



“EFFECTIVENESS OF NURSES TRAINING PROGRAMME ON KNOWLEDGE REGARDING HYPNOBIRTHING AMONG NURSING OFFICERS AT DIFFERENT HOSPITALS IN MORADABAD, UTTAR PRADESH”

Obstetrics & Gynaecology

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ABSTRACT

Hypnobirthing is a complete birth education programme, that teaches particular relaxation and breathing techniques as well as easy-to-follow methods for a better birth. This study was conducted in Teerthanker Mahaveer Hospital, Moradabad. The Quantitative research approach with a pre-experimental study (one group pre-test post-test design) was adopted. The samples were selected by using convenient sampling technique. The sample size was 80 female Nursing Officers. The data was collected by using Self-structured knowledge Questionnaire. The result of the study showed that Pre-test mean knowledge score 11.9 with SD 4.78 and post-test mean knowledge score was 24.69 with SD 3.48 which is higher than that of pre-test. “t” value is 34.203 significant at 0.05 level of significance which indicates that Nurses Training Programme was effective.

KEYWORDS

knowledge, hypnobirthing, Nursing Officers, Nurses Training Programme.

INTRODUCTION

A genuine and effective technique for encouraging easy, natural delivery experiences is hypnobirthing. It is focused on deep relaxation for a simple delivery. It is a global application designed to facilitate a peaceful, enjoyable, and thoughtful birthing experience.

Hypnobirthing – The Mongan Method is a creative toolbox of knowledge and empowerment. These empowering methods give a positive approach to birthing environment, they involve deep relaxation, breathing techniques, visualisation and affirmations to achieve a joyful safe and gentle birth.

The core principle of hypnobirthing is that childbirth is a normal, healthy phenomenon for women. The strong and relaxing support that hypnobirthing offers women helps them to use their natural birthing abilities and cooperation is necessary for hypnobirthing.

The power of suggestion is the foundation of the hypnobirthing method. In order to calm mother's body, direct their thoughts, and regulate breathing, nurses employ positive affirmations, suggestions, and visualisation.

The goal of the hypnobirthing approach is to minimise fear, anxiety, and tension before, during, and after labour by integrating the natural birth process with positive perceptions and self-confidence.

Need Of The Study

Hypnobirthing lessens anxiety, fear and pain around birth by utilising techniques such as meditation, visualization, breath work and power of suggestion to reprogram mind to think more positively.

Nurses should have knowledge regarding hypnobirthing and its components like breathing techniques, relaxation, positive affirmations and visualisation because it is an effective and genuine tool that supports easy and natural delivery experiences.

It is very important to have knowledge regarding how to manage fear, tension and pain in a pregnant mother without any medical interventions. Otherwise, it will create a stressful birthing environment.

They should also know about the myths of hypnobirthing as some people thinks that hypnobirthing means to hypnotize mother through a magical way because expectant mothers are not aware about the hypnobirthing education and knowledge.

Research Statement

“effectiveness Of Nurses Training Programme On Knowledge Regarding Hypnobirthing Among Nursing Officers At Different Hospitals In Moradabad, Uttar Pradesh”

Objectives Of The Study

1. To assess the level of knowledge regarding hypnobirthing among Nursing Officers.
2. To evaluate the effectiveness of Nurses Training Programme on knowledge regarding hypnobirthing among Nursing Officers.
3. To find out the association between the knowledge regarding hypnobirthing among Nursing Officers with their selected demographic variables.

Hypotheses

All hypotheses are tested at 0.05 level of significance.

H₁– There is a significant difference between pre-test and post-test knowledge regarding hypnobirthing among Nursing Officers.

H₂ - There is a significant association between pre-test level of knowledge regarding hypnobirthing among Nursing Officers with their demographic variables.

Methods And Materials

Research Approach

Quantitative Research Approach

Research Design

Pre-experimental (one group pre-test post-test design)

Variables

1. Independent Variable

Nurses Training Programme

2. Dependent Variable

Knowledge

Study Population

Target population: - Nursing Officers who worked at TMU Hospital in Moradabad, Uttar Pradesh.

