



A Study To Assess The Effectiveness Of Birth Companion During The First Stage Of Labour To Reduce The Level Of Pain Perception Among Primigravida Mothers At Selected Hospitals, Amritsar.

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ABSTRACT: The aim of the study was to examine the effect of birth companion during the first stage of labour to reduce the level of pain perception among primigravida mothers at selected hospitals, Amritsar. Total 60 primigravida mothers were selected by using non-probability convenience sampling technique. From the data collected it was found that in the experimental group, birth companion during first stage of labour had high significance on level of pain perception among primigravida mothers as compared to the control group and the result was found to be significant at $p=0.01$ level of significance.

Keywords: Birth companion, Primigravida, Labour.

Introduction:

Motherhood is the most sacred and greatest boon that god has bestowed upon a woman. During this time, Women go through a lot of physiological and psychological changes. One of the most significant changes is the stretching of the pelvic muscles, which causes unbearable agony. Because labour pain in primigravida women is typically excruciating and the priorities of medical providers is to managing the pain. Many women who admitted in the labour room, were screaming in the active phase of first stage of labour and often asked many questions about the labour process. They requested the doctor to do caesarean section because of pain intolerance. Therefore, some kind of intervention is required in order to partially ease the pain. Compared to pharmaceutical tactics, non-pharmacological strategies are more popular these days. Among all the non-

pharmacological measures, most effective approach is birth companion. The best analgesia during the process of labour is having birth companion who promotes the relaxation and thus helps in the pain management and making the women relax.

Material & Method:

A quasi experimental research design was used in this study. The present study was conducted on primigravida mothers admitted in labour room at Sri Guru Ram Das Hospital and Civil Hospital Amritsar. Total 60 primigravida mothers were selected through the non-probability convenience sampling technique and selected sample was assigned into two different groups that was experimental and control group. Written consent was taken from participants of study. Socio Demographic variables, clinical variables and Numeric Pain Rating Scale was used as tool for data collection. The intervention was given only to the experimental group during first stage of labour.

Result:

Table 1 Frequency and percentage distribution of post-test level of pain perception among primi gravida mothers in experimental and control group

N=60

S. No	Post-test level of pain perception	Experimental group (n=30)		Control Group (n=30)	
		f	%	f	%
1	No pain (0)	0	0	0	0
2	Mild pain (1-3)	6	20	0	0
3	Moderate pain (4-6)	20	66.7	6	20
4	Severe pain (7-10)	4	13.3	24	80

*p<0.05 level of significance

NS- Non-Significant

Table 2 Comparison of pain perception among primi gravida mothers in experimental and control group.

N=60

Comparison	Mean	SD	Mean D	t value	df	p value
Experimental	4.63	1.32	-3.10	-9.38	58	0.01*
Control	7.73	1.23				

*p<0.05 level of significance

*-Significant

Discussion:

In experimental group 66.7% of the mothers had moderate pain and in control group majority of mothers 80% felt severe pain. Present study revealed that in the experimental group the mean score was 4.63 with S.D 1.32 and in the control group the mean score was 7.73 with S.D 1.23. The calculated t value was 9.38 which was statistically highly significant at $p < 0.05$ level. Therefore, results show that H_1 was accepted. Hence, it was concluded that the birth companion was an effective intervention in reducing the level of pain perception among primigravida mothers during the first stage of labour and there was no significant association with socio demographic and clinical variables in the both groups.

Recommendations:

On the basis of present study birth companion shows the effectiveness on level of pain perception during first stage of labour among primigravida mothers, the following recommendations are made:

- The birth companion can be implemented in other settings.
- The study should be conducted on large samples to generalize the findings.
- More research should be conducted in order to develop and improve the awareness of birth companion on level of pain perception among primigravida mothers.
- The study can be conducted using other research design to investigate the effectiveness of birth companion on level of pain perception.

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