

Impact of Video Assisted Instructions on Knowledge regarding Birthing Process among Primigravida

Ms. Priyanka R. Waghmare

Assistant Professor, Department of Obstetrics and Gynecological Nursing,

Sumandeep Nursing College,

Sumandeep Vidyapeeth deemed to be University, Piparia, Waghodia,

Vadodara, Gujarat,

Priyaraj0619@gmail.com

Abstract:

Background of the study: Psychological distress can alter the normal birthing process and education plays the pivotal role to provide joyful motherhood and experience of childbirth can improve the maternal- child wellbeing. However, due to the lack of knowledge and awareness mother get anxious during the parturition. The aim of study was to assess the impact of video assisted Instructions on birthing process among primigravida. **Method:** pre experimental research study was carried out by using non probability convenient sampling to recruit 40 primigravida mothers from obstetrics OPD of Dhiraj Hospital, Vadodara. The primary data of research collected structured questionnaire, it was analysed by descriptive and inferential statistics. The significance level of the study is fixed at 0.05 level. **Result:** Overall finding shows that, post-test (79.5) mean is higher than pre-test mean (37.9) which shows the enhancement of knowledge among primigravida mothers after providing Video assisted instructions. Whereas, Analysis of socio-demographic variables showed significant association between age in years, occupation, age at menarche, gestational age with the pre-test knowledge score of primigravida at 0.05 level of significance. **Conclusion:** Majority of primigravida has less knowledge regarding birthing process which can be improved by providing, education and awareness programme in the community. Key words: Impact, Video Assisted Instructions, Knowledge, Birthing Process, Primigravida

Introduction: Pregnancy and childbirth are two crucial events of women's life, majority of primigravida feel anxious due to the lack of information and previous experiences. Education is the key to maintain psychological equilibrium of mother during the time of birth¹. It is

crucial to provide help to the pregnant woman to get adequate information and family support so they can find their comfort at the time of birthing. Moreover, it empowers women in terms of knowledge and increases the probability of a positive child birth experience. The maternal expectations during parturition play a vital role in woman's response to her childbirth experience.² Labour process is referred to as labour because it requires an amount of physical and mental effort. It is a strenuous though joyful and energetic experience for women. Various researches show that the mothers with adequate knowledge of the birthing process have a positive outcome of labour.³

Need of the study: Being a pregnant woman is a joyful feeling which every woman should enjoy, it is the transition of her life towards motherhood.⁴ This is the period where primigravida mothers get anxious about their own as well as the health of the child and fear of childbirth can bring many complications during the child birth such as severe labour pain, less uterine contractions, postpartum depression, impaired mother and child bonding, uterine dysfunction.⁵ Hence, recognizing early symptoms of anxiety so that health care providers can help to reduce the physical and psychological problem, can provide emotional support by including pregnant mother and her families, moreover midwives and nurses can provide care as well as health education and awareness programmes.

There are various research studies that show anxiety is associated with childbirth among primigravida. Majority of women feel uncertainty around the birthing process seem to be a basis for their fear of giving birth. Poverty and illiteracy are two main factors which can lead to serious complications. However, this can be prevented among primigravida by providing proper education and preparing mother for her first birth experience. Accordingly, the present study aims to provide the knowledge regarding the birthing process among primigravida by providing video assisted instructions.

Objectives of the research study:

1. To assess the pre-test level of knowledge regarding the birthing process among primigravida.
2. Evaluate the impact of video assisted instructions on knowledge regarding the birthing process among primigravida.
3. Find out the association between pre-test knowledge score and sociodemographic variables.

Hypothesis:

H₁- There will be significant increase in the mean post-test knowledge score of primigravida after providing video assisted instructions.

H₂-There will be significant association between the pre-test knowledge score of primigravida and socio- demographic variable.

Methodology:

The researcher followed pre-experimental research design with quantitative approach for the present study. The aim of this research is to find out the impact of video assisted instructions on knowledge regarding birthing process among primigravida mothers. A total of 40 primigravida were selected from the Obstetrics OPD of Dhiraj Hospital by using non probability purposive sampling. After obtaining institutional ethical clearance, Informed consent was taken from participants data was collected by using structured knowledge questionnaire. Demographic checklist is used to find out the demographic characteristics of respondents. Data was entered in Microsoft excel and analysed by SPSS software. Descriptive statistics like mean, mean percentage and inferential statistics like chi-square tests used to analyse and interpret the data where, p-value of less than 0.05 is considered as statistically significant.

