



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.4
IJAR 2024; 10(5): 363-365
www.allresearchjournal.com
Received: 12-04-2024
Accepted: 16-05-2024

Sanatombi Gangmei
Student, Department of
Obstetrics & Gynaecological
Nursing, Faran College of
Nursing, Bangalore,
Karnataka, India

Tisha John
Principal, Department of
Obstetrics & Gynaecological
Nursing, Faran College of
Nursing, Bangalore,
Karnataka, India

Corresponding Author:
Tisha John
Principal, Department of
Obstetrics & Gynaecological
Nursing, Faran College of
Nursing, Bangalore,
Karnataka, India

A study to evaluate the effectiveness of aromatherapy on deduction of labour pain during first stage of labour among the primigravida mothers at selected hospital, Bangalore

Sanatombi Gangmei and Tisha John

Abstract

Background: Pregnancy is a unique, exciting, and often joyous time in woman's life, as it highlights the woman's amazing creature and nurturing powers while providing a bridge to the future. Pain in labour is nearly universal experience for the child bearing women. Olive oil back massage stimulates the body to release endorphins, which are leaving natural pain killing properties.

Aim: To evaluate the effectiveness of aromatherapy on deduction of labour pain during first stage of labour pain among primigravida mothers.

Materials and Methods: A true experimental study with simple random probability sampling technique is used for the sample. Study was conducted on 40 samples (20 in each experimental and control group). Modified descriptive pain scale was used for the data collection and the data were analyzed using descriptive and inferentials statistics.

Results: The results revealed that out of 40 primigravida mothers at first stage of labour pain (20 each group in experimental and control group) the pre-test and post-test in experimental group under moderate pain was 7(35.0%), 13(65.0%) are severe pain. In post-test, 9(45.0%) of mothers are mild pain and moderate pain were 11(55.0%). The results revealed that pre-test and post-test value for labour pain level was 22.89 which were significant at level of 0.05 ($\chi^2=22.89$ is higher than table value 5.991) there by indicating that aromatherapy is effective on deduction of labour pain during first stage of labour among primigravida mothers in experimental group. Therefore, there is a significant deduction on the level of pain after aromatherapy among primigravida mothers in experimental group.

Conclusion: The results revealed that the aromatherapy back massage with warm olive oil has a significant effect on deduction of labour pain during first stage of labour among primigravida mothers. And also nurses can be empowered to use complementary therapies in hospitals.

Keywords: Primigravida mothers, aromatherapy, back massage, olive oil, effectiveness, labour pain

Introduction

Epilepsy is a chronic neurological problem mainly characterized by tonic chronic seizures and other associated symptoms. Epilepsy is the tendency to have seizures that start in the brain. The brain uses electrical signals to pass messages between brain cells. If these signals are disrupted, this can lead to a seizure.

Methodology

The objectives of the study were to assess the knowledge regarding epilepsy among adults in selected community of Assam. To determine the association of level of knowledge regarding epilepsy with the selected demographic variable. The non-experimental descriptive design was adopted for the study. The population consisted of adult of age between 19 to 60 years. The sample consisted of 100 adults selected by using convenient sampling technique. The data was collected through structured knowledge questionnaire. Statistical methods used for the analysis were descriptive and inferential statistics.

Sample size

The sample size was 100 adults both male and female from Satgaon, Morigaon, Assam.

Sampling technique

Non-probability convenient sampling technique was used to draw sample.

Tool for data collection

The tool used in the study were.

Section I: Demographic variable**Section II: Tool to assess pain****Modified visual analogue pain scale**

Method of data collection: Some selected demographic variables and tool to assess pain were used for the collection of data in the study.

Procedure for data collection

Permission from the concerned authority: Prior to data collection, permission was taken from the Sri Sai Hospital. With permission obtained, the data were collected from 40 primigravida mothers (20 each group) subjects were divided

into experimental and control group through probability sampling technique. A pre-test was conducted by using the modified descriptive pain scale on the primigravida mothers at first stage of labour pain which took around 30 minutes for each participant.

For the experimental group, aromatherapy was administered using warm olive oil for 10 minutes and repeats for every one hour during active phase. Post-test was conducted for the experimental group after active phase using modified descriptive pain scale and finale one is considered.

