

‘Quasi Experimental Study to Assess the Effectiveness of Back Massage as an Alternative Therapy in Reducing Labor Pain among Women During Active Stage of Labor From Selected Hospital.

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ABSTRACT: This research paper is about Labor may be a very special experience for a mother and her family. Massage, one amongst the oldest non-pharmacological methods of controlling pain, creates physiological and psychological effects on organisms through systematic manipulations that stimulate soft tissues mechanically. Massage induces relaxation during labor, reduces the severity of pain, relaxes muscle spasms, increases physical activity, and contributes to overall relaxation.

Objective - To evaluate the effectiveness of back massage as an alternative therapy in reducing labor pain among women during active stage of labor from selected hospital. Methodology a quantitative evaluatory research approach was found to be appropriate and selected for the study. Quasi experimental research design was used for the study. The sampling technique used in the study was non probability convenient sampling.

Expected Outcomes - The calculated ‘t’ value i.e. 5.64 were much higher than the tabulated value at 5% level of significance for overall pain score of subjects which was statistically acceptable level of significance. Hence it was statistically interpreted that the Back Massage on pain among subjects from selected hospital was effective.

Conclusion : It was concluded undoubtedly the back massage was an effective method and visual analogue pain scale was an effective tool for study.

KEYWORDS: VAS, Quasi Experimental Research Design.

I. INTRODUCTION

Massage, one amongst the oldest non-pharmacological methods of controlling pain, creates physiological and psychological effects on organisms through systematic manipulations that stimulate soft tissues mechanically. Massage induces relaxation during labor, reduces the severity of pain, relaxes muscle spasms, increases physical activity, and contributes to overall relaxation.¹

The foremost effective method of pain relief is neuraxial analgesia, but it's related to certain side effects. In contrast, non-pharmacological techniques emerge to be easily applicable, cheap and safe.²

The intensity of pain varies in every individual. The pain is either moderate or severe, which is unbearable and increases the strain levels within the mother. Another comfort measure is massaging, which is an ancient method that ladies have received for relaxation purposes.³

Labor may be a challenging process and hurting is sometimes among anxiety during the birthing process.⁴ Most pain during childbirth result from normal physiologic events. . Among the non-pharmacological methods of pain relief back massage, acupuncture and hot application are effective techniques for management of pain.

Aim of the study-

To evaluate the effectiveness of back massage as an alternative therapy in reducing labor

pain among women during active stage of labor from selected hospital.

Objective-

- To assess the level of labor pain before back massage as an alternative therapy in reducing labor pain among women during active stage of labor in control group from selected hospital.
- To assess the level of labor pain before back massage as an alternative therapy in reducing labor pain among women during active stage of labor in experimental group from selected hospital.
- To evaluate the level of the labor pain among women after back massage as an alternative therapy during active stage of labor in experimental group from selected hospital.
- To compare the level of labor pain between control and experimental group among women during active stage of labor from selected hospital.

II- RESEARCH METHODOLOGY

Research Approach In order to achieve the objective of the study, a quantitative evaluatory research approach was found to be appropriate and selected for the study.

Research Design In the present study quasi experimental research design was used for the study, a pre intervention done for both the group and result was marked with the help of visual analogue pain scale and it is depicted as O₁ and then back massage given to experimental group, depicted as X, then a post interventional score of both the group was taken using the same visual analogue pain scale depicted as O₂.

Sample Size sample size was 30 women in active stage of labor in experimental group and 30 in control group of selected hospital. The sampling technique used in the study was non probability convenient sampling.

Tool Preparation The tool is a written device that a researcher uses to collect the data. After a careful review of literature, the investigator used the visual analogue pain scale to assess pain.

DESCRIPTION OF THE TOOL

The study tool consisted of three sections

Section 1: Demographic Variables.

Section 2: Visual Analogue Pain Scale

Section 3: Preparations of Back Massage procedure.

III. ANALYSIS

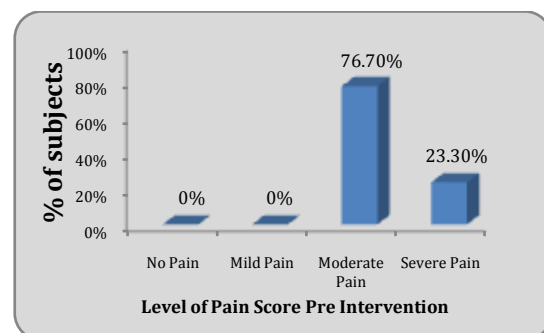
A Visual analogue pain scale was used for data collection. The analysis was done with the help of inferential and descriptive statistics.

