



EFFECTIVENESS OF LAMAZE BREATHING ON ANXIETY AND PAIN AMONG WOMEN DURING LABOUR PROCESS

Nursing

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ABSTRACT

The present study investigated the Effectiveness of Lamaze breathing on anxiety and pain among women during labour process, admitted in Govt. Medical College Hospital, Kottayam. A quantitative research approach was used for the study. The conceptual framework used in the present study was based on Roy's Adaptation Model. One hundred ten antenatal women were selected for the study using nonprobability purposive sampling technique. The data were collected using Socio personal and clinical data sheet, Numerical pain scale, Anxiety Assessment scale for Pregnant Woman in Labour. Routine antenatal and intranatal care was given to the control group. Lamaze breathing was provided to the antenatal women in the experimental group during transition phase, for a duration of 5 times each during regular rhythmic uterine contractions and was repeated till the end of transition phase. Post test was conducted to assess labour pain after the reinforcement session in the first stage area of labour room for both control and experimental group. Study results showed that Lamaze breathing was effective in decreasing anxiety ($p < 0.05$) and increasing the tolerance of labour pain ($p < 0.00$).

KEYWORDS

Effectiveness; Lamaze breathing; Anxiety; pain; Labour process.

INTRODUCTION

Pregnancy is one of the happy moment going through a women's life, even though it is the period often involves anxiety and pain. Having a healthy baby without maternal and fetal complications and reduced pain are expected by the family as well as the mother. Additionally a nurturing parent is also responsible and accountable for the child's well-being and safety, and there are various ways in which a mother can provide this nurturing¹. The investigator recognized the need of implementing Lamaze breathing to minimize the stress and reduce pain of women during labour, because by focusing on breathing patterns, expectant mothers can potentially lessen their perception of pain and enhance their comfort during contractions. Proper breathing ensures adequate oxygen flow to both the mother and the baby. Efficient breathing helps in maintaining good oxygen levels, which is crucial during labour. There are very limited studies done related to Lamaze breathing during labour process, especially in India and Kerala. Statistics show that all the women during labour experiencing pain and anxiety.

Objectives

1. To evaluate the effectiveness of Lamaze breathing on anxiety among women during labour process
2. To evaluate the effectiveness of Lamaze breathing on pain among women during labour process

MATERIALS AND METHOD

Quantitative research approach and quasi experimental post-test only control group design was used in this study. Independent variable is Lamaze breathing and dependent variables are anxiety and pain. The study was conducted in the antenatal ward and labour room, Obstetrics and Gynaecological Department, Govt. Medical College Hospital, Kottayam. The population included antenatal mothers admitted in antenatal ward. In this study, sample consisted of 55 antenatal mothers in each control and experimental group admitted in labour room of Medical College Hospital, Kottayam who satisfied the inclusion criteria. Reliability of the tool was determined by split half method. Cronbach's alpha values of pain during labour process was 0.97 and Anxiety Assessment Scale for Pregnant Women in Labour was 0.89. The above value shows that the tool had good level of internal consistency.

RESULTS

Table 1 Frequency distribution and percentage of antenatal women based on anxiety during transition phase (n=110)

Anxiety	Control group (n=55)		Experimental group (n=55)		df	χ^2	P
	f	%	f	%			
Mild anxiety(9-15)	0	0	5	9.1	2	1.03	0.00
Moderate(16 -30)	20	36.4	50	90.9	4		
Severe(31-45)	35	63.6	0	0			

Table 1 reveals that 63.6% of participants in control group had severe

anxiety and 90.9% in experimental group had moderate anxiety.

Table 2 Frequency distribution and percentage of antenatal women based on labour pain during transition phase (n=110)

Pain	Control group (n =55)		Experimental group (n =55)		df	χ^2	P
	f	%	f	%			
Moderate (4-6)	2	3.6	31	56.4	1	36.407	0.00
Severe(7-10)	53	96.4	24	43.6			

Table 2 reveals that in control group 96.4% of subjects had severe pain and 56.4% in experimental group had moderate pain.

Table 3 Mean Rank, Sum Of Ranks And U Value Of Post Test Scores Of Anxiety Among Women During Labour Process Between Control And Experimental Group. (n=110)

Group	Anxiety			
	Mean rank	Sum of ranks	U	P
Control (n=55)	82.57	4541.50	23.50	0.01
Experimental (n=55)	28.43	1563.50		

Table 3 shows that obtained U value of anxiety during transition phase in subjects in the control and experimental group is 0.01 which is significant at 0.05 level. Hence null hypothesis was rejected. Thus it was inferred that Lamaze breathing was effective in reducing the level of anxiety among women during labour process.

Table 4 Mean Rank, Sum Of Ranks And U Value Of Post Test Scores Of Labour Pain During Transition Phase Among Women During Labour Process Between Control And Experimental Group. (n=110)

Group	Pain			
	Mean rank	Sum of ranks	U	P
Control (n=55)	80.42	4423.00	142.00	0.000
Experimental (n=55)	30.58	1682.00		

Table 4 shows that obtained U value of pain during transition phase in subjects in the control and experimental group is 0.000 which is significant at 0.01 level. Hence null hypothesis was rejected. Thus it was inferred that Lamaze breathing was effective in increasing the tolerance of pain among women during labour process.

CONCLUSION

The obtained result of the study showed that, there was a significant difference in median post test scores of anxiety and pain among women during labour process. The mean rank of anxiety of experimental group was lower than that of control group whereas the mean rank of pain of experimental group was also less than that of control group.

It was concluded from the study that Lamaze breathing programme was effective in reducing anxiety and pain among women during labour process.

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