



“A Study To Assess Knowledge, Attitude And Practice Of 4th Year B.Sc (N) Students Regarding Massage Techniques In Managing First Stage Of Labor In Selected Nursing College Kolar, With A View To Develop Information Booklet”.

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Labor is an emotional experience and involves both physiological and psychological mechanisms. Pain is a common experience for women during labor. Effective management of labor pain plays a role in a woman's satisfaction with childbirth. A nurse is the ideal person to assist the woman in this crucial hour, combining her skills and knowledge of massage technique to ease the labor pain¹. Massage is a time honored method by which women have received comfort throughout the millennia². **Objectives** To assess the knowledge, attitude and practice of 4th year B.sc (N) students regarding massage techniques in managing first stage of labor, to find out the association between the knowledge, attitude and practice score with socio demographic of B.sc (N) students and to develop information booklet regarding massage techniques. **Methodology:** The research approach used for the present study was a survey research approach and descriptive survey design was adopted for the present study. The sample of the study chosen by non-probability Purposive Sampling Technique, which includes 60 female 4th year B.Sc(N) students. A self-structured questionnaire was used to collect the data which consists of 6 Socio demographic 23 knowledge questionnaires, 20 attitude statement and practice checklist consist of 20 item. **Results:** The major findings of the study were out of 60 B.Sc Nursing students. The study revealed that 58.33% had moderate knowledge, 76.58% had positive attitude and the practice assessment revealed 93.33% students had poor practice in spite of positive attitude.

KEY WORDS: Massage Technique , First Stage Of Labor, Information Booklet.

INTRODUCTION

Massage a cost effective nursing intervention which involves simple technique of rubbing, kneading of muscles and parts of the body with the hands, especially to relieve tension and pain, which in turn stimulates the body to release endorphins, a natural pain killing substance and stimulates the production of oxytocin, decreases stress hormones and neurological excitability³.

NEED FOR THE STUDY

Labour and delivery cause pain in most patients. Nulliparous are more likely to experience severe pain than multiparous women (Melzack 1984)⁴. Pain may be aggravated by anxiety, fear, maternal expectations and mother's state of preparation for delivery. It increases maternal Oxygen consumption, cardiac output, circulating catecholamine levels⁵. The rise in serum catecholamine can cause fetal tachycardia, bradycardia and contractions. Massage technique should therefore be taken in to consideration of maternal wishes and preferences, available expertise, support of staff and facilities. Practice in various countries vary culture to culture the technique used should be cheap, easy to administer, good and reliable relief from pain.⁶

STATEMENT OF THE PROBLEM

A study to assess Knowledge, Attitude and Practice of 4th year B.sc (N) students regarding Massage techniques in managing first stage of labor in selected nursing college Kolar, with a view to develop information booklet.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of 4th year B.sc (N) students regarding massage techniques in managing first stage of labor.
2. To assess the attitude of 4th year B.sc (N) students regarding massage techniques in managing first stage of labor.
3. To assess the practice of 4th year B.sc (N) students regarding massage techniques in managing first stage of labor.
4. To find out the association between the knowledge, attitude and practice score with socio demographic of B.sc (N) students.
5. To develop information booklet regarding massage techniques.

OPERATIONAL DEFINITIONS

1. **Assess:** It refers to finding the level of knowledge, attitude and practice of 4th year B.sc (N) students regarding massage techniques in managing 1st stage of labor
2. **Knowledge:** It refers to the information, level of awareness and understanding of students regarding massage techniques in managing 1st stage of labor
3. **Attitude:** It refers to the opinion, interest, ideas and behavior of student regarding massage techniques in managing 1st stage of labor as assessed using attitude scale.
4. **Practice:** It refers to student actual application of massage technique in managing 1st stage of labor as observed by using checklist.
5. **Massage techniques:** It refers to technique applied with the help of hands to relax muscles, ease labor pain and improve the sense of overall wellbeing during first stage of labor.
6. **Managing First stage of labor:** It refers to the period from the onset of true uterine contractions till the complete dilatation of the cervix.
7. **Information booklet:** A small thin book with paper covers, typically giving information on massage technique in managing 1st stage of labor.

