

An Experimental Study to Assess the Effectiveness of Video Clip Intervention Related to Birthing Process on Behavioural Responses During First Stage of Labour Among Primigravida Mothers

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Abstract: An Evaluative research approach, using a quasi-experimental and time series design, was adopted. Data was collected from 30 selected primigravida mothers using a Structured Observational Checklist. The data gathered was analysed and interpreted using descriptive and inferential statistics. The finding revealed that video clip intervention related to birthing process is effective in enhancing the behavior of primigravida mothers during first stage of labour.

Keywords: Video clip intervention, Birthing process, Behavioural responses, Primigravida mothers, first stage, labour.

1. INTRODUCTION:

Pregnancy is a time of great change for a woman, and each woman comes into labour with a set of expectations, fear, preparation, pain threshold, personality and behavioral responses and ways of experiencing what is happening to her, which has to be maintained effectively. Women have been giving birth since the dawn of time. Women are called to open heart to the sacred nature of birthing. Women are blessed with the opportunity to create a new life. Remind women that millions of strong women have given birth to babies naturally and peacefully.

Video clip intervention can provide excellent supplements serving as instant reminders that childbirth is no supernatural process. The media depicts labour with screaming, wriggling of feet, etc. Most of the less privileged population believes in what they watch and try imitating the same without bothering the actual fact. Thus, by imitating, women tend to get exhausted and loose energy. Like the saying goes "A thorn needs another thorn to be removed". The researcher opted video clip intervention related to birthing process to help women to gain confidence that they can give birth without havoc and conserve energy for a right purpose when it is actually required during the later stages of labour.

In addition, the researcher during her clinical experience witnessed that many women routinely ask, "But will I be able to do it?" as though natural, comfortable birthing requires some special talent they lack"

2. OBJECTIVES OF THE STUDY:

- To assess the behavioural responses of primigravida mothers during first stage of labour in experimental group and control group.
- To evaluate the effectiveness of video clip intervention among primigravida mothers in experimental group and control group during first stage of labour.
- To compare behavioural response among experimental group and control group of primigravida mothers during first stage of labour
- To find out the association between post test behavioural response score with selected demographic variables in experimental and control group

3. HYPOTHESIS OF THE STUDY:

- H₁: There is a significant difference between mean pre test and post test interventional score on behavioural response related to birthing process during first stage of labour among primigravida mothers in experimental group as measured by 0.05 level.
- H₂: There is a significant difference between mean pre test and post test interventional score on behavioural response related to birthing process during first stage of labour among primigravida mothers in control group as measured by 0.05 level.
- H₃:- There is a significant difference between post test behavioural responses score among experimental group and control group as measured by 0.05 level.
- H₄: There is a significant association between the post test behavioural responses score related to birthing process with selected demographic variables in experimental and control group as measured by 0.05 level.

4. EXPERIMENTAL PROCEDURE:

EA: O1 XA O2
EB: O3 XB O4

KEYS:

- EA:** Experimental Group
- O1:** Pre- test Observation of Experimental Group
- XA:** Application of Video clip intervention related to birthing process
- O2:** Post- test Observation of Experimental Group for consecutive three times within one hour intervals.
- EB:** Control group
- O3:** Pre- test Observation of Control Group
- XB:** No application of Video clip intervention related to birthing process.
- O4:** Post- test Observation of Control Group.

GROUP	PRE-TEST	TREATMENT	POST-TEST
Experimental Group	Assessment of Behavioral Responses using Structured Observational Checklist (O1)	Administration of Video clip intervention related to birthing process (XA)	Assessment of Behavioral Responses using Structured Observational Checklist for consecutive three times within one hour intervals. (O2)
Control Group	Assessment of Behavioral Responses using Structured Observational Checklist (O3)	No Administration of Video clip intervention related to birthing process (XB)	Assessment of Behavioral Responses using Structured Observational Checklist (O4)

5. RESULTS AND DISCUSSION:

Most of the primigravida mothers were between 24-27 years (53.33% in experimental group) and 20-23 years and 28-31 years (33.33% in control group), had primary school education (40% in experimental group) had primary education and illiterate (26.66% in control group), were homemakers (80% in experimental group and 46.66% in control group), were living in nuclear family (73.33% in experimental group and 66.66% in control group), were duration of marriage <5 years (80% in experimental group and 86.66% in control group), were 37-38 weeks period of gestation(53.33% in experimental and control group), were having induction of labour(66.66% in experimental and control group).

