

# Effectiveness of Lamaze Technique on Pain and Anxiety of Primi Gravida Mothers During 1st Stage of Labour



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## Abstract

Labour pain is a universal experience which differs from women to women. Many non-pharmacological methods may be helpful for women during labour to achieve an effective coping level for their labour experience. An experimental study was conducted to determine the effectiveness of lamaze technique on pain and anxiety of primi gravida mothers during 1<sup>st</sup> stage of labour admitted in selected hospital of Indore. The sample size comprised of 40 primigravida mothers, (20 mothers in Control and 20 in Experimental group) in 1<sup>st</sup> stage of labour admitted in the labour room of Govind Vallabh Pant District Hospital of Indore. The samples were selected from primigravida mothers in 1<sup>st</sup> stage of labour at 4cm cervical dilatation admitted in labour room at Govind Vallabh Pant District hospital Indore by simple random sampling technique i.e. envelop method. Design used in the study was pre test post test only design. The tool comprised of socio-demographic variables, obstetric history, Standardized Numeric Pain Intensity Scale, Modified Spiel Berger's anxiety scale for assessing level of anxiety, and Opinionnaire. The selected 40 primigravida mothers who met the inclusion criteria were assigned to experimental group and control group (N = 20+20 = 40). Pre test assessment was carried out on samples of both experimental and control group and Level of pain and level of anxiety during 1<sup>st</sup> stage of labour of experimental and control groups were assessed. The average time taken for the assessment was 30 minutes. The researcher intervened with Lamaze techniques (breathing and relaxation techniques, abdominal massage and muscle relaxation techniques) the experimental group whereas the control group continued to receive the routine care by the midwives in labour room. After the intervention the level of pain and level of anxiety of both groups were assessed and documented. Findings of the study indicated that there was a significant difference in level of pain during 1<sup>st</sup> stage of labour assessed by Numerical Pain Intensity Scale among Experimental and Control group at  $t_{38} = 6.1946$  at the level of  $p \leq 0.001$ . Hence it was inferred that Lamaze technique was effective in reducing level of pain during 1st stage of labour. Moreover there was a significant difference in level of anxiety during 1<sup>st</sup> stage of labour assessed by Modified Spiel Berger's anxiety Scale among Experimental and Control group at  $t_{38} = 9.9077$  at the level of  $p \leq 0.001$ . Hence, it was inferred that Lamaze technique was effective in reducing level of anxiety during 1st stage of labour. Therefore, Lamaze technique was found to be effective in decreasing perception of pain and level of anxiety during labour pain.

**Keywords:** Effectiveness, Lamaze technique, Pain, Anxiety, Primi gravida mothers, 1<sup>st</sup> stage of labour

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## Background

Child birth is a sweet memory of the wonderful experience that a mother should always cherish, and it is one of the marvelous and memorable segments in woman's life. Each experience is unique and calls for a celebration. The fear and anxiety about child birth often prevents most of

the women from enjoying this experience. (Kuti O, et al, 2006)<sup>1</sup>

Pain is highly unpleasant and very personal sensation that cannot be shared with others. Although pain is a universal experience, Labour is often thought of as one of more painful events in human experience it ranges widely from

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