ASSUMPTIONS

- 4th year B.Sc(N) students may have some knowledge regarding massage technique in managing First stage of labor.
- 4th year B.Sc(N) students may have positive attitude regarding massage technique in managing first stage of labor.
- 4th year B.Sc(N) students would have practiced massage technique in managing first stage of labor.

Hypothesis:

- H₀₁ There will be no significant association between the knowledge of 4th year BSc (N) students regarding massage techniques in managing first stage of labor with their selected demographic variables.
- H₀₂ There will be no significant association between the attitudes of 4th year BSc (N) students regarding massage techniques in managing first stage of labor with their selected demographic variables.
- H₀₃ There will be no significant association between the practices of 4th year BSc (N) students regarding massage techniques in managing first stage of labor with their selected demographic variables.

CONCEPTUAL FRAMEWORK

The conceptual framework adopted for the present study was based on general systems theory with input, throughput, output and feedback as essential components which were first introduced by Ludwig Von Bertalanffy in 1968. A system theory is a group of elements that interact with one another in order to achieve the goal. The input when processed provides an output. This system is cyclical in nature and continues to be so as long as the input, process, output and feedback keep interacting. If there are changes in any parts there will be changes in all the parts. Feedback from within the system or from the environment provides information which helps the system to determine whether it meets its goal.⁷

A system can be resolved into an aggregation of feedback circuit such as:

