



ORIGINAL RESEARCH PAPER

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF LAMAZE BREATHING EXERCISE ON LABOUR PAIN AND ANXIETY TOWARDS THE OUTCOME AMONG PRIMIPAROUS MOTHERS IN GOVERNMENT HEAD QUARTERS HOSPITAL, THIRUVALLUR.

KEY WORDS: Lamaze breathing, Primi gravida mother, labour pain, anxiety.

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ABSTRACT

During child birth a woman is more vulnerable than any others time in her life. The cause for this vulnerability mainly occurs due to labour pain and anxiety ,pain associated with labour is unique and it is been accepted as a necessary part of child birth .the concept of painless childbirth gave rise to many scientific discoveries and researches .As a result ,different non- pharmacological methods were tried out to relieve pain. Among them, one of the practical method that can be used is Lamaze breathing technique. Lamaze method is 'tool' that helps the women to maintain control during uterine contraction with relaxation. Quasi experimental design was used selected to assess the effectiveness of Lamaze breathing exercise on labour pain and anxiety .After obtaining the permission from the Head of the department gynaecology study was conducted among 120 sample on primi mothers, 60 each in experimental and control group who met the inclusive criteria. Purposive sample technique was used for selecting the sample. Data where collected from the subject using numerical rating scale. Data was Collected using demographic variable and level of pain was assessed by using VAS and anxiety assessed by using numerical rating scale score of both group. Experimental group was given Lamaze breathing exercise for 10 days .data were collected after 10 days. Results: The results reveals that the calculated t value for the experimental group is $t = 27.4746$. Which is found to be significant at $p > 0.05$ level and the t value for the control group is $t = 5.7930$. Which is found to be significant at $p > 0.05$. So the Lamaze breathing on labour pain among primi parous mother. The results reveals that the calculated t value for the experimental group is $t = 16.7042$. Which is found to be significant at $p > 0.05$ level and the t value for the control group is $t = 9.5537$. Which is found to be significant at $p > 0.05$. So the effectiveness of Lamaze breathing on labour anxiety. Conclusion: It was conducted that Lamaze breathing exercise could be used in reduced pain and anxiety.

INTRODUCTION:

Motherhood is a great responsibility and it is Woman's highest crown of honour. Therefore maintaining good health during pregnancy, intranatal and postpartum period is very important especially in the present stressful life. Pregnancy is not just a matter of waiting to give birth. It is often a defining phase in woman's life; which is a joyful and pleasant experience. Its can also be a misery and suffering for few. Pregnancy may be natural , but it does not mean it is a problem free. Childbirth is a time when a women's power and strength emerges full force, But it is also a vulnerable time ,and of many changes, persisting opportunities for personal growth. During childbirth the few that a baby travel are the most dangerous distance it travels in life time. The labour and process is an exciting ,anxiety provoking situation for a woman her family. The first Stage of labour is usually recognized by the onset of regular uterine contractions and culminates in Complete dilatation of the cervix. Based on the WHO report in the year 2012 says that women was more susceptible to depression and anxiety then men. An estimated 73 million adult womens are suffering worldwide by major depressive episode each year. Mental disorders following child birth, including depression, are estimate to affect about 13% of women within a year of delivery. Suicide is the seventh top cause of death globally for women aged 20 -59 years. The Lamaze technique is the most widely used method in the united states. The Lamaze Philosophy teaches that birth is a normal, natural, and healthy process and that women should be Empowered to approach it with confidence. It educates women about the ways they can decreases Their perception of pain, such as through relaxation techniques , breathing exercises, distraction. Or massage by a supportive person and self. Lamaze method is widely practiced method in all over the world .The Lamaze method is Employing during pregnancy and childbirth to teach women to respond positively to the pain of labour .It also intended to contribute to the process of labour without the use of drug.

OBJECTIVES

1. To compare the pain of primi mothers before and after

Lamaze breathing exercise

2. To compare the anxiety of primi mothers before and after Lamaze breathing exercise.
3. To determine the association between the selected demographic variables and pain among Primi mothers in experimental and control group.
4. To determine the association between the selected demographic variables and anxiety Among primi mothers in experimental and control group.

MATERIALS AND METHODS:

Quasi experimental design comprising of two group pre test, post test design The study was be conducted at Government Head Quarters Hospital, Thiruvallur. It is a unit of 50 bed Labour unit with 120 deliveries conducted every week. The population consists of primi mothers who are in first Stage of labour. The samples in the study were the mother suffering from pain who fulfils the inclusion criteria of the study and were admitted in labour room at Government Head Quarters Hospital, Thiruvallur. The sample size was 120 primi mothers. Who are in first stage of labour. 60 samples were assigned in experimental group and 60 samples in control group Purposive sampling method was used to select the samples for this study. Pain perception in women of control group was assessed by visual analogue pain perception scale, and in experimental group, the women were instructed perform Lamaze breathing technique by using observational rating scale and Lamaze checklist and after that their pain perception were assessed by the same visual analogue pain perception scale., was analyzed by using descriptive and inferential statistics('t test, chi-square,).

