

Thesis Title The effect of Childbirth Preparation on Pain
Coping Behavior and Attitude toward Delivery.

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ABSTRACT

Childbirth is a natural process that could disrupt physical and psychosocial well being of the women. Such process may lead to an increased perception of labour pain during labour period. Several studies indicate the childbirth preparation help pregnant women to cope with labour pain effective as well as having a more positive attitude toward delivery. Childbirth preparation should include factual information about the process of labour and birth, relaxation techinques, breathing techniques and effleurage techniques

The purpose of this study was to investigate to the effect of chilldbirth preparation on pain coping behavior and attitude toward delivery. Quasi-experimental design was used in this study. Sixty primigravidas, who attended prenatal clinic and were later admitted to labour and delivery unit of the Pramongkutkao Hospital were the samples. They were selected by purposive sampling technique and were equally assigned into the control group and the experimental group. Each group consisted of 30 subjects. Childbirth preparation,

breathing techniques, and effleurage techniques were taught to experimental group during prenatal period. Then, the techniques taught to the experimental group were review again by the researcher during labour period. In contrast, the control group received only routine care procedures. During labour period, subjects' pain coping behaviors were observed, then they requested to complete the questionnaire asking about their attitude toward delivery within 24 hours after having delivery. Data were analyzed by using independent t-test. The results of this study were as follow :

1. The pain coping behavior scores in the experimental group were significantly higher than those of the control group ($p < .001$).

2. The scores on attitudes toward delivery in the experimental group were significantly higher than those of the control group ($p < .001$)

The results of this study generated the knowledge about childbirth preparation which could be used in nursing practice. For example should provide pregnant women with factual information about labour and birth process strategies such as breathing and effleurage techniques should be taught to these women so they can cope with labour process effectively. Handbook about childbirth preparation would be very useful as well. In addition, Nurses should reinforce this preparation by using these techniques and coaching the women during labour period. Such practice would help the pregnant women to cope with stress from childbirth more effectively as well as to have more positive attitude toward delivery.