



## ▼ POST GRADUATES ABSTRACTS

### **PG - 86 : AN EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF LAVENDER OIL MASSAGE VS ROSE OIL MASSAGE ON LABOUR PAIN PERCEPTION AMONG PARTURIENT WOMEN DURING FIRST STAGE OF LABOUR AT MGMCRI, PUDUCHERRY**

**Nivetha. G, M.Sc. Nursing II Year,**  
*Department of OBG Nursing,*

Kasturba Gandhi Nursing College, Puducherry

**Background:** Labour pain is considered as one of the most intense forms of pain. Psychological challenge such as anxiety can contribute towards women's perception of pain and may also affect their labor and birth experience. There are many modern non-invasive methods to relieve pain during childbirth. Among these methods, aromatherapy which is the most popular complementary therapy to reduce pain perception during child birth.

**Material and methods:** True experimental research design was used for this study. Total 60 pregnant women were selected in this study using simple random sampling technique. The group I (n= 30) received back massage with 2 drops of lavender oil dissolved in 5 ml almond oil and the group II (n = 30) received back massage with 2 drops of rose oil dissolved in 5 ml almond oil. Pretest level of pain was assessed by numerical pain rating scale. After intervention of lavender oil massage for group I

and rose oil massage for group II, pain level was assessed by numerical pain rating scale.

**Results:** Primi gravid women reported severe pain on numerical pain rating scale before intervention. Lavender oil massage and rose oil massage were effective on labour pain perception in both group I and group II. While comparing the effectiveness of Lavender oil massage and rose oil massage, according to Wilcoxon test the mean rank of group I and group II was -4.831 and -4.674 respectively. It was statistically significant at  $p > 0.001^*$ . It indicates that there was a variation in the level of pain perception was reduced in group I than group II.

**Conclusion:** The present study concluded that massage with lavender oil is effective on reduced the level of pain perception during labour. Also, it is an effective way to decrease labor pain.