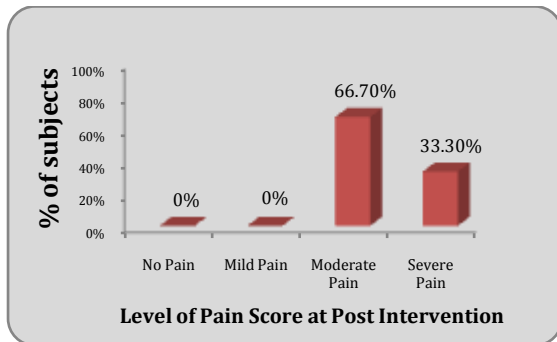
ORGANIZATION OF FINDINGS

The raw data collected were entered in the master sheet. The analysis and interpretation of the observation were done by using descriptive and inferential statistics. The analysis and interpretation of the observations are given in the following section:

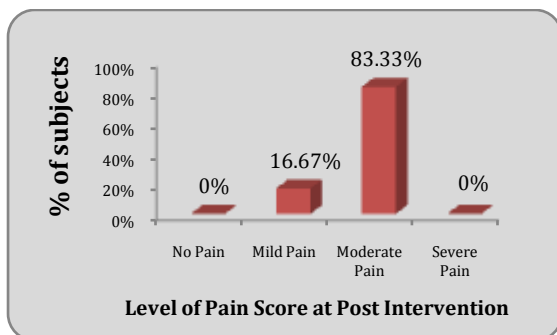
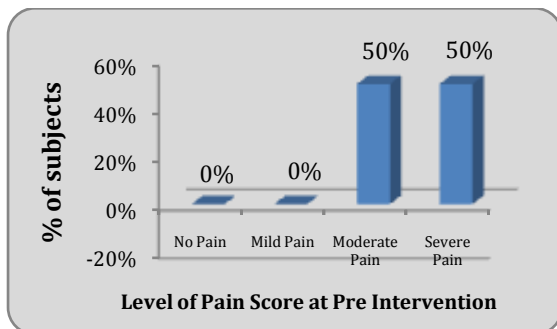
- **Section A:** Distribution of subjects during active stage of labor with regards to demographic variables.
- **Section B:** Assessment the level of labor pain before and after back massage as an alternative therapy in reducing labor pain among subjects during active stage of labor in control group from selected hospital.
- **Section C:** Assessment the level of labor pain before and after back massage as an alternative therapy in reducing labor pain among subjects during active stage of labor in experimental group from selected hospital.
- **Section D:** Comparison of the level of labor pain between control and experimental group among subjects during active stage of labor from selected hospital.
- **Section E:** Association of pre test level of labor pain among subjects in experimental group with their selected demographic variables.

Assessment The Level Of Labor Pain Before And After Back Massage As An Alternative Therapy In Reducing Labor Pain Among Subjects During Active Stage Of Labor In Control Group From Selected Hospital.

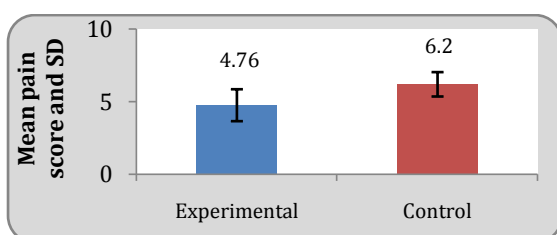




Assessment The Level Of Labor Pain Before And After Back Massage As An Alternative Therapy In Reducing Labor Pain Among Subjects During Active Stage Of Labor In Experimental Group From Selected Hospital.



Evaluation Of Effectiveness Of Back Massage As An Alternative Therapy In Reducing Labor Pain Among Subjects During Active Stage Of Labor From Selected Hospital



IV. CONCLUSION

Any research study cannot be considered complete till the research findings have been propagated among concerned fraternity and other significant people. This chapter presents brief summary of the study and its significant finding. It also includes the implication and recommendation for future study. This chapter focuses on main areas of concern that the findings reveal important intervention that may guide to concern definitive interventions and future studies in this area.

The purpose of the study was to determine whether back massage is effective in reducing labor pain among subjects during active stage of labor

. It is necessary to know level of labor pain during active stage of labor, as the labor pain influenced not only by the physiological but also by psychological and socio-cultural implications. Labor pain is the most acute Pain the human body. The investigator had selected this study keeping in mind the necessity to address this situation therefore the purpose of the study is to evaluate the effectiveness of back massage as an alternative therapy in reducing labor pain among subjects during active stage of labor.

After the detailed analysis this study leads to following conclusion that the pain of experimental group reduced as compared to control group. There was a significant reduction in pain perception after back massage in experimental group. Thus it was concluded that back massage was an effective method to reduce pain of subjects during active stage of labor.

IMPLICATIONS OF THE STUDY

The findings of the study have implication in nursing practice, nursing education, nursing administration, nursing research.

The student should be encouraged for effective utilization of research based practice.

- Seminar, online webinar, conference on non – pharmacological methods to reduce labor pain can be arranged and conducted.
- Collaboration with governing bodies to formulate standard policies and protocols to emphasis nursing care during labor can be arranged.
- The investigator can use the findings of this as baseline data to conduct further interventional research to identify the effect of back massage in whole labor process.
- The entire study gave an enriching experience to the investigator. It helped investigator to develop the skill in critical thinking and

analysis and realize the importance of effective communication with respondents.

V. SUMMARY

This study shows that back massage was an effective method in reducing labor pain and improving the coping level.

An experimental group of subjects who received back massage had reduced pain level and was satisfied with the therapy. The back massage is a non invasive procedure and has no adverse effect on mother and fetus. Hence back massage is a helpful pain relief non-pharmacological method during active stage of labor.

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