A STUDY TO ASSESS THE EFFECTIVENESS OF BACK MASSAGE WITH OLIVE OIL ON PAIN IN FIRST STAGE OF LABOUR AMONG PRIMIGRAVIDA MOTHERS

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ABSTRACT

A Experimental study was conducted to assess the Effectiveness of Back massage with olive oil on pain in first stage of labour among Primi gravid mothers at Government maternity hospital, Karaikal, preferred the purposive sampling technique the sample size is 20 primigravida mothers (20 experimental group.) A pre experimental research design were carried out to assess the effectiveness of back massage with olive oil on pain in first stage of labour. During pretest in Experimental group majority 60%of mothers having moderate level of pain whereas during post test that is after application of olive oil majority 60% mothers having mild pain in experimental group. Over all mean score of pre test was 7.4, SD 1.875, mean percentage 37%, and post test mean sore is 3.55 and SD 1.395, mean percentage 17.75%. Post test SD was reduced to 1.395; this proved that the olive oil massage is effective to reduced the labour pain during first stage. Association of demographic variables with level of pain was done using Chi-Square test. There was a statistically significant association found between level of knowledge and demographic variables such as age, and occupation of Primi mothers.

Key word: Primigravida, first stage, back massage

INTRODUCTION

Labour is the normal series of events that take place in the genital organs in an effort to expel the viable products of conception out of the womb through the vagina into the world. Toole O.,(1997) Pain is said to be ‘feeling of distress, suffering of agony caused by stimulation of specialized nerve endings’

Pregnancy is a unique, exciting, and often joyous time in Mother’s life, as it highlights the woman’s amazing creative and nurturing powers while providing a bridge to the future pregnancy comes with some cost, however, a pregnant woman needs also to be a responsible so as to support the health of the future child. The developing fetus depends entirely on the mother’s health for all needs. Very most consideration in pregnancy is that there are in fact two individuals that receive the treatment i.e. mother and baby, many facts of pregnancy are covered starting with preparation, planning stages, moving through conception, foetal development, Labour and Post Partum changes.

Pain and its relief for women in labour has been subject of interest since the dawn of Mankind. “Pain is unpleasant, sensory, emotional experience associated with actual or potential tissue damage or described in terms of such damage” (American pain society , 2003). Pain in labour is universal experience for child bearing women. A variety of factors affect the intensity and amount of pain experienced by women; is based on, perception of pain, tolerance of pain, communication of pain, cultural characteristics and environment of pain – whether in hospital or at home etc.., The pain perceived mainly during first stage of labour is located at lower portion of abdomen and radiated to lumbar area of back and down to thighs. Toole O.,(1997) Pain is said to be ‘feeling of distress, suffering of agony caused by stimulation of specialized nerve endings

C.Bhargavi( 2009 ) Conducted a study on effectiveness of lower back massage during first stage of labour, study conducted on 60Primipara mothers . Experimental ( 30 ) and control group ( 30 ), lower back massage administered for experimental group throughout first stage of labour. The findings show that the lower back massage was found to be an effective strategies in reducing pain, “ t ” value computed ( t=33.15 ) which was significant.
STATEMENT OF THE PROBLEM

A study to assess the Effectiveness of back massage with olive oil on pain in first stage of labour among primigravida mothers at Govt. Maternity Hospital Karaikal.

OBJECTIVES

- To assess the level of labour pain during first stage of labour among primigravida mothers.
- To find the effectiveness of back massage with olive oil on pain in first stage of labour among primigravida mothers.
- To associate the post test pain score of back massage with olive oil on pain in first stage Of Labour with selected demographic variables.

VARIABLE

- Independent variable: Back massage with olive oil.
- Dependent variables: Pain in first stage of labour.

HYPOTHESES

H1: There is a significant difference between before and after back massage with olive oil for primigravida mothers in first stage of labour.

