

EFFECTIVENESS OF ORIENTATION PROGRAMME ON ANXIETY OF MOTHERS UNDERGOING DELIVERY

A Quasi-Experimental Study

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INTRODUCTION

Unfamiliarity with the Labor Unit and Nurses in labor room leads to **FEAR** and **ANXIETY** among pregnant women undergoing delivery. This study aimed at assessing level of anxiety of pregnant mothers during delivery with a **PRIOR ORIENTATION** to the Labor Unit and Nurses.

OBJECTIVES

- To assess anxiety levels of the mothers undergoing delivery.
- To determine effectiveness of orientation program on anxiety of mothers undergoing delivery.

METHODOLOGY

DESIGN

One group pretest-post test design

SAMPLE

Antenatal mothers scheduled for delivery

SAMPLING TECHNIQUE

Convenient sampling

SAMPLE SIZE

104

TOOLS USED

A Demographic variables

B Hamilton Anxiety Rating Scale: Likert Scale.
Mild (1-14), Moderate (14-28), Severe (28-42), Panic (42-56)

RESULT

Distribution of Demographic (N=104)

25-30 Yrs	101	97.1%
Non Working	54	51.5%
With Past Information	69	66.5%

Pre And Post Orientation Anxiety Among Primi Mothers (N=104)

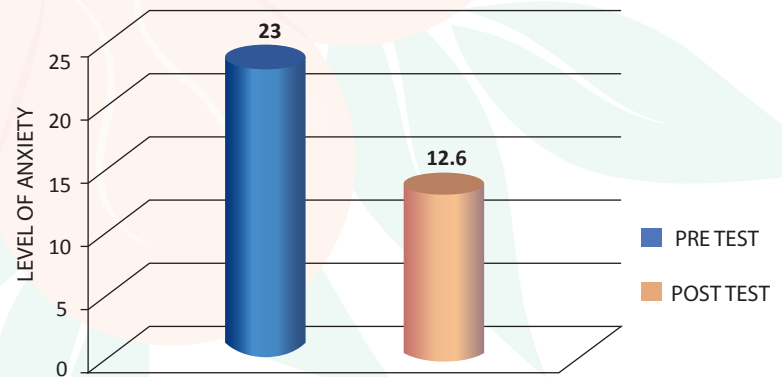


Fig 1: Comparison of Pre and Post Level of Anxiety

CONCLUSION

There is a significant difference in the mean anxiety score in pre and post test ($p < 0.5$). Hence it is proved that the orientation to Labor Room and Nurses is effective in reducing the anxiety of mothers during labor.

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REFERENCE

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