



## EFFECTIVENESS OF BENSON'S RELAXATION THERAPY ON PAIN AND STRESS AMONG CAESAREAN SECTION MOTHERS

### Nursing

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### ABSTRACT

**Background:** Benson's relaxation therapy is a nursing intervention that can be used as complementary and non-pharmacological therapy. Benson's relaxation therapy is one of the relaxation technique that is easily learned by the patient with its simpler cost-effective intervention. **Aim And Objectives:** To evaluate the effectiveness of Benson's relaxation therapy on pain and stress among caesarean section mothers. **Method:** Quantitative research approach, true experimental research design was used. 60 caesarean mothers were selected using simple random sampling technique through lottery method, divided into experimental and control group each group consist of 30 samples mothers. The study was conducted at Unitta's Multispecialty Hospital, Chennai. **Results:** The pretest mean score of pain was  $7.20 \pm 2.86$  and the post-test mean score of pain was  $0.97 \pm 1.33$ . The mean difference score was 6.23 (62.3%). The calculated paired 't' test value of  $t = 10.131$  was found to be statistically highly significant at  $p < 0.001$  level. The pretest mean score of stress was  $50.13 \pm 7.64$  and the post-test mean score of stress was  $25.17 \pm 11.74$ . The mean difference score was 24.96 (31.2%). The calculated paired 't' test value of  $t = 17.440$  was found to be statistically highly significant at  $p < 0.001$  level. **Conclusion:** This infers that Benson's relaxation therapy administered to caesarean section mothers in the experimental group was found to be effective in reducing the level of pain and stress.

### KEYWORDS

Benson 's relaxation therapy, pain, stress, caesarean section mothers.

### INTRODUCTION

Being a mother is the happiest moment in a women's life, but every pregnancy may not always progress smoothly. Sometimes, it can be complicated by medical conditions or any other health problems and termed "high risk."<sup>1</sup> The high-risk mother should be identified early to ensure prompt vigilance, proper attention, extra care, and follow-up to prevent prenatal and neonatal mortality.<sup>2,3</sup> Worldwide, about 1,000 women die each day due to complication during pregnancy and childbirth because of four major causes such as postpartum haemorrhage, infections, hypertensive disorders, and unsafe abortions.<sup>4</sup>

Relaxation techniques are powerful tools for coping with stress and promoting long-term health in mothers with high-risk pregnancy by slowing down the body and quietening the mind.<sup>5</sup> Benson's relaxation therapy is a meditative technique that was pioneered by the physician Hebert Benson during 1970s and it is based on his observation that the relaxation therapy produces a single "relaxation response" characterized by diminished sympathetic arousal.<sup>6-8</sup> It trains the individuals daily to enhance the relaxation by improving the mood, bringing down blood pressure, and stressful events in life (Marty, 2008).<sup>9,10</sup>

### Statement Of The Problem

A true experimental study to evaluate the effectiveness of Benson's relaxation therapy on pain and stress among caesarean section mothers in a selected hospital, Chennai.

### Objectives

1. To assess the level of pain and stress among caesarean section mothers in experimental and control groups.
2. To evaluate the effectiveness of Benson's relaxation therapy on level of pain and stress among caesarean section mothers.
3. To identify the relationship between pain and stress among caesarean mothers in experimental group and control group
4. To find out the association between the post-test level of pain and stress among caesarean mothers in the experimental group with their demographic variables.

### Hypotheses

**H<sub>1</sub>:** There is a significant effect of Benson's relaxation therapy on pain and stress among caesarean mothers between experimental and control group.

**H<sub>2</sub>:** There is a significant relationship between pain and stress among caesarean mothers in experimental group and control group.

**H<sub>3</sub>:** There is a significant association between the post-test level of pain and stress among caesarean mothers in the experimental group with their selected demographic variables.

**Materials and Methods:** A true experimental design was used at Unitta's Multispecialty Hospital, Chennai. The study population includes all mothers who have undergone caesarean section and were admitted in the post-operative ward at Unitta's Multi-Specialty Hospitals, Chennai. The sample size of the study consists of 60 caesarean section mothers (who fulfill the inclusion criteria). The Simple random sampling technique through the lottery method was adopted to select the samples. The tools consisted Demographic Data includes age, religion, education of the husband and mother, monthly family income, type of the family, place of residence, type of marriage, duration of married life, obstetrical score, pregnancy is planned or unplanned, indication for caesarean delivery, gender of the baby, have you undergone parenthood classes, have you get social support after caesarean section. Pain numeric rating Scale was used to assess the level of pain among caesarean mothers before and after therapeutic interventions and Modified perceived stress scale was used to assess the level of stress among caesarean mothers. The modified perceived stress scale consists of 20 statements related to stress assessment among caesarean section mothers with options ranging from never (0) to very often (4). The score of the modified perceived stress scale is (80). The data was collected for a period of one month. The Samples were selected by using a simple random sampling technique. Among them, 30 were assigned to the experimental group and 30 were in the control group in unitta's multispecialty hospital, respectively. The data was collected on all seven days of the week. Written informed consent was obtained. Pre-test level of pain and stress was assessed in the post caesarean mothers by using numerical pain rating scale and modified perceived stress scale. The intervention of Benson's Relaxation Therapy was demonstrated to post caesarean mothers and a return demonstration was performed by the mothers twice a day for morning and evening for a period of 20 minutes for 3 weeks. The posttest was conducted on the seventh day after the demonstration and using the same scales. hospital routine was followed for the control group.

### Plan For Data Analysis

Statistical package was performed the statistical package for social sciences programme (SPSS) version 21.0. The collected data were

tabulated and analyzed by using descriptive and inferential statistical methods. Paired "t" test was used to find out the difference between pre-test and post-test level of pain and stress in the experimental and control group. Karl Pearson correlation coefficient was used to examine the relationship between the level of pain and stress. Chi-square test was used to find out the association between post-test score of pain and stress among caesarean mothers with their selected demographic variables in the experimental group.

