

A STUDY TO ASSESS THE PERCEPTION OF LABOUR AND DELIVERY EXPERIENCE BETWEEN PRIMIPARA AND MULTIPARA MOTHERS ADMITTED IN THE POSTNATAL WARD

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ABSTRACT

Labor is described as the process by which the fetus, placenta and membranes are expelled through the birth canal. Women describe labor as dominated by fear, loneliness, and pain. These feelings are transformed into love with the birth of the child. The present study aimed to assess the perception of labour and delivery experience between primi and multipara mothers admitted in the postnatal ward in RMMCH at chidambaram. A total of 60 postnatal mothers 30 primi and 30 multipara mothers were selected, by convenience sampling technique and structured interview schedule was used to collect the data. Phenomenological research design was employed for this study. The finding showed that 93.3% primipara mothers felt shy about people and male doctors were looking during vaginal examination as compared to 86.7% of multipara mothers, 46.7% of primipara mothers thought not to plan for another child as compared to 33.3% of multipara mother and 53.3% primipara mothers thought not to plan for another child because they losing their life for pushing the baby when compared to 26.7% of multipara mothers.

KEY WORDS

Primipara, Multipara, Labour experience, Phenomenological research

INTRODUCTION

Child bearing in any society is a biological event and birth experience is socially constructed as it takes place within a cultural context and gets shaped by the perception and practices.

Sauls (2010) did a study to identify and indicate the labour support needs of adolescents that promote a positive childbirth experience and concluded that adolescents were asked to recall their childbirth experiences to develop a knowledge base specific to adolescent childbirth needs. By understanding the supportive behaviours those adolescents during labour desire to implement those behaviours in their practice. Intrapartum nurses can improve the childbirth experience for the adolescent.

Nilsson, Bondas and Lundgren (2010) had conducted a study on Previous Birth Experience among women With Intense Fear of Childbirth and concluded that previous childbirth experiences for pregnant women with intense fear of childbirth have a deep influence and can be related to suffering and birth trauma. The implication is to provide maternity care where the nurse/midwife is present and supports women during birth in a way that enables them to be present and take their place during birth.

MATERIAL AND METHODS

The study aimed to compare both primipara and multipara mothers' perception of labour and delivery experience and Associate the perception of labour and delivery experience with certain demographic and obstetric variables. Quantitative approach and phenomenological research design was employed in this study. This study was conducted in the postnatal and labour ward in RMMCH; Annamalai University after obtaining the ethical clearance from the institutional human ethical committee, permission was also obtained from the medical Superintendent, Nursing Superintendent and from the Heads of the departments of Obstetrics and Gynaecology units. A written consent was obtained from each of the postnatal mothers including both primi and multipara admitted in the postnatal and labour wards. Convenience sampling technique was adapted for this study.

Postnatal mothers who underwent normal vaginal delivery, vacuum extraction, forceps delivery with or without episiotomy, both primi and multipara, mothers in first postnatal day, all age group of mothers, and the participants were selected based on

their willingness. Postnatal mothers underwent Caesarean delivery, had postnatal complications such as postpartum haemorrhage, puerperal pyrexia, puerperal sepsis and subjects taken for other intervention studies during labour and delivery were excluded from this study.

The tool designed into two sections. Section A consists of demographic data which includes age, education, obstetrical variable like parity, and weeks of gestation. Section B consists of structured interview schedule to evaluate the labour and delivery experience of postnatal mothers. It includes Part 1 and 2. Part 1 consists of postnatal mother's perception regarding labour and delivery experience during labour. Part 2: consists of postnatal mother's perception of labour and delivery experience after labour. Regarding the educational status majority 13 (43.3%) of the multipara mothers were belong to high school education compared with 10 (33.3%) of primipara mothers. The pilot study was conducted in the Postnatal and labour ward. Ten postnatal mothers were selected by using convenience sampling technique. Informed consent was obtained from the study participants. By structured interview schedule, the researcher collected the data from postnatal mothers on the 1st postnatal day. After conducting

the pilot study few modifications were made in the tool.

The purpose of the study was explained to every sample. By structured interview schedule, the researcher collected the data from postnatal mothers on the 1st postnatal day. It taken one month for the researcher to complete the process of this data collection involving 60 mothers. The data collected from the subjects were compiled and analysed by using descriptive statistics. To compare both primipara and multipara mothers' perception of labour and delivery experience, the chi square test was used. Associate with the perception of labour and delivery experience with certain demographic and obstetric variables the chi - square test was used.

