

Assess the Awareness and Perception Regarding Birthing Process among Pregnant Women Residing in Tribal Areas of Bhandardara

Bharti Satish Weljale

Associate Professor, Pravara Institute of Medical Sciences (Deemed To Be University), College of Nursing, Loni (Bk), Maharashtra

Abstract

Background: Pregnancy and child birth is one of the greatest event in the life of a woman which she aspires and longs for with great expectation. She has fantasies about pregnancy and motherhood but when confronted with reality, many of them doubt their ability to cope with this great event.

A woman generally has notion that child birth is unbearable pain. This is formed as a result of the tales heard during adolescence or later in life. Child birth is a natural and universal phenomenon. Yet the knowledge of it among average women is haphazard, incomplete or distorted. So, researcher felt the need to assess the awareness and perception regarding birthing process among pregnant women.

Methods: Descriptive cross sectional research design was used with evaluative approach. Setting of the study was in tribal areas of Bhandardara. Samples were all pregnant women those who were available during study period. Sample size computed was total 100. Non probability convenient sampling technique was used for the study. Data was collected with help of dichotomous questionnaire on awareness and through interview their perception was assessed regarding birthing process.

Results: Percentage wise distribution of pregnant women according to their weeks of pregnancy in which majority (48%) were in 13-28 weeks of gestation, (36%) of pregnant women were grand multigravida. Majority (43%) of sample were of the age group of 19-21 years. The highest percentage (44%) of respondents had secondary education. Majority (37%) of samples were farming. The highest percentage (57%) of sample belonged to Hindu religion. The highest percentage (71%) of sample belonged to joint family. The highest percentage (44%) of sample had a family income of 3001-5,000 rupees. Area wise Distribution of mean, SD and mean percentage of awareness score regarding birthing process shows that overall mean knowledge score was (21.41 ± 9.25) which is 42.82% of max score indicate that pregnant women had poor level of awareness regarding birthing process. Pregnant women perceived that when there is an eclipse of the sun or solar, birthing process is very difficult to manage.

Conclusion: Findings of the present study concluded that the pregnant women had average knowledge regarding child birthing process. In this regard health personnel's play a very important role as they have to educate the women about birthing process and have a healthier pregnancy.

Key terms: *Awareness, Perception, Birthing process*

Introduction

Motherhood is a great responsibility & it is women's highest crown of honor maintaining good health during pregnancy. Pregnancy and child birth is one of the greatest event in the life of a woman which she aspires

and longs for with great expectation. She has fantasies about pregnancy and motherhood but when confronted with reality, many of them doubt their ability to cope with this great event.¹

The tribal population in India is 8-9% compared with 72% in the selected district. In India 17% or nearly 50,000 of the 2.89 lakh women died as a result of complication in pregnancy or childbearing in the year 2013. It is estimated that each year women suffer from pregnancy and its related complication and die annually as a result of complication. Poor maternal health leads to death and acute maternal mortality remains a major problem.²

The WHO estimates that 287000 women died in 2010 due to the reason of pregnancy and its associated complication. In India maternal mortality ratio is 212 per 1000,000 live births.³ Women in developing world suffer from short and long term morbidities which brought up by pregnancy and childbirth. It is major public health challenge in India.⁴ A woman generally has notion that child birth is unbearable pain. This is formed as a result of the tales heard during adolescence or later in life. The information she gets from gossip, media or fiction draws a picture of passive pain to which a woman has to submit in utter helplessness. A negative attitude during labor causes her entire body to tense up with fear and each contraction will become a signal of pain and therefore will result in pain. Child birth is a natural and universal phenomenon. Yet the knowledge of it among average women is haphazard, incomplete or distorted⁵ so, researcher felt the need to assess the awareness regarding child birthing process among pregnant women.

Statement of problem: Assess the awareness and perception regarding birthing process among pregnant women residing in tribal areas of Bhandardara

Objectives:

1. To assess the awareness and perception regarding birthing process among pregnant women
2. To associate the awareness regarding birthing process with their selected demographic variables.

Materials and Methods

Research design and approach: Descriptive cross sectional research design was used with evaluative approach.

Setting of the study: Setting of the study was in tribal areas of Bhandardara

Population: All pregnant women those residing in tribal areas of Bhandardara

Samples: All pregnant women those who were available during study period .

Sample size: Sample size computed is total 100 was used.

Sampling technique: Non probability convenient sampling technique was used for the study.

Criteria for selection of sample

Inclusion criteria

- a) All pregnant women those who are willing to participate in the study.
- b) All pregnant women who can understand Marathi and Hindi

Exclusion criteria

The pregnant women those who are not available during data collection

Data Collection Procedure

Ethical approval from the Institutional ethics committee of PIMS-DU, Loni (BK) was obtained (Ref. No: PIMS/DR/CON/2019/307). Permission was obtained from Director, Centre for Social medicine, Loni(Bk). All participants was made comfortable and relaxed. Introduction of the investigator was given to participants. Explanations regarding study and its objectives was given to them. Before data collection informed consent was obtained from study subjects. The investigator established good rapport with participants and assured confidentiality. Baseline data was assessed and recorded. Awareness was assessed by interview method for 10-15 minutes and scored was given by investigator. The perception was recorded as it is. At the end appreciation was given to participants by thanks.

