



EFFECTIVENESS OF BIRTHING BALL EXERCISE ON LABOR PAIN INTENSITY AND CERVICAL DILATATION DURING 1ST STAGE OF LABOR AMONG PARTURIENTS

*Yasmin Mansoori, M.Sc (N), ** Soney .N. Toppo , M.Sc.(N), ***Varsha Hariharan, M.Sc.(N)

Abstract

The women experience pain during labor and birth is subjective, individualized and caused by a number of interrelating factors. Activity during labor will distract the mother from discomfort & will give a sense of greater personal freedom and will provide a way to release muscle tension. Therefore, a quasi- experimental study to assess the effectiveness of Birthing Ball Exercise in reducing labor pain intensity and enhancing cervical dilatation during 1st stage of labor among parturients. A total of 60 parturients having cervical dilatation between 4cm- 10cm were selected by using simple random technique. Birthing Ball Exercise was done when the mother sit on the ball and do pelvic movement for 30 minutes, which included side wise rocking movement & front followed with back movement. Tool used was structured observational schedule, numerical Pain scale, Modified Fordyce pain behavior scale & Partograph. The mean and SD of Pain Score in numerical scale were 0.48 ± 0.15 , 't' value was 17.47. The mean and SD of Pain Score in modified Fordyce pain behavior scale were 2.10 ± 1.06 , 't' value was 10.75. This indicated that there was significant reduction in labor pain intensity after Birthing Ball Exercise among experimental group. The mean and SD of cervical dilatation was 2.28 ± 0.79 , 't' value was 2.94. This indicated that there was no significant change in cervical dilatation after Birthing Ball Exercise among experimental group

Keywords: Birthing Ball, Exercise, Parturients, Partograph, level of pain, cervical dilatation.

Background

The physical sensation of pain in first-stage labor comes from the mechanical distention of the lower uterine segment. The pain from uterine contractions is referred to the abdominal wall, lumbosacral region, iliac crests, gluteal area, thighs and lower back. **Lowe, 2002²**.

When the mother walks or moves around during labor, her uterine muscles work more efficiently. Changing position frequently moves the bones of the pelvis to help the baby find the best fit, while upright positions use gravity to help bring the baby down the birth canal. The diameter of the pelvic inlet and outlet can increase as a woman exercise during labor. **Simkin & Ancheta, 2005⁴**

Birthing Ball in labor: A great comfort tool for labor the birth ball has a myriad of uses for early labor at home and in the birth center or hospital. Realize that pain is common in childbirth. How you choose to overcome the pain is your choice. Using a Birthing Ball to assist in labor can help, suggests Parents. Making rocking movements on the ball can help your baby move into favorable position. A Birthing Ball can also ease contractions **Amy Kreydin, 2008¹**.

* **Ms. Yasmin Mansoori**, Lecturer, Mittal Hospital & College of Nursing, Pushkar Road, Ajmer (Raj.) Mob: 07568919044 email:mansoori.yasmin@yahoo.com

** **Soney Neeraj Toppo**, Asso. Professor, Choithram College of Nursing, Indore

** **Varsha Hari**, Lecturer, Choithram College of Nursing, Indore

Need of the Study

Activity during labor will distract the mother from discomfort & will give a sense of greater personal freedom, and will provide a way to release muscle tension. Restricting women's movement may result in worse birth outcomes and may decrease women's satisfaction with their birth experiences **Storton, 2007⁵**.

Rocking and movement can be accomplished comfortably on a Birthing Ball during labor. Not only does the ball facilitate the physiologic benefits of movement to help the baby find his best fit through the pelvis but it also relieves the mother of agonizing labor pain. **Simkin, 2004⁴**.

Women instinctively use a variety of positions and movements to cope with the pain of the first stage of labor. The act of changing positions may give women a sense of control by having active participation during labor. Health worker must encourage active participation by the mother. A woman who is confident in using her own resources for movements during labor can cope better. **S. Vinitha, 2007⁶**. Therefore, the investigator decided to conduct this study.

Problem Statement

"A quasi- experimental study to assess the