EFFECTIVEN OF BREATHING EXERCISE ON REDUCING LABOUR PAIN AMONG PARTURIENT MOTHERS DURING THE FIRST STAGE OF LABOUR

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ABSTRACT

Background: Child birth is a painful process there are many Complementary and alternative medicines have been used to decrease labour pain for many years. Material and method: pre experimental pre test and post test design was adopted. The sample comprised of 20 primi gravid mothers during first stage of labour at government general hospital Karaikal, purposive sampling technique should used to selecting subject of the study. Result: before the breathing exercise the mean was 5.55 ±2.3 which is 27.75 after the total mean was 3.25 ±1.61 which is 16.25 of the total mean score reveals that the parturient mother’s pain is reduced after intervention of breathing exercise and paired ‘t’ test and calculated t value is 5.070. At ‘p’ value 0.05 level (df-19) the table value is 2.093 hence the calculated ‘t’ value was greater than the table value so it is highly effective, the study reveals that the breathing exercise during first stage of labour will reduce labour pain. Conclusion: The study concluded that the practice of breathing exercises during labour help to reduce pain perception.

Keyword: breathing exercise, labour pain, parturient mothers, first stage of labour