

CHAPTER 7

SUMMARY

This present study was aimed to evaluate the birth experience of primigravidae at selected community health centers in Noida, Uttar Pradesh, and to identify the effectiveness of a comprehensive childbirth preparation package for selected maternal and neonatal outcomes.

Pregnant women who are about to undergo labor have expectations related to childbirth. They are also at risk for increased level of anxiety and fear related to childbirth. Childbirth preparation during labor in early period will increase the possibility of safe normal delivery with relatively less exhaustion, pain, and stress to the mother.

Published literature evidenced that instructions given by the health care professionals for positive childbirth experience were not followed completely by primigravidae. Poor preparation of childbirth leads to perception of increased pain, higher rate of caesarean section, and poor maternal-neonatal outcomes. Poor preparation was identified as the problem and this must be solved. This fact encouraged the researcher to study the problem.

The study was undertaken with the following objectives:

- 1.** To explore childbirth preparedness and childbirth experiences among primigravidae in selected health center.
- 2.** To develop and implement a need based Comprehensive Childbirth Preparation Package for primigravidae.
- 3.** To assess the efficacy of comprehensive childbirth preparation package on

childbirth experiences among primigravidae.

4. To assess the efficacy of comprehensive childbirth preparation package on selected maternal-neonatal outcomes among primigravidae.

Hypothesis:

Hypothesis was tested at 0.05 level of significance.

H1: Primigravidae in experimental group will have positive childbirth experiences than the primigravidae in control group.

H2: Primigravidae in experimental group will have better maternal-neonatal outcome than the primigravidae in control group.

A comprehensive review of published and unpublished research literature has helped the researcher develop conceptual frameworks and adopt appropriate methodologies for this research. The conceptual framework was based on Bandura's theory of self-efficacy. The literatures reviewed were related to:

1. Childbirth preparedness
2. Childbirth expectation
3. Fear related to childbirth
4. Childbirth self-efficacy
5. Childbirth experiences
6. Effectiveness of childbirth preparation program on childbirth experiences and maternal-neonatal outcomes

The reviewed literature enabled the investigator to develop tool for data collection. It also helped to decide data analysis plan and interpretation.

The present study was conducted in two phases. Phase I of the study is exploratory survey to explore the childbirth preparedness among primigravidae and childbirth experiences from primiparous mothers. The major themes generated under childbirth preparedness were preparation related to childbirth, fear related to childbirth, awareness related to childbirth, and expectations related to childbirth. Themes merged under childbirth experiences were low self-esteem, self-blame, and unrealistic childbirth expectations. After identifying the need, a comprehensive childbirth preparation package was developed. Phase II of the study dealt with evaluation of the effectiveness of the developed intervention in terms of childbirth experiences and maternal and neonatal outcomes. The independent variable of the study is comprehensive childbirth preparation package, and dependent variables were childbirth preparedness, childbirth expectation, childbirth fear, childbirth experiences, and selected maternal-neonatal outcomes.

The study was conducted in Dadri Community Health Center of Noida, Gautam Budha Nagar, Uttar Pradesh. Concealed random allocation was used to obtain adequate size (100) of the sample. Participants were assigned to two groups, experimental (50), and control (50). For collection of data, the tools used were structured childbirth preparedness questionnaire, childbirth expectation questionnaire, Wijma childbirth expectancy/experience questionnaire (W-DEQ), childbirth experience questionnaire, maternal-neonatal outcome proforma, and breastfeeding self-efficacy questionnaire. The content validity and reliability of the tools were established. Pilot study was done

among thirty samples in Bisrakh Community Health Center. The study was conducted from March 2021 to August 2021 in Dadri Community Health Center. Pre-test was conducted on 1st day, on both the groups, after screening and allocating the participants to experimental and control groups.

Comprehensive childbirth preparation package was administered in the experimental group during three sessions for 3 days. Post-intervention test was administered on 15th day, 3rd day, 7th day, and 6th week of delivery. The data collected was organized, analyzed, and interpreted in the light of the objectives and hypotheses. Data analysis was done using statistical methods.

Major findings

1. Major themes generated under childbirth preparedness were preparation related to childbirth, fear related to childbirth, awareness related to childbirth, and expectations related to childbirth. Themes merged under childbirth experiences were low self-esteem, self-blame, and unrealistic childbirth expectations.
2. Both the groups were uniform and homogenous in terms of sociodemographic and pregnancy characteristics like age, education, occupation, family income, type of family, mode of transport, pregnancy planning, antenatal visits, weight of primigravidae, and period of gestation.
3. Analysis of childbirth preparedness showed that post-test scores of childbirth preparedness (34.2 ± 14.5) were significantly different at ($p = 0.03$) from the control group. This indicates that CCBPP was effective in terms of childbirth preparedness.
4. The childbirth expectation value in pre-test was not significantly different

between the experimental group and the control group ($p = 0.75$), but the post-test birth expectation was significantly different between the experimental group and the control group ($p \leq 0.001$). This shows that the comprehensive birth preparation package was effective in terms of birth expectations.

5. Experimental group childbirth fear pre-test mean score was 87.1 ± 4.02 . In control, the pre-test mean score of fear was 88 ± 3.47 . The mean difference was -0.9 . The $t_{98} = 1.198$, $p = 0.23$ indicate a non-significant difference. In experimental group; the mean post-test score of childbirth fear was 74.8 ± 10.9 . In control, the post-test mean score was 87.9 ± 4.5 . The mean difference was -13.1 . The $t_{98} = 7.85$, $p = 0.001$ indicate a highly significance at 0.01 level.
6. The post-test score of labor and birth experience was 113.9 ± 5.7 . In controls the mean score of labor and birth experience was 85.9 ± 6.5 . The mean difference was 28. Here independent t-test was applied to find out statistically significant result. The $t_{98} = 22.90$, $p = 0.001$, which indicate that it was highly significant at 0.01 level.
7. Results of labor and birth experiences revealed that in experimental group 76% primigravidae had labor after 37 weeks and in control group 60% ($p = 0.007$). Majority 72% of primigravidae had normal delivery with episiotomy in experimental group comparing to 60% in control group ($p = 0.05$). Spontaneous labor occurred in 92% in experimental in comparison to 80% in control ($p = 0.005$). Experimental group had lesser duration of 2nd stage of labor ($p = 0.04$), and APGAR score in experimental group is 86% and in control group ($p = 0.03$).
8. Postnatal outcomes of mother and baby revealed a significant difference in

postnatal outcome between groups in terms of breast complications ($p = 0.005$), bowel problems ($p = 0.003$).

9. Effectiveness of comprehensive childbirth preparation package on breastfeeding self-efficacy was studied between experimental and control group. The experimental group shows that the post-test mean score of CCBPP was 60.8 ± 2.2 . In control the mean score of CCBPP was 45.7 ± 20.9 . The mean difference was 15.1. Here independent t- test was applied to find out statistically significant result. The $t_{107} = 5.3$, $p = 0.001$ which indicates high significance at 0.01 level.