Table 1: Mean, median, mean difference, standard deviation, and ‘t’ value of pre-test and post test Behavioural responses scores in experimental group. (N= 15)

Behavioural responses score	Mean	Mean Difference	Median	Standard Deviation	t-value
Pre- test	9.66		10.37	4.98	7.46*
Post –test					
First observation	14.33	4.67	15.64	2.39	22.22*
Second observation	19	9.34	19.33	2.46	30.36*
Third observation	24.33	14.67	25.64	2.49	37.76*

* df(14)= 2.15 at 0.05 level of significance

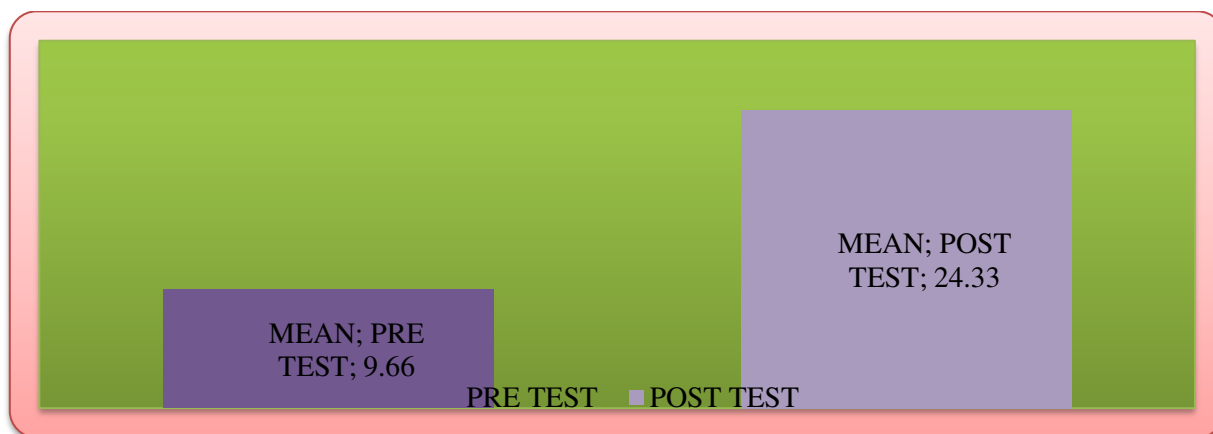


Table 2: Mean, median, mean difference, standard deviation, and ‘t’ value of pre-test and post test Behavioural responses scores in control group. (N=15)

Behavioural responses score	Mean	Mean Difference	Median	Standard deviation	t-value
Pre-test	12.2	0.6	12.66	0.82	6.59*
Post-test	12.8		13.0		

