



ORIGINAL RESEARCH PAPER

Nursing

AN EXPERIMENTAL STUDY TO ASSESS THE EFFECT OF ACUPRESSURE ON CONTROLLING LEVEL OF MORNING SICKNESS AMONG PRIMIGRAVIDA MOTHERS IN SELECTED COMMUNITY AREA OF INDORE

KEY WORDS: Effect of Acupressure, Morning Sickness, Primigravida, Community area.

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ABSTRACT

Morning sickness can negatively affect quality of life, result in decreased ability to work while pregnant, and result in health care expenses. Sometimes they are not compliant with drug therapy for various reasons including treatment cost, adverse effects, and complications. In such cases alternative therapy like p6 pressure point of acupressure plays a vital role. Acupressure is an ancient healing art that's based on the traditional Chinese medicine practice of acupuncture. With acupressure, pressure is applied to specific places on your body. These places are called acupoints. Pressing these points can help release muscle tension and promote blood circulation. You can do acupressure at home by using your fingers to apply pressure to different acupoints. The greatest advantage of acupressure is that it can be administered by health care providers, family members, or patients themselves and does not involve puncture of the skin. The post-intervention PUQE in the control group was 7.25 ± 1.21 and in the experimental group it was 3.50 ± 0.76 . The difference was found to be statistically significant ('t' value = 11.743, df=39, $p < 0.05$, Significant), showing a lower PUQE in the Experimental group in comparison to the Control group.

Introduction

Pregnancy is a guaranteed procedure of holding up in trust; it is a procedure of preparation, implantation and development which is of 40 weeks of incubation. It is likewise a time of dreams and creative ability. A period of satisfaction, a binding together factors of relationship in the family. It is a time of euphoria and satisfaction and fretful sitting tight for the fresh debut. Every pregnancy is one of a kind; certain progressions are regular to all pregnancies. These elated sentiments of pregnancy can vanish with the minor inconvenience or clutters particularly with purported morning disorder.

Morning sickness, also called nausea and vomiting of pregnancy (NVP), is a symptom of pregnancy that involves nausea or vomiting. Despite the name, nausea or vomiting can occur at any time during the day. Typically these symptoms occur between the 4th and 16th week of pregnancy. Morning sickness affects about 70-80% of all pregnant women to some extent. About 60% of women have vomiting.

Objectives of the study

- To assess the level of morning sickness among primigravida mothers in experimental group and control group.
- To assess the effect of acupressure on controlling level of morning sickness among primigravida mothers in experimental group.
- To compare the effect of acupressure on controlling level of morning sickness among primigravida mothers in experimental group with control group.
- To find out the association between level of morning sickness among primigravida mothers with selected demographic variable.

Hypothesis

- RH0- There will be no significant difference between the effect of acupressure on controlling morning sickness among primigravida mothers.
- RH1- There will be significant difference between the effect of acupressure on controlling level of morning sickness among primigravida mothers in experimental and control group.
- RH2- There will be significant association between morning sickness and selected demographic variables.

Methodology

An evaluative approach was used for the study. Experimental nonrandomized control group design was selected for the study. The samples were recruited by non-probability purposive sampling technique. The total number of subjects

was 40 with 20 subjects each in Experimental group and Control group. Main study was conducted in the selected area of Indore, according to inclusive and exclusive criteria. Informed consent from the primigravida mothers who having morning sickness was obtained prior to data collection process. The Pregnancy Unique quantification of Emesis (PUQE form) were used to check controlling level of morning sickness by the investigator before and after the intervention 'Acupressure'. Post test was conducted after twenty days. Data were analyzed using descriptive and inferential statistics (Paired & Unpaired 't' test, Chi-square test).

Result

In Experimental Group

- Majority of the primigravida mothers were in the age group 25-30 years.
- Educational qualification of the primigravida mothers reveals that majority of subjects 8(40%) were poorly educated.
- It was found that majority of the primigravida mothers 8(40%) were daily worker.
- Most of the primigravida mothers 9(45%) were having a family income between Rs. 10001-20000.
- Majority of the primigravida mothers 10(50.0%) were vegetarians.
- It was observed that majority of primigravida mothers 14 (70%) were no knowledge about acupressure.