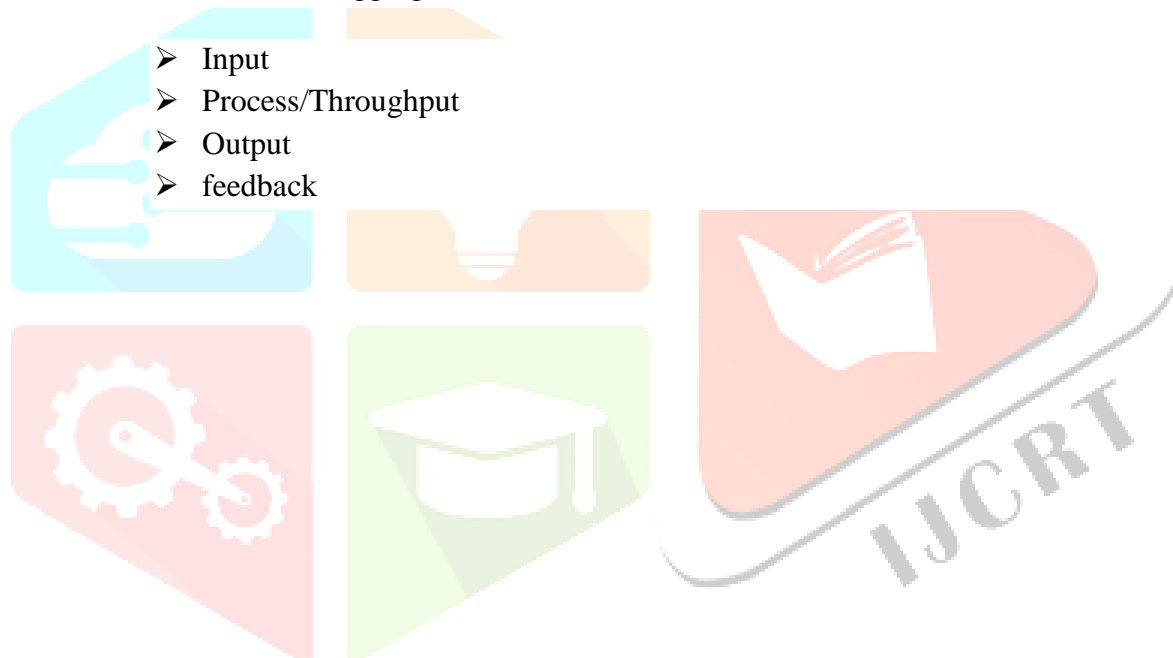
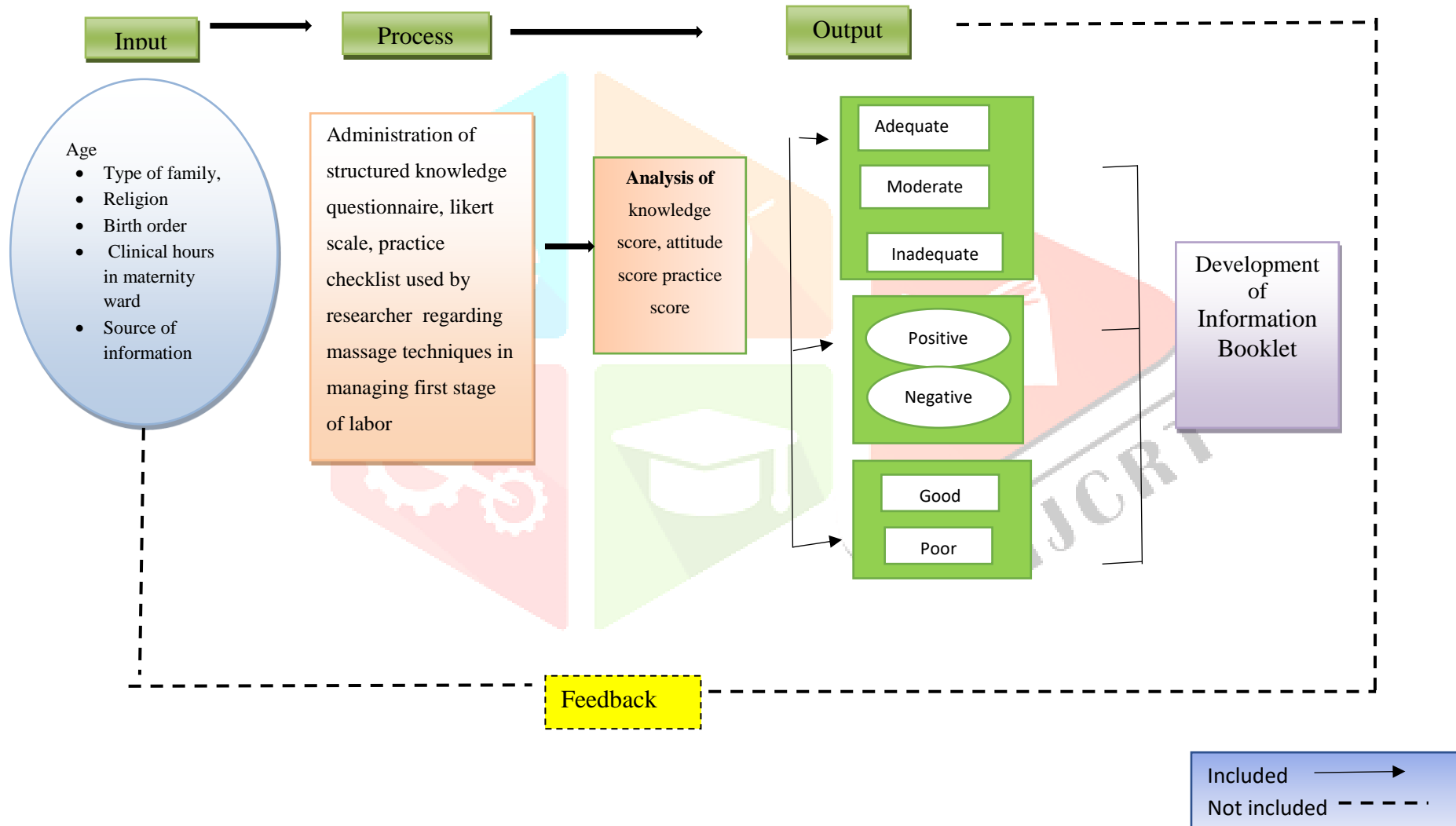


Fig1: modified General system theory by ludwig Von Bertalanffy (1968)



METHODOLOGY

RESEARCH APPROACH

In view of the nature of the problem selected for the study and the objectives to be accomplished, a survey research approach was used to assess knowledge, attitude, and practice regarding massage techniques in managing first stage of labor.

RESEARCH DESIGN

Depending upon the purpose of the study, research approach and variables to be studied, , descriptive survey design was adopted for the present study.