RESULTS

Table 1 shows that distribution of demographic variables of the mothers. Regarding age of the mother, a majority of 18(60%) primipara mothers were in the age group of 15-25 years. Among multipara 12(40%) were in the age group of 31-35 years. Majority of the mothers totally 10(33.3%) among primipara and 13(43.3%) multipara mothers had high school education.

TABLE 1: Distribution of Demographic Variables of Postnatal Mothers; N = 60

VARIABLES	PRIMIPARA(n=30)		MULTIPARA (n=30)	
	No.	%	No.	%
Age of the mother				
a) 15-25 years	18	60%	7	23.3%
b) 26 - 30 years	12	40%	10	33.3%
c) 31 – 35 years	-	-	12	40%
d) 36 – 45 years	-	-	1	3.3%
Educational status				
a) Illiterate	4	13.3%	3	10%
b) Primary education	7	23.3%	9	30%
c) High school education	10	33.3%	13	43.3%
d) Higher secondary education	5	16.7%	5	16.7%
e) Graduate (college education)	4	13.3%	-	-
Parity				
a) Primipara	30	100	-	-
b) Multipara	-	-	26	86.6
c) Grand multipara	-	-	4	13.3
Gestational age				
a) Below 38 weeks	5	16.7	2	6.7
b) 38-40 weeks	23	76.7	27	90
c) >40 weeks	2	6.6	1	3.3

TABLE 2: COMPARISON OF MOTHERS PERCEPTION OF LABOUR AND DELIVERY EXPERIENCE DURING LABOUR; N=60

S. No	VARIABLES	PRIMI PARA n=30		MULTIPARA n=30	
		No	%	No	%
1	Exposing private part and vaginal examination				
	a. Felt shy about people and male doctors were examine	28	93.3%	26	86.7%
	b. Felt worried regarding safety of the baby	18	60%	25	83.3%
	c. Thought that delivery a baby is unnecessary as it was painful	11	36.7%	9	30%
	Bearing the labour pain				
	a. It is necessary to bear the pain as I need a child	13	43.3%	10	33.3%
	b. Thought not to plan for another child	14	46.7%	10	33.3%
	c. Felt bad to bear the pain alone as my husband didn't have any share in it	2	6.7%	8	26.7%
	d. Felt difficult	-	-	1	3.3%
	e. Felt nothing	1	3.3%	1	3.3%
2	Pushing down during the labour process				
	a. Felt like losing the life	16	53.3%	9	30%
	b. Felt angry as the pushing process was difficult	3	10%	12	40%
	c. Worried about the impact of pushing effort on child	7	23.3%	4	13.3%
	d. Thought not to plan for another child as it was too painful	2	6.7%	3	10%
	e. Felt nothing	2	6.7%	2	6.7%
	Episiotomy				
	a. Yes				
	• Felt fear and pain	19	63.3%	7	23.3%
	• Instead of normal delivery they did episiotomy	1	3.3%	2	6.7%
4	• Whatever it may be but the baby want to delivered	1	3.3%	1	3.3%
	b. No	9	30%	20	66.7%

Table 3: Comparison of Mothers Perception of Labour And Delivery Experience After Labour And Delivery; N=60

S.No	Variables	Primipara n=30		Multipara n=30	
		No	%	No	%
1	Regarding emotional status after delivery				
	a. Felt happy (normal delivery, attained motherhood, healthy baby, sex of the baby)	28	93.3%	25	83.3%
	b. Felt unhappy about child's condition	7	23.3%	4	13.3%
	c. Felt relieved from burden	1	3.3%	8	26.6%
	d. Worried about the child's cry, not crying, poor sucking, sex of the baby, baby in NICU.	15	50%	16	53.3%
	e. Felt relieved from burden	-	-	2	6.7%
2	Feelings about first breast feeding after labour and delivery				
	a. Felt happy as motherhood	22	73.3%	15	50%
	b. Worried as the baby didn't suck well	6	20%	8	26.7%
	c. It was very painful	1	3.3%	5	16.7%
	d. Didn't give breast feeding	1	3.3%	2	6.7%

Table 4: Association between Labor Experience (Feelings about Separation from Relatives) and Weeks of Gestation; N=30

Obstetrical variable	PRIMIPARA (n=30)					MULTIPARA (n=30)				
	Felt nobody as support	Longing to meet relatives	Felt nothing	Total	χ^2	Felt nobody as support	Longing to meet relatives	Felt nothing	Total	χ^2
Gestational age <38 WKS	3 (33.3%)	2 (66.7%)	-	5 (100%)		-	1 (50%)	1 (50%)	2 (6.7%)	
38-40 WKS	7 (30.4%)	16 (69.6%)	-	23 (100%)	5.732 P=0.2201 NS	8 (29.7%)	19 (70.3%)	-	27 (100%)	14.94 P=0.0048 *S
>40 WKS	1 (50%)	-	1 (50%)	2 (100%)		1 (100%)	-	-	1 (100%)	

