

A Preexperimental Study to Assess the Effectiveness of Bensons Relaxation Therapy on Stress and Coping Among Antenatal Mothers with Pregnancy Induced Hypertension

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Abstract

Pregnancy is the most precious and joyful celebration for women during their lifetime. Yet not all the pregnancies become joyful when the mother faces risk like pregnancy induced hypertension. It's a state where the antenatal mother is subjected to various kind of stress and their imbalance in the mental health leads to physical illness, marital conflict, social aloofness and poor coping strategies may have an impact on the health of both the antenatal mother and the unborn fetus. The health care professionals particularly the midwives have a vital role in identifying the stress of the antenatal women at an early stage and to educate the women about coping with the stress to maintain a healthy pregnancy.

Objectives: to assess the effectiveness of Bensons relaxation therapy on level of stress and coping among primigravida mothers with pregnancy induced hypertension. Design: Pre experimental one group pre and post test design. Setting: Government Ranees Hospital, Pudukkottai Samples: 15 primigravida women with pregnancy induced hypertension fulfilling the inclusion criteria were selected using purposive sampling technique. Tools : Data was collected using perceived stress scale and coping scale by Rao and Prabhu.

Results: The study findings revealed that in the pre test majority 46.66% of the primigravida women had moderate level of stress, 40% of the primigravida women had mild level of stress and 6.66% of them had very low level and severe level of stress .whereas in the post test majority 80% of the primigravidas women had mild level of stress and 13.33% of them had very low level of stress and 6.66% of them had moderate level of stress and none of them had severe level of stress after the provision of Bensons relaxation therapy. The pre test level of coping was found be majority 80% had no or low level of coping and 20% of them had moderate level of coping and none of them had high level of coping whereas in the post test majority 80% had moderate level of coping, 13.33% of them had high level of coping and only 6.66% had low level of coping.

Conclusion: The study concluded that educational program on Bensons relaxation therapy have shown beneficial improvement in reducing the stress level among pregnancy women with mild PIH and has enhanced their level of coping with stress.

Keyword: Bensons Relaxation Therapy; Stress; Coping; Primigravida Mothers; Pregnancy Induced Hypertension.

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Introduction

Stress is a complex phenomenon which has a high impact on the physical and mental health of a pregnant women's life. When a pregnant women with normal changes itself find it difficult to cope with pregnancy then the pregnant women with risk factors are in a high level of stress and coping along with the need to cope up with the general physiological changes during pregnancy. The primigravida women with pregnancy induced hypertension has a risk of confronting to all possible type of stressors including physical, mental, social and financial. It is stated that the women's health must be focused on the areas of their physical, psychological and social needs of the women throughout their lives. In a number of countries the maternal mortality rate remains at an alarmingly high rate due to the occurrence of pregnancy induced hypertension but still these deaths are preventable. American Psychological Association Stated that in India the prevalence of hypertension disorder of pregnancy was 78% with preeclampsia in 5.4% of the study population.

We need to ensure that the next generation is as healthy as possible. The health of the women must be concentrated from the beginning itself so that a drastic shift must be done for the general health of the women to the specific point of maternal health. The pregnant women and her whole family have to be included into the maternal health care system in order to reduce the complications of both the mother and the fetus. With this concept in mind the present study was taken to enable and enhance the concept of safe motherhood, the high risk pregnant women with pregnancy induced hypertension must be endowed with the knowledge of handling their problems by enhancing their knowledge, alleviating the stress and anxiety thereby helping them to improve their levels of coping with the current risk to provide psychological support and caring through the provision of Bensons relaxation therapy thereby making these pregnant women with pregnancy induced hypertension undergo a joyful pregnancy hence making motherhood a memorable experience.

Objectives

The objectives of the study were.¹ To assess the pretest and posttest level of stress and coping among the primigravidas women with pregnancy induced hypertension.² To evaluate the effectiveness of Bensons relaxation therapy on level

of stress and coping among primigravida women with pregnancy induced hypertension. 3. To find out the association between the post level of stress and coping among primigravidas women with pregnancy induced hypertension with the selected demographic variables in experimental group.

Review of Literature

For the present study the literature review was done on the selected studies related to incidence and prevalence of pregnancy induced hypertension and stress and coping and effectiveness of Bensons relaxation therapy.