SETTING OF THE STUDY

The study was conducted in AECS Pavan College of nursing and Sri Channegowda College of nursing, kolar.

POPULATION

The population in this study includes female 4th year B.Sc(N) students.

SAMPLE

The sample includes female 4th year B.Sc(N) students who were falling under inclusion criteria.

SAMPLE SIZE

Sample size consists of 60 female 4th year B.Sc(N) students.

SAMPLING TECHNIQUE

The selection of sample depends on availability of female 4th year B.Sc(N) students, Non Probability Purposive Sampling Technique was adopted based on inclusion criteria.

CRITERIA FOR SAMPLE SELECTION:

Inclusion criteria:-

- Female 4th year BS.c (N) students who are willing to participate in the study
- Female 4th year BS.c (N) students who are available on the time of data collection.

.Exclusion criteria:-

The study excluded

- Female 4th year BS.c (N) students who are leave on the day of data collection.
- Male 4th year BS.c (N) students
- Students not interested to participate
- Students who have already undergone training on massage therapy.

TOOL:

The tool was developed with the help of related literature from various textbooks, journals, websites, discussions and guidance from experts.

The tool consists of 4 sections.

Tool was prepared on the basis of the objectives of the study.

The tools are as follows:

Tool-1: socio-demographic data

Tool-2: structured questionnaire to assess the knowledge of students regarding massage techniques in managing first stage of labor

Tool-3: 5 point Likert scale to assess the attitude of students towards massage techniques in managing first stage of labor.

Tool-4: checklist to assess the practice of students in massage techniques in managing first stage of labor.

Development of Information booklet

Scoring key:

Section-I:-By coding the Baseline proforma.

Knowledge questionnaire

Each item had four options the score for correct response to each item was one, thus for 23 items maximum obtainable score was 23 and minimum score as zero. Grading of score was done as:

- Adequate knowledge – (17-23)70% and above
- Moderately adequate knowledge – (12-16)50-69%
- Inadequate knowledge – (1-11) 49%

Attitude questionnaire

Totally there were 20 statements among which 10 are positive statements and 10 are negative statement which was used to assess the attitude of students towards massage techniques in managing first stage of labor by using 5 point Likert scale which is scored as SA 5, A 4, N 3, DG 2, SD 1 and vice versa for negative statements.

Criteria of score was done as follows:

- Adequate positive attitude – above 75%
- Moderately adequate attitude – 51-75%
- Negative attitude – below 50%

Practice checklist

The practice checklist consists of 20 items for each correct item 1 score thus maximum score is 20 and minimum score is 0.

Good practice –(14-20)70% & above

Moderate practice –(14-10)69-50%

Poor practice- below- (1-9)49%

RESULTS

majority 76.66% of student belongs to age >20-21 years. In relation to the religion majority 65 % of students belongs to Hindu religion., majority 81.66% of students belong to nuclear family, by birth order, majority 45% of subjects belong to 1st birth order, in relation to awareness of massage techniques 100% of them are aware of massage technique, in relation to source of information majority 99% of students

had the information through nurse educator, majority student have finished 180-189 hours of clinical attendance.

Table – 8: frequency and percentage on knowledge level 4th year bsc(n) students

| KNOWLEDGE LEVEL | FREQUENCY | PERCENT |
|----------------------|-----------|------------|
| Adequate knowledge | 2 | 3.33 |
| Moderately knowledge | 35 | 58.33 |
| Inadequate knowledge | 23 | 38.33 |
| Total | 60 | 100 |

Table-8 and shows that 23(38.33%) of students were having inadequate knowledge. 35(58.33%) were having moderately adequate knowledge and very few 2(3.33%) of students were having adequate knowledge on massage in managing first stage of labor

Table – 8: frequency and percentage on attitude level 4th year bsc(n) students

| Attitude | Frequency | Percentage |
|-------------------------------|-----------|------------|
| unfavorable attitude | 0 | 0 |
| Moderately favorable attitude | 55 | 91.66 |
| Favorable attitude | 5 | 8.33 |
| Total | 60 | 100 |

This table-11 shows that 91.66% of 4th year BSc nursing students have moderately favorable attitude , 8.33 % have favorable attitude and none of them have unfavorable attitude.

