

Research Article

A Descriptive Study to Assess the Childbirth Experiences among Primipara Mothers in Selected Hospitals of Dabri, New Delhi

Geeta RS¹, Lekha Bist², Krishna Kumari³

¹MSc Nursing Student, ²Principal, ³Lecturer, Kailash Institute of Nursing and Paramedical Sciences, Greater Noida, Uttar Pradesh, India.

DOI: <https://doi.org/10.24321/2348.2133.202203>

I N F O

Corresponding Author:

Krishna Kumari, Kailash Institute of Nursing and Paramedical Sciences, Greater Noida, Uttar Pradesh, India.

E-mail Id:

krishna.ku1227@gmail.com

Orcid Id:

<https://orcid.org/0000-0003-4150-390X>

How to cite this article:

Geeta RS, Bist L, Kumari K. A Descriptive Study to Assess the Childbirth Experiences among Primipara Mothers in Selected Hospitals of Dabri, New Delhi. *Ind J Holist Nurs.* 2022;13(2):1-7.

Date of Submission: 2022-04-14

Date of Acceptance: 2022-06-20

A B S T R A C T

Introduction: Primigravida's experiences of childbirth is influenced by the knowledge and expectations of child birth is based on the information, she got from the antenatal clinic, intra natal and post-natal periods, the nursing staff, her mother, friends and family. Objectives of the study were to assess the childbirth experiences among Primipara mothers. To find associate the childbirth experiences among Primipara mothers with the selected demographic variables, and to identify the association between childbirth experiences and selected maternal outcome.

Method: A non-experimental descriptive design was used on sample size consisted of 100 primipara mothers who were admitted in postnatal department by purposive sampling techniques. Data was collected by administered childbirth experiences questionnaire, demographic questionnaire and maternal outcome Performa by using interview schedule and analyzed by using SPSS software.

Result: Result show that the mean score for the childbirth experience was 42.62 with a standard deviation of 7.13 and median with 44. The statistical outcomes of association between childbirth experience and socio demographic variables of age [C=8.75, df=2], education [C = 10.23, df=4], occupation [C=7.35, df=3], income [C=8.34, df=3], distance from health care facility [C=9.61, df=3], financial planning for birth [C=5.82, df=1], health centre for delivery [C=6.14, df=1] were found to be statistically significant with childbirth experience at 5% level i.e. P<0.05. The nature of family [C = 2.43, df=3], religion [C=6.93, df=3], variables were found to be statistically not significant at 5% level i.e., P>0.05. There was no significant relationship between childbirth experience and maternal outcome.

Conclusion: The researcher found that majority of the primipara mothers had positive experience during child birth and labour.

Keywords: Childbirth Experiences, Primipara Mothers, Labour Experience, Postpartum Outcome

Introduction

Women hold a very special and powerful place in the universe. She is the one who can conceive and give birth to a new life. Being a mother or giving birth to a baby is the most precious moment in a mother's life.¹ However, little negligence in that precious moment can become severe and may complicate the condition of the mother.

A longitudinal cohort study conducted by Karistrom A et al. revealed the comparison between the childbirth experiences of 693 mothers who delivered by vaginal birth and caesarean section, among whom 420 mothers were multiparas. This study showed that the fear of childbirth was higher in those mothers who gave birth to a child by caesarean section as compared to those mothers who gave birth by vaginal mode. This study led to the conclusion that there is no guarantee for a positive birth experience by any mode of delivery.²

A longitudinal population-based study showed the fear of childbirth in women with respect to birth experience and mode of delivery in Sweden. The sample consisted of pregnant mothers of the middle-north part of Sweden who visited three hospitals for regular checkups, and data were analysed by multivariate logistic regression. The findings of the study showed that mothers had a negative experience with childbirth.³

A study was conducted by Necho M et al. in which depression was reviewed and meta-analysed in 11400 postpartum women in Ethiopia. The result showed that the average prevalence of depression was 21.9% in postpartum mothers in Ethiopia.⁴

A study conducted by Janssen PA et al. showed the single-room maternity care and client satisfaction in British Columbia. The sample consisted of 205 women who were admitted to the single-room maternity care unit after meeting the low-risk criteria. The finding of the study showed that there was a significant improvement in postpartum mothers of single-room maternity care as compared to group rooms.⁵

According to a study, more priority was given to private hospitals (84.4%) as compared to public hospitals (15.6%) for deliveries.⁶ According to Rao A's study, better health outcome for mother and baby was seen in more cases of vaginal delivery as compared to caesarean section.⁷

A study was conducted by Sreevani M et al. on reducing anxiety about labour in primigravida mothers at the MCH centre (Triputi), Andhra Pradesh. Data were collected by structured interview schedule with a sample size of 50 primigravida mothers. The result revealed moderate anxiety among 4(8%) mothers and extreme anxiety among 46 (92%) mothers.⁸

Need of the Study

This study will help primigravida mothers in coping with stress and anxiety and in learning about childbirth and may enhance the satisfaction level of mothers by providing proper and advanced care during labour and postpartum period.

