

A study to evaluate the effectiveness of Benson's relaxation technique on reduction of pain among post caesarean mothers admitted at selected hospital in Tirunelveli District India.

Dr.Anilet Anandhy .K¹, Achsha Shiny.A², Mrs.Shamen Margaret.A³

^{1,2} Professor Joy University, Tirunelveli

³ Assistant Professor Bethlehem college of nursing, Kanyakumari

ABSTRACT: INTRODUCTION: Giving birth to a new life is the most painful experience in a woman's life. After caesarean section, women reported Very High Levels of pain during the first 24 hours and most of them experience intense pain even after taking analgesics. Benson's relaxation therapy is a simple and most effective way of relaxation. It is easy to follow and doesn't need any assistance hence can be implemented in post caesarean mothers. The present study was conducted to evaluate the effectiveness of Benson's relaxation technique on level of pain among post-caesarean mothers admitted at selected hospitals of Tirunelveli district. **OBJECTIVES:** To evaluate the level of pain among post caesarean mothers. To determine the effectiveness of Benson's relaxation technique on level of pain among post caesarean mothers. **RESEARCH METHODOLOGY:** A quantitative approach with quasi experimental non-equivalent control group pretest post-test design was adopted to evaluate the effectiveness of Benson's relaxation technique on level of pain among post-caesarean mothers admitted at selected hospitals in Tirunelveli. The total number of samples selected was 60 (30 in experimental group and 30 in control group) by purposive sampling technique following inclusion, exclusion criteria. Chi-square test was used to find the association between the post-test level of pain among post caesarean mothers and selected demographic and obstetrical variables. **FINDINGS:** The data collected were analyzed by descriptive and inferential statistics. Findings revealed that in experimental group pretest mean score was 32.17 4.302 and the post-test mean score was 8.15 4.794. The mean pain reduction level was and the calculated test value is 20.04, which is higher than the table value 3.396 at $p > 0.001$. Hence, the test was significant at the level of $p > 0.001$. Hence, the findings indicated that after administering Benson's relaxation technique in experimental group, there is significant decrease in level of pain Hence H1 hypothesis was accepted. **CONCLUSION:** The study concludes that Benson's relaxation technique was much effective in reducing the level of pain among the post caesarean mothers.

KEY WORDS: Benson's relaxation technique-Pain-Post caesarean mothers.

INTRODUCTION

The most agonizing event in a woman's life is giving birth to a child. Women who had caesarean sections reported extremely high pain levels during the first 24 hours following the procedure, and the majority of them continue to endure severe pain even after taking painkillers. The simplest and most efficient method of relaxation is Benson's relaxation treatment. It can be used with post-caesarean mothers because it is simple to follow and requires no help.

A caesarean section is a surgical operation in which a lower abdominal incision is performed to deliver the fetus after the 28th week. The Latin word "caedere," which meaning to cut, is the source of the term "caesarean section." In 1668, "Francois Mauriceau" wrote the earliest account of a cesarean section. The transverse lower segmental operation was originally performed by "Kehrer" in 1881. In 1926, "Monro Kerr" popularized the current lower segment operation approach in addition to reintroducing it.

Need for the study

In the last few decades, the caesarean rates have increased dramatically in the developed countries. The incidence of caesarean section is steadily rising. Thirty two percent of all births in the United States are by caesarean section. The operations have been increasing steadily; and have become the most common surgery in American hospitals. India is also experiencing a rapid increase in caesarean section deliveries along with an increase in institutional deliveries. Caesarean section rates have increased from 25.4% to 32% in India and about 32.6% has been documented from South India. Clearly these rates are

unacceptably high all over the globe. The overall rate of caesarean section delivery in 2015–16 is around 17.2% in India, increased from 8.5% in 2005–06. However, the caesarean section rate is estimated to be low in rural areas (12.9%).

Statement of Problem

“A study to evaluate the effectiveness of Benson’s relaxation technique on reduction of pain among post caesarean mothers admitted at selected hospital in Tirunelveli district.”

OBJECTIVES OF THE STUDY

- To evaluate the level of pain among post caesarean mothers.
- To determine the effectiveness of Benson’s relaxation technique on level of pain among post caesarean mothers.
- To determine the association between post-test levels of pain among post caesarean mothers with their selected demographic variables in experimental and control group.
- To determine the association between post-test levels of pain among post caesarean mothers with their selected obstetrical variables in experimental and control group.

Hypotheses

H₁-There will be a significant difference in the level of pain after administering Benson’s relaxation technique among post caesarean mothers.