## RESULTS & DISCUSSION

The demographic variables of in the experimental group, most of them, 18 (60%), were aged between 21 – 23 years, 24(80%) were Hindus, 15(50%) of them husbands were daily wages, 20(66.7%) of them mothers were homemakers, 14(46.7%) had a monthly family income of above rupees 9000, 17(56.7%) belonged to the nuclear family, 17(56.7%) were residing in a rural area, 19 (63.3%) had a non-consanguineous marriage, 11(36.7%) had a duration of 1 year of married life, 17(56.7%) were primi-gravida, 26(86.7%) had planned pregnancy, 9(30%) had oligo hydramnios, 15 (50%) of the babies were male and female respectively, 23(76.7%) had not undergone parenthood classes and 19(63.3%) were supported by mothers after caesarean section.

In the control group, most of them 15(50%), were aged between 21 – 23 years, 19(63.3%) were Hindus, 13(43.3%) of them husbands were daily wages, 24(80%) of them mothers were homemakers, 25(83.3%) had a monthly family income of above rupees 9000, 21(70%) belonged to a nuclear family, 15(50%) were residing in a rural and urban area, 20(66.7%) had a non-consanguineous marriage, 12(40%) had a duration of 2 years of married life, 18(60%) were primi gravida, 26(86.7%) had planned pregnancy, 9(30%) had post-dated caesarean delivery, 17(56.7%) of the babies were male, 29(96.7%) had not undergone parenthood classes and 19(63.3%) were supported by mothers after caesarean section. Assessment of pretest and post-test level of pain and stress among caesarean section mothers in the experimental and control group was depicted in fig 1 and 2. Effectiveness of Benson's relaxation therapy on pain and stress among caesarean section mothers was depicted in Table 1.

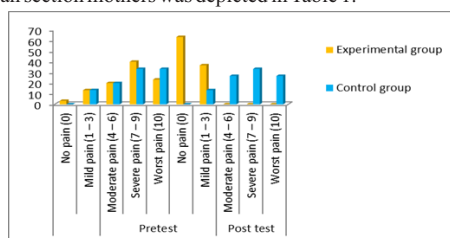


Fig 1: Assessment of level of pain among caesarean section mothers

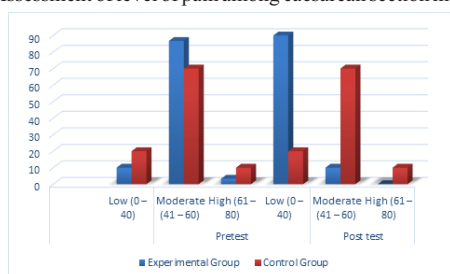


Fig 2: Assessment of level of stress among caesarean section mothers

Table 1: Effectiveness of Benson's relaxation therapy on pain and stress among caesarean section mothers N=60

Variables	Test	Mean	S.D	Mean %	Mean Difference Score & %	Paired 't' Test value
Pain	Pretest	7.20	2.86	72%	6.23 (62.3%)	t=10.131 p=0.0001 S***
	Post Test	0.97	1.33	9.7%		
Stress	Pretest	50.13	7.64	62.6%	24.96 (31.2%)	t=17.440 p=0.0001 S***
	Post Test	25.17	11.74	31.4%		

There was a fair positive correlation found between pain and stress scores among caesarean section mothers in the experimental group ( $r=0.362$ ,  $p<0.001$ ). The demographic variable monthly income of the

family ( $\chi^2=10.263$ ,  $p = 0.016$ ) has shown statistically significant association with post-test level of pain among caesarean section mothers and indication of caesarean delivery ( $\chi^2=9.167$ ,  $p=0.027$ ) has shown statistically significant association with post-test level of stress among caesarean section mothers.

The study findings were consistent with the study conducted by Thomas JM on effectiveness of Benson's relaxation therapy on pain and stress by using consecutive sampling technique, 30 caesarean women were recruited for the study, 15 caesarean women were allotted to the experimental group and 15 caesarean women were allotted to control group. The level of stress and anxiety was assessed. Benson's relaxation therapy was given for 30 minutes twice daily for 3 days a week. Post-test assessment was performed on the third day. It was identified that the mean level of stress and anxiety among caesarean women in the experimental group and control group was 45.6 and 131.6, respectively, with a mean difference of 86. Likewise, the standard deviation of the experimental group and control group was 5.02 and 5.90, respectively. The calculated 't' value was 44.55, greater than the table value and highly significant at 0.001 level. Hence, the research hypothesis  $H_2$  There is a significant effect of Benson's relaxation therapy on pain and stress among caesarean mothers.

Another study conducted by Selvaraj et.al (2019) on perceived stress among postnatal mothers at Saveetha Medical College Hospital. The population consisted of postnatal mothers who have delivered both by vaginal and caesarean section within 6 weeks of the postnatal period. The samples were selected by non-probability convenient sampling technique. A structured interview method was used to collect the demographical variables and level of stress was assessed by a perceived stress scale. The study findings depict that 46(77%) had mild stress, 12(20%) had moderate stress and 2(3%) had severe stress and there was a statistically significant association with level of perceived stress among postnatal mothers with the type of family and parity.

## CONCLUSION

The Benson's relaxation therapy was effectively reducing the post-operative pain and stress among caesarean mothers. Generally considered safe with no reported adverse effects when practiced correctly. It was Cost-effective requires no special equipment or professional guidance to practice. It will help to improve the mother's daily activities and promotes physical and psychological comfort.

## Acknowledgement

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Conflict Of Interest: None declared

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