Assumptions:

- Primigravidae will have diversity in the level of knowledge regarding labour process.
- Video assisted Instructions teaching can increase the knowledge of Primigravidae regarding birthing process

Variables:

Independent variables: Video Assisted Instructions on birthing process.

Dependent variables: Knowledge of primigravida regarding birthing process.

Socio-demographic variables: Age, Educational status, Type of family, Religion, Occupation, family income, age at menarche, age at marriage, gestational age and Source of Information

Tool of the research study:

Section1: It deals with the Socio demographic Tool to assess the biological characteristics Primigravida, which includes Age, Educational status, Type of family, Religion, Occupation, family income, age at menarche, age at marriage, gestational age and Source of Information of primigravida.

Section 2: It deals with a structured knowledge questionnaire which is prepared to assess the pre-test and post knowledge of primigravida on birthing process. it consists of 34 items of multiple choices.

Phases of data collection:

Phase-I:After obtaining formal permission from the ethical committee Written consent was taken from the participants Socio demographic data was obtained by demographic checklist, pre test data was conducted by using structured knowledge questionnaire.

Phase-II: after collecting pre-test data Video Assisted instruction was given to the primigravida on birthing process, after 7 data post test data was collected from the samples to assess the impact of video assisted teaching.

Women have unique medical problems

Result:

Finding of the Study: majority of adolescent (56) comes under 13 to 14 yr of age group

Demographic Characteristics of respondent:Majority of respondent (50%) of the respondents belongs to the age group of 19-22 years and 23-26 years. 30% of the respondents completed high school education. 77% were house wife, 62.5% primigravida attained menarche between the ages of 12-13 years. 55% were married between the age of 19-21 years. 70% were completed 32-34 weeks of gestation.

Impact of Video assisted Instructions:

Level of knowledge	Category	Classification on subject			
		Pre test		Post test	
		Number	Percentage	Number	Percentage
Inadequate	<50%	29	72.5%	00	

Moderate	50-75%	11	27.7%	13	32.5
Adequate	>75 %	0	00	27	67.5
Total		40	100	40	100

Table 1: classification of pre-test and post-test knowledge score

Over all pre-test and post-test mean knowledge score: overall pre-test mean score of primigravida on knowledge regarding birthing process is 37.9 with 10.3 SD. Whereas, post-test mean score of primigravida enhanced by 79.5% with 6.8 SD. calculate t-test value is 27.63 which is more than tabulated value (0.05,39 df)=1.96 and significant at the level of 0.05.Hence H_1 is accepted.

Findings related to association:between pre-test knowledge score of primigravida and socio-demographical variables shows significant association between age, occupation, age at menarche, gestational age and knowledge scores. However, educational status, age at marriage, religion, family income/month, type of family, sources of knowledge are not significantly associated with pre-test knowledge score. Hence, H_2 rejected.

Discussion:The result of research study shows that there is significant increase in the post test knowledge score of primigravida after providing video assisted teaching. It is also proved that socio demographic factors play an important role in reducing fear and anxiety of primigravida.However, one report never sufficient to generalise the result of research study. There are several studies which is conducted by various researchers which helps to support the present research study.

One of the research studies conducted by Pushpaveni NP on Effect of Video assisted teaching on knowledge of birthing process shows the significant increase in the level of knowledge among antenatal mothers also it reduces the anxiety.⁶

Jones Marina, B Jayabharathi conducted research on effectiveness of video assisted teaching on knowledge and attitude of primigravida regarding labour process concluded that video assisted teaching is effective to enhance the knowledge and positive attitude. Moreover, it will help to reduce the anxiety among primigravida.⁷

Dr. Rebecca Samson et al conducted research on effectiveness of the child birth education on labour outcomes among primi mothers and the intervention shows that, significant increase in the knowledge levels of the antenatal mothers which is highly correlated with the increase in the coping level of the parturient. Moreover, it helps to decrease in the duration of labour, an

uneventful intrapartum period, a positive child birth experience and an increase in maternal and infant bonding.⁸

