

Thesis Title The Effectiveness of Delivery Preparedness on
Anxiety Coping Behavior of Primigravida at
Maternal and Child Health Hospital Nakornsawan
Province

Name Tussanee Panja

Degree Master of Science (Public Health)
major in Family Health

Thesis Supervisory Committee

Jarueyporn Suparp, M.D., M.P.H. (Urban Health)
Suwat Srisorachate, B.A., M.A.
Charnchai Pinuang-ngam, M.D., Thai Board of
Obstetric and Gynecology, M.H.S.
(Family Planning and Reproductive Biology)

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Abstract

The objective of this quasi-experimental research is to study the effect of delivery preparedness on anxiety coping behavior of primigravidas at Maternal and Child Health hospital Nakornsawan province. The sample were 60 primigravida, age 20-34 years old, married, 36 weeks of normal pregnancy, attended prenatal clinic and wanted pregnancy. Their pregnancy had no complication, no tragic life events with in 3 months and delivered in the Maternal and Child Health hospital. Sample were divided into two groups by pair-matching of occupation and education. The study group recieved health education as designed by researcher and the control group received routine prenatal health education. Collection of data from September to December 1989 by interview, self administed questionnaire at prenatal clinic observing of coping behavior during delivery period. Data were analized by using chi-square and T-test for significant difference.

The results revealed that before experiment, the means score of obstetric knowledge and anxiety had medium level (12.50 and 45.80 respectively). After experiment, the means score of obstetric knowledge had high level (15.80), but anxiety and coping behavior during delivery had medium level (45.90 and 5.416 respectively). After experiment the obstetric knowledge and coping behavior during delivery in the study group showed significantly higher than the control group at p-value < 0.01 . In the study group, anxiety score showed significantly lower than in the control group at p-value < 0.01 .

So, it can be concluded that, a new design program of health education can improve obstetric knowledge, coping behavior during delivery and decrease anxiety more than routine prenatal health education.