H₂-There will be a significant association between the post-test level of pain with selected demographic and obstetrical variables in experimental group

A quantitative approach with quasi experimental non-equivalent control group pretest post-test design was adopted to evaluate the effectiveness of Benson’s relaxation technique on level of pain among post-caesarean mothers admitted at selected hospitals in Tirunelveli. The total number of samples selected was 60 (30 in experimental group and 30 in control group) by purposive sampling technique following inclusion, exclusion criteria. The sample size was estimated by using power analysis using the formula $N = 4pq/d^2$ where „p“ was 13. The calculated sample size was 45. Expecting case attrition 60 samples were recruited for the study. The tool selected for the study consists of four parts which includes demographic variables, obstetrical variables, Modified comfort behavioral scale and self-satisfaction rating scale. Validity of the tool was done by submitting the tool to 8 experts (5 experts from obstetrical and gynecology nursing department, 1 obstetrician, 1 yoga therapist, 1 statistician). All the experts gave their opinions and the tool was finalized. Reliability of the modified comfort behavioral scale was tested by test retest method with the interval of 3 days using cronbach’s alpha method. The reliability coefficient $r = 0.92$. The score was excellent and the tool was found reliable. The total samples selected per week were 15. The intervention used was Benson’s relaxation technique. The intervention was given for 15 minutes per day. No intervention was given to the control group. The instrument used for the study was Modified comfort behavioural pain scale. Paired „t“ test was used to compare pre-test and post-test level of pain. Chi-square test was used to find the association between the post-test level of pain among post caesarean mothers and selected demographic and obstetrical variables.

RESEARCH METHODOLOGY

RESULTS

Frequency and Percentage Distribution of Pretest and Post Test Level of Pain among Post Caesarean Mothers in Experimental Group

(n=30)

Level of pain	Pre-test		Post-test	
	f	%	f	%
No pain 0-10	00	00	21	70
Mild pain 11-20	00	00	09	30
Moderate pain 21-30	07	23	00	00
Severe pain 31-40	23	77	00	00

The above table depicts the frequency and percentage distribution of pretest and post-test level of pain among experimental group.

The findings revealed that, In Pretest 23(77%) of Post caesarean mothers had severe pain; 07(23%) had

moderate pain and none of the mothers had mild or no pain. In post-test 21(70%) of Post caesarean mothers had no pain; 09(30%) had mild pain and none of the post caesarean mothers had moderate to severe pain.

Frequency and Percentage Distribution of Pretest and Post Test Level of Pain among Post Caesarean Mothers in Control Group

(n=30)

Level of pain	Pre-test		Post-test	
	(f)	(%)	(f)	(%)
No pain 0-10	00	00	00	00
Mild pain 11-20	00	00	27	90
Moderate pain 21-30	8	27	03	10
Severe pain 31-40	22	73	00	00

The above table shows the frequency and percentage distribution of pretest and post-test level of pain among control group.

The findings revealed that in pretest 22(73%) of Post caesarean mothers had severe pain; 08(27%) had

moderate pain and no one had mild and no pain. In post-test 27(90%) of Post caesarean mothers had mild pain; 03(10%) had moderate pain and none of the post caesarean mothers had no pain or severe pain.

The Effectiveness of Benson’s Relaxation Technique on Level of Pain among Post Caesarean Mothers.

Sl.No	Group	Pretest		Posttest		Mean Difference	„t“ value (p=0.001)
		M	SD	M	SD	MD	
1.	ExperimentalGroup	32.17	4.202	8.15	4.894	25.02	20.04***

The findings revealed that in experimental group pretest mean score was 32.17 ± 4.202 and the post-test mean score was 8.15 ± 4.894 . The mean pain reduction level was and the calculated test value is 20.04, which is higher than the table value 3.396 at $p > 0.001$. Hence, the test was significant at the level of $p > 0.001$. Therefore, the findings indicated that after administering Benson’s relaxation technique in experimental group, there is some significant decrease in level of pain so H_1 hypothesis was accepted.

CONCLUSION

The findings of the study revealed that, there was significant reduction in the level of pain among post caesarean primiparous women after administering Benson’s relaxation technique. Therefore post

caesarean mothers can practice Benson’s relaxation technique in reducing pain during their post-operative period.

REFERENCES

[1] Adele pillitteri, (2010). Maternal and Child Health Nursing. 6th ed. Philadelphia: Lippincott William and Wilkins publishers, Page No: 397-401.
 [2] Ann MarrinerTomey, (2006). Nursing theorists and their work, Missouri: Mosby publication, Page No: 26-33.
 [3] Annamma Jacob, (2005). A Comprehensive Textbook of Midwifery, New Delhi: Jaypee brothers publishers, Page No: 403-407.

- [4] Baride J.P, (2003). Manual of Biostatistics, New Delhi: Jaypee brothers medical publishers, Page No:42-45.
- [5] Basavanthappa. B.T, (2006). Textbook of Midwifery and Reproductive health Nursing. 1st ed. New Delhi: Jaypee brothers Medical Publishers, Page no: 364- 366
- [6] Akram Salmanzadeh, “The Effect of Benson's relaxation on pre-operative anxiety in Cesarean section in Nulliparus Women”, Journal of Advanced Pharmacy Education and Research, volume no 8, issue no S2, October-December 2018.
- [7] Andrew Kintu, “Postoperative Pain after Cesarean Section: Assessment and Management in A Tertiary Hospital in A Low-Income Country”, BMC Health Services Research, volume no19, issue no 68, January 2019.
- [8] Boel Niklasson, “Risk Factors For Persistent Pain And Its Influence On Maternal Wellbeing After Cesarean Section”, ACTA Obstetrica et Gynecologica, volume no 94, issue no 10, February 2015.
- [9] Bommi.K, “Effectiveness of Benson’s Relaxation Therapy on Pain and Stress among Post Caesarean Mothers”, International Journal of Advances in Nursing Management, volume no 7, issue no 4, October 2019.