

Assess The Anxiety of Birth Companion in Child Birth and The Influence of Support on The Perception of Pain Among Parturient Mothers At Urban Health Center in Chennai



Nursing

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ABSTRACT

Support that takes place in institutions during labor and birth is provided by formally recognized social support persons such as nurses or doulas. Supporting women at delivery is an essential part of public health care.

Objectives:The main objective of this study was to assess the level of anxiety of the birth companion, to explore the level of support given by the birth companion ,to identify the perception of pain among parturient mothers, to associate the level of anxiety and support given by the birth companion with their demographic variables and to assess the perception of pain of parturient mothers with their demo graphic variable.Method:The descriptive research design was used in this study.The study was conducted in the urban health center in Ayanavaram, chennai. Anxiety scale and observation checklist was used to assess the anxiety and support of the birth companion. And numerical rating pain scale was used to assess the intensity of pain among parturient mothers.Result:Most of the birth companions 18 samples were moderate anxiety, 8 samples were mild anxiety and 4 samples had severe anxiety. The anxiety towards baby was significantly higher (mean score 90%) than anxiety related to women in labor. In second stage of labor 30 samples had severe pain. In third stage of labor 2 samples had no pain,3 samples had mild pain, 9 samples had moderate pain and 16 samples had severe pain.The study concludes birth companion underwent moderate anxiety and they provide support that led to satisfaction among the parturient mothers.

Introduction

Child birth is a significant event in the lives of women and their families. It is a critical time in human development that transforms women to mothers. An interesting fact about child birth is that until about 1926, the majority of women gave birth at home and deliveries were conducted by experienced hands that laid their foundation from generation to generation with available facilities.

Statement of the problem

A study to assess the anxiety of birth companion in child birth and the influence of support on the perception of pain among parturient mothers at urban health center in Chennai.

Objectives

To assess the level of anxiety of the birth companion attending parturient mothers.

To explore the level of support given by the birth companion to the parturient mothers.

To identify the perception of pain among parturient mothers.

To associate the level of anxiety and support given by the birth companion with their demographic variables.

To associate the perception of pain of parturient mothers with their demographic variables.

Research methodology

Approach and design: quantitative approach, descriptive research design.

Setting: Urban health center Ayanavaram.

Sample: Parturient mothers and birth companions.

Sample size: 30

Sampling technique: non probability purposive sampling technique.

Criteria for sample selection

Sample: 1

Inclusion criteria

Those who had undergone the process of labor themselves.

Those who are willing to participate in this study.

Female companion related or not related to the parturient mother.

Sample: 2

Inclusion criteria

Women undergoing labor.

Women who were admitted in first stage of labor.

Exclusion criteria

Women with complication of pregnancy.

Women not willing to participate in this study.

Data collection tool

Interview Schedule(I(Birth companion)

Part I: Demographic data

Part II:

Anxiety scale consists of ten statements. Anxiety to self (5 items), anxiety to labor

(3 items), anxiety to baby(2 items).

Part III

Observational check list

Interview schedule II

Part I: Demographic data.

Part II: Numerical rating pain scale and observational record..

Analysis and interpretation

TABLE: 1 Mean score and correlation of support given by companion and intensity of pain

S.no	Variables	Mean score	r value	Chi square P<0.05
1	Support provided by the birth companion through-out labor	14.3	r = 0.006	1.0
a.				
b.	Intensity of pain	7.4		

TABLE:4 Frequency and percentage distribution of women with birth companion in three stages of labor according to the intensity of pain

S.no	Intensity of pain	I Stage		II Stage		III Stage	
		n	%	n	%	n	%
1	No pain (0)	0	-	0	-	2	6.7
2	Mild pain (1-3)	0	-	0	-	3	10
3	Moderate pain (4-6)	11	37	0	-	9	30
4	Severe pain (7-10)	19	64	30	10	16	59

Major findings of the study

Anxiety

Most of the birth companions, 18 samples (60%) were moderate anxiety. 8 samples (26.7%) were mild anxiety and 4 samples (13.3%) were severe anxiety. The anxiety towards baby was significantly higher 90% than the anxiety related to woman in labor 55% and anxiety related to self 27%.

Support

Moderate support was seen in a majority of the birth companion 23 samples 77% low support in 5 birth companions 17% and full support was seen only in 2 samples 7%.

Intensity of pain

11 women in labor (37%) had moderate pain and 19 samples (64%) had severe pain and no one was no pain and mild pain during I stage of labor. In the II stage of labor, 30 samples (100%) had severe pain and no one was no pain, mild pain and moderate pain. In the III stage of labor, 2 samples (7%) had no pain, 3 samples (10%) had mild pain. 9 samples (30%) had moderate pain, 16 samples (59%) had severe pain.

Nursing implication

Nursing practice

The advantage of birth companionship should be emphasized on the nurses. This will change the nurses attitudes, that develop a rapport with the birth companions helping them to learn on the lacking areas, that make birth companionship more useful in the care process. The nurses has to develop skills to explain to the birth companion facts on labor and care to be given for parturient mothers

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