

Effectiveness of Child Birth Education on Intrapartum Coping among Primi Mothers at Selected Government Maternity Hospitals Hyderabad T S

N Vandana

Abstract: *Pregnancy and delivery are natural and joyous human events. The child birth is a universally celebrated event and the happiest occasion in a women's life, though it carries some amount of risk to the fetomaternal unit. Inappropriate mental and physical preparation of the pregnant woman regarding the birthing process can leave her in a state of anxiety, gaining confidence by enhancing knowledge about childbirth can be considered as an important factor influencing a pregnant woman birthing experiences. Health education is a complex activity in which different individuals and organizations play a part. It is carried out by variety of people. Nurses have a key role in labour. She is the communicator between the client and physicians. Nurses are more approachable and they have many chances to enhance the knowledge of clients with health education. Labor preparedness (intra natal care) will help pregnant women to make a positive experience as it dissolves fears and makes pregnancy a time to remember. Child birth education can help women learn how simple birth can and should be, how to stay confident in their ability to grow and birth their babies, and how to avoid spoiling the pregnancy with worry and fear. **Aims & Objectives:** Prepare and provide Child Birth Education to primi mothers regarding Intrapartum Coping in the experimental group. Assess the Intrapartum Coping among primi mothers in the experimental and control group. Analyse the effectiveness of Child Birth Education on Intrapartum Coping among primi mothers in experimental group. Find the association between Intrapartum Coping of primi mothers in experimental and control groups with selected variables. **Methodology:** The research design selected for this study was quasi experimental design. It provides control of when and whom the measurement is applied. Present study was conducted on primi mothers were in latent phase of labour.*

Keywords: Pregnancy, Intrapartum, Primigravida

1. Introduction

Pregnancy and delivery are natural and joyous human events. It's wonderful experience. The child birth is a universally celebrated event and the happiest occasion in a women's life, though it carries some amount of risk to the fetomaternal unit. Many women prepare actively for birth.¹ Pregnancy and child birth are special events in women life and indeed, in the lives of their families. This can be a time of great hope and joyful anticipation.²

Experience of child birth is always linked with emotional feelings and expectations. Inappropriate mental and physical preparation of the pregnant woman regarding the birth process can leave her in a state of anxiety, dilemma and fear. Childbirth is not without its challenges but it is surely one of life most rewarding events.³

Inappropriate mental and physical preparation of the pregnant woman regarding the birthing process can leave her in a state of anxiety, gaining confidence by enhancing knowledge about childbirth can be considered as an important factor influencing a pregnant woman birthing experiences.⁴

Health education is a complex activity in which different individuals and organizations play a part. It is carried out by variety of people. Nurses have a key role in labour. She is the communicator between the client and physicians. Nurses are more approachable and they have many chances to enhance the knowledge of clients with health education.⁵ Cognitive changes is typically initiated by change in the individuals information and wants exposures knowledge will

melt away barriers.⁶ Key actions should be taken to prevent and reduce maternal mortality and morbidity in the health sector. The best strategy to prevent maternal mortality is health education.⁷

Labor preparedness (intra natal care) will help pregnant women to make a positive experience as it dissolves fears and makes pregnancy a time to remember.⁸ India accounts for the maximum number of maternal deaths in the world about 17% or nearly 50, 000 of the 2.89 lakh women who died as a result of complications due to pregnancy or childbearing in 2013. Nigeria is the next with nearly 40, 000, stated the UN report on maternal deaths. (tabassumbarangarwala, 2014) from 1990 to 2013, the global maternal mortality ratio declined by 45% from 380 deaths to 190 deaths per 100,000 live births, according to UN inter agency estimates.⁹ Majority of deaths could be prevented through proven, effective and affordable actions.¹⁰

Child birth education can help women learn how simple birth can and should be, how to stay confident in their ability to grow and birth their babies, and how to avoid spoiling the pregnancy with worry and fear. (maternal mortality in 2000). This study will help to identify intrapartum coping among primi mothers.¹¹

Objectives

- 1) Prepare and provide Child Birth Education to primi mothers regarding Intrapartum Coping in the experimental group.
- 2) Assess the Intrapartum Coping among primi mothers in the experimental and control group.

