

“A STUDY TO ASSESS THE KNOWLEDGE REGARDING ALTERNATIVE THERAPIES FOR MANAGEMENT OF LABOUR PAIN AMONG ANTENATAL MOTHERS IN SELECTED HOSPITALS OF PUNE CITY.”

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ABSTRACT

Alternative therapies are used instead of conventional or mainstream therapies for examples, the use of acupuncture or acupressure rather than analgesics to relieve pain. There is recent development in treatment modalities which is very helpful to the mother during labour. It helps to reduce the pain, lowers her anxiety level & makes her ready for the process of labour. These treatments are other than pharmacological modalities & known as alternative & complementary therapies. Alternative therapies for managing labor pain can provide effective and holistic approaches to complement traditional pain relief methods. These therapies focus on promoting relaxation, reducing stress, and enhancing the body's natural pain management mechanisms. As a result this study aimed to assess the knowledge regarding alternative therapies for management of labour pain among antenatal mothers in selected hospitals of Pune city and to associate its findings with selected demographic variables. The study employed a quantitative research approach, with a non - experimental exploratory design under non-probability purposive sampling procedures. A questionnaire containing 20 sets of questions was formulated and under the process of content validity, the questions were modified. Reliability demonstrated a high relevance of 0.9. The pilot study found that the investigation was easily feasible. Out of 300 antenatal mothers for the main study, the majority of 75% had a good knowledge of alternative therapies for management of labour pain. 41% of the antenatal mothers is 23 – 27 of age group. 38.67% of the antenatal mothers were educated higher secondary. 44.33% of the antenatal mothers were home maker. 35.33% of the antenatal mothers family income is 20001 – 30000. 34.33% of the antenatal mothers period of gestation is 32.1 – 36 weeks. Among the selected demographic age, education, occupation, family monthly income, period of gestation are associated with the knowledge level. The findings of the study shows that antenatal mothers who are susceptible to lack of knowledge about the alternative therapies for management of labour pain. Nursing professionals can take up this as a challenge to improve the knowledge of mothers about the common alternative therapies to reduce the labour pain which will ultimately developed positive towards labour pain.

INTRODUCTION

The pain experienced by women during labor is due to uterine contractions, cervix dilation, and also caused by stretching of the vagina and pelvic area to accommodate the baby. However, less painful labor cannot be fully satisfying for a mother. Technique commonly used to help

women during labor include birthing ball, yoga, hydrotherapy, aromatherapy, acupressure, acupuncture, massage, reflexology, breathing exercise and music therapy. These techniques may not be easily accessible to all women, but they can have a calming effect and help distract the mind from pain, fear and tension. Additionally, medication and relaxation techniques can be used during labor. Labor poses physiological and psychological challenges for women. As labor becomes more intense, there can be conflicting emotions, feelings, fear, excitement and happiness. Some factors that women perceive include tension and anxiety to pain and may affect the birthing experience. Hypnosis can provide relaxation and reduce women's attention to the sensation of pain, resulting in a heightened response to suggestion. This communication can lead to spontaneous changes in perception and behavior. In aromatherapy, essential oils are used for therapeutic purposes. The action of this therapy is not clear according to studies. Investigating the effects of essential oils does not show any change in physiological parameters like blood pressure and heart rate. However, it may provide relief for women from pain and anxiety during labor. Other therapies, such as birthing ball, focus and distraction, audio analgesia, touch and massage, counter pressure, movement and position changes, and breathing patterns, are also used during labor pain.