RESULT:

It indicates that experimental group 31(51.67%) had mild pain, 25(41.67%) had moderate pain and 6(10%) had severe pain, 0(0%) had very severe pain, 0(0%) had strong pain. In control group out of 60, 0(0%) had mild pain, 0(0%) had moderate pain and 12(20%) had severe pain, 26(43.33%) had

very severe pain, 22(36.67%) had strong pain. so, as the result shows after receiving the Lamaze breathing exercises, which is more effective, pain perception was reduced. In experimental group 37(61.67%) had mild anxiety, 19(31.67%) had moderate anxiety, and 0(0%) had severe anxiety, 4(6.67%) had very severe anxiety, 0(0%) had strong anxiety. In control group out of 60, 0(0%) had mild anxiety, 0(0%) had moderate anxiety, and 16(26.67%) had severe anxiety, 42(70%) had very severe anxiety, 2(3.33%) had strong anxiety. Evaluation of data related to effectiveness of breathing exercise on labour outcome during labour was done by paired 't'-test the mean in experimental group pain was 3.7 and standard deviation (SD) was 1.0332 mean score of control group is 8.16 and standard deviation was 0.7478. the mean in experimental group anxiety was 7.0 and Standard deviation (SD) was 0.12350. For control group the mean score was 5.4 and Standard deviation (SD) was 0.80253. The pain paired t test= 27.4746. Which are highly significant at p<0.05. The anxiety paired t test= 16.7042. Which are highly significant at p<0.05.

TABLE 1:

Determine the effectiveness of Lamaze breathing on labour pain among primi parous mothers

	Experimental group		Control group	
	Pre test	Post test	Pre test	Post test
Mean	8.15	3.7	5.83	8.16
Standard deviation	0.8233	1.0332	0.2236	0.7478
Paired t test	T ₈₉ = 27.4746		T ₈₉ = 5.7930	

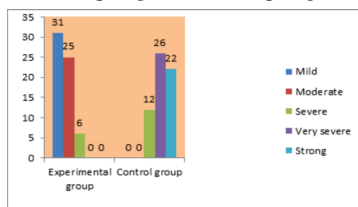
TABLE 2:

Determine the effectiveness of Lamaze breathing on anxiety among primi parous mothers.

	Experimental group	Control group		
	Pre test	Post test	Pre test	Post test
Mean	7.0	3.3	5.4	7.1
Standard deviation	1.2350	1.0495	0.8025	0.8431
Paired t test	T ₈₉ = 16.7042		T ₈₉ = 9.5537	

FIGURE 1:

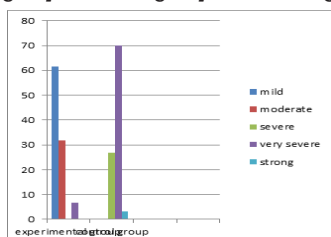
Frequency and percentage distribution of post test level of pain among experimental group and control group



The above figure reveals the frequency and percentage distribution of post level pain. 31(51.67%) had mild pain, 25(41.67%) had moderate pain and 6(10%) had severe pain, 0(0%) had very severe pain, 0(0%) had strong pain. In control group out of 60, 0(0%) had mild pain, 0(0%) had moderate pain and 12(20%) had severe pain, 26(43.33%) had very severe pain, 22(36.67%) had strong pain.

TABLE 2:

Frequency and percentage distribution of post test level of Anxiety among experimental group and control group



The above table reveals the frequency and percentage distribution of post level anxiety. Out of 60 in experimental group 37(61.67%) had mild anxiety, 19(31.67%) had moderate anxiety, and 0(0%) had severe anxiety, 4(6.67%) had very severe anxiety, 0(0%) had strong anxiety. In control group out of 60, 0(0%) had mild anxiety, 0(0%) had moderate anxiety, and 16(26.67%) had severe anxiety, 42(70%) had very severe anxiety, 2(3.33%) had strong anxiety.

DISCUSSION

The main focus of this study was to assess the effectiveness of Lamaze breathing exercise on labour pain and anxiety towards the outcome among primi gravida mothers. 60 samples were collected by purposive sampling technique, out of them 60 for experimental group and 60 for control group. The study findings were discussed based on the objectives. They should initiate the conduct of research on the impact of various methods of coping with labour process which, help to improve the satisfaction of the mothers by actively participating in the childbirth process. Promote effective utilization of research findings of on the labour pain and anxiety management.

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