Data analysis

The data were analyzed and interpreted in accordance with the objectives of the study by using descriptive and inferential statistical methods. Frequency and percentage distribution methods were used for the analysis of demographic variables in the study. Paired 't' test was done with mean pre-test and post-test knowledge score to evaluate the effectiveness of aromatherapy.

Table 1: Mean, mean % and SD, of pre-test and post-test with enhancement and 't' value among control group etc.

Aspects	Max score	Pain scores				Paired 't' test
		Mean	SD	Mean (%)	SD (%)	
Pre test	10	7.45	0.50	74.5	5.0	7.09*
Post test	10	5.15	1.28	51.5	12.8	
enhancement	10	2.30	1.45	23.0	14.5	

Table 2: pre-test and post-test on deduction of labour pain during first stage of labour in control group.

Pain Level	scores	Pain scores				χ^2 Value
		Pre test		Post test		
		N	%	N	%	
Mild	1-3 score	0	0.0	0	0.0	21.54*
Moderate	4-6 score	0	0.0	14	70.0	
severe	7-9 score	20	100.0	6	30.0	
Total		20	100.0	20	100.0	

Table 3: Pre-test and Post-test on deduction of labour pain during first stage of labour in experimental group.

Pain Level	scores	Pain scores				χ^2 Value
		Pre test		Post test		
		N	%	N	%	
Mild	1-3 score	0	0.0	9	45.0	22.89*
Moderate	4-6 score	7	35.0	11	55.0	
severe	7-9 score	13	65.0	0	0.0	
Total		20	100.0	20	100.0	

Discussion

Findings reveals in experiment group that 7 (35.0%) primigravida mothers at first stage of labour pain in pre-test were moderate pain and 13(65.0%) primigravida mothers at first stage of labour pain in pre-test were severe pain. In post-test 9(45.0%) primigravida mothers at first stage of labour pain score were moderate pain and 11(55.0%) primigravida mothers at first stage of labour pain score were severe pain. This show that aromatherapy on deduction of first stage of labour pain.

Findings reveals in control group that 20(100.0%) primigravida mothers at first stage of labour pain in pre-test were severe pain. In post-test 14(70.0%) primigravida mothers at first stage of labour pain score were moderate pain and 6(30.0%) primigravida mothers at first stage of

labour pain score were severe pain. This show that aromatherapy on deduction of first stage of labour pain.

Conclusion

The findings of the study revealed that there is deduction of first stage of labour by giving aromatherapy. The study concluded that an aromatherapy is effective on deduction of labour pain during first of labour among the primigravida mothers.

References

1. Mortazani SH, Khaki S, Moradi R, *et al.* Effects of massage therapy and presence of attendant on pain, anxiety and satisfaction during labor. Arch Gynecol Obstet; c2012, 2227-4.

2. Joseph RM, Fernandes P. Effectiveness of jasmine oil massage on reduction of labor pain among primigravida mothers. *Nitte University Journal of Health Science* 2013;3(4):104-107.
3. Manizeh P, Leila P. Perceived environmental stressors and pain perception during labor among primiparous and multiparous women. *J Reprod Infertil*. 2009;10:217-223.
4. Beigi NMA, Broumandfar K, Bahadoram P, Abedi HA. Women's experience of pain during childbirth. *IJNMR*. 2010;15(2):77-82.
5. Simkin P, Hull K. Pain, suffering, and trauma in labor and prevention of subsequent post-traumatic stress disorder. *Journal of Perinatal Education*. 2011;20(3):166-176.
6. Kaur K, Rana AK, Gainer S. Effect of video on breathing exercise during labour among primigravida mothers. *Nursing and Midwifery Research Journal*. 2013;9(1):9.
7. Fraser Diana M, Cooper Margaret A. *Myles Text Book for Midwives*. London; Churchil Living Stone; 14 Ed. p. 230.
8. Annamma Jacob. *A comprehensive text Book Midwifery*, 2nd Edition, New Delhi, Jaypee Brothers Medical Publishers; c2005, p. 151-156.
9. Dutta DC. *Textbook of Gynecology*, 4th Edition, published by New Cental Book Agency in India, p. 114.