



▼ FACULTY ABSTRACTS

F - 10 : A STUDY TO EVALUATE THE EFFECTIVENESS OF BIRTHING BALL TECHNIQUE ON LABOR PAIN PERCEPTION AMONG PRIMIGRAVID WOMEN DURING FIRST STAGE OF LABOR ADMITTED IN MGMCRI, PILLAIYARKUPPAM, PUDUCHERRY

Poongodi V,
Asst.Professor,

Kasturba Gandhi Nursing College, SBV University, Pondicherry

Background: Discomfort is the one of the important obstacles in the labor and delivery. Sitting on the birthing ball encourage a natural swaying or rotation motion of the pelvis, promoting fetal descent. The ball provides perineal support without a lot of pressure and helps keeps fetus aligned in the pelvis. The sitting position assumed on the ball, similar to a squat widens the pelvis, helping to speed up the labor and reduce the pain level.

Objective: The main objective of the study was to evaluate the effectiveness of birthing ball technique on labor pain reduction in first stage of labor.

Materials and Methods: Quasi experimental design was adopted for the study. Total of 60 samples were selected by convenient sampling technique, 30 in each group (Group I Experimental and Group II Control). Pain perception was assessed for both groups by using

numerical pain rating scale. Birthing ball technique was given only to the experimental group for 20 minutes after that the post test was conducted to the both group by the same scale.

Results: The result revealed that after administration of birthing ball majority of sample in group I 27(90%) had moderate pain (4-6) and three (10%) had mild pain (1-3) and in group II 30 (100%) had severe pain (7-9). The pre and post test mean value for group I was 7.10, 4.97 respectively and group II it was 4.97, 5.00 respectively. The obtained Wilcoxon value for group I and group II was (-5.106), (-4.849) respectively it was statically significant at $p < 0.001^*$ level. It indicates the level of pain perception was reduced in group I.

Conclusion: The study concludes that birthing ball technique was very effective on reduction of labor pain perception among the primigravid women.