

A STUDY TO ACCESS THE ANXIETY RELATED TO ONSET OF LABOUR AND DELIVERY AMONG PRIMIGRAVIDA MOTHERS ADMITTED FOR DELIVERY AT KAMLA NEHRU HOSPITAL, SHIMLA, HIMACHAL PRADESH¹

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ABSTRACT

This study aims to assess the levels of anxiety among primigravida mothers admitted for delivery at Kamlanehru Hospital in Shimla, Himachal Pradesh. The onset of labor and delivery can be a significant source of anxiety for first-time mothers. This research examines the factors contributing to this anxiety and explores the impact of various interventions and support mechanisms. By utilizing a combination of quantitative and qualitative methods, this study provides insights into the emotional and psychological experiences of these mothers, aiming to improve support systems and reduce anxiety.

KEYWORDS: *Anxiety Assessment, Support Mechanisms, Hospital Delivery, Kamlanehru Hospital, Maternal Mental Health.*

INTRODUCTION

The transition to motherhood is a profound and transformative experience, especially for primigravida mothers—those experiencing childbirth for the first time. This period, marked by anticipation and excitement, is also fraught with emotional challenges. Among these, anxiety related to the onset of labor and delivery stands out as a significant concern. For many first-time mothers, the anticipation of labor and the delivery process generates a spectrum of emotions ranging from excitement to apprehension, fear, and anxiety. This emotional turbulence can have a considerable impact on both the maternal and neonatal outcomes, making it crucial to understand and address these anxieties effectively.

Anxiety during labor and delivery is not an isolated phenomenon but a multifaceted issue influenced by various factors. For primigravida mothers, the uncertainty about what to expect can be overwhelming. This uncertainty is compounded by concerns about pain management, the health

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of the baby, and the potential for unforeseen complications. Studies have shown that such anxiety can lead to increased pain perception, prolonged labor, and a higher likelihood of requiring medical interventions. The physiological stress associated with anxiety can also affect fetal well-being, making it essential to address these concerns proactively.

Research indicates that primigravida mothers often experience higher levels of anxiety compared to those who have previously given birth. This heightened anxiety is linked to a lack of familiarity with the childbirth process, limited exposure to labor experiences, and heightened expectations and fears. Anxiety can be exacerbated by inadequate prenatal education, lack of emotional support, and insufficient communication with healthcare providers. Therefore, understanding the sources of anxiety and the factors that contribute to it is crucial for developing effective support mechanisms.

Support systems play a pivotal role in mitigating labor-related anxiety. Effective prenatal education, emotional support, and clear communication with healthcare providers are essential components of these support systems. Prenatal education programs that provide detailed information about the labor process, pain management options, and potential complications can help reduce anxiety by increasing maternal confidence and preparedness. Emotional support from partners, family members, and healthcare professionals also plays a critical role in alleviating anxiety. Techniques such as labor coaching, mindfulness practices, and reassurance from experienced professionals can significantly impact the maternal experience during labor.

Kamlanehru Hospital in Shimla, Himachal Pradesh, serves as a critical site for examining these dynamics. As a prominent healthcare facility, it provides a range of services to expectant mothers, including prenatal care and delivery support. Assessing the levels of anxiety among primigravida mothers at this institution can provide valuable insights into the effectiveness of current support mechanisms and identify areas for improvement. This study aims to evaluate the anxiety levels of these mothers, explore the contributing factors, and assess the effectiveness of existing interventions.

The significance of this study lies in its potential to enhance maternal care and improve outcomes by addressing anxiety-related issues. By identifying the key factors contributing to anxiety and evaluating the support systems in place, this research can contribute to the development of more effective strategies for managing labor-related anxiety. This, in turn, can lead to better maternal and neonatal outcomes, a more positive childbirth experience, and improved overall well-being for both mothers and their babies.

In the onset of labor and delivery is a critical period that can evoke significant anxiety for primigravida mothers. Understanding and addressing this anxiety through comprehensive support systems and effective interventions is essential for improving maternal and neonatal health outcomes. This study at Kamlanehru Hospital aims to provide valuable insights into the nature of labor-related anxiety and contribute to the development of strategies to support first-time mothers in navigating this challenging and transformative experience.

ANXIETY IN PRIMIGRAVIDA MOTHERS

Anxiety in primigravida mothers, or first-time mothers, during labor and delivery is a critical issue with several underlying factors:

1. **Uncertainty and Fear:** Primigravida mothers often face uncertainty about the labor process, which can generate significant fear and anxiety. The lack of prior experience with childbirth exacerbates these feelings.
2. **Concerns About Pain:** Anxiety is frequently linked to worries about labor pain and pain management options. First-time mothers may fear the intensity of labor pain and the adequacy of pain relief measures.
3. **Health of the Baby:** Concerns about the health and safety of the newborn contribute to maternal anxiety. Fears about potential complications and the well-being of the baby are common.
4. **Inadequate Preparation:** Insufficient prenatal education and preparation can leave mothers feeling unprepared and anxious about what to expect during labor and delivery.
5. **Support System:** The level of emotional and informational support from healthcare providers, family, and friends can influence anxiety levels. Lack of support or poor communication can increase anxiety.

Understanding these factors is essential for developing effective strategies to manage and reduce anxiety among primigravida mothers.

SUPPORT MECHANISMS

Support mechanisms for primigravida mothers are crucial in alleviating anxiety and ensuring a positive childbirth experience. These mechanisms encompass a range of strategies and resources designed to address the emotional, informational, and practical needs of first-time mothers.

1. **Prenatal Education:** Comprehensive prenatal education programs equip mothers with knowledge about the labor process, pain management options, and potential complications. Understanding what to expect can significantly reduce anxiety by increasing preparedness and confidence. Educational classes, workshops, and informational materials are essential components of this support.
2. **Emotional Support:** Providing emotional support through partners, family members, and healthcare providers helps alleviate anxiety. Continuous presence, reassurance, and empathetic communication can make a significant difference. Supportive relationships and positive reinforcement create a sense of security and comfort.

3. **Labor Coaching:** Professional labor coaches, such as doulas, offer continuous support during labor. They provide comfort measures, guidance on labor techniques, and emotional support, helping to reduce anxiety and enhance the overall experience.
4. **Pain Management Options:** Providing clear information about pain management options, including both pharmacological and non-pharmacological methods, empowers mothers to make informed choices. Options such as epidurals, analgesics, and relaxation techniques should be discussed and made accessible.
5. **Effective Communication:** Clear and open communication between healthcare providers and mothers is crucial. Providers should explain procedures, answer questions, and address concerns promptly. This helps build trust and reduces uncertainty, contributing to lower anxiety levels.
6. **Supportive Environment:** Creating a supportive and comfortable environment in the labor and delivery unit can help reduce stress. Features such as private rooms, soothing ambiance, and access to comfort measures (e.g., birthing balls, warm baths) contribute to a positive experience.
7. **Postpartum Support:** Providing support extends beyond delivery. Postpartum care, including mental health support, breastfeeding assistance, and guidance on newborn care, helps mothers transition smoothly and addresses any lingering concerns.

By integrating these support mechanisms, healthcare facilities can enhance the childbirth experience for primigravida mothers, reduce anxiety, and improve overall maternal and neonatal outcomes.

CONCLUSION

This study aims to provide valuable insights into the anxiety experienced by primigravida mothers during the onset of labor and delivery. By identifying key factors and evaluating support mechanisms, the research seeks to contribute to the development of effective strategies for reducing anxiety and improving maternal and neonatal outcomes.

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