



Effectiveness of Back Massage on Perception of Pain During First Stage of Labour Among Primi Gravida Mothers

KEYWORDS

Effectiveness, Massage, labour pain perception, first stage of labour, Primigravida.

Mrs. R.Deepa

M.SC (N) ,Asst.Professor Sree Balaji college of Nursing, BharathUniversity, Chennai-44

INTRODUCTION:

Pregnancy is the special event for the women and her family. The time of labour and birth, though short in comparison with the length of pregnancy, it is the most dramatic and significant period of pregnancy for expectant women.

STATEMENT OF THE PROBLEM

Effectiveness of back massage on perception of pain during first stage of labour among primi gravida mothers"

OBJECTIVES.

- To assess the existing level of pain perception during first stage labour among primi mothers in experimental group and control group.
- To assess the post test level of pain perception during labour among primi mother in experimental group and control group.
- To compare the pre and post test level of pain perception during labour among primi mothers in experimental group and control group.
- To assess the effectiveness of back massage on pain perception during first stage of labour among primi mother between experimental and control group.
- To associate the mean improvement score of pain perception during labour among primi mothers with selected demographic variables.

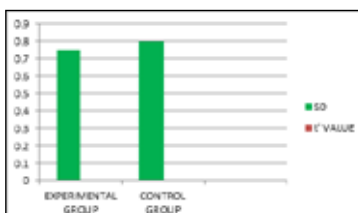
HYPOTHESIS

NH 1 : There is no significant difference regarding post test level of pain perception between control group and experimental group.

NH 2 : There is no significant association between mean improvement score of level pain perception with the back massage.

VARIABLES	PRE TEST		POST TEST		MEAN DIFFERENCE	S.D	't' VALUE
	Mean	S.D	Mean	S.D			
Experimental group	5.5	2.0	3.9	1.4	2.3	0.75	17.7(S)
Control group	5.5	2.1	5.9	2.0	0.7	0.8	4.7(S)

S: Statistically significant $***p<0.001$



The test statistics indicates the rejection of null hypothesis since all the significant values are lesser than 0.001. it is

METHODOLOGY:

Research design was true experimental pre test and post test design, setting was sree balaji medical college and hospital, Chennai. Sample was 60 samples were selected by simple random sampling-lottery method.

CRITERIA FOR SAMPLE SELECTION

Inclusive criteria

- Primimother with 38- 40 weeks of gestation
- Primimother who are labour with 2-6cm cervical dilatation
- Primimother who are willing to participate
- Primimother who understand Tamil and English.

Exclusive criteria

- Primimother with medical and obstetrical complications.
- Primimother with premature rupture of membranes or preterm labour

DEVELOPMENT AND DESCRIPTION OF TOOL

The tool constructed for this study was 0-10 combined numerical categorical scale to assess the level of pain perception during first stage of labour among primimothers in labour at Sree Balaji Medical College and Hospital.

The tool was constructed after the extensive review of literature and guidance from Nursing and medical experts.

SCORING

RANGE	GRADING OF PAIN LEVEL
0	No Pain
1-3	Mild Pain
4-6	Moderate Pain
7-8	Severe Pain
9-10	Excruciating Pain

DATA ON EFFECTIVENESS OF SELECTED NURSING INTERVENTION ON PAIN PERCEPTION OF PRIMI MOTHERS DURING FIRST STAGE OF LABOUR

concluded that there was a significant difference in experimental and control group regarding pain perception of primigravid mothers during first stage of labour.

CONCLUSION:. The present study assessed the effectiveness of back massage on perception of pain during first stage of labour among primi mothers. The study findings revealed that there was a significant difference in the level of pain perception among primi mothers and concluded that the back massage on pain perception is an effective method to reduce the level of pain perception among primi mothers in labour .

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- Assistant Professor, Sree Balaji College of Nursing, Bharath University, Chennai 44.