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BEHAVIOR, DURATION OF FIRST STAGE OF LABOR,  
PERCEPTION OF CHILDBIRTH EXPERIENCE

SUKPINUSH SANKASUWAN : EFFECTS OF USING CHILDBIRTH  
PREPARATION PROGRAM ON LABOR PAIN COPING BEHAVIOR,  
DURATION OF FIRST STAGE OF LABOR, AND PERCEPTION OF  
CHILDBIRTH EXPERIENCE IN PRIMIPARAS. THESIS ADVISORS:  
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The purpose of this study was to determine the effect of a using childbirth preparation program on labor pain coping behavior, duration of first stage of labor, and perception of childbirth experience in primiparas. Fifty subjects were purposively selected from obstetric department, Pramongkutklo Hospital. The experimental group (25 subjects) participated in a childbirth preparation program beginning at IUP 36-37 weeks pregnancy and during labor. During pregnancy, they received information from the researcher regarding labor and delivery. They practiced exercising, positioning, breathing exercise, and relaxation. Self-efficacy was promoted through all these activities. During labor, the researcher helped and supported the experimental group with appropriate practice according to the progress of labor by using appropriate upright positions as well as focusing on deep breathing exercise and relaxing muscles during uterine contraction. In addition, the researcher stayed nearby and supported the subjects by touching and cheering up with soft voice while the pregnant women practiced skills learned in the preparation program throughout the first stage of labor. All subjects in experimental group did not receive augmentation and artificial rupture of membranes. Whereas the control group received normal care with active management of labor from nursing personnel according to the standard of the Department. Data were collected by using labor pain coping behavior observation, personal data form, and perception of childbirth experience questionnaire, and were analyzed by using percentage, mean, and ANOVA.

The results of this study revealed that primiparas in the experimental group had better labor pain coping behavior and perception of childbirth experience than those of control group ( $P < .05$ ). However, there was no difference in duration of first stage of labor between experimental group and control group ( $P > .05$ ).

As a result of the study, the researcher suggests that using a childbirth preparation program in primiparas appropriately can assist the pregnant women to cope with difficult situations during their labor and deliveries. The study showed that childbirth preparation is one of the effective methods for helping mothers to deal with labor pain that nurses can perform independently. This program not only benefits the mother and her baby, but is also cost effective for the family and the country.