*S- Significant

NS-Non significant

Table 4 shows that majority (70.3%) of the multipara mothers delivered between 38-40 weeks; they felt lonely and longing to meet their relatives during labour when compared to 69.6% of primipara mothers. There was an association between the labour experience (Feelings towards vaginal examination) and the weeks of gestational age of the multipara mothers, which was confirmed by chi square test $P < 0.0048$. Among primipara mothers, there was a no association between the weeks of gestational age and the labour experience (Feelings towards vaginal examination).



Table 5: Association between Labor Experience (Feelings towards Pushing Down) and Education; N=30

Demo graphic Variables	PRIMI PARA n=30							MULTI PARA n=30							X ²
	Felt losing life	like angry	Concerned about health	baby's Too painful and not to plan for another child	Felt nothing	Total	X2	Felt like losing life	Felt angry	Concerned about baby's health	Too painful and not to plan for another child	Felt nothing	Total		
Education	3	1	-	-	-	4	27.420 P=0.007 *S	2	1 33.3%)	-	-	-	3	12.302 P=0.656 NS	
Illiterate	(75%)	(25%)				(100%)		(66.7%)					(100%)		
Primary	3	1	1 (14.3%)	-	2	7 (100%)		3	6 (66.7%)	-	-	-	9		
	(42.8%)	(14.3%)			(28.6%)			(33.3%)					(100%)		
Secondary	2	-	6 (60%)	2	-	10 (100%)		3	3 (23.1%)	2 (15.3%)	3 23.(1%)	2	13		
	(20%)			(20%)			(23.1%)				(15.4%)	(100%)			
Higher Secondary	4	1	-	-	-	5 (100%)		1 (20%)	2 (40%)	2 (40%)	-	-	5		
	(80%)	(20%)											(100%)		
Graduate	4	-	-	-	-	4 (100%)		-	-	-	-	-	-		
	(100%)														

*S-Significant

NS-Non significant

DISCUSSION

The study was conducted for a period of 4 weeks among sixty postnatal mothers admitted in the postnatal ward. The samples were selected by using convenience sampling technique. The data were collected by using the structured interview questionnaire. The investigator used both descriptive and inferential statistics to analyze the data.

The present study is to assess the perception of labour and delivery experience between primipara and multipara mothers. Twenty eight (93.3%) primipara mothers felt shy about people and male doctors were looking during vaginal examination when compared to 86.7% of multipara mothers. A total of 26.7% b multipara mothers, 16(53.3%) of the primipara mothers thought not to plan for another child because they losing their life for pushing the baby.

Among the multipara, 10% of mothers with 26-30 years of age had significant relationship with their labour experience (Feelings towards vaginal examination). Which was confirmed by chi-square test $P < 0.01$. Regarding the gestational age, 56.7% of multipara mothers with 38-40 weeks of gestation had significant relationship with their labour experience (Feelings towards vaginal examination). Which was confirmed by chi-square test $P < 0.01$. Among the primipara 10% of mothers had secondary education and there was a significant relationship between the labour experience (Feelings towards pushing down during labour) and their educational status which was statistically computed by chi-square test with significant level at $P < 0.01$.

This finding goes in congruence with Nilsson, Bondas and Lundgren conducted a study on the Previous Birth Experience among Women With Intense Fear of Childbirth. The purpose of the study to describe the meaning of previous experiences of childbirth among pregnant women who have exhibited intense fear of childbirth such that it has an impact on their daily lives. The women felt as if they had no place there, that they were unable to take their place and that even if the midwife was present, she did not provide support. The experience remained etched in the

women's minds and gave rise to feelings of fear, loneliness, and lack of faith in their ability to give birth and diminished trust in maternity care.

CONCLUSION

The present study assessed the perception of labor and delivery experience between primipara and multipara mothers admitted in the postnatal wards and the study found that 93.3% of the primipara mothers had more fear, shy and worry for selected procedures and preparations than the 83.3% of multipara mothers and 30% of them are anxious and afraid of separation from their relatives. So, the relatives and midwives have an important role in supporting the women during childbirth and to fulfill their individual needs.

RECOMMENDATIONS

- A similar study can be replicated on a larger sample.
- An experimental study may be done to assess the perception of labor experiences during 1st stage of labour and delivery.
- A study to assess the perception of positive and negative childbirth experiences of primipara mothers.
- A study can be carried out women's experience of childbirth with their relatives/ husband.

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