NEED OF THE STUDY

Pain during labor is a significant concern for many women, and effective pain management is essential for improving the overall childbearing. Alternative therapies offer non-pharmacological approaches to pain management that can be used in conjunction with or instead of traditional pharmacological pain relief methods. There has been a growing interest in alternative therapies among the general population, including pregnant women. Many antenatal mothers seek out alternative therapies such as acupuncture, acupressure, hydrotherapy, reflexology, breathing exercises, birthing balls, music therapy, aromatherapy, massage, and yoga to manage labor pain. Alternative therapies may offer several potential benefits, such as a reduced need for pharmacological pain relief, shorter labor, improved maternal satisfaction with childbirth, and decreased risk of complications. It is essential to explore safe and effective pain management options for antenatal mothers, particularly since pharmacological pain relief methods are associated with side effects and potential risks to both the mother and baby. A study conducted in mangaluru showed that 68% of subjects had an average 26% had poor knowledge, and 6% had good knowledge regarding labor pain relief techniques. According to research, being well prepared can help to cope with labour or more easily by lowering anxiety and reducing discomfort, or at least changing how to perceive pain. There are various non-drug approaches to pain management: It can be less frightening to know what to expect at each stage of labor. Prenatal education sessions are highly advised. Even though there are studies which shows effectiveness of various alternative therapies on management of labour pain, very few studies are there which assess whether the mother have knowledge about the alternative therapies which is important for them to know. With this review the investigators felt the need of assessing the knowledge regarding alternative therapies for management of labour pain among antenatal mothers

AIM OF THE STUDY

The aim of the study was a descriptive study to assess the knowledge regarding alternative therapies for management of labour pain among antenatal mothers in selected hospitals of Pune city.

RESEARCH METHODOLOGY

The objectives of the study are to assess the knowledge regarding alternative therapies for management of labour pain among antenatal mothers in selected hospitals of Pune city and to find an association between knowledge of alternative therapies for management of labour pain with selected demographic variables in the study. The study used quantitative research approach. The non-probability purposive sampling technique was used. The sample consist of 300 antenatal mothers in selected hospitals of Pune city who had fulfilled the inclusion criteria of the study in order to assess the knowledge regarding alternative therapies for management of labour pain. Demographic variables includes age, education, occupation, family monthly income and period of gestation. A self-structured questionnaire containing 20 sets of questions was formulated to assess the knowledge regarding alternative therapies for management of labour pain. Content validity of the questionnaires was done, reliability demonstrated a high relevance of 0.9. The pilot study was conducted on 1/10th of the study sample, found that the investigation was feasible.

