

Anxiety Level of Spouses during Labour in a Selected Hospital, at Gwalior

UPENDRA SHEELA

*Assoc. Professor,
Symbiosis College of Nursing,
Pune, Maharashtra.

Abstract

The present study aimed to assess anxiety level of spouses during labour in selected hospital at Gwalior.

Objectives were:

To assess the anxiety level of spouses during labour.

To co-relate the anxiety level of spouses with socio-demographic variables.

The conceptual framework adopted for the study was based on Betty Newman's System model (1982) which emphasized spouse as a core system and the stressors influencing the spouse. A Non Experimental descriptive approach was adopted. The total sample (N=90) who fulfilled the selection criteria were taken. Purposive sampling technique was used for selecting the sample.

Data collected through structured interview technique. Two Anxiety scale modified by the investigator was used along with the socio-demographic data.

Content validity of the tools was established by experts in the field of Psychiatric Nursing and Psychology. The reliability of tool was established and was found reliable for the study. Data collected were analyzed and interpreted in terms of objectives of the study by using descriptive and inferential statistics.

Major findings:

Significant relationship of anxiety with age, years of married life, number of children, monthly income and with number of abortions was found.

Age, years of married life, number of children, monthly income with anxiety found negative correlation and number of abortion with anxiety showed positive co-relation.

Based on these findings recommendations were given for future research.

Keywords: Anxiety level; Socio-demographic variables; Purposive sampling technique.

Introduction

There is an emotional turmoil in every new situation and labour the first one as a preliminary experience is no exception. Each labour is special and unique for women and her partner and during labour, spouse experiences a range of emotion related to partner's birth experience and to the experience of becoming a father.

Even though the father had a less active role during their spouses labour, their involvement during labour required more interactive participation. The sensation called "anxiety" can be experienced in a variety of ways, ranging from the familiar "lump in the throat" before an important event, to a generally tense and jumpy disposition, to constant irritability, to worrying all the time, to panic disorder, to

Corresponding author: Upendra Sheela, Assoc. Professor, Symbiosis College of Nursing, Pune, Maharashtra.

E-mail: sheelaupendra@rediffmail.com

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phobic avoidance, to an overall feeling of fear and helplessness. However, too little anxiety or too much anxiety can cause problem. Individuals who feel no anxiety when faced with an important situation may lack alertness and focus. On the other hand, individual who experience an abnormal high amount of anxiety often feels overwhelmed, immobilized and unable to accomplish the tasks at hand.

Need for the study

Further it has been observed that spouse of hospitalized labouring women find it difficult to adjust in new environment and with health team members. As an investigator I found the health team member give importance and attend pregnant women but they failed and neglect to give importance to spouse and relatives which increase their anxiety level. It is the crucial time for spouses to face that period. This motivated the investigator to study the anxiety level of spouses during labour also the investigator was interested to find out the relationship of spouses anxiety with that of age, education, occupation, income, type of family, years of married life, number of children, religion and number of abortions to fill the gap of professional knowledge.

Statement of the problem

“A study to assess the anxiety level of spouses during labour in selected hospital at Gwalior city. ”

Assumptions

- Spouses of primipara women have greater anxiety than multigravida.
- Variables like age, knowledge, education, religion, socio-economic status, previous experience influence the spouses' anxiety level.
- If subject is not aware of various ward policies and hospital surroundings it may increase the pre-existing level of anxiety.

Research methodology

The researcher adopted Non Experimental descriptive method was used for the study. The sample comprised of 90. Populations were the spouses of women in labour and non probability purposive sampling technique was used. The tool developed and used for data collection. The tool used had three sections. Section I consisted of 9 items of socio-demographic data, section II was a Modified Max Hamilton Anxiety Scale and Section III was a Modified Spielberger's State Trait Anxiety Inventory (State Form) consisting of 15 items. Data collected through structured interview technique.

Inclusion criteria

- Spouses belonging to the age group of 21-50 years.
- Spouses who were in hospital from first stage of labour.
- Spouses who knew either Hindi or English.

Exclusion criteria

- Spouses who had disorder in which anxiety was a presenting symptom for example - Hyperthyroidism, Hypertension etc.
- Spouses who were not willing to participate in the study.
- Spouses who were Deaf or Dumb.

The content validity of the tool was established by experts. The data were analysed and interpreted in terms of objectives of the study. Descriptive and inferential statistics were utilized for data analysis. The data were organized and presented in three sections:

Section I - Sample characteristics

Section II - Findings related to anxiety level of spouse during labour.

Section III – Findings related to co-relation of anxiety level of spouse with socio-demographic characteristic.

Major findings

Section I – Sample characteristics

Age-wise: 57% majority of spouses were in the age group of 21-30 years, 33% were in the age group of 31-40 years only 10% of spouse belongs to 41-50 years of age group.

