Assess the Knowledge Regarding Coping Strategies during Labor among Primigravida Postnatal Mothers in Tertiary Care Hospital, Nellore

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Abstract: Labor is an Emotional Experience to Women It Includes Both physiological and psychological events .labour pain is the annoying experience of women during labour. The present cross sectional descriptive study was conducted for identifying the knowledge regarding coping strategies during labour among primigravida postnatal mothers.30 postnatal mothers were selected by non probability convenience sampling technique. Data was collected by using semi structured questionnaire. Analysis was performed by using descriptive and inferential statistics. The results revealed that majority of women are having inadequate knowledge regarding coping strategies during labour. Hence there is need to educate the women during antenatal visits thereby can improve coping strategies towards the effects of events during labour.

Key words: Knowledge, Coping Strategies, Labour, Primigravida Postnatal Mothers

INTRODUCTION:

Pregnancy and child birth are events of great anticipation and glorious movements in women’s life. The child birth is a normal physiological event with the potential to evoke a range of positive and negative experiences. Considerable attention is needed to focus on improving mother's positive experiences of child birth and reducing negative experiences can play a role in exacerbating various postnatal disorders. Labor is much more than a purely psychological event. Women should have adequate information regarding labor to ensure proper understanding of changes that labor will bring. Most of the women were anxious not able to follow the information of health care personnel. The investigator during her experience in the clinical field has observed that mothers who have given birth through normal delivery experiences a state of extreme fear and tension. Labor possesses its changes in relation to the birth environment, coping strategies, pain management intervention, technology and the actual process of birth. Proper education during antenatal period may enhance the coping with changes during labour.

Objectives:

- To assess the knowledge regarding coping strategies during labor among primigravida postnatal mothers.
- To find out association between level of knowledge and socio demographic variables of primigravida postnatal mothers.

MATERIALS AND METHODS:

Quantitative approach and cross sectional descriptive design was used for present study.30 primigravida postnatal mothers were selected by using the non probability convenience sampling technique. After obtaining informed consent from participants the data was collected by using the semi structured questionnaire and responses were documented. Descriptive and inferential statistics were used for analyzing the data.

Criteria for sample selection:

Inclusion criteria: postnatal primigravida mothers

- willing to participate in the study
- in the age group between 18 to 35.

Exclusion criteria:
The mothers who undergone caesarean section
Not available during the period of data collection.

RESULTS:

Section –I Frequency and percentage distribution of socio demographic variables

Majority of primigravida postnatal mothers with respect to age 13(43.33%) are between 22-25 years of age and with regard to religion 19(63.3%) are belongs to Hindu, in relation to educational qualification of postnatal mothers 25(83.3%) are illiterate, and in relation to type of family 9(30%) postnatal mothers are belongs to joint family ,and with context to occupation 26 (86.6%)are house wives, with respect to family income 13 (43.3%) postnatal mothers are having Rs.5001-7000 per month , and with regard to information regarding labor, majority of postnatal mothers are 16(53.33%) got from relatives.

Section –II Frequency and percentage distribution of level of knowledge regarding coping strategies.

Table: 1, Frequency and percentage distribution of level of knowledge

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Level of knowledge</th>
<th>(F)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate knowledge</td>
<td></td>
<td>12</td>
<td>40%</td>
</tr>
<tr>
<td>Moderately Adequate knowledge</td>
<td></td>
<td>10</td>
<td>33.3%</td>
</tr>
<tr>
<td>Adequate knowledge</td>
<td></td>
<td>8</td>
<td>26.6%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>30</td>
<td>100</td>
</tr>
</tbody>
</table>

Section-III Mean and standard deviation of knowledge scores regarding coping strategies of primi gravida post natal mothers.

Table: 2, Mean and standard deviation of level of knowledge

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Mean</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of knowledge</td>
<td>13.4</td>
<td>3.76</td>
</tr>
</tbody>
</table>

Section- IV

Association between the level of knowledge and socio demographic Variables primigravida postnatal mothers.

The study finding reveals that there is an association between the level of knowledge with socio demographic variables such as type of family has shown significant association and remaining variables like age, educational qualification, religion, source of information, monthly family income has shown non significant association with level of knowledge.

CONCLUSION:

The study findings revealed that the majority of women having inadequate knowledge regarding coping strategies during labour.hence there is a need to give education to the antenatal mothers thereby can improve the coping abilities of women during labour.

REFERENCES:

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