- 3) Analyse the effectiveness of Child Birth Education on Intrapartum Coping among primi mothers in experimental group.
- 4) Find the association between Intrapartum Coping of primi mothers in experimental and control groups with selected variables.

2. Materials and methodology

The research design selected for this study was quasi experimental design. It provides control of when and whom the measurement is applied. Present study was conducted on primi mothers were in latent phase of labour. The primi mothers were divided into experimental and control group, without conducting pre-test. Child birth education provide to the experimental group then post test conducted to both the groups and compare post test scores to know the effectiveness of Child Birth Education on intrapartum coping among primi mothers.

Ethical consideration: The investigator had been permitted to conduct a study from Medical Superintendent and Nurse In-Charge of labour room prior to data collection of Modern Government Maternity Hospital, Hyderabad, T. S.

3. Observation and results

Out of 25 primigravida mothers in the Experimental group 12 mothers were intrapartum coping was fair, 13 mothers were intrapartum coping was good where as in control group only 3 mothers were intrapartum coping was Fair, 22 mothers were intrapartum coping was Poor.

Table 5.7: Assessment of Intrapartum Coping among Primi mothers in the Experimental and Control Group, n=50

Intrapartum coping	Experimental group		Control group	
	F	P	F	P
Poor	-	-	22	88
Fair	12	48	3	12
Good	13	52	-	-
Total	25	100	25	100

The above table shows that out of 25 primi mothers in experimental group majority of mothers intrapartum was good 13 (52%), 12 mothers were fair (48%). Where as in control group majority of mothers intrapartum coping was poor 22 (88%), 3 were fair (12%).

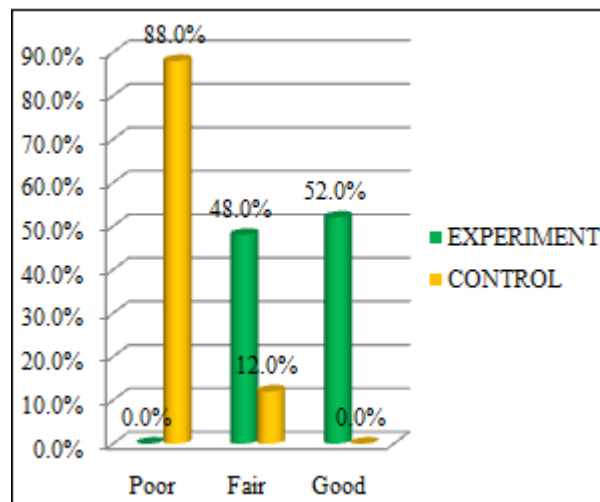


Figure 9: Assessment of Intrapartum Coping among Primi Mothers

Part-III

Effectiveness of Child Birth Education among Primi mothers in Experimental and Control Group

Table 5.7
n=50

Characteristics	Experimental group	Control group
Mean	19.88	6.60
Standard deviation	3.689	2.236
Standard Error	0.737	0.447
Unpaired 't' test	15.392	

Table value: 2.00 df=48

The above tables shows that interventional mean was 19.88, Standard deviation 3.689, Standard Error 0.737 in the experimental group, where as in the control group mean was 6.60, Standard deviation 2.236, Standard Error 0.447. The unpaired 't' value was 15.392 which is higher than the table 't' value 2. Which reveals that the child birth education were effective in improve the intrapartum coping.

