

# “A Descriptive Study to assess the Knowledge of Mothers Regarding Effectiveness of Birthing Ball on Maternal Outcome among Primigravida Mothers in Selected Hospital at Hoshangabad”.

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## ABSTRACT:

“Motherhood - a safe experience where, Pain and joy are one at this moment to live”- Johan Mac.

“Every woman gives a soul that arises within them and it is the most blessed time in their life, child birth is a natural miracle of emergence and separation of offspring from the body of the mother”. Labour is a physiological process during which the fetus, membranes, umbilical cord, and placenta are expelled from the uterus, it occurs between 37 and 42 weeks. According to the 2013 Indian birth reports birth rate in India is 20.22 births per 1000 population. The labour process is divided into four stages that delineate milestones in a continuous process. The first stage or the cervical stage, which starts from the onset of the true labour pain and ends with the full dilatation of the cervix. The second stage starts from full dilatation of the cervix and ends with expulsion of the fetus from the birth canal and the third stage begins after expulsion of the placenta and membranes and the fourth stage is the observation for at least one hour after expulsion of the afterbirth. **OBJECTIVES:** - The study was conducted with the objective to assess the Knowledge of the Mothers regarding the Effectiveness of Birthing Ball on Maternal outcome among Primigravida mothers in selected Hospital at Hoshangabad and to associate the knowledge of Primigravida Mothers with their selected Demographical Variables. **MATERIAL & METHODS:** A Non-Experimental Descriptive Survey Research Design was used in this study with 30 Primigravida Mothers. **RESULTS:** - The Mean of knowledge scores of Primigravida Mothers Regarding Effectiveness of Birthing Ball on Maternal Outcome is 13.5, Median is 13, the Data Range is 10, Mean Deviation of knowledge score is 2.03 and Standard Deviation is 2.51. **CONCLUSION:** It was concluded that statistical analysis and interpretation that maximum of the Primigravida Mothers has average knowledge regarding Effectiveness of Birthing Ball on Maternal Outcome.

**Keywords:** - Knowledge, Primigravida Mothers, Effectiveness Birthing ball, Maternal Outcome

## INTRODUCTION:-

It's long been assumed that Womanhood brings meaning to our lives. We guide, love, nurture and support our offspring and sometimes feel appreciated in return all elements that can fuel our connectedness and satisfaction in the world. It's easy to find meaningful moments as a mom, but when things are tough that it seems we don't know how to interpret what meaning is. Child birth is an exciting and meaningful experience in a Women's life. From the origin of mankind women are made to undergo labour pain which is one of the most painful condition. Being pregnant and giving birth is likely crossing a narrow bridge, people can accompany you to the bridge and they can greet you on the other side but you walk that bridge alone but the journey doesn't end there. Children are the future of a society and special gifts to the world. Changes in our society and world require us to be attentive and value their health.

## NEED FOR THE STUDY

Labour pains are the major damper in the joy of having baby the thought of pain that women have such as pictures of pregnant women screaming in pain, that they have seen in

hundreds of films, flash through their mind during labour and makes them ill. Labour pains are the fact of life that cannot be avoided, but reduced to some extent by the use non-pharmacological and pharmacological approach. Reducing the labour pain and providing comfort to the women is the most important challenge that midwives and physicians face from very beginning. Positioning strategies and movement between contractions are one among the alternative therapies which is found effective in reducing labour pain, adding comfort, improving progress of labour.

**STATEMENT OF THE PROBLEM:-“A Descriptive Study to assess the Knowledge of Mothers Regarding Effectiveness of Birthing Ball on Maternal Outcome among Primigravida Mothers in Selected Hospital at Hoshangabad”.**

#### **OBJECTIVES OF THE STUDY**

1. To assess the Knowledge of the Mothers regarding the Effectiveness of Birthing Ball on Maternal outcome among Primigravida mothers in selected Hospital at Hoshangabad.
2. To associate the knowledge of Primigravida Mothers with their selected Demographical Variables.

#### **OPERATIONAL DEFINITIONS**

1. **Descriptive study** - In this study it refers to the surveys and fact finding concerning the knowledge of Mothers regarding Effectiveness of Birthing Ball on Maternal outcome.
2. **Assess**- In this study it refers to the way of finding the knowledge expressed by Primigravida Mothers regarding Effectiveness of Birthing Ball on Maternal outcome as measured by Structured Knowledge Questionnaire.
3. **Knowledge**- In this study it refers to the understanding of the respondents regarding Effectiveness of Birthing Ball on Maternal outcome as elicited by the Structured Knowledge Questionnaire.
4. **Effectiveness** - In this study, it refers to the extent of the improvement in the progress of first stage of labor after the birthing ball technique.
5. **Birthing ball** - In this study, it is a large air-filled rubber ball (about 60 cm in diameter) made up of extra tough non slip burst proof PVC that can be easily wiped and cleaned. The women will be sitting over the birthing ball after 2cm of cervical dilatation in a sitting position for 15 minutes up to 6cm of cervical dilatation.
6. **Maternal outcome** - In this study, it refers to the progress in the rate of cervical dilatation, cervical length, cervical consistency, and cervical position among primigravida mothers which is assessed through Bishop's cervical scoring system.
7. **Primigravida mother** - In this study, it refers to the mother who is pregnant for the first time.

