

Effect of Modified Bradley Birthing Interventions on Birthing Experiences Among Primi Mothers in Selected Hospitals

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ABSTRACT

Childbirth is a very special period for a woman and her family. It is usually joyful when a pregnant mother gives birth to a baby she has expected. Despite the pain and discomfort, birth is a long awaited grand ending of a pregnancy and a start of a new life. A mother is the beginning of a new chapter of human life. The process of labour not only generates new life but also it creates new species in the world thereby makes the world as an ever-ending place for the human beings to live. That's why mothers are special and labour is precious.

Now a day we are in a phase where we see large numbers of primi woman are gone through various aid which may be a surgical/ medical or both procedures that gives the horrible, terrifying and emotionally painful experience to the women.

The Bradley philosophy teaches that birth is a normal, natural, and healthy process and that woman should be empowered to approach it with confidence. Bradley birthing classes educate women about the ways they can decrease their perception of pain, such as through relaxation techniques, breathing exercises, distraction, or massage by a supportive coach. Its approach takes a neutral position toward pain medication, encouraging women to make an informed decision about whether it's right for them.

PROBLEM STATEMENT:

Effect of modified Bradley birthing interventions on birthing experiences among primi mothers in selected hospitals.

RESEARCH OBJECTIVES

1. To determine effect of modified Bradley birthing intervention on birthing Experiences of mother in experimental group among primi mothers.
2. To compare post observation of birthing experiences between experimental and control group among primi mothers.
3. To find out association of the selected demographic variables with birthing experiences and pregnancy outcome among primi mothers.

HYPOTHESIS

- **H1:** There will be significant difference between post-test birthing experiences of primi mothers in experimental and control group.
- **H2:** There will be significant association between the post-test observation with their selected demo-

graphic variable in experimental & control group.

OPERATIONAL DEFINITION

Modified Bradley Birthing Interventions: It emphasizes that birth is a natural process where mothers are trained for labor process 1 month prior and their expected outcome of delivery will be healthy, normal and without any complications. The interventions included in that are as follow-

- **Antenatal Intervention-** care on nutrition, antenatal active exercises, relaxation techniques- meditation, yoga.
- **Childbirth Intervention:** Controlled breathing exercise, Pelvic rolling exercise, changing position, back massage which makes her labour without undue complications.

Birthing Experiences: In this study, Birthing Experiences refers to the personal lived experience of primi mother during the process of labor which may be normal or complicated.

Primi Mothers: A "Primigravida" is an antenatal woman who is pregnant for the first time or has been pregnant one time.

CONCEPTUAL FRAMEWORK

The Theoretical framework for this study is based on the Roy's adaptation model which was designed by Sister Callista Roy in the year (1970).

INPUT: In the present study, the input is the characteristics of the primi mothers like, Age, gravida, Complication during pregnancy, weight in kg, body built before pregnancy, income, type of diet and frequency of exercise.

THROUGHPUT: It is the preferably the reducing stress-anxiety, pain perception and postpartum outcome through Bradley Birthing Interventions.

EFFECTORS: Effectors refer to the physiologic function, self-concept, and role function involved in adaptation

OUTPUT:

Bradley Birthing Interventions on childbirth experiences. These are achieved by comparing the post test score in experimental and control group. The outcome of the study can be considered desirable with relief from stress-anxiety, labour pain and postpartum outcome or undesirable without any change or no relief from the symptoms.

Method

An evaluative research approach with True Experimental Post-test Only Control Group Research design to accomplish the objective of determining the effectiveness of Bradley birthing interventions on birthing experiences among primi mothers in selected hospitals. The sample comprise of 10 primi mothers in selected hospitals. Formal written permission from Primary Health Center at Talegaon Dabhade Pune was obtained prior to data collection process. Data was collected using Modified Childbirth Experience Questionnaire – CEQ. Data was analyzed using descriptive and inferential statistics.

Result

MAJOR FINDINGS OF THE STUDY:

- Majority (83.33%) of the samples are below 31 years of age whereas only 16.66% samples are above 31 years of age. 50% of the samples are below 25 years of age from both the group.
- 60% of the samples are Hindu religion and Less than 30% of the samples are other religion.
- There are very few (20%) samples which are illiterate as well as very few (40%) samples which are having education up to Highschool and Higher secondary school also only (13%) samples are having primary education.
- 70% of the primi mother's samples are housewife and 30% of the samples are working.
- There are about 20% of the samples whose husband's education is primary whereas most of the samples husbands (80%) are having education till Highschool. In control group 20% samples husbands are graduate.
- 0% samples husbands are unemployed where as 40% Samples husband are farmer and 60% samples husbands having their own business or employed.
- There are very few (13%) samples which have low economic status as well as very few (5%) samples which have income status more than 30K.
- 80% of samples are from nuclear family
- 30% of samples are from urban residential area
- 60% of Samples are with vertex presentation, 5% are with breach presentation and 35 are with oblique presentation and other.
- 0% Samples have weight less than 50Kg, 40% are with weight of 01-70Kg and 60% are 71-80Kg.
- 0% Samples have weight gain less than 7 Kg, 80% are with weight gain of 08-11 Kg and 20% are more than 11 Kg weight gain.
- There are about 70% of the samples are occasionally performing the exercises, where as 20% daily and 10% samples occasionally performed the exercise.
- 60% samples performed breathing and meditation exercise where as 40% preferred walking and 0% samples performed antenatal pelvic rolling and abdominal exercises.
- 0% samples attended less than 3 visits where as 50% attend 5 antenatal visits and 50% attended more than 5 antenatal visits till the time of labour.
- From control & experimental group mean scores of childbirth experience questionnaire scale is evident that are approximately the difference between both groups are 0.9 These findings suggest that experimental group shows considerable moderate to good and excellent experience than control group. Here we can also conclude that modified Bradley birthing interventions are effective on painless labour process .
- While showing association between **AGE** & childbirth experiences, as our 'p' value is 0.02 which is less than 0.05 the association is **significant**
- While showing association between **BODY BUILT** & childbirth experiences, as our 'p' value is 0.15 which is more than 0.05 the association is **insignificant**
- While showing association between **EDUCATION** & childbirth experiences, as our 'p' value is 0.96 which is more than 0.05 the association is **insignificant**
- While showing association between **ANTENATAL EXERCISES** & childbirth experiences, as our 'p' value is 0.02 which is less than 0.05 the association is **significant**

CONCLUSION:

The following conclusions are drawn from the findings of the present study:

1. Modified Birthing Interventions are very effective nursing intervention for excellent/good childbirth experience.
2. Childbirth Questionnaire is standard scale for measuring experiences of Childbirth after the labour process.
3. Childbirth experiences are having significant relation with age, bodybuilt and performed antenatal exercises by the primi para mothers