Arute E John & Oteri M Wilson (2019) conducted a retrospective and prospective study to evaluate the pattern of anti hypertensive prescription and the level of adherence to the prescribed medication among pregnant women in Central Hospital, Warri, Delta state. Case folders of 198 patients were assessed from Oct 2009 to Dec 2012 and interview was conducted from 100 patients using closed ended 16 item questionnaire for a period of six months. The collected data was analyzed using SPSS version 17.0. Majority 32.8% of the women developed hypertension in pregnancy during their first pregnancy, the mean age group of the mothers were 28 - 32 years (34.3%) and methyldopa 50.7% was the drug received by the mothers for the poor adherence to the intake of the prescribed medication.

Aravinthkumar et al., (2018) conducted a community based descriptive follow up study to assess the prevalence of gestational hypertension among rural pregnant women at Orathur primary health center in Keerapalayam block in Cuddalore, Tamil Nadu for a period of 13 months from Feb. 2017 to Feb. 2018. All pregnant women who visited the primary health centre were selected as samples for the study. All the pregnant women were followed up to the delivery period and the women's blood pressure, weight and proteinuria were recorded at each visit. Of the total sample of 344 pregnant women, 9% of the women developed gestational hypertension. The study results showed that majority 11% of the women were between 26 to 30 years, majority 12.2% of the women were second gravid, 11.3% of them had consanguineous marriage, 10.5% of the women had regular intake of calcium and majority 66.7% of the women had previous history of hypertension during their previous pregnancy. Intake of calcium and hypertension during the previous pregnancy

were found to be the associated risk factors for the development of gestational hypertension. Hence the study concluded that steps must be taken to identify the presence of gestational hypertension at the earlier stage to prevent death of the mother and the fetus.

Reeta Vijayaselvi et al (2015) conducted a cross sectional study to assess the risk factors for stress during antenatal antenatal period among pregnant women in tertiary care hospital of southern india. A total of 134 pregnant women without any risk factors between 28 to 34 weeks of gestation were selected for the study. The data was collected using PSS -10 item from 2010 – 2012 in the OPD of a tertiary care centre. The results of the study revealed that majority 57.7% of the women were primigravidas and the mean score on PSS was found to be 13.5+-5.02. majority 102 (65.4%) had a higher mean value of total score on PSS. Factors such as unplanned pregnancy and husbands employment status were found to be associated with high level of stress. Hence the study concluded that stress among the antenatal women has to be minimized in order to save the mental health of the mother and the baby.

Anice George et al (2014) conducted a descriptive survey to determine the stress level among 160 antenatal women between the gestational age of 18 to 20 weeks in a selected tertiary care hospital of udupi district in India. Data was collected using A.Kazi standardized stress scale to assess the level of stress among antenatal women. The study results concluded that majority 66.9 % of the women had mild stress and about 33.1% of the women had severe level of stress. Hence the study concluded that stress was highly prevalent among pregnant women.

Ratna Prakash (2009) conducted a descriptive exploratory study to assess the level of stress, coping strategies, quality of life and lived experiences of women with pregnancy induced hypertension. The samples were 65 antenatal women with pregnancy induced hypertension who got admitted in antenatal ward of KLES Hospital, MRC & District hospital Belgaum. Samples were selected using convenience sampling technique and phenomenological approach. Data was collected using stress and stress manifestation scale, jalowiec's coping sacle and WHO -QOL scale. The results of the study identified that majority 64.61% of the women had moderate level of stress. There was no correlation between stress and coping. the quality of life was independent on level of stress.

Hence the study concluded that holistic care and comprehensive care is needed for the women with pregnancy induced hypertension.

Materials and Methods

Research Design and Sampling:

Pre experimental one group pre and post test design was adopted for the study.¹⁵ primigravida women with pregnancy induced hypertension fulfilling the inclusion criteria were selected using purposive sampling technique.

Criteria for Sample Selection:

Primigravidas mothers with pregnancy induced hypertension between the gestational weeks of 20 to 36 weeks were selected for the study.

Tool for Data Collection

The tool for the study consisted of three sections.

Section A: Data was collected using structured interview schedule to assess the socio demographic variables such as age, education, religion, occupation of the mother, income, type of family, area of residence, weeks of gestation.

Section B: The level of stress was assessed using perceived stress scale. The level of stress was classified as no or low level of stress, mild, moderate and severe level of stress.

Section C: The level of coping was assessed using coping scale developed by Rao and Prabhu. The level of coping was classified as no or low level of coping, mild, moderate and high level of coping.