Results

Table No 1: Demographic description of samples by frequency and percentage

N=100

SN	Variables	Category	Frequency	Percentage
1	Weeks of pregnancy	1-12	10	10
		13-28	48	48
		29-38	42	42
2	Gravida	Primi	31	31
		Multi	33	33
		Grand multi	36	36
3	Age(in years)	19-21	43	43
		22-25	21	21
		26-29	20	20
		≥30	16	16
4	Education	Illiterate	9	9
		Primary	18	18
		Secondary	44	44
		Higher secondary	24	24
		Graduation and above	5	5
5	Occupation	Housewife	24	24
		Farming	37	37
		Business	10	10
		Service	6	6
		Daily wage	20	20
		Other	3	3

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6	Religion	Hindu	57	57
		Muslim	35	35
		Christian	5	5
		Any other	3	3
7	Type of family	Nuclear	8	8
		Joint	71	71
		Extended	21	21
8	Family income(per month)	<3000Rs.	20	20
		3001-5000Rs.	44	44
		5001-10,000 Rs.	26	26
		>10,001Rs	10	10

Percentage wise distribution of pregnant women according to their weeks of pregnancy in which majority (48%) were in 13-28 weeks of gestation and remaining (42%) in 29-38 weeks of gestation.(36%) of pregnant women were grand multigravida followed by (33%) were multigravida. Majority (43%) of sample were of the age group of 19-21 years, whereas the

Least percentages (16%) were of the age group of ≥30 years. The highest percentage (44%) of respondents had secondary education, whereas the lowest percentages

(5%) had graduation and above. Majority (37%) of samples were farming whereas the least percentage (3%) were other job. The highest percentage (57%) of sample belonged to Hindu religion and the lowest percentage (3%) belonged to other religion. The highest percentage (71%) of sample belonged to joint family whereas the lowest percentage (8%) belonged to nuclear family. The highest percentage (44%) of sample had a family income of 3001-5,000 rupees and the lowest percentages (10%) of sample had a family income of >10,001 rupees.

Table No 2: Frequency and Percentage Distribution of Sample according to awareness scores regarding birthing process

N=100

Sr.no.	Awareness level	Range of score	Frequency	Percentage
1	Poor	0-8	12	12
2	Average	9-18	75	75
3	Good	19-25	13	13

Pregnant women (75%) had average knowledge regarding child birthing process.

Table No 3: Area wise awareness regarding birthing process of Mean, SD and mean% of score

N=100

SN	Area	Max score	Awareness score		
			Mean	SD	Mean%
1	Concept of birthing process	3	1.83	1.01	36.6
2	Onset of labor and normal physiology of labor	3	1.43	0.74	47.66
3	Maternal nutrition in labour	3	2.53	0.87	63.25
4	Physical and psychological preparation during birthing process	6	2.35	0.91	58.75
5	Management of labour	6	3.05	1.33	38.12
6	Recognition of complication	2	1.75	1.11	35
7	Initiation of Breast feeding	2	2.06	1.23	41.2
Overall		25	21.41	9.25	42.82

Area wise Distribution of mean ,SD and mean percentage of awareness score regarding birthing process shows that overall mean knowledge score was (21.41± 9.25) which is 42.82% of max score indicate that pregnant women had poor level of awareness regarding birthing process.

Table No 4: Perception regarding birthing process among pregnant women

N=100

SN	Variables	Mean	SD	Mean%
1	When abdominal pain start, I need to sit on legs	19.48	4.651	67.17
2	No one support during labor	10.14	3.159	63.375
3	No diet and water is given during labour	4.02	1.039	67
4	Labor pain is difficult to manage	5.32	1.612	66.5
5	I have to lie on bed during birthing process	14.98	4.15	62.12
6	I feel anxious during labour	18.78	4.023	65.43
7	I need to listen staff while birthing process	10.14	3.159	63.375
8	I feel if I will eat papaya it will lead to miscarriage	6.23	1.45	62.21
9	Healthy diet will increase the weight of the baby and staff will take me for caesarean	8.54	1.98	61.11
10	When there is an eclipse of the sun or solar, birthing process is very difficult to manage.	19.43	4.78	65.34

Pregnant women perceived that when there is an eclipse of the sun or solar, birthing process is very difficult to manage as well as they perceived that when abdominal pain start, they need to sit on legs.

Table No 5: Association between the awareness score with demographic variables**N=100**

SN	Variables	χ^2	Level of significance
1	Age	0.72	Not significant
2	Education	1.06	Not significant
3	Occupation	1.63	Not significant

(Df- 1, chi square value-3.84,p=0.05)

Chi square value was calculated to find out the association between the awareness with demographic variables. The finding reveals that there is no significant association between the awareness score regarding birthing process with their selected demographic variables, hence the null hypotheses (H02) were accepted as there was no significant association between awareness with their selected socio demographic variables.

Discussion

The world health organization recommends that healthcare providers should not admix in restriction of low-risk women for eating and drinking during labor⁶. The participants' believed that the promotion of comfort was an essential need for them during labor. Intervening to promote the comfort of laboring women can empower these women during childbirth. Increasing comfort can decrease labor pain, need for medical interventions and costs⁷. She believed that women who indicate greater confidence in their strength to confront with labor also express feeling less pain during labor^{8, 9, and 10}. She also finds that women with low self-efficacy experience more fear of childbirth as well as fear of losing control during labor¹¹ also, results of childbirth investigation showed that the self-efficacy influenced women. According to current study majority 75% of pregnant women had average knowledge regarding child birthing process. This finding was consistent with study carried out by Rahul Punjot, Nitin Patidar, Naorem Jiteswori Devi et al(2018)¹² that in their study majority 74% of primi mothers have average knowledge regarding the normal labour process. 22% of the primi mothers have poor

knowledge regarding normal labour process. 4% of the primi mothers have good knowledge regarding normal labour process.

Conclusion

Findings of the present study concluded that the pregnant women had average knowledge regarding child birthing process. In this regard health personnel's play a very important role as they have to educate the women about child birthing process and have a healthier pregnancy.

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