

Thesis Title Effects of Childbirth Preparation on Anxiety
 Level, Pain Sensation, Duration of Labour and
 Perception of Childbirth Experience

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ABSTRACT

The purpose of this quasi-experimental research was designed to test the effects of childbirth preparation on anxiety level, pain sensation, duration of labour and the perception of childbirth experience. The sample consisted of 40 primigravidarum who had no high risk of pregnancy, attended antenatal care clinic and gave birth through vaginal delivery at Charoenkrungpracharak Hospital. The subjects were divided into two groups; those who attended the antenatal care clinic on Monday and Tuesday were assigned to the control group (n=20), and those who attended the clinic on Wednesday, Thursday and Friday were assigned to experimental group (n=20). Both groups received routine antenatal care provided in the setting, but the experimental group received the planned childbirth preparation in addition. Anxiety was measured at antenatal care unit and when the pregnant women had

fully cervical dilatation at labour-delivery room. Pain intensity was assessed at the time of admission and when the cervix was fully dilated. Childbirth Experience Questionnaire was interviewed after delivery. The data was analyzed by t-test, Chi-square and Analysis of Covariance.

Results of the study revealed that the mean scores on the childbirth experience for the experimental group was statistically significant higher than the control group ($p < .01$). The mean scores on the anxiety level, the intensity of pain and the duration of labour between the control and the experimental group were not statistically significant difference ($p > .05$). This finding suggested that the pregnant women should be prepared for childbirth in antenatal period, so that they would have self-confidence to cope with labour pain, and have favour perception of childbirth experience.