

Thesis Title The Effectiveness of Health Education Program for
the Readiness in Labour of Mothers at the Health
Promotion Center Region 4, Khonkaen

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Abstract

The objective of this research was to study the effectiveness of health education program for the readiness in labour of mothers. The sample was composed of 100 primigravidas, who attended the pre-natal clinic and admitted at the Labour and Delivery Unit in the Health Promotion Center Region 4, Khonkaen. All subjects were selected by the purposive sampling technique and equally assigned into either study or control groups. There were 50 subjects in each group. The study group received health education program where as the control group received the routine health education program from nursing personnel of the center. Tools for collecting data are questionnaire and Delivery Observation Form, which were constructed by the reseacher. Data were analysed by computer using SPSS* Programm. The analysis for frequency distribution, percentage, arithmetic means, standard deviation and test for differential significance at the 0.001 level by t-test and pairs t-test were administered.

The results of the study showed that:

1. The knowledge regarding labour was significantly higher in the study group than in the control group (<0.001).
2. The mental readiness in labour was significantly higher in the study group than in the control group ($p<0.001$).
3. The behavior in labour was significantly higher in the study group than in the control group ($p<0.001$).
4. The knowledge regarding labour of the study group was significantly higher in the post-test than in the pre-test ($p<0.001$).
5. The readiness of labour of the study group was significantly higher in the post-test than in the pre-test ($p<0.001$).