Method

A non-experimental, descriptive research design was used to conduct a study in selected hospital in Dabri, New Delhi. The sample size consisted of 100 primipara mothers who were admitted to the postnatal unit selected by purposive sampling techniques. Ethical approval for the study was obtained from the organisational ethics committee. Inclusion criteria was, those primipara mothers who were having normal vaginal deliveries, and admitted in postnatal ward or unit, who did not had any other complications, and willing to participate in this study. Exclusion criteria was, those primipara mothers who delivered the baby by caesarean section, admitted hospital after home delivery etc.

Data were collected by administering the childbirth experiences questionnaire, demographic questionnaire, and maternal outcome proforma by using an interview schedule and data collection procedure was carried out from October, 2019 to January 2020. Data was analysed using SPSS (Statistical Package for the Social Sciences) software.

Results

Based on Table 1, it was found that majority (56%) of the mothers were in the age group of 20-24 years, 34 (34%) were in the age group of 25-30 years, and 10 (10%) were in the age group of 31-34 years. Majority (42%) of the mothers had received education up to secondary school, 19 were educated up to graduation, 18 had got no education, 10 were educated up to higher education, 7 were educated up to post-graduation, and 4 had received education up to primary school. Most (60%) of the mothers were Hindu, 23% were Muslim, 16% were Christian, and only 1% belonged to other religions. Based on the type of family, majority (56%) of the mothers belonged to nuclear families whereas 44% belonged to joint families.

On the basis of monthly income, majority (44%) of the mothers had a family income of below INR 10000. Most (61%) of the mothers had a healthcare facility within 1-5 km from their homes. 50% of the mothers did financial planning for childbirth whereas 50% did not. Majority (83%) of the mothers had decided on a healthcare centre for delivery prior to labour.

Figure 1 shows that the mean score for childbirth experience was 42.62 with a standard deviation of 7.13 and a median of 44. It was seen that a large majority of the primipara

Table I. Frequency and Percentage Distribution of the Primipara Mothers by Demographic Variables

(n=50)

S. No.	Demographic Variables	Frequency	Percentage
1.	Age (in years)		
	20-24	56	56
	25-30	34	34
	31-34	10	10
2.	Educational status		
	Illiterate	18	18
	Primary	4	4
	Secondary	42	42
	Higher secondary	10	10
	e. Graduate	19	19
	f. Postgraduate	7	7
3.	Occupation		
	Housewife	69	69
	Employed in private sector	13	13
	Employed in govtsector	8	8
	Business	10	10
	Religion		
	Hindu	60	60
4.	Christian	16	16
	Muslim	23	23
	Others	1	1
5.	Nature of family		
	Nuclear	56	56
	Joint	44	44
6.	Monthly income of the family (in INR)		
	<10000	44	44
	10001-20000	30	30
	20001-30000	25	25
	> 30000	05	5
7.	Distance from a healthcare facility (km)		
	1-5	61	61
	6-10	23	23
	11-20	16	16
8.	Was any financial planning done for birth?		
	Yes	50	50
	No	50	50
9.	Was the health centre for delivery decided prior to labour?		
	Yes	83	83
	No	17	17