Accessible Population: - The Female Nursing Officers on duty at TMU Hospital in Moradabad, Uttar Pradesh.

Sample

The Nursing Officers working at the TMU hospital in Moradabad, Uttar Pradesh.

Sample Size

In this study sample size was 80.

Sampling Technique
The Convenient Sampling technique was utilized in study.

- Inclusion Criteria**
- Female Nursing Officers who are available during data collection.

- Exclusion Criteria**
- Male Nursing Officers
 - Female Nursing Officers who are on leave during data collection.
 - Female Nursing Officers who are having night shift duty.

Description Of The Tool
Section I: Demographic Data Of Nursing Officers
Age in years, Education qualification, Religion, Marital status, Place of residence, Working experience, Area of work, Previous knowledge.

Section Ii: Self-structured Knowledge Questionnaire Regarding Hypnobirthing With 30 Items

Results And Findings
Section A: Frequency And Percentage Distribution Of Nursing Officers By Demographic Variables.
Results of the study shows that the majority of Nursing Officers were in age 25-28 years 36 (45%), as per educational qualification most of Nursing Officers were 52(65%) G.N.M, as per religion most of the Nursing Officers were Hindu 63(78%), as per marital status most of the Nursing Officers were unmarried 57(71.3%), as per place of residence most of the Nursing Officers were belongs to rural area 42(52.5%), as per working experience most of the Nursing Officers have less than 2 years' work experience 27(33.8%), as per area of work most of the Nursing Officers were working in general ward 50(62.5%) and as per previous knowledge related to hypnobirthing most of the Nursing Officers didn't have any previous knowledge 76(95%).

Section B: Finding Related To Pre-test And Post-test Knowledge Level Regarding Hypnobirthing Among Nursing Officers.

Table 1: Findings Related To Pre-test And Post-test Knowledge Level Regarding Hypnobirthing. (n=80)

Sr. No.	Knowledge level regarding hypnobirthing	Range of Score	Pre-test		Post-test	
			F	%	f	%
1	Inadequate knowledge	0-15	67	83.8%	2	2.5%
2	Moderate knowledge	16-22	9	11.3%	9	11.3%
3	Adequate knowledge	23-30	4	5%	69	86.3%
	Total		80	100%	80	100%

Table 1 shows the pre-test & post-test knowledge level regarding hypnobirthing. Above data highlights that all participants in pre-test 83.8% belonged to inadequate knowledge, 11.3% belonged to moderate knowledge, 5% belonged to adequate knowledge whereas in the post-test, 2.5% belonged to inadequate knowledge, 11.3% belonged to moderate knowledge, and 86.3% belonged to adequate knowledge.

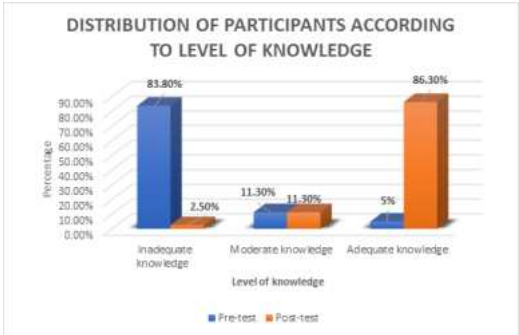


Figure 1 Bar graph indicates the percentage of Pre-test & Post-test knowledge level

Section C: Findings Related To Effectiveness Of Nurses Training Programme On Knowledge Regarding Hypnobirthing Among Nursing Officers.

Table 2: Finding Related To Effectiveness Of Nurses Training Programme On Knowledge Regarding Hypnobirthing Among Nursing Officers. (n=80)

Test	Mean	SD	Mean difference	T value	P value
Pre-test	11.90	4.78	12.79	34.203	0.000*
Post-test	24.69	3.48			

df=79

Table 2 reveals that effectiveness of Nurses Training Programme on knowledge regarding hypnobirthing. The statistical paired 't' test value 34.203 that is greater than p value, which implies the difference in pre-test and post-test knowledge score is found statistically significant at 0.05 level.

