

To Assess the Effectiveness of Aromatherapy Back Massage on Reducing Labor Pain among Primigravida Mother at Selected Hospitals of Bharuch District

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Abstract: Labor is a series of rhythmic, progressive contractions of the uterus that gradually move the fetus through the lower part of the uterus (cervix) and birth canal (vagina) to the outside world. Using quantitative research design the investigator has collected 40 samples by simple random sampling technique. The aim of the study was to assess the level of pain among primigravida mothers after administration of aromatherapy back massage. The findings of the study proved that a significant difference was found in the experimental group. Significant difference was found between experimental group and control group. There is significant effect of aromatherapy back massage on reducing labor pain among primigravida mother.

Keywords: Assess, aromatherapy, labor pain, primigravida mother

1. Introduction

“Birthing is the most profound initiation to spirituality a women can have.”

Robin Lim

Labor is a series of rhythmic, progressive contractions of the uterus that gradually move the fetus through the lower part of the uterus (cervix) and birth canal (vagina) to the outside world.

Child birth is a painful and stressful event in a woman's life. Pregnant women commonly worry about pain during labor and birth. Labor pain is caused by uterine contractions, cervical dilatation, vaginal and pelvic floor stretching. It has been described as one of the most intense forms of pain.

Need of the Study

The UN estimate that around 3,85,000 babies are born each day around the world (140 million a year) This number will remain relatively stable in the 50 years from 2020 to 2070. It shows that 140 million mothers are suffering from labor pain around the world. In India 25 million child born per year and In Gujarat the fertility rate is about 1.9 million. The use of aromatherapy in labor was also explored in an observational study undertaken in the UK, involving a sample of 8053 participants (Burns et al., 2000). In this study, all consenting women who were in labor were eligible to participate, with the exception of those with multiple allergies or those in premature labor (<36 weeks of gestation). Irrespective of maternal parity or labor onset (spontaneous versus induced), women consistently reported aromatherapy as a helpful adjunct to their labor experience, and there was a lower epidural rate and opioid injection rate in the aromatherapy group (Burns et al., 2007)

Statement of the Problem:

"A study to assess the effectiveness of aromatherapy back massage on reducing labor pain among primigravida mother at selected hospital of Bharuch district."

Objectives

- 1) To assess the level of labor pain before administration of aromatherapy back - massage in primigravida mother.
- 2) To assess the level of labor pain after administration of aromatherapy back - massage in primigravida mother.
- 3) To compare the level of labor pain before and after administration of aromatherapy back -massage.

2. Methodology

This chapter discuss the methodology adopted for the study and include research approach, design setting for the study, population, and Sample, sampling technique, validity of tool, data collection, procedure and plan for analysis.

Research Approach and Rationale: The approach indicate the basic procedure for conducting research. The choice of the appropriate approach depends upon the purpose of the study. A quantitative approach was considered most suitable for this study as the aim of the study is to assess the level of labor pain after administration of aromatherapy massage. Here the investigator uses experimental study to assess the level of labor pain among primigravida mothers of selected hospitals of Bharuch.

Research Design: Research design selected for present study is quasi experimental study design. It is blue print for conduct of a study.

Study Variable: In this study the variable are: Age, Education, Type of family, Income, Occupation and

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Residence

Research Setting: Setting refers to the areas where the study is conducted. The present study areas are selected hospitals of Bharuch, Gujarat.

Target Population: The target population of this study consist of all the primigravida mothers admitted to hospital with labor pain.

Sample Size and Sampling Technique: Sampling is process of selecting a portion of the population that represent the entire population. Sampling is necessary because it is more economical and efficient to work with small group of elements. The population for the study was primigravida mothers with labor pain admitted to labor room of Bharuch district, Gujarat. Sample size of this study consisted of 40 primigravida mothers admitted to the antenatal ward of selected hospital of Bharuch.

Sampling Techniques

The investigator has adopted simple random technique for the selection of sample. Samples who met the selection criteria were selected. The investigator had prepared the list of primigravida mothers from the admission register of ward 1 & 2. The investigator had selected 20 samples each for both the experimental group and control group.

Criteria for Sample Selection

Inclusion Criteria:

- Primigravida mother.
- Age group between 21-35 Years.
- Did not take analgesic drugs OR not receive a Non-Pharmacological Method of pain relief in past 8th hours.
- 3-4 cm Cervical Dilatation.
- Primigravida mother who willingly participate in study. Present during data collection.

Exclusion Criteria

- Primigravida mother above the age group of 35 Years. Allergy to Oil.
- Primigravida mother who are not willingly participate in the study.
- Not present during data collection.