One report on “Mortality during the Parturition” Shows that, 11% to 17% of maternal death occurs during first 24 hrs and more than half during first weeks and average occurs during the postpartum period 49.4%. Which shows need of maternal health education.⁹

Lilly Poddar conducted similar study on effectiveness of a video assisted teaching on child birth education among 350 primigravida mothers. This shows significant increase in the knowledge regarding labour and child birth.¹⁰

Video Assisted Child Birth Education Programme was found to be effective in significantly improving the knowledge regarding labour and childbirth, intra partum behaviour Among primigravida mothers at the time of reporting to the labour room for delivery and in all the Four stages of labour thus improving the labour outcome

Conclusion: The study concluded that Majority of primigravida improved knowledge regarding birthing process after providing Video Assisted Instructions and reduces the anxiety. Hence it is proved that education and awareness can helps to reduce the anxiety and stress among primigravida and brings a positive child birth experience and an increase in maternal and infant bonding. Health care worker including nurses, doctors, nursing students can provide various awareness programmes among primigravida or antenatal mothers.

Ethical clearance: A formal ethical approval obtained from Institutional ethical Committee. Informed consent was obtained from participants and assured for anonymity.

Source of funding: Self-funded research project

Conflict of interest: There is no conflict of interest.

References

1. James, J. N., Prakash, K. S., & Ponniah, M. (2012). Awareness and attitudes towards labour pain and labour pain relief of urban women attending a private antenatal clinic in Chennai, India. *Indian journal of anaesthesia*, 56(2), 195–198. <https://doi.org/10.4103/0019-5049.963311>
2. Jones Marina NV, Jayabharathi B. Effectiveness of Video Assisted Teaching Regarding Labour Process on Anxiety and Pain Perception Among Primiparturient Mothers.

3. Manizheh Pirdel, and Leila Pirdel, Perceived Environmental Stressors and Pain Perception During Labor Among Primiparous and Multiparous Women, *J Reprod Infertil.* 2009 Oct-Dec; 10(3): 217–223.
4. Aral I, Köken G, Bozkurt M, Sahin FK, Demirel R., Evaluation of the effects of maternal anxiety on the duration of vaginal labour delivery. *Clin Exp Obstet Gynecol.* 2014;41(1):32-6.
5. Avinash Kaur Rana, S. Gainder, Effect of video on ‘Breathing Exercises during labour’ on Pain Perception and Duration of Labour Among Primigravida Mothers, *Nursing and Midwifery Research Journal*, Vol-9, No.1, January 2013
6. Pushpaveni and Almeida, Advanced Practices in Nursing, *Adv Practice Nurs* 2018, 3:1 DOI: 10.4172/2573-0347.1000148 Volume 3 • Issue 1 • 1000148 <https://www.hilarispublisher.com/open-access/effectiveness-of-video-assisted-teaching-on-labour-process-and-knowledge-of-primigravidae-2573-0347-1000148.pdf>
7. B Jayabharathi Jones Marina, effectiveness of video assisted teaching “*International Journal of Pharmaceutical and Clinical Research*” 2018; 10(1): 22-27 ISSN- 0975 1556, 30 st Oct, 17; Revised 21st Nov, 17, Accepted: 1 st Jan, 18; Available Online:25th Jan, 18
8. Mrs. Jayasankari, Dr. Rebecca, Dr.Radhabai, “Effectiveness of Child Birth Education on Labour Outcomes among Antenatal Mothers” *International Journal of Health Sciences and Research* www.ijhsr.org ISSN: 2249-9571, Vol.9; Issue: 8; August 2019
9. Rajesh P, Swetha R, Rajanna MS, Iyengar K, Mahesh SH, Gowda C. A study to assess the birth preparedness and complication readiness among antenatal women attending district hospital in Tumkur, Karnataka, India. *Int J Community Med Public Health*
10. Lilly Poddar, Effectiveness of a video assisted child birth education, “*International journal of recent scientific research*” Vol-7, Issue-10, pp 13954, October 2016