RESULTS

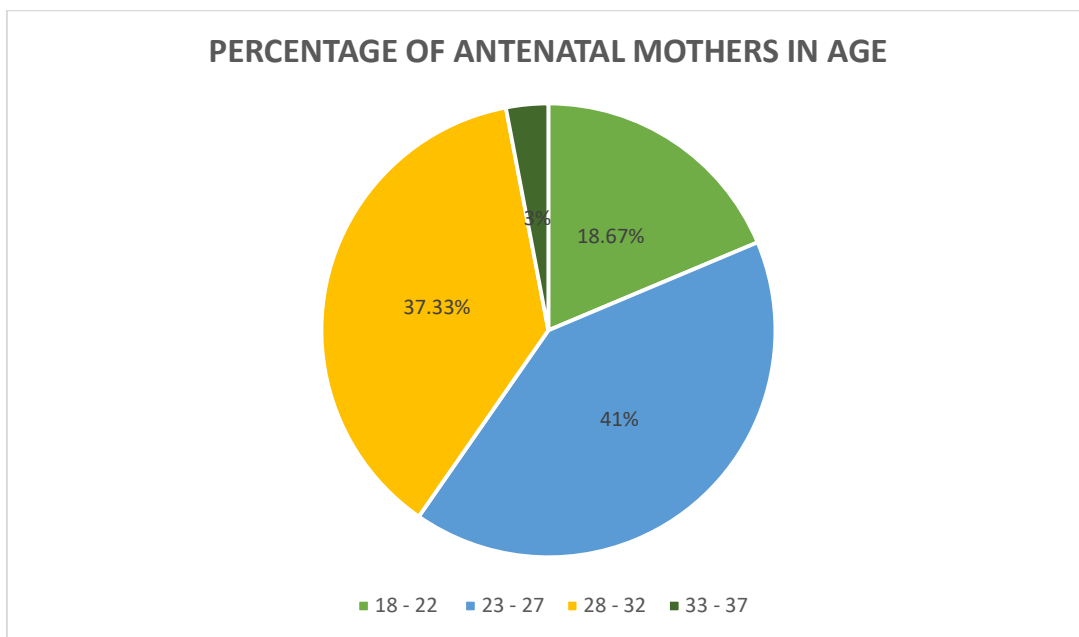


Fig. 1 Analysis of demographic data of antenatal mothers

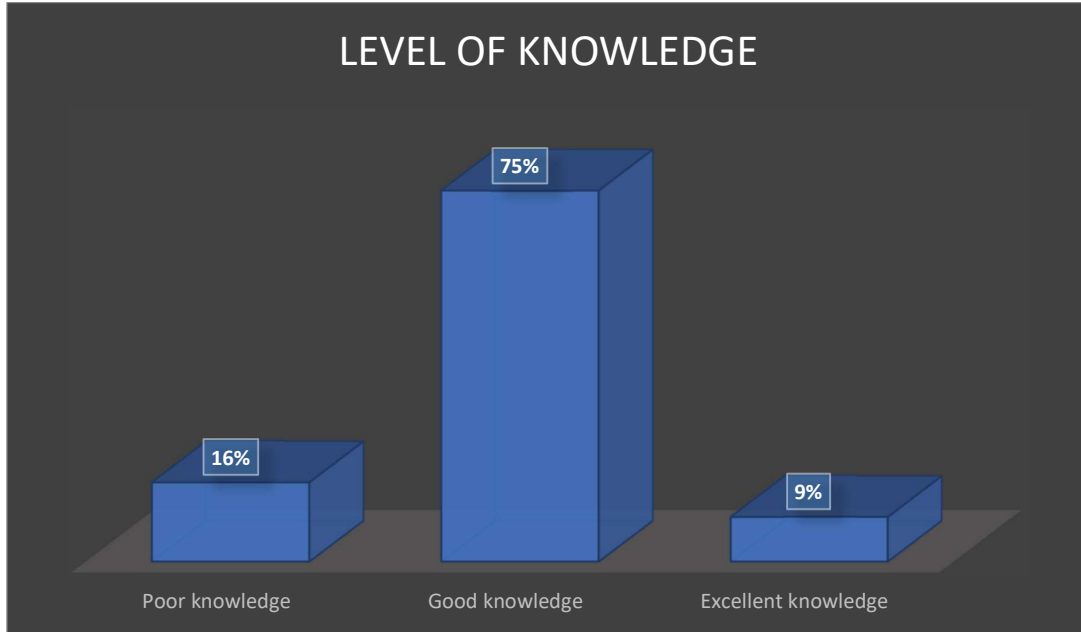
Figure no – 1 shows that, majority 41% of the antenatal mothers is 23 – 27 of age group, 37.33% of the antenatal mothers is 28 – 32 of age group, 18.67% of the antenatal mothers is 18 – 22 of age group, 3% of the antenatal mothers is 33 – 37 of age group.

Other demographic variables

The majority 38.67% of the antenatal mothers were educated higher secondary, 32.67% education upto secondary, 22.33% upto graduate and above and 6.33% upto primary education.

The majority 44.33% of the antenatal mothers were home maker, 29.34% of the antenatal mothers were self employed, 26.33% of the antenatal mothers were employed.

The majority 35.33% of the antenatal mothers family income is 20001 – 30000, 33.33% of the antenatal mothers family income is 15001 – 20000, 20.01% of the antenatal mothers family income is 10000 – 15000, 11.33% of the antenatal mothers family income is 30001 and above. The majority 34.33% of the antenatal mothers period of gestation is 32.1 – 36 weeks, 27.67% of the antenatal mothers period of gestation is 28.1 – 32 weeks, 27.33% of the antenatal mothers period of gestation is 36.1 – 40 weeks, 10.67% of the antenatal mothers period of gestation is 24 – 28 weeks.