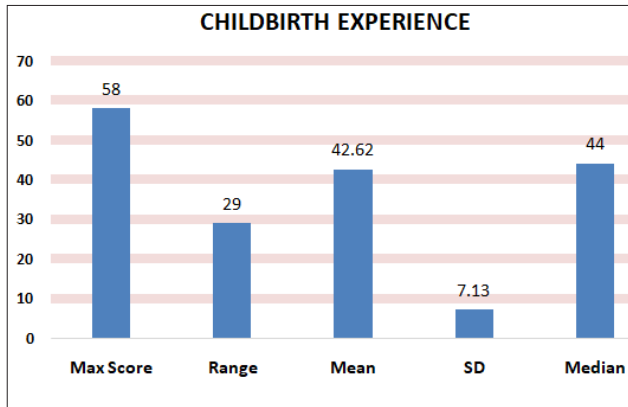


Figure 1. Mean, SD and Median of Childbirth Experience

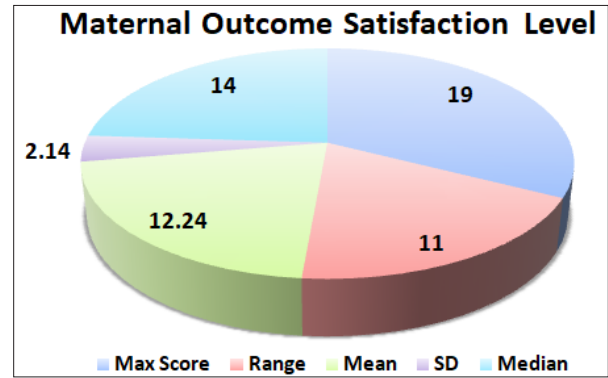


Figure 2. Maternal Outcome Satisfaction towards Delivery and Labour

Table 2. Association between Childbirth Experience and Selected Demographic Variables of Primipara Mothers

S.No.	Demographic Variables	N	%	Childbirth Experience				Chi-square
				≥ Median 44		< Median 56		
				N	%	N	%	
1.	Age (in years)							
	20-24	56	56	23	52.27	33	58.93	8.75 Df 3
	25-30	34	34	15	34.09	19	33.13	
	31-34	10	10	6	13.63	4	7.14	
	Total	100						
Result							S	
2.	Educational status							
	Illiterate	18	18	10	22.21	8	14.28	10.23 Df 4
	Primary	4	4	2	4.56	2	3.57	
	Secondary	42	42	11	25	31	55.36	
	Higher secondary	10	10	6	13.64	4	7.14	
	Graduate	19	19	11	25	8	14.28	
	Postgraduate	7	7	4	9.09	3	5.36	
	Total	100						
Result							S	
3.	Occupation							
	Housewife	69	69	22	50	47	83.93	7.85 Df3
	Employed in privatesector	13	13	10	22.73	3	5.35	
	Employed in governmentsector	8	8	5	11.36	3	5.35	
	Business	10	10	7	15.91	3	5.45	
	Total	100						
Result							S	
4.	Religion							
	Hindu	60	60	27	61.36	33	58.93	6.93 Df 3
	Christian	16	16	7	15.91	9	16.07	

	Muslim	23	23	10	22.73	13	23.21	
	Others	1	1	0	0	1	1.73	
	Total	100						
	Result							NS
5.	Nature of family							
	Nuclear	56	56	30	68.18	26	46.63	2.43
	Joint	44	44	14	31.81	30	53.57	Df1
	Total	100						
	Result							NS
6.	Monthly income of family (INR)							
	<10000	44	44	18	40.91	26	46.43	8.34
	10001-20000	30	30	15	34.09	15	26.78	Df3
	20001-30000	25	25	11	25	14	25	
	>30000	1	1	0	0	1	1.78	
	Total	100						
	Result							S
7.	Distance from a healthcare facility (km)							
	1-5	61	61	30	68.18	31	55.36	9.61
	6-10	23	23	12	27.27	11	19.64	Df 3
	11-20	16	16	2	4.55	14	25	
	21-30	0	0	0	0	0	0	
	Total	100						
	Result							S
8.	Financial planning for birth							
	Yes	50	50	32	72.72	18	32.14	5.82
	No	50	50	12	27.27	38	67.86	Df 1
	Total	100						
	Result							S
9.	Deciding health centre for delivery prior to labour							
	Yes	83	83	41	93.18	42	75	6.14
	No	17	17	3	6.82	14	25	Df1
	Total	100						
	Result							S
NS- Not significant				S-Significant at p<0.05 level				

mothers had a positive experience during birth and labour.

Figure 2 depicts that the mean score of satisfaction level was 12.74 with a standard deviation of 2.14 and median of 14. It was found that a large majority of mothers were satisfied with their maternal outcome during delivery and labour.

