

Effectiveness of Video Assisted Teaching on Anxiety regarding Birthing Process among Antenatal Women at Selected Hospital

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Abstract: Introduction: Childbirth, also known as labor and delivery, is the ending of a pregnancy by one or more babies leaving a woman's uterus. Childbirth is a life-turning event in the most basic sense of the word. It means not only giving birth to a new life, but also becoming something new a parent. Antenatal education is a crucial component of antenatal care, yet practice and research demonstrate that women and men now seek far more than the traditional approach of a birth and parenting program attended in the final weeks of pregnancy. Objectives: 1) To assess the level of anxiety related to birthing process among antenatal women. 2) To assess the effectiveness of video assisted teaching on level of anxiety regarding birthing process among antenatal women. 3) To find out the association between level of anxiety regarding birthing process among antenatal women with their selected socio-demographic variable. Methods and materials: The research approach used was quantitative research approach. The research design selected for the study was a quasi-experimental one group pre-test post-test research design. Setting of the study: This study was conducted in antenatal OPDs in selected hospital. The sample was antenatal women. Sampling technique was Non probability convenient sampling technique. Description of tools: Modified Spielberger state trait anxiety inventory scale to assess anxiety regarding birthing process. Result and discussion: The mean pre-test score was 69.8 with the standard deviation of 11.00, whereas in Post-test it was 53.43 with the standard deviation of 9.92. The mean difference in pre-test and post test scores was 16.37. It shows that the video assisted teaching was effective in significantly reducing anxiety regarding birthing process among antenatal women.

1. Introduction

Childbirth is one of the most memorable and rewarding event of a couples life. No matter how often a woman gives birth, each experience is an intimate and unique celebration of life. Though labor and delivery are not without pain and some degree of anxiety, if mother remains confident, well-informed and fully supported by health workers and partner, she is likely to have no problem handling the awesome task of bringing a child into the world.

2. Background of the Study

The prenatal onset of anxiety is quite common but when intervened. It can lead to a complicated delivery. Especially common in new mothers, prenatal anxiety has been shown to lead to pregnancy related health conditions such as gestational diabetes and cardiovascular conditions such as higher blood pressure. One such finding lends increase in health complications to the mother's abnormally high release of cortisol, the stress hormone. Nursing research that addresses such issues as what is the best timing during pregnancy for education about birth, what teaching techniques help parents retain most from nurses during labour would be helpful to better identify the needs for preparation for labor.

3. Need for the Study

Anxiety is a feeling of nervousness, apprehension, fear or worry. Mild anxiety is considered normal for women during labour and birth. However, excessive anxiety and fear increases the catecholamine secretion resulting in more pelvic pain. The stimulus reaches the brain and this in turn magnifies the pain perception. Anxiety, ambivalence, mood swings, introversion, narrowing of interest, depression,

feeling of loneliness and impatience will be experienced during last weeks of pregnancy. Anxiety causes uterine dysfunction and uterine hypoxia which may be the reasons for the occurrence of still birth. This study emphasized psychological factors appear to be most predictive of positive child birth experience include knowledge, confidence and anxiety and recommended prenatal education on imparting knowledge, instilling confidence. Researchers also observed anxiety of primigravida mothers during their clinical posting and felt the necessity to carry out the study.

4. Objectives

- 1) To assess the level of anxiety related to birthing process among antenatal women.
- 2) To assess the effectiveness of video assisted teaching on level of anxiety regarding birthing process among antenatal women.
- 3) To find out the association between level of anxiety regarding birthing process among antenatal women with their selected socio-demographic variable

5. Hypothesis

- 1) H_0 -There is no significant difference between pre-test and post-test anxiety score regarding birthing process among antenatal women measured at $P < 0.05$ level of significance.
- 2) H_1 - There is significant difference between pre-test and post-test anxiety score regarding birthing process among antenatal women measured at $P < 0.05$ level of significance.

6. Assumption

Antenatal women may have anxiety regarding birthing process. Video assisted teaching may be an effective method for reducing anxiety regarding birthing process.

7. Material and Method

Quantitative research approach.

Research design: quasi experimental one group pre-test and post-test design.

Population: 30 antenatal women.

Target population: antenatal women.

Accessible population: primigravida antenatal women of selected hospital.

Setting of the study: Antenatal OPD of selected hospital.

Sample size and sample: 30 antenatal women.

Sampling technique: Non Probability Convenient sampling technique

Description of tool:

Section A- Demographic variable comprised of 5 items seeking information on demographic variable such as age, week of gestation, education, occupation, area of residence.

Section B- modified Spielberger trait anxiety inventory scale to assess anxiety regarding birthing process.

8. Results and Discussion

Section I: Section I- Data on demographic variables among antenatal women

Majority 15(50%) of antenatal women were in age group 22-25 years, majority 19(63.33%) subject were in 37 weeks of gestation, Majority 13 (43.33%) subject were educated up to graduation, Majority 22(73.33%) of subjects were house wives by occupation, majority 21(70%) of subject were lived in rural area.

Section II- Data on level of anxiety regarding birthing process among antenatal women

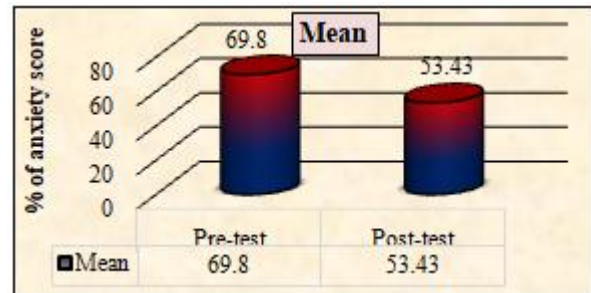
Analysis of pretest anxiety scores of antenatal women revealed that in pre-test 26 (86.66%) subjects were having mild anxiety and in the Post-test, 4 (13.33%) of the subjects had moderate anxiety. While in the Post-test, 4 (13.33%) of the subjects had no anxiety and 26 (86.44%) subjects had moderate anxiety regarding the birthing process.

Section III - Effectiveness of video assisted teaching on anxiety regarding birthing process among antenatal women.

The mean pre-test score was 69.8 with the standard deviation of 11.00, whereas in post-test it was 53.43 with the standard deviation of 9.92. The mean difference in pre-test and post test scores was 16.37. The calculated 't' value was 29.56 whereas the tabulated 't' value was 2.04, it shows that the calculated 't' value was much higher than the tabulated 't' value. It shows that the video assisted teaching was effective in significantly reducing anxiety regarding birthing process among antenatal women

Section IV-Association between levels of anxiety regarding birthing process among antenatal women with their selected socio-demographic variable

The analysis of association of selected demographic variables with anxiety scores using chi-square revealed that there was significant association between anxiety score and selected demographic variables such as area of residence. But it is found that there was a no significant association between anxiety score and selected demographic variables such as age, week of gestation, educational status, occupation at 0.05 level of significance Hence H_2 accepted in case of area of residence and H_2 is rejected in case of variables such as age, week of gestation, educational status, occupation.



Comparison of mean pre-test and post-test anxiety score regarding birthing process among subject

9. Conclusion

The study findings concluded that Video assisted teaching on anxiety regarding birthing process was found to be effective in reducing the anxiety of antenatal women. Antenatal women had a significant reduce in anxiety. It was concluded undoubtedly that the prepared material by the investigator in the form of video assisted teaching helped antenatal women reducing anxiety regarding the birth process.

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