But of days, many use this technique to avoid the discomfort of childbirth. Most people think that CD is safer, healthier, and less painful than VD. A rising number of women are choosing to give birth via CD because they view delivery as a significant life experience. Recent years have seen a rise in the number of CDs due to advancements in reproductive technologies. Many nations are concerned about the rising number of caesarean section deliveries.

Human births can be delivered in a number of ways, including as naturally, with assistance, through an institutional C-section, or by a C-section that is affected by societal considerations. "C-section birth deliveries have a negative impact on the health of mothers and children outcome," according to an increasing number of research. "The utilization of C-section deliveries should be between 5 and 15% in any population having any negative health impact," according to a World Health Organization, or WHO, recommendation. The women do not have the option of surgery, obstetric, and unmet demands for skilled delivery services if the rate is less than 5%.

According to Polidano et al. (2017), there may be a direct or indirect correlation between poor cognitive development and C-section delivery. Poor academic and learning achievement have also been indirectly linked to obesity, type I diabetes, asthma, and allergies.

Objectives of the Study

1] To assess the existing insight level of antenatal mothers regarding caesarean section verses normal vaginal delivery from selected hospitals of Bangalore.
2] To find out the existing approach level of antenatal mothers regarding caesarean section verses normal vaginal delivery from selected hospitals of Bangalore.
3] To find out the correlation between insight and approach level of antenatal mothers regarding vaginal delivery verses caesarean section.
4] To evaluate the association of insight level and approach level of antenatal mothers regarding vaginal delivery verses caesarean section with their selected socio-demographic variables.
5] To design and develop a hand-book on vaginal delivery verses caesarean section

METHODOLOGY:

Research Approach- Quantitative, Qualitative and mixed research Approach,
Research Design and Approach: Non-Experimental research design
Setting of the Study: selected hospitals at Bangalore
Population: Antenatal mothers
Sampling and Sampling Technique:
Sample Size: The sample size was 50
Sampling Technique: Survey research design
Tool

1. - Structured interview schedule and questionnaire likert scale

Table 2: Level of Insight of Antenatal Mothers N=50

Level of Insight	Frequency	Percent
A Poor Insight	4	8.0
B Moderate Insight	46	92.0
C Good Insight	0	0.0
Total	50	100

Above table and graph depicts insight level of antenatal mothers regarding caesarean section verses normal vaginal delivery majority 46 (92%) were had Moderate Insight and 4 (8.0%) had Poor Insight and none of the participants had Good Insight.

Table 4: Level of Approach Score of Antenatal Mothers N=50

Level of Approach	Frequency	Percent
A Poor approach	46	92.0
B Moderate approach	4	8.0
C Good approach	0	0.0
Total	50	100

Above table and graph depicts approach level of antenatal mothers regarding caesarean section verses normal vaginal delivery majority 46 (92%) were had Poor approach and 4 (8.0%) had Moderate approach and none of the participants had Good Approach.

Table 6: Correlation Between Insight and Approach Scores N=50

Variables	Mean	S D	Pearson's r Value	P value	Inference
Insight	32.16	3.019	0.18	0.212	NS
Approach	67.92	8.106			

Above table depicts correlation between insight and approach scores among antenatal mothers regarding caesarean section verses normal vaginal delivery the Karl Pearson's r value was 0.18 between insight and approach and showed no correlation. This is noted that the correlation between insight and approach among scores among antenatal mothers found not significant.

CONCLUSION

Unquestionably, one of the most powerful experiences a person can have is bringing a new life into the world. Expectant parents frequently have to make decisions about the delivery technique as they get ready for the baby's arrival. Although vaginal birth has been the norm for centuries, deliveries by caesarean section (C-section) have been more frequent in recent years.

The choice to have a C-section is a personal one that requires thorough evaluation of risks, mother preferences, and medical considerations. By offering knowledge, encouragement, and caring support at every stage, healthcare professionals play a critical role in helping pregnant moms navigate this decision-making process.

Summary

This chapter included the introduction, problem-in-hand, study objectives, study environment, study criteria, and study scope.

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