RESEARCH DESIGN AND APPROACH

- A Pre experimental research design were carried out to assess the effectiveness of back massage with olive oil on pain in first stage of labour among primigravida mothers at Govt. Maternity Hospital Karaikal.
- The data was collected from 20 primigravida mothers (20 experimental group) in first stage of labour and they are selected through purposive sampling technique.

METHOD OF DATA COLLECTION

The questionnaire has 2 parts

- It consist of Demographic characteristics
- To assess the pain level by using MC caffery numerical scale

RESULT AND DISCUSSION

The study was carried out on Primi mothers who all are in first stage of labour and Ethical clearance was obtained from mothers. Every day two or four post natal mothers were selected by simple random sampling method. Socio demographic data were collected by using structured interview schedule and Labour pain level was assessed by using numerical McCaffery pain rating scale before applying olive oil massage therapy. The olive oil massage was given after the pre test, mother. The procedure continued for three days.

Statistical Analysis data was summarized into count &Percentage. Comparison of pre-test and post variables was done by and Chi-square and t-test. During Pre-test majority 60% of mother had severe pain, around 40% of mother had moderate pain and around 0% of mother in no pain level. during post-test that is after application of olive oil ,massage on back 40% of mothers having moderate level of pain, and 60% of mothers having mild level of pain. So there is a significance difference between pre-test and post-test. so it shows application of olive oil massage during first stage of labour in primi mothers is very effective to reducing the pain.

Association of demographic variables with level of pain was done using Chi-Square test. Although there was no statistically significant association found between level of knowledge and demographic variables such as religion, type of family, place of living, educational status and monthly income. There was a statistically significant association found between level of knowledge and demographic variables such as age, food pattern and occupation of primi mothers at p< 0.01 level. Hence, the Null hypothesis is rejected.
Comparison of pretest & posttest pain in first stage of labour among primigravid mothers in experimental group.

**TABLE-1**

Distribution of mean, SD and mean percentage of pre test pain level of labour during first stage of labour among primigravid mothers in experimental group.

<table>
<thead>
<tr>
<th>S.NO</th>
<th>LEVEL OF PAIN</th>
<th>PRE TEST</th>
<th>MEAN</th>
<th>SD</th>
<th>MEAN%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>NO</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>No pain</td>
<td>0</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mild</td>
<td>0</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
<td>8</td>
<td>40%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Severe</td>
<td>12</td>
<td>60%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TABLE-2**

Distribution of mean, SD and mean percentage of post test pain level of labour during first stage of labour among primigravid mothers in experimental group.

<table>
<thead>
<tr>
<th>SL NO</th>
<th>LEVEL OF PAIN</th>
<th>POST TEST</th>
<th>MEAN</th>
<th>SD</th>
<th>MEAN%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>NO</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>No pain</td>
<td>0</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mild</td>
<td>12</td>
<td>60%</td>
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<td>8</td>
<td>40%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Severe</td>
<td>0</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TABLE-3**

Comparison Mean, SD, of pre test & post test pain in first stage of labour among primigravid mothers in Experimental group.

<table>
<thead>
<tr>
<th>PRE TEST</th>
<th>POST TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAN</td>
<td>SD</td>
</tr>
<tr>
<td>7.4</td>
<td>1.875</td>
</tr>
</tbody>
</table>

Over all mean score of pre test was 7.4, SD 1.875, mean percentage 37%, and post test mean sore is 3.55 and SD 1.395, mean percentage 17.75%. Post test SD was reduced to 1.395; this proved that the olive oil massage is effective to reduced the labour pain during first stage.

**CONCLUSION**

Over all mean score of pre test was 7.4, SD 1.875, mean percentage 37%, and post test mean sore is 3.55 and SD 1.395, mean percentage 17.75%. Post test SD was reduced to 1.395; this proved that the olive oil massage is effective to reduce the labour pain during first stage. From the findings of present study it can be concluded that application of olive oil massage during first stage of labour is very effective to reduce the labour pain among Primigravid mothers and there is a significant association between demographic variables like age and educational status of the mother and there is no significant association between religion , economic status and other demographic variables.