2. Analysis of knowledge regarding alternative therapies for management of labour pain among antenatal mothers

Fig No. 2. Distribution of frequency and percentage of the level of knowledge regarding alternative therapies for management of labour pain among antenatal mothers.

The above fig. shows that the majority 75% of samples had good knowledge regarding alternative therapies for management of labour pain, 16% of samples had poor knowledge regarding alternative therapies for management of labour pain, 9% of samples had excellent knowledge regarding alternative therapies for management of labour pain.

Table no. 1: Mean, Standard deviation of knowledge regarding alternative therapies for management of labour pain among antenatal mothers.

Level of knowledge	Frequency	Percentage	Mean	SD
Poor knowledge	48	16%	10.323	2.7
Good knowledge	225	75%		
Excellent knowledge	27	9%		

The data presented in Table No. 01 reveals that the mean level of the data is 10.323, which means it falls on average score. It also shows that the Standard deviation is 2.7.

3. Analysis of association of knowledge regarding alternative therapies for management of labour pain with selected demographic variables:

Association is calculated using chi-square, in which the p-value of age, educational status, family monthly income, and period of gestation are lesser than 0.05 level of significance, found to be associated with the level of knowledge.

DISCUSSION

The main aim of the descriptive study is to determine the knowledge regarding alternative therapies for management of labour pain among antenatal mothers. The study was done on 300 antenatal mother under the given criteria. Each participant was informed of the purpose of the study, and consent and confidentiality weremaintained. The questionnaire was divided into two sections, the first one collected demographic variables such as age, education, occupation, monthly income and period of gestation. The second section comprised a self-constructed questionnaire consisting of 20 questions with multiple-choice. The results revealed the majority of 41% of the antenatal mothers is 23 – 27 of age group, 38.67% of the antenatal mothers were educated higher secondary, 44.33% of the antenatal mothers were home maker, 35.33% of the antenatal mothers family income is 20001 – 30000 and 34.33% of the antenatal mothers period of gestation is 32.1 – 36 weeks. The results indicate that 75% of antenatal mothers having good knowledge, 16% of antenatal mothers having poor knowledge, 9% of antenatal mothers having excellent knowledge regarding alternative therapies.

A similar study was conducted to assess the knowledge regarding complementary therapy among antenatal mothers attending antenatal clinic in the selected Hospital at Kollam reveals that 40% of antenatal mothers have inadequate knowledge, 59% have moderate knowledge and only 1% have adequate knowledge regarding complementary therapies in pretest.

This shows that there is a need to improve the knowledge of the mother regarding alternative therapies for management of labour pain, which in turns will have to bring positive towards labour. This can be taken up as a challenge by nursing professionals to educate the women regarding different alternative therapies to reduce labour pain.

CONCLUSION

Reviews of maternity services and worldwide studies all point out the urgent need to address the rising prevalence of interventions during labour and delivery, specially the rise in caesarean section rate where women are fear of pain. This can be brought down only by increasing the awareness and knowledge of women about the different alternative therapies available to relief pain during labour. Research studies have looked at antenatal mothers to enhance the ability of individuals to respond effectively to actual or potential problems. Conducting research in different modalities will help to develop nursing knowledge and uplifting of the nursing profession. Teaching programs on antenatal mothers during period of gestation focusing on various aspects as alternative therapy as one aspects that nurses should be aware and have adequate knowledge about it. Such programs should include a comprehensive guide, qualified team members, effective teamwork, and well-defined objectives and goals. A similar study can be done on a larger scale and different settings which may help in developing a more refined and clear conclusion. The reorientation of antenatal education and the promotion of birth as a normal physiological event is critical if we are to reduce interventions in birth. This shift

requires education and support to help women manage challenges faced during labour and birth.

CONFLICT OF INTEREST

We, researchers, understand that conflict of interest refers to situations in which financial or other personal considerations may compromise our judgment in evaluating, conducting, or reporting research. We hereby declare that we do not have any personal conflict of interest that may arise from our application and submission of our research proposal.

FUNDING SOURCE

"There is no funding source for this study."

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