

LAMAZE METHOD

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ABSTRACT

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING LAMAZE METHOD AMONG ANTENATAL MOTHERS WITH A VIEW TO DEVELOP VIDEO ASSISTING TEACHING ON LAMAZE METHOD IN A SELECTED PHC'S.

INTRODUCTION

The Lamaze method of childbirth is probably one of the best-known childbirth preparation techniques, and yet the stereotypes are probably more familiar than the philosophy itself. The Lamaze method of childbirth was developed in France by Dr. Fernand Lamaze in 1951. As its popularity grew, it spread to the U.S. and became more widely known throughout the late 1950s. Today the Lamaze method has expanded beyond the well-known breathing techniques to include a broader philosophy that promotes a woman's inherent ability to birth her baby and supports the six care practices that support birth.

OBJECTIVES OF THE STUDY

The objectives of the study were:-

- ❖ To assess the knowledge of antenatal mother regarding Lamaze method by structured interview schedule.
- ❖ To determine the association between level of knowledge and attitude of antenatal mother regarding Lamaze method with selected demographic variables such as age, religion, educational status, occupation, income, obstetrical score, place of residence and source of information.
- ❖ To correlate with knowledge and attitude of prenatal mother regarding Lamaze method.
- ❖ To develop video assisted teaching on Lamaze method.

HYPOTHESES

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- ❖ To develop video assisted teaching on Lamaze method.

FINDINGS

The first objective was to assess the knowledge of antenatal mother regarding Lamaze method by structured interview schedule.

The study findings results shows that majority of the antenatal mother belongs to the age group of less than 25 years (43.4%), 43.8% of the women belongs to the age group of 26-30 years and 8.4% of antenatal mother belongs to the age group of 31-35 years. In educational status 58.3% completed their higher secondary; 26.7% were completed their graduates and 15% had primary education. About religion 98.3% antenatal mother belongs to Hindu religion and 1.7% were Christian. About sources of information 68.3% women gather information through medical and 30% of them gathered information from relatives and friends.

The second objective was to assess the association between level of knowledge and attitude of antenatal mother regarding Lamaze method with selected demographic variables

The study finding shows that distribution of women by their overall knowledge level on Lamaze method and its dimensions before video assisted teaching. The knowledge level on Lamaze method has been assessed by 20 questions with two sub divisions. The overall knowledge score on Lamaze method has been classified as inadequate knowledge, moderately adequate knowledge if they have scored respectively if less than 50%, 50% and 74% and 75% and above. Similarly the dimensions are classified as inadequate, moderately adequate and adequate

The third objective was to correlate with knowledge and attitude of prenatal mother regarding Lamaze method.

shows the mean and standard deviation of the knowledge level on Lamaze method before and after VAT. The mean knowledge score on Lamaze method among women the women before VAT has been 9 out of 20 questions. After the VAT, the mean knowledge score has been increased to 18.

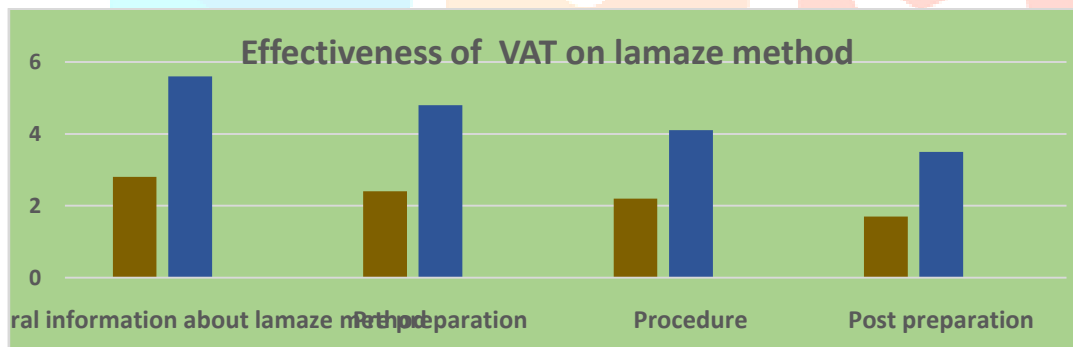
The mean, standard deviation, paired t-test and p- value for the effective on Lamaze method

N=60

Dimension and overall	Knowledge level	Mean	Standard deviation	Paired t- test	p- value
Overall	Before VAT	9	2.06	23.02	< 0.001***
	After VAT	18	2.00		

***p<0.001- Highly significant

Then mean score has been compared using paired t-test, the significant p- value infers that after VAT, the knowledge level on Lamaze method has been increased to the women. Similarly each sub-divisions has been compared using the paired -t test, the significant p- value for all the four sub -divisions infers that VAT is effective in improving the knowledge level on all aspect of Lamaze method procedure. The mean score of the subdivisions of the knowledge on Lamaze method.



CONCLUSION:

Women understand Lamaze method procedure, it creates a necessity about the entire Lamaze method procedure there is a need to develop the strategy to educate the women about this Lamaze preparation and to improve the knowledge level.

NURSING IMPLICATIONS

The finding of the study has implication in different aspects of nursing profession nursing service nursing education, nursing administration and nursing research by assessing the effective of video assisted teaching on Lamaze method among, antenatal mothers attending primary health center, Bahour. We got an outline regarding different step to be taken in all these fields to improve the knowledge of antenatal mothers

RECOMMENDATIONS

Based on the study findings, the following recommendation have been made for further study.

- A study can be conducted among antenatal mother to relieve pain during labour using non pharmacological methods.
- A study can be organized among college students in various fields.
- A similar study can be done among nursing students to know about their level of knowledge on Lamaze method preparation.

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