Section D Findings Related To Association Between Pre-test Level Of Knowledge Regarding Hypnobirthing Among Nursing Officers With Their Selected Socio-demographic Variables.

Table 3: Association Between Pre-test Knowledge Score With The Selected Demographic Variables. (n=80)

Sr no.	Demogra phic variables	Inade quate Knowl edge (0-15)	Moder ate Knowl edge (16-22)	Adequ ate Knowl edge (23-30)	Tot al	² calcu lated va lues	Df	P value	Infer ence
1.	Age in years								
	21-24	27	2	3	32	6.791	6	.341	NS
	25-28	30	5	1	36				
	29-32	6	0	0	6				
	More than 32	4	2	0	6				
2.	Educatio n								
	M.Sc. Nursing	0	0	0	0	0.542	2	.763	NS
	B.Sc. Nursing/P .B B. Sc.Nursin g	23	4	1	28				
	G.N.M	44	5	3	52				
3.	Religion								
	Hindu	54	5	4	63	4.702	6	.583	NS
	Christian	6	2	0	8				
	Muslim	6	2	0	8				
	Others	1	0	0	1				
4.	Marital Status								
	Unmarrie d	49	4	4	57	11.343	4	.023	S*
	Married	18	4	0	22				
	Widow	0	1	0	1				
	Divorced/ Separated	0	0	0	0				
5.	Place of Residenc e								
	Rural	33	5	4	42	3.936	2	.140	NS
	Urban	34	4	0	38				
6.	Working Experien ce								
	Less than 2 years	22	2	3	27	7.856	6	.249	NS
	2-4years	14	0	0	14				
	5-7years	19	5	1	25				
	More than 7 years	12	2	0	14				
7.	Area of work								
	ICU	13	2	0	15	3.195	6	.784	NS
	Emergenc y ward	3	0	0	3				
	General ward	40	6	4	50				

	Others	11	1	0	12				
8.	Previous Known ge of hypnobirthing								
	Yes	4	0	0	4	0.817	2	0.665	NS
	No	63	9	4	76				

Note: - df: Degree of freedom, S*: Significant, NS: Nothing significant.
 --*Significant at 0.05 level.

Table 3 shows the association between Nursing Officers' knowledge levels and the chosen demographic variables was examined using the chi-square test. which shows that there was not a significant knowledge association established with age, education, religion, marital status, place of residence, area of work, previous knowledge. Hence hypothesis H₂ was rejected.

The obtained chi-square value for marital status ($\chi^2 = 11.34$, $p < 0.05$) p value is less than 0.05 which indicates that there is a significant association between pre-test knowledge score regarding hypnobirthing with selected demographic variable. Hence, the research hypothesis H₂ was accepted.

Nursing Implications

Nursing Practice

- Nurses can provide appropriate support to pregnant women who choose to utilize this method during pregnancy. They can encourage and facilitate the implementation of hypnobirthing techniques.

Nursing Education

- Nurses play a crucial role in educating and supporting pregnant women throughout their birthing journey regarding hypnobirthing.

Nursing Administration

- Nurse administrators play an important role in upgrading nurses and other health care professionals in understanding the use and effectiveness of hypnobirthing and its techniques.

Nursing Research

- Research in hypnobirthing allows the nurses to contribute to the knowledge and understanding of hypnobirthing, leading to evidence-based practice and improved care.

Recommendations

The following suggestions were considered in regard to the study findings:

- Alternative methods of training, such as self-instruction modules and video-assisted teaching, may be used to conduct and assess the same study.
- A similar study with a different population could be carried out.

CONCLUSION

The result of the study showed that Pre-test mean knowledge score 11.9 with SD 4.78 and post-test mean knowledge score was 24.69 with SD 3.48 which is higher than that of pre-test. calculated "t" value is 34.203 significant at 0.05 level of significance which indicates that Nurses Training Programme was effective in enhancing knowledge regarding hypnobirthing.

Conflict of interest

The author declares that they have no conflicts of interest.

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