As regards educational status of spouses, 33% passed primary school, 31% were illiterate, 23% of them higher secondary passed and only 13% of spouses belongs to graduate/above educational level.

Regarding occupational status of spouses 35% belongs to labour group, 20% employed, 39% had business/self employed and only 6% were unemployed.

Regarding income of spouses 42% lies between Rs. 3001- 5000/-, 28% lies between Rs. 1001-3000/-, 19% lies above Rs. 5000/- and only 11% of spouses had income below Rs. 1000/-.

69% of spouses belongs to nuclear family and 31% belongs to 2-5 yrs, 26% belongs to 1-2 yrs, 20% belongs to 5-10 yrs and 12% had 10 yrs of married life.

According to number of children to spouses 33% had one children, 40% had no children, 16% had 2 children and 11% had three or more children.

Religion-wise: 58% of spouses were Hindu. 31% were Muslim. 7% were Christian and only 4% were of other religion.

According to number of abortions to his wife 77% had no abortions. 18% one abortions 4% had two abortions and 1% had three or more abortions.

Section II – Findings related to the level of anxiety among spouses.

On the basis of frequency and percentage wise distribution of spouse's anxiety level, it was found that majority (75%) of spouse had

moderate level of anxiety, 23% had mild level of anxiety and only 2% had high level of anxiety.

Section III – Findings related to co-relation of anxiety level of spouses with socio-demographic variables.

- Significant relationship between age and anxiety level of spouses found i.e. as the age increased, the level of anxiety decreased and statistical significance was found and the value of r was greater than 6 (PE) .94.
- Statistical significance was found between anxiety level and years of married life. As the years of married life increased, anxiety level of spouse decreased, the value of r was greater than 6 (PE) 0.03.
- Significant relationship between anxiety level of spouses and their number of children. As the number of children increased, anxiety level of spouses decreased. Statistical significance was found and the value of r is greater than 6 (PE) 0.01.
- Significant relationship between monthly income of spouses and anxiety level. As the income increased there was low anxiety level. Statistical significance was found and the value of r is greater than 6 (PE) 0.19.
- Significant positive relationship between anxiety level of spouses and number of abortions. As the number of abortions increased anxiety level also increased. Statistical significance found and the value of r is greater than 6 (PE) 0.5 which indicate it is significant.
- Age, years of married life, numbers of children and monthly income, these variables were having negative co-relation with anxiety.
- Positive co-relation was found with number of abortion and anxiety.

Conclusion

The present study has achieved all the laid down objectives. Supportive findings of various researches helpful in making generalization to some extent. The conclusion from this study was drawn as follows:

Spouses experience different level of anxiety mild, moderate and severe during labour. Majority of spouses had moderate level of anxiety during labour.

Significant relationship was found between ages, years of married life, numbers of children, monthly income and number of abortions with anxiety level of spouses.

Implications

Implication for nursing education: The elements of healthy life style being the determining force of effective coping mechanism. Such aspects need to be incorporated into the nursing curriculum.

Providing aspects of anxiety and overcome anxiety must be emphasized in the nursing curriculum so that the nursing students will be aware of the importance of anxiety during labour to both partners.

Implication for nursing practice: It was found in this study spouses have anxiety during labour. It is implied that provision should be made for small teaching/coaching class for spouses to alleviate anxiety for coming labour and delivery. Early teaching decrease anxiety level among spouses.

Unrealistic fears based on misinformation and misconceptions can be alleviated by providing factual information. Nursing personnel are in the best position to impart such knowledge. Nurses should be aware, that each spouse experience labour differently. According to the variables as cited which influence the spouses anxiety level should be given due consideration. Nurses need to be skilled and should study the body language and facial expressions of spouses.

Implications for nursing administration: The number of staff nurses to be increased in the labour wards so that spouses not be neglected during labour process. Supporting and understanding the spouse during labour, providing accurate information timely to spouse and the hospital and the nursing administration could significantly contribute to prevent many stress and strain. Hospital can adopt a policy to appoint nursing personnel or staff nurses to conduct teaching sessions and maintain right communication with spouses. Administration need to talk to the nurses, especially staff nurses, nursing incharges and nurse administrator to provide equal importance and support to spouses to alleviate anxiety.

Recommendations

- It is recommended that larger sample can be studied for making generalization.
- It is recommended that a study of anxiety level of spouses on various research efforts can be made for the assessment of anxiety level during high risk pregnancy, pregnancy with diabetic mellitus, in identified genetic defect and chromosomal abnormalities.
- It is recommended that interview schedule developed in the study for spouses to assess the anxiety level needs further refinement in differentiate between fear and anxiety and standardization on a large scale.
- It is further recommended that study can be done using teaching strategies like planned psychological programme, informational booklet and self instruction module.
- It is also recommended to study the effect of various modalities to decrease the anxiety level of spouses during labour.

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