Data Collection Procedure

The data was collected for a period of one month. The investigators obtained formal permission from the higher authorities of the hospital.¹⁵ primigravida mothers were selected using purposive sampling technique at Government Ranees Hospital, Pudukkottai. The data was collected on all days of the week. The nature and purpose of the study was explained to the primigravidas mothers with pregnancy induced hypertension. Written consent was obtained from the samples. Pre test level of stress and coping was

assessed among the primigravidas mothers using perceived stress scale and coping scale by Rao and Prabhu. The intervention of Bensons relaxation therapy was demonstrated to the primigravidas mothers twice a day in the morning and evening. The post test was conducted on the seventh day after the demonstration using the same scales. The collected data was tabulated and analyzed using descriptive and inferential statistics.

Results

Socio Demographic Characters

The samples socio demographic profile revealed that majority 93.33% of the primigravidas mothers were in the age group of 25 to 30 years, 60% of the women were graduates, 60% of the mothers were Hindus by religion, 53.33% of the mothers were living in nuclear family, 60% of the mothers had non consanguineous marriage, 86.66% of the mothers had their duration of marriage life less than 5 years, majority 92% of the mothers were residing in rural area and majority 73% of the mothers were between 30 to 35 weeks of gestation.

Table 1: Comparison of pretest and post test level of stress among primigravida mother with pregnancy induced hypertension. N=15

Level of stress	Mean	SD	Paired 't' value
Pre test	55.46	22.04	1.69
Post test	44	10.32	

*Significant at $p < 0.05$ level

The above table reveals that the mean score in the pretest was 55.46 with SD of 22.04 and the mean post test score was 44 with SD of 10.32 which is significant at $p < 0.05$ level. Thus it becomes evident that bensons relaxation therapy was found to be effective in reducing the stress levels among the primigravidas women with pregnancy induced hypertension. (Table 1)

Table 2: Comparison of pretest and post test level of coping among primigravida mother with pregnancy induced hypertension. N=15

Level of coping	Mean	SD	Paired 't' value
Pre test	11.13	2.007	1.758
Post test	9.6	1.92	

*Significant at $p < 0.05$ level

The above table reveals that the mean score in the pretest was 11.13 with SD of 2.007 and the mean

post test score was 9.6 with SD of 1.92 which is significant at $p < 0.05$ level. Thus it becomes evident that bensons relaxation therapy was found to be effective in enhancing the coping levels among the primigravidas women with pregnancy induced hypertension. (Table 2)

Hence it was found to be clear that the bensons relaxation therapy was found to be very effective in reducing the stress and enhancing the level of coping among primigravidas women with pregnancy induced hypertension.

Discussion

The present study reveals that majority of the primigravidas mothers had majority 46.66% of the primigravida women had moderate level of stress, 40% of the primigravida women had mild level of stress and majority 80% had no or low level of coping and 20% of them had moderate level of coping. The study also revealed that there was a significant association between antenatal stress and age, educational status and monthly income of the family.

Implications of the Study

It includes implication for nursing practice, nursing education, nursing administration and nursing research.

Nursing Practice

- The relaxation therapy can be introduced as a stimulating mode of intervention by the nurses for promoting relaxation among the stress due to pregnancy.
- Relaxation therapy can be incorporated into routine nursing intervention.
- Relaxation therapy can be given for staff nurses working in multi-specialty units. This technique will help to reduce their work stress.

Nursing Education

- Student nurses can learn themselves and practice this relaxation technique to avoid stress.
- The faculty members can motivate the students to practice relaxation therapy sessions and educate them regarding the importance and health benefits of Pranayama.

- Staff development programme needs to be arranged so that nurse educators can encourage the students to practice relaxation therapy to the patients.

Nursing Administration

- Nursing administration can organize in service education programmes for staff nurses regarding relaxation therapy.
- Nursing Administration can make arrangements for the practice therapy in hospital.

Nursing Research

- Researchers should focus on non-pharmacological interventions to reduce stress, anxiety and depression.
- These findings should be disseminated through conference, seminars and publications in professional national and international journals.
- Research can be conducted on various settings.

Conclusion

The study brings into limelight about the level of stress and coping among antenatal women. The current scenario of maternal care still needs to be strengthened in the areas of early identification of stress which has adverse effects on the mother and the fetus. It's the role of the health care providers to recognize the impact of the stress and must play a key role in providing educational awareness programs and relaxation techniques in order to cope with the stress among all antenatal women.

Hence the study concluded that bensons relaxation therapy was found to be the most effective, safe and non pharmacological method in reducing the stress and enhancing the level of coping among primigravidas women with pregnancy induced hypertension.

Ethical Issues:

The study has been given ethical clearance from the ethical board of the institution.

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