

# A STUDY TO EVALUATE THE EFFECT OF RELAXATION TECHNIQUE ON PAIN AND LABOUR OUTCOME IN PRIMIGRAVIDA MOTHERS DURING FIRST STAGE OF LABOUR

R Hansli<sup>1</sup>, (Research Scholar)

Dr. Sudha Singh<sup>2</sup>, (Research Supervisor)

Department of Nursing

<sup>1,2</sup> Sikkim Professional University, Gangtok, (Sikkim)

## Abstract

**Background:** The word "mother" conjures up images of compassion, care, love, and affection. The labor process can be seen as the first act of motherhood, a test of womanhood, a measure of individual competence, and the pinnacle of experience. The beginning of the labor process is marked by the beginnings of regular uterine activity, which is followed by the cervix's effacement and dilation as well as the descent of the presenting part through it.

**Objective:** To analyze the efficacy of relaxation procedures and rub down on period cramps throughout primigravida moms within the initial phase of childbirth was ascertained

**Materials and Methods:** A randomised research design is used in this investigation. The postpartum women studied randomized to receive to either the treatment group (n = 100) or the control group (n = 100). During labour discomfort, the randomized group got instruction in relaxation methods, and the next steps were taken. The length of labour was taken into account, as well as the length of the first and second stages of labour.

**Results:** When it came to the relaxing method, that there have been high- and low - income between it two categories between primi moms.

**Conclusions:** According to this research, using relaxation exercises during labour may shorten the time it takes to deliver a baby and decrease symptoms.

**Keywords:** *Relaxation Technique, Pain, Labour Outcome, Primigravida Mothers, First Stage of Labour*

## Introduction:

The biological, psychological, social, and cultural aspects of a person are all impacted by pregnancy and childbirth. One of life's most significant occasions, giving birth is a deeply personal experience (Abdellah FG& Levine E ,2009) . This childbirth experience has a significant impact on how moms will grow in their self-worth, feel good about the baby, and adjust to parenting more easily in the future. The word "mother" conjures up images of compassion, care, love, and affection. The labor process can be seen as the first act of motherhood, a test of womanhood, a measure of individual competence, and the pinnacle of experience (Alligood MR & Tomey AM,2002). The beginning of the labor process is marked by the beginnings of regular uterine activity, which is followed by the cervix's effacement and dilation as well as the descent of the presenting part through it. Every pregnancy has as its goal the health of both the mother and the unborn child. Depending on the situation, the mother, her doctors, nurses, other healthcare providers, and family members may only need to do minimal effort. One of a woman's most wonderful and memorable experiences is giving birth. Nearly all women perceive it as painful (Ann Douglas,2009). Care during pregnancy and labor is crucial to ensuring that the mother and the unborn child are both healthy after the pregnancy is over (Best JW,2002) . This study's goal is to assess the effectiveness of relaxation techniques and massage on period cramps in primigravida mothers during the first stage of labor

## Materials And Methods

**Research Approach:** Quantitative Experimental research

**Research Design:** Experiment and control group design

**Research Variables:** upright positions, breathing exercise, level of pain and labour outcome

**Setting of Study**

**Population:** All normal primigravida mothers experiment (n=100) and control (n=100) in active stage of labour admitted in Hyderabad government hospital during study period from 2021 to 2022 .

**Sample:** Primigravida mothers in 1st stage of labour

**Sampling Technique:** Purposive sampling technique with random assignment using lottery method in which each respondents of the population (experiment & control group) is assigned a number, after which numbers are selected at random.

### Procedure

Following official administrative approval, the last study was carried out in a government hospital. During interviews with the mothers of the experimental group 1 and control groups, sample characteristics and pre-test pain intensity were evaluated.

A visual analogue scale was used to measure the degree of pain at 4-6 cm dilatation. After that, moms in experimental group 1 were placed in upright postures for 30 minutes, while experimental group 2 received breathing exercises and the control group received no treatment. After 15 minutes, both experimental groups 1 and 2 and the control group had their degree of pain and labor outcomes evaluated. One hour later, the amount of pain was evaluated once more. Pre-test levels of discomfort were once more tested at 7-9cm dilation, after which mothers in experimental group 1 were placed in upright postures, while experimental group 2 received breathing exercises and the control group received no treatment for 30 minutes.

After 15 minutes, both the experimental 1 & 2 and control groups had their degree of pain and labor outcome evaluated. After an hour, the level of pain was evaluated. After the delivery, scores on the labor result were evaluated.

### Statistical analysis

Statistics that are both descriptive and inferential were used to analyse the data. Furthermore, all descriptive data collected from experiment and control groups of the study were analysed by using statistical software (SPSS). Primigravida moms' frequency and percentage distribution features in the experimental and control groups.

### Result:

A technique for unwinding that lessens the detrimental effects of stress on both your body and mind. You might discover that using relaxation techniques might help you cope with the stress of everyday life. These techniques can also be effective for persistent stress or stress that is linked to a number of medical conditions, such as coronary artery disease or chronic pain. A calming setting, music therapy, aromatherapy, acupressure, deep breathing or rhythmic breathing, maternal positions, waking up and moving around the room, giving comfort and outlining the labor process are all examples of relaxation techniques that you might already be familiar with. Other techniques for relaxing include: All of them are advantageous to use as you prepare for the birth and heal afterwards. Other relaxation techniques may be foreign to you, but you might discover that they are beneficial in a different way.