Selection of Tool for Data Collection

Based on the objective of the study the investigator had kept Visual analogue scale and partograph to assess the labor progress.

Construction of Tool: The investigator had used standardized tool that is visual analogue scale.

3. Analysis and Interpretation of the Demographic Data:

The data collected was tabulated organized and present under the following and consist of two section.

Section 1: Analysis and interpretation of the personal data of sample such as age, education, type of family, income, occupation and residence

Section 2: Analysis and interpretation of the level of pain of primigravida mothers after administration of aromatherapy massage.

Frequency percentage wise distribution by characteristics of sample as age, education, type of family, income, occupation and residence.

Table 1: Score Interpretation

Score	Level
0	None
1-3	Mild
4-6	Moderate
7-10	Severe

Demographic Variable	Experimental n=20		Control n=20	
	f	%	f	%
Age				
A. <20	02	10%	8	40%
B. 21-25	14	70%	10	50%
C. 26-30	04	20%	02	10%
D. 31-35	00	0%	00	00%
Education				
A. Illiterate	02	10%	04	20%
B. Primary	11	55%	10	50%
C. Secondary	05	25%	06	30%
D. Graduate/Above	02	10%	00	00%
Type of family				
A. Nuclear family	03	15%	03	15%
B. Joint family	17	85%	14	70%
C. Extended family	00	00%	03	15%
D. Single parent family	00	00%	00	00%
Income				
A. <10,000	10	50%	06	30%
B. 11,000-15,000	10	50%	08	40%
C. 16,000-20,000	00	00%	06	30%
D. >20,000	00	00%	00	00%
Occupation				
A. Housewife	18	90%	11	85%
B. Working women	02	10%	03	15%
Residence				
A. Urban	09	45%	08	40%
B. Rural	11	55%	12	60%

Majority of samples in experimental group 14(70%) belongs to the age group of 21-25 years, 4(20%) belongs to the age group of 26-30 years, 2(10%) belongs to the age group of <20 and 0(0%) belongs to the age group of 31-35. In Control group majority of samples 10(50%) belongs to the age group of 21-25 years, 8(40%) belongs to the age group of <20, 2(10%) belongs to the age group of 26-30 years and 0(0%) belongs to the age group of 31-35.

In Experimental group the majority of samples 11(55%) had completed primary education, 5(25%) had completed secondary education, 2(10%) had completed graduation and 2(10%) were illiterate. In Control group 10(50%) had completed primary education, 6(30%) had completed secondary education, 4(20%) was illiterate and 0(0%) had not done their graduation.

In experimental group Majority of samples 17(85%) belongs to the joint family, 3(15%) belongs to the nuclear family and 0(0%) belongs to the extended and single parent family. In

control group majority of samples 14(70%) belongs to the joint family, 3(15%) belongs to the nuclear and extended family and 0(0%) belongs to the single parent family.

In experimental group majority of samples 10(50%) belongs to (<10, 000) or (10,000-15,000) and 0(0%) belongs to (16,000-20, 000) or (21,000-25, 000). In control group majority of samples 8(40%) belongs to (10,000-15, 000), 6(30%) belongs to (<10, 000) or (16, 000-20, 000) and 0(0%) belongs to (21, 000-25, 000).

In experimental group the majority of samples 18(90%) were Housewife and 2(10%) were working women. In control group majority of samples 17(85%) were Housewife and 3(15%) were working women.

In experimental group majority of samples 11(55%) belongs to rural area and 9(45%) belongs to urban area. In control group 12(60%) belongs to rural area and 8(40%) belongs to urban area.

Pre-test data shows that in experimental group, 0% (0) had mild level of pain, majority 60% (12) of primigravida women had severe level of labor pain and 40% (8) had Moderate level of labor pain. Whereas in control group, 0 % (0) had mild pain and majority of primigravida women 65% (13) had severe level of labor pain and 35% (7) had moderate level of labor pain.

Post-test data shows that in experimental group, 80% (16) had majority of level of labor pain, 5% (1) had Mild level of labor pain and 15% (3) had severe pain. Whereas in control group, 10% (2) had moderate pain and majority of primigravida women, 90 % (18) had severe level of labor pain.

Summary

An experimental study to find out the level of labor pain after administration of aromatherapy massage. The study was so effective as it is beneficial for the mother to experience less pain and anxiety during labor.

4. Major Finding of the Study

The findings of the study proved that a significant difference was found in the experimental group (**'t' 14.11, p<0.001**). significant difference was found between experimental group and control group. The pre-test (**'t ' 1.36, p>0.05**) and the post-test (**'t'11.08, p<0.001**). There is significant effect of aromatherapy back-massage on reducing labor pain among primigravida mother.

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