



Knowledge regarding alternative methods to reduce labor pain among B.sc nursing 3rd year students in a selected nursing college of Indore

Shikha Joshua

Assistant Professor, Department of OBG, Bombay Hospital College of Nursing, MPMSU, Mumbai, Maharashtra, India

Abstract

A research was conducted among B.Sc Nursing 3rd year students of selected College of Nursing, Indore. Total 40 B.Sc Nursing 3rd year students were selected. Non-Experimental descriptive research design was used for the current study. The study revealed that in the pre-test, the level of knowledge primipara mothers regarding breast feeding techniques was found to be poor (70%), average (30%) and good (0%). Thus an information booklet has been created to upgrade the knowledge regarding alternative methods to reduce labor pain.

Keywords: alternative methods, labor pain, B.Sc Nursing 3rd year students

Introduction

Pain is a subjective experience involving a complex interaction of physiologic, psychosocial, cultural, and environmental influences. Nulliparous women generally experience more sensory pain during early labor. The woman who chooses to deal with childbirth pain by using non-pharmacological methods needs care and support from nurses and other care providers who are skilled in pain management. Many of these methods require practice for best results. Woman should be encouraged to try a variety of methods and to seek alternatives including pharmacologic methods. Nurses play a central role in a family's experience of birth. Complementary therapies have been a part of nursing practice for centuries and are supported today as a part of nursing practice by many state boards of nursing.

Objectives

- To assess the knowledge regarding alternative methods to reduce labor pain among B.Sc Nursing 3rd year students, studying in selected nursing college of Indore city.
- To find out the association between socio-demographic variables and knowledge score of B.Sc Nursing 3rd year students regarding alternative methods to reduce labor pain.
- To develop and distribute the information booklet on alternative methods to reduce labor pain.

Hypothesis

- H₀**- There is no significant association of knowledge score regarding alternative methods to reduce labor pain with their selected socio-demographic variables among B.Sc Nursing 3rd year students.
- H₁**- There is significant association of knowledge score regarding alternative methods to reduce labor pain with their selected socio- demographic variables among B.Sc Nursing 3rd year students.

Materials and Methods

Research Approach

The approach which we are using in this study is quantitative approach.

Research Design

Non-Experimental descriptive research design

Target Population

B.Sc Nursing students

Accessible Population

B.Sc Nursing 3rd year students of Bombay Hospital College of Nursing, Indore

Sample & Sample Size

40 B.Sc Nursing 3rd year students of Bombay Hospital College of Nursing, Indore

Sampling Technique

Convenient sampling technique

Inclusive Criteria

1. Students those who are available during the period of data collection.
2. Those who are willing to participate in the study.

Exclusive Criteria

1. Students those who are not willing to participate in this study.
2. Students those who are not present during the study.

Instruments Used

The collected data are organized and represented under the following sections:

- **Section I:** Socio demographic characteristics of B. Sc nursing 3rd year students.

- **Section II:** Finding related to knowledge score of B. Sc nursing 3rd year students regarding alternative methods to reduce labor pain.
- **Section III:** Association between knowledge scores of B. Sc nursing 3rd year students with selected demographic variables.

Table 1: Frequency and percentage level of knowledge in alternative methods to reduce labor pain

| Grading | Score | Frequency | Percentage (%) |
|-----------|-------|-----------|----------------|
| Excellent | 16-20 | 0 | 0% |
| Good | 11-15 | 0 | 0% |
| Average | 6-10 | 12 | 30% |
| Poor | 0-5 | 28 | 70% |

- Mean knowledge score of B. Sc Nursing 3rd year students is 4.8.
- Standard deviation of B. Sc Nursing 3rd year student’s knowledge is 0.503.
- There is significant association between the socio-demographic variables like age, educational status before entering into B. Sc Nursing course, previous knowledge and class attended previously regarding alternative methods to reduce labor pain among B. Sc Nursing 3rd year students.
- There is no significant association between the socio-demographic variable like source of knowledge regarding alternative methods to reduce labor pain among B. Sc Nursing 3rd year students.

Conclusion

After the detailed analysis, the study lead to the following conclusion that the students studying in Bombay Hospital College of Nursing did not have an adequate amount of knowledge regarding alternative methods to reduce labor pain. Thus, an information booklet has been distributed to enhance the knowledge of B. Sc nursing 3rd year students.

References

1. Anamma Jacob. A comprehensive textbook of midwives, Jaypee publication: 2nd edition, 2007; P-181-182.
2. Basavanthappa BT. Essentials of midwifery and obstetrical nursing: Jaypee publication: 1st edition, 2011; P-54-55.
3. Dutta DC. A Textbook of obstetrics indwelling perinatology & contraception, published by New Delhi Book agency: 6th edition, 2004; P-514-519.
4. Diane M Fraser, Margret A Looper Myles. A textbook of midwives, Elsevier publication: 14th edition, 2008; P-477-478.
5. Diane M. Fraser, Margret A Looper Myles, A textbook of midwives, Elsevier publication: 15th edition, 2009; P-499.