Table 1 Efficacy of relaxation Procedure during period cramp throughout primigravida mothers within the initial phase of Childbirth

Relaxation Procedure	Experiment (%) (N=100)	Control (%) (N=100)	P value
Heat or ice compression	60%	40%	0.001
Massage or reflexology and therapeutic touch	88%	12%	0.0001
Relaxing environment	66%	34%	0.001
Music Therapy	55%	45%	0.01
Aromatherapy	60%	40%	0.001
Acupressure	45%	55%	0.01
Deep breathing/patterned breathing	77%	23%	0.001
Maternal positioning	68%	32%	0.001

Waking	77%	23%	0.001
moving around the room	40%	60%	0.001
Giving assurance , explaining the labor process	65%	35%	0.001

Significant p<0.05, 0.01\*,0.001\*\*,0.0001\*\*\*

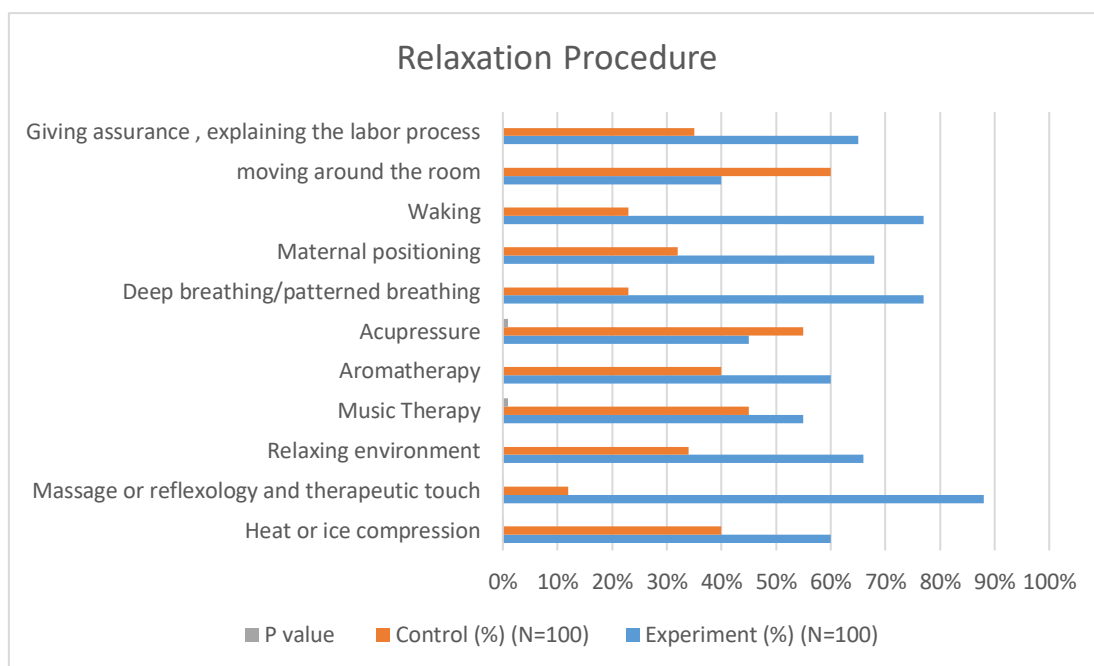


Figure 1

Therefore, as can be seen in Table 1& Figure 1 , the vast majority of respondents from the experimental group significantly agree that the relaxation procedure that was effective during pregnancy in Primi Mothers was heat or ice compression 60%, massage or reflexology and therapeutic touch 88%, a relaxing environment 66%, music therapy 55%, aromatherapy 60%, acupressure 45%, deep breathing/patterned breathing 77%, maternal positioning 68%, waking 77%, and moving around the room 40%. In comparison to the control group, 65% of the time was spent providing assurance and explaining the labor process.

**Discussion**

Being able to unwind can help you save energy throughout labor's initial stages. The pauses between contractions are more peaceful when you deliberately relax. Additionally, you'll have greater energy for pushing during the second stage of labor. You can feel even a tiny bit of stress with practice and concentration. The results of this study show that relaxation techniques are significantly effective among first-time mothers. As a result, this outcome is anticipated. In a study by Bobak TM& Lowdermilk DL,(2007), where both groups had equal mean SAI results From before interaction, it was assessed if breathing exercises included in integrated breathing exercises may help pregnant women feel less anxious and stressed out. Maternal women across both sections have a rise in their average fear after labour, but the increase inside this normal control is greater than the difference in the experimental. Childbearing age women who garnered education had narrower labours (5h 57 min.) along with their counterparts in the healthy controls, who earned no admonition, according to the findings of a research study by Ignites N. & Willow S.K. (2005) that examined the effects of led or neutral gasping for air but rather stress relief exertion even during trimester of pregnancy (8 h 55 min). Because once labour started, a movie on "breathing techniques before labour" was exhibited to the research sample of stakeholders in Blair DT and Steven V.G.'s (2008) research to assess the impact of movies on relaxation techniques during labour-on-labour length within nulliparous women.

## Conclusion

According to this study, using relaxation techniques can help first-time mothers' labor last less time and with less anxiety. It is suggested that hospital workers who provide services learn about these processes including advocate for them among expectant mothers.

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