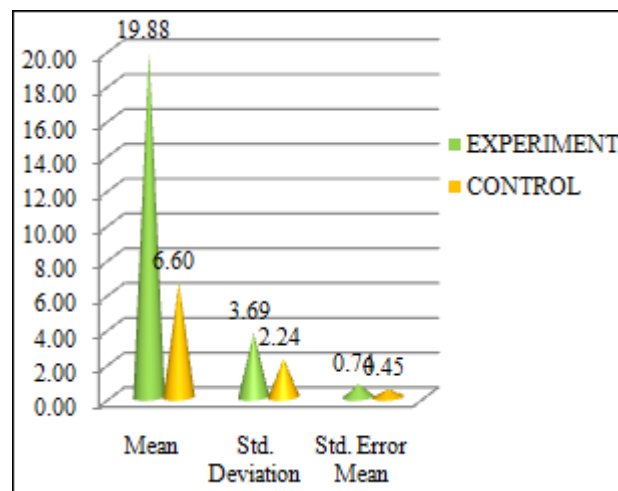


Figure 10: Effectiveness of Child Birth Education among Primi Mothers

Association between Intrapartum Coping and Selected Demographic Variables

Table 5.8: Association between the Age and Intrapartum Coping, n=50

Experimental group

Age in years	Poor		Fair		Good		Total	
	F	P	F	P	F	P	F	P
19-23	-	-	10	50	10	50	20	100
24-28	-	-	2	40	3	60	5	100
29-33	-	-	-	-	-	-	-	-
34 Above	-	-	-	-	-	-	-	-

X² value 0.160 df=1 Table value=3.84

Control group

Age in years	Poor		Fair		Good		Total	
	F	P	F	P	F	P	F	P
19-23	18	85.7	3	14.3	-	-	21	100
24-28	4	100	-	-	-	-	4	100
29-33	-	-	-	-	-	-	-	-
34 Above	-	-	-	-	-	-	-	-

X² value 0.649 df=1 Table value=3.84

The above table shows that there was no association between the age & intrapartum coping of the primi mothers in both groups, because obtained value of chi square in

experimental was 0.160 and control group was 0.649 less than the table value.

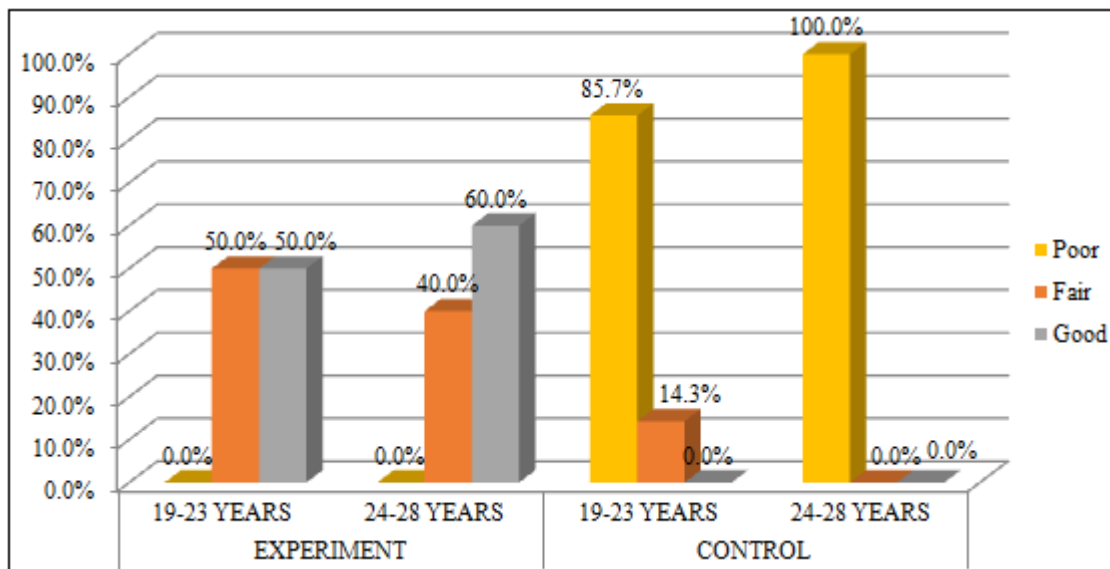


Figure 11: Association between Age and Intrapartum Coping

4. Discussion

It is clear from the findings of the study that, there was significant difference between intrapartum coping in the experimental when compared with the control group. The results shown that overall mean was 19.88 in the experimental group, where as in the control group mean was 6.60 the unpaired 't' value was 15.392 which is higher than the table 't' value 2.00 with df 48 at 0.05 level of significance. Which reveals that the child birth education was effective in improve the intrapartum coping.

5. Conclusion

Following conclusions were drawn on the basis of the findings of the study.

- 1) After providing of child birth education such as breathing exercises, positions, bearing down efforts and relaxation techniques. There was a significant difference in improvement in intrapartum coping in experimental group when compared with the control group.
- 2) The finding indicates that child birth education was effective in improving intrapartum coping.

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