* df(14)= 2.15 at 0.05 level of significance

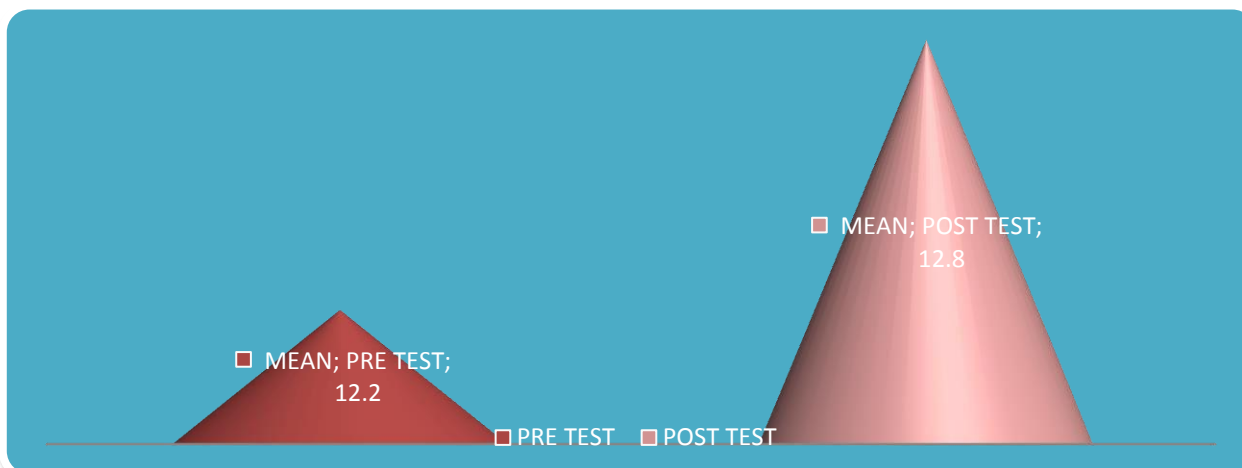
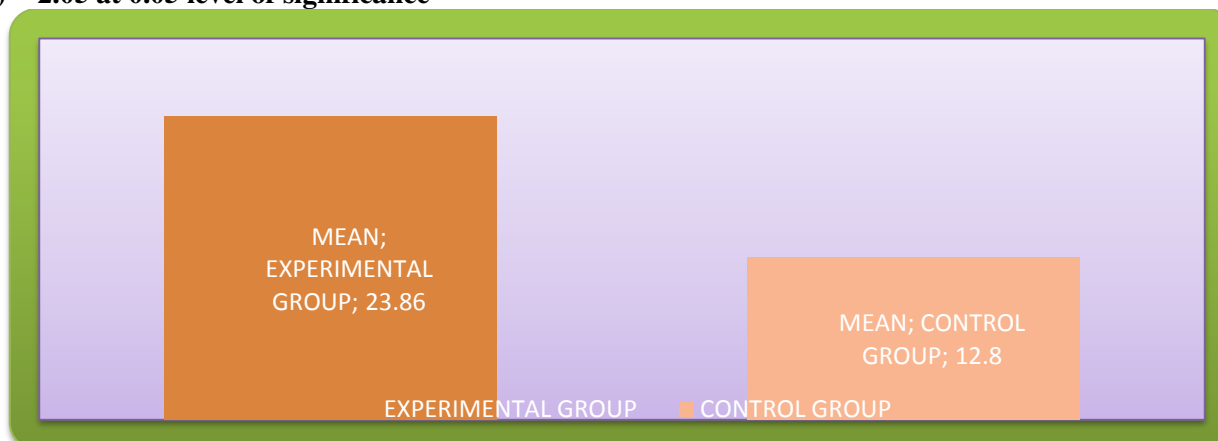


Table 3: Comparison of mean post interventional level of Behavioural responses scores of primigravida mothers during first stage of labour among the experimental group and control group (N= 30)

INTERVENTION	MEAN	MEAN DIFFERENCE	STANDARD DEVIATION	t-VALUE
Experiment group	23.86	11.06	3.78	7.98*
Control group	12.8			

df(28) = 2.05 at 0.05 level of significance



The overall mean behavioural scores were 23.86 (maximum in experimental group) and 12.8 in control group. Fischer exact test computed showed no association between the post test behavioural responses score related to birthing process with selected demographic variables in experimental and control group as measured by 0.05 level.

The results showed that there was significant difference in behavioural responses, between experimental (video clip intervention) and control groups. The study concluded that the video clip intervention was effective. The present study used the video clips regarding birthing process as an “intervention” than a “teaching strategy”.

6. LIMITATIONS:

- The study was limited to primigravida mothers who are in first stage of labour.
- Since the sample size was small and limited to one hospital, generalization of the finding are limited
- The tool structured observational checklist restricts the amount of information that can be collected from respondents.

7. CONCLUSION:

Visualizing the video clip related to birthing process during the commencing minutes of labour gives every women a remembrance that all women in the world gives birth the same way. The study proved video- clip intervention to be effective.

8. RECOMMENDATIONS:

- A similar study can be conducted on larger sample or on multiparous mothers to know differences of Behavioural responses
- A descriptive study can be conducted to determine the knowledge and attitude of healthcare professionals towards complementary therapies in labour.

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