

An Experimental Study was Conducted to Evaluate the Effectiveness of Pacedbreathing on Labor Pain Perception among Primi Mothers during First Stage of Labor in Selected Hospitals of Pune City.

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Abstract:

Introduction: Child birth is one of the important event in womans life.Each experience during this period is unique and Pain is labour is natural process. Thus to divert the mother mind which will help to reduce some amount of pain some techniques are used.Objective : to evaluate the effectiveness of perception of pain before and after the paced breathing.Methods and Materials: Quantitative approach,True Experimental PretestPost test, Primi mothers, 60 Primimothers, Simple Random Sampling technique . Conclusion :This study statistically proved the effect of paced breathing is more significant .

Key words : effectiveness , pacedbreathing , labor pain , perception ,Primi mothers

Introduction: Child birth is one of the important event in womans life.Each experience during this period is unique and Pain is labour is natural process. Thus to divert the mother mind which will help to reduce some amount of pain some techniques are used.

Objective : to evaluate the effectiveness of perception of pain before and after the paced breathing.

Methods and Materials

Research Approach:Quantitative

Research Design:True Experimental PretestPost test

Sample:Primi mothers

Sample Size:60 Primimothers.

Sampling Technique:Simple Random Sampling technique

Results:

Table 1: Demographic variables

| Sl no | Demographicvariables | Study groupn= 30 | | Controlgroup n=30 | |
|-------|---------------------------------|------------------------|-----|----------------------|------|
| | | (f) | (%) | (f) | (%) |
| 1. | Agein Years 18-22 | 4 | 10 | 7 | 27 |
| | 23-26 | 21 | 73 | 15 | 50.3 |
| | 27-30 | 5 | 16 | 6 | 17 |
| | 31-34 | 0 | 0 | 2 | 6.6 |
| 2 | Education Primary | | | | |
| | Secondary | 14 | 44 | 14 | 44 |
| | Graduate | 18 | 57 | 18 | 57 |
| | Postgraduate | | | 1 | 3.3 |
| 3 | Areaofresidence Rural | 21 | 72 | 21 | 72 |
| | Urban | 9 | 28 | 9 | 28 |
| | Semi-Urban | | | | |
| 4 | Typeoffamily Nuclear | 10 | 31 | 10 | 31 |
| | Joint | 9 | 27 | 9 | 27 |
| | Extended | 11 | 44 | 11 | 44 |
| | Separated | | | | |

Table 2: Level of Pain

| | | | |
|------|--|----------------|-----------------|
| N=60 | | | |
| | | PRETEST | POSTTEST |

| Slno | Level of Pain Perception | Studygroup | | Control group | | Studygroup | | Control group | |
|------|--------------------------|------------|-----|---------------|-----|------------|----|---------------|----|
| | | (f) | % | (f) | % | (f) | % | (f) | % |
| 1. | MildPain | | | | | 15 | 50 | | |
| 2. | ModeratePain | | | | | 15 | 50 | 5 | 11 |
| 3. | SeverePain | 30 | 100 | 30 | 100 | | | 25 | 91 |

Conclusion : The study result reveals that the effect of paced breathing is more effective.

Ethical Considerations: approved by IEC.

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Conflict Of Interest: Nil

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