In Control Group

- Majority of the patients 10 (50.3%) were in the age group 19-24 years.
- Educational qualification of the primigravida mothers reveals that majority of subjects 8 (40%) were poorly educated.
- It was found that majority of the primigravida mothers 6 (30%) were house wife.
- Most of the primigravida mothers 8 (40%) were having a family income between Rs. 5000-10000.
- Majority of the primigravida mothers 13 (65%) were non-vegetarians.
- It was observed that majority of primigravida mothers 14 (70%) were no knowledge about acupressure.

Table - 01 Shows frequency and Percentage distribution of age in experimental and control group of primigravida mothers Demographic Variables Experimental Group Control

Demographic Variables	Experimental Group		Control Group	
	Frequency (N)	Percent (%)	Frequency (N)	Percent (%)

Age				
a. 19-24 years	8	40.0	10	50.0
b. 25-30 years	11	55.0	7	35.0
c. 31-36 years	1	5.0	3	15.0
d. 37-42 years	0	0.0	0	0.0
Educational Qualification				
a. Illiterate	2	10.0	0	0.0
b. Primary + Middle school	8	40.0	8	40.0
c. High school	4	20.0	5	25.0
d. Secondary school	4	20.0	4	20.0
e. Graduation and above	2	10.0	3	15.0
Occupation				
a. Housewife	6	30.0	6	30.0
b. Daily worker	8	40.0	5	25.0
c. Private employee	4	20.0	4	20.0
d. Government employee	2	10.0	5	25.0
e. Any other	0	0.0	0	0.0
Family income (Rs.)				
a. Rs. 5000-10000	8	40.0	8	40.0
b. Rs. 10001-20000	9	45.0	5	25.0
c. Rs. 20001-40000	3	15.0	5	25.0
d. More than Rs. 40000	0	0.0	2	10.0
Dietary pattern				
a. Vegetarian	10	50.0	7	35.0
b. Non-vegetarian	10	50.0	13	65.0
If previous knowledge, source of information about acupressure				
a. TV / Radio / Magazines / Newspaper	1	5.0	2	10.0
b. Through relatives and friends	3	15.0	4	20.0
c. Through conferences and workshops	0	0.0	0	0.0
d. No knowledge	16	80.0	14	70.0
Total	20	100.0	20	100.0

Table - 02 Comparison of the effect of acupressure in controlling level of morning sickness among primigravida mothers in experimental group and control group

S. No.	Group	Mean ± SD	't' value	P value
1.	Experimental	3.50 ± 0.76	11.743, df=38	p<0.05
2.	Control	7.25 ± 1.21		

The post-intervention PUQE in the control group was 7.25 ± 1.21 and in the experimental group it was 3.50 ± 0.76. The difference was found to be statistically significant ('t' value = 11.743, df=39, p<0.05, Significant), showing a lower PUQE in the Experimental group in comparison to the Control group.

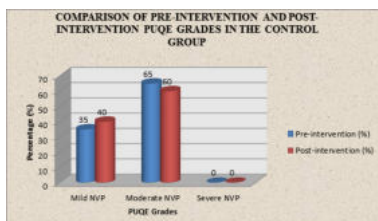


Fig - 01 Bar diagram showing comparison of pre-intervention and post-intervention PUQE grades in the control group

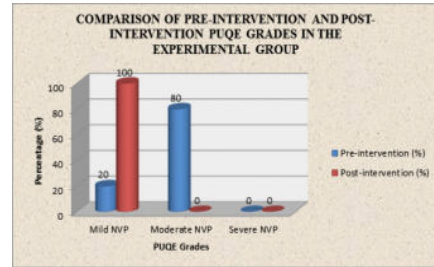


Fig - 02 Bar diagram showing comparison of pre-intervention and post-intervention PUQE grades in the experimental group

Conclusion

The findings of the study that Acupressure is an effective way for control morning sickness among primigravida mothers. All the subjects had control in morning sickness compared to their pre-test scores. On the whole, carrying out the present study was really an enriching experience to investigator. It also helped a great deal to explore and improve the knowledge of the researcher and respondents. The constant encouragement and guidance by the guide, co-operation and interest of respondents in the study contributed to the fruitful completion of study.

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