#### **ASSUMPTIONS**

The Primigravida Mothers will have some knowledge regarding the Effectiveness of Birthing Ball on Maternal outcome.

#### **DELIMITATIONS**

1. Study is limited for 30 samples.
2. Study is limited for age between 18-35 years Primigravida Mothers in selected Hospital at Hoshangabad.
3. Study is limited to assess Knowledge of the Mothers regarding the Effectiveness of Birthing Ball on Maternal outcome only; Practice is not observed.
4. Study is limited to Primigravida mothers who are able to read and write.

## MATERIAL & METHODS:

- **Research approach-** Quantitative non- experimental research approach was used
- **Research design** – Non-Experimental Descriptive Survey Research Design
- **Setting** – St. Joseph’s Hospital, Hoshangabad.
- **Sampling-** Non-Probability Convenient Sampling.
- **Sample size-** Sample size of the present study is 30 Primigravida Mothers.
- **Sample technique** - Convenience sampling technique was used for the sample selection.

## DESCRIPTION OF THE TOOL:

A structured Knowledge Questionnaire regarding Effectiveness of Birthing Ball on Maternal Outcome. The structured Knowledge questionnaire consists of two parts.

**SECTION A:** It consists of demographic variables of 30 Primigravida Mothers to be participated in the study. The demographic variables include Age, Religion, Occupation, Types of family, Previous knowledge about Birthing ball and Source of previous knowledge about birthing ball.

**SECTION B:** It consists of 20 questions regarding Effectiveness of Birthing Ball on Maternal Outcome. Each correct answer has 1 mark and total 20 marks.

The total score ranges from 0-20, the level of score is further divided as follows:

**Poor Knowledge: Score 0-6**

**Average Knowledge: Score 7- 13**

**Good Knowledge: Score 14-20**

## RESULTS

**Table 1:- Distribution of Primigravida Mothers according to Demographic Variables.**

**N=30**

	Demographical Variables	Frequency	Percentage
<b>1</b>	<b>Age</b>		
a)	18-23	09	30%
b)	24-29	17	57%
c)	30-35	04	13%
<b>2</b>	<b>Religion</b>		
a)	Hindu	29	97%
b)	Christian	01	03%
c)	Muslim	00	0%
<b>3</b>	<b>Occupation</b>		
a)	Skilled worker	16	53%
b)	Unskilled worker	14	47%
<b>4</b>	<b>Family</b>		
a)	Nuclear	09	30%
b)	Joint	21	70%
c)	Any other	00	0%
<b>5</b>	<b>Previous knowledge about birthing ball</b>		
a)	Yes	06	20%

b)	No	24	80%
<b>6</b>	<b>If Yes; Source of previous knowledge about birthing ball</b>		
a)	Family	04	66.67%
b)	Mass Media	02	33.33%
c)	Peer group	00	0%

The above Table No: 1 is regarding the demographic variables of samples. Distribution of Primigravida Mothers according to their Age shows that 30% samples were at age group of 18-23 years, 57% were 24-29 years, 13% were 30-35 years. Religion shows that 97% samples were Hindus, 03% were Christians. Primigravida Mothers according to Occupation shows 53% samples were Skilled workers and 47% were Unskilled workers. Primigravida Mothers according to Family shows that 30% samples were from Nuclear and 70% were from Joint family. According to the previous knowledge about birthing ball shows that 20% were having previous knowledge about birthing ball & 80% were not having previous knowledge about birthing ball.

**Table 2: - Distribution of knowledge scores of Primigravida Mothers in terms of Mean, Median, Range, Mean Deviation & Standard Deviation.**

**N=30**

MEAN	MEDIAN	RANGE	MEAN DEVIATION	STANDARD DEVIATION
13.5	13	10	2.03	2.51

The above Table 2 shows that the Mean of knowledge scores of Primigravida Mothers Regarding Effectiveness of Birthing Ball on Maternal Outcome is 13.5, Median is 13, the Data Range is 10, Mean Deviation of knowledge score is 2.03 and Standard Deviation is 2.51.

**Table -3: - Frequency and percentage distribution of Primigravida Mothers according to their level of knowledge regarding Effectiveness of Birthing Ball on Maternal Outcome.**

**N=30**

Level of knowledge	Score	Frequency	Percentage
Poor	0-6	0	0%
Average	7-13	16	53%
Good	14-20	14	47%

**Table No.3: shows that 47% of Primigravida Mothers have Good knowledge, 53% of Primigravida Mothers have Average knowledge and nobody have poor knowledge regarding Effectiveness of Birthing Ball on Maternal Outcome.**

**CONCLUSION:-**The level of knowledge of the Primigravida Mothers regarding Effectiveness of Birthing Ball on Maternal Outcome was calculated with measure of central tendency and dispersion. It was concluded that statistical analysis and interpretation that maximum of the Primigravida Mothers has average knowledge regarding Effectiveness of Birthing Ball on Maternal Outcome.

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