Table – 8: frequency and percentage on practice level 4th year bsc(n) students

| Practice | Frequency | Percentage |
|-------------------|-----------|------------|
| Poor practice | 56 | 93.33 |
| Moderate practice | 4 | 6.66 |
| Good practice | 0 | 0 |
| Total | 60 | 100 |

This table-14 shows that 93.3% of 4th year BSc nursing students have poor practice , 6.66% have moderate practice and none of them have good practice

Association analysis between independent and dependent variable revealed not significant at 0.05 levels by using fisher exact test and χ^2 value. Hence the hypothesis, is proved. Despite the overall positive attitude towards massage techniques, nursing students don't perceive themselves to have sufficient knowledge. Developed information booklet can improve knowledge and professional practice among nursing students and enhance patient care during first stage of labor.

The focus of this study was to assess the knowledge, Attitude and Practice regarding Massage techniques in managing first stage of labour among 4th year B.sc(N) students in terms of view to develop information booklet in selected nursing college, Kolar.

Nursing Implications:

Based on the findings of the presents study measures can be taken at various levels to improve the knowledge, Attitude and Practice of regarding Massage Techniques in Managing first stage of labour among 4th year nursing students. The implications of this study are discussed under the following headings: nursing education, nursing administration, nursing research, community health practice and general education.

Nursing Education :

One of the leading functions of nursing is imparting education. With newer knowledge the scope of education too increases. Nurse educators should get the benefit of these studies to include them in their classroom teachings to enhance the knowledge of the students.

They may make use of the pamphlet which is prepared for use as a teaching tool. This tool reduces their lecturer hours and may also be beneficial as an A.V Aid. The students should be motivated to give health teachings using the teaching material available.

There is a dire need to plan the educational programs according to the level of understanding of the beneficiaries, their attitudes and the needed improvement in them. The studies of this nature will help the nurse educators in planning the awareness camps as well as the classroom teachings.

Nursing Practice:

As health care professionals in a culturally diverse nation, nurse need to increase their awareness and provide culturally and linguistically appropriate massage technique. Practitioners must continue to remind and update women about massage technique and practices must be reinforced. All levels of providers should improve their rates of performing massage technique during labor.

Nursing Research:

There are different situation and places where the problems are identified which need a systematic evaluation. The investigator need a lot of review materials and one may be obtained by using this study report.

Various methods may be used to strengthen the knowledge of people by the researchers, which should be published for the benefit of those who are not able to participate in the studies. The results of this study indicate that the educated urban women too lack knowledge regarding massage technique during first stage of labour and further insight into the existing situation will enlighten to understand the problems and find a definite way out.

Nursing Administration:

The nurse administrators faces a challenging role these days, where she/he needs to know the recent developments, the new methods and techniques.

Getting in touch with the new findings will strengthen her position and improve her self confidence. There is a need to improve the facilities in the out patient department and wards of the hospitals, which may be accomplished by some posters and pamphlets on massage technique. Next is to modify the behavior of the student to match the corporate level clients, so that everybody will have faith in health teachings given by students, so that the positive attitude may be assured after a session of massage technique in first stage of labour.

The nurse administrator should plan, organize and provide materials for effective awareness programs regarding massage technique during first stage of labour and should be open for discussion and suggestions.

LIMITATIONS;

- Data collection process is restricted only to the Female 4th year B.Sc. (N) students.
- Selected nursing college, Kolar.
- 4th year B.Sc. (N) students those who have already undergone massage therapy.

RECOMMENDATIONS;

- Based on the finding of the study the following recommendations are made
- A similar study may be replicated in another setting.
- Studies may be conducted to assess the skills in massage techniques.
- A similar study may be replicated on a larger sample for wider generalization.
- A similar study may be replicated particularly on managing first stage of labor.
- The findings of this study have implications in the field of nursing practice, nursing education, nursing research and nursing administration. The dissemination of the knowledge takes place when the research findings are made use of in the following fields.
- An experimental study can be done between the effects of structured teaching programmes versus self-instructional module.

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