Table 2 represents the statistical outcomes of the association between childbirth experience and sociodemographic variables of the subjects. In order to examine the association

between these variables, chi-square test was used. Among these variables accounted for association, the variables age [C = 8.75, df = 3], education [C = 10.23, df = 4], occupation [C = 7.85, df = 3], income [C = 8.34, df = 3], distance from healthcare facility [C = 9.61, df = 3], financial planning for birth [C = 5.82, df = 1], health centre for delivery [C = 6.14, df = 1] were found to be statistically significant with childbirth experience at 5% level of significance i.e., $p < 0.05$. The nature of family [C = 2.43, df = 1] and religion [C = 6.93,

df = 3] were found to be statistically not significant at 5% level of significance i.e., $p > 0.05$. It is evidenced that the experience of mothers regarding birth were influenced by age, education, occupation, monthly income, distance

Table 3. Association between Childbirth Experience and Selected Maternal Outcome

(n=50)

Domain	Mean	SD	Mean Difference	R Value
Childbirth experience	42.62	7.13	30.38	0.05, NS
Maternal outcome	12.24	2.14		

from healthcare facility, financial planning for birth, and deciding healthcare for delivery prior to labour.

Table 3 depicts the correlation between the childbirth experience and maternal outcome. The R-value calculated for the birth experience and maternal outcome score was 0.05 which shows that there was no significant relationship between childbirth experience and maternal outcome.

Discussion

Objective 1: To assess the childbirth experiences among Primipara mothers.

In the present study, the childbirth experience was assessed among 100 primipara mothers. The mean, standard deviation, and median were calculated to assess the childbirth experience during birth and labour. The mean score for the childbirth experience was 42.62 with a standard deviation of 7.13 and median of 44. It was found that a large majority of the primipara mothers had a positive experience during birth and labour.

This study is supported by Dr. Selvanayaki V and Naganandani R's study, assess the experience of women during the process of child birth in a selected hospital of Tamil Nadu. Result show 57% of primipara mothers had positive experience during child birth and labour.⁹

Objective 2: To associate the childbirth experiences among Primipara mothers with the selected demographic variables.

In the present study, Among these variables accounted for association, the variables age [C = 8.75, df = 3], education [C = 10.23, df = 4], occupation [C = 7.85, df = 3], were found to be statistically significant with childbirth experience at 5% level of significance i.e., $p < 0.05$. The religion [C = 6.93, df = 3] was found to be statistically not significant at 5% level of significance i.e., $p > 0.05$.

This study is less supported by a study done by Sheeba B.A study to assess the childbirth experiences during labour

among primipara mothers in selected PHCs in Chennai. Which show majority of primipara mothers 67(67%) were age group of 18-22 years, 87(87%) were Hindus, and 41(41%) had primary education from 100 samples. Satisfactory Child birth experience was 59(59%) of primipara mothers and 41(41%) had good experiences.¹⁰

Objective 3: To identify the association between childbirth experiences and selected maternal outcome.

In the present study, the correlation between the childbirth experience and maternal outcome was analysed. The R-value calculated for the birth experience and maternal outcome score was 0.05 which shows no significant relationship between them.

A study supported this study which is reported by Pirde IM, and Pirdel L. Result shows that comparison of mother expectation and mother's experience of labour and child birth demonstrated a statically significant differenc at $p < 0.05$, the majority of woman had negative expectation and childbirth experiences.¹¹

Implications

This study clearly brought out the need for an individualised and specific educational programme for primigravida mothers. A nurse plays an important role in the healthcare delivery system. She needs to be equipped with proper knowledge, attitude, and practice on antenatal and post-natal care so that she can able to enhance childbirth experiences among primipara mothers. The study may be helpful for nursing administration in starting in-service educational programmes and training on childbirth experiences among primipara mothers. Nursing administration can make arrangements for counselling sessions for primipara mothers to reduce the level of stress related to the process of delivery. The information contained in the present study can be a valuable source of data for future research.

Recommendations

More research should be conducted in the future on a larger sample to validate and generalise the findings. A study should be conducted by involving other socio-demographic variables. A longitudinal experimental study should be done to assess the childbirth experiences among primipara mothers.

Conclusion

On the basis of the findings of the present study, the researcher concluded that the majority of primipara mothers had a positive experience during childbirth and labour. This was due to various reasons like good professional support strong perceived safety and active participation etc.

Source of Funding: Self funding

Conflict of Interest: None

References

1. Singha M. Mother's day: birthing a baby in times of corona [Internet]. The Times of India; 2020. Available from: <https://timesofindia.indiatimes.com/city/bhubaneswar/mothers-day-birthing-a-baby-in-the-times-of-corona/articleshow/75652152.cms>
2. Karistrom A, Nystedt A, Hildingsson I. A comparative study of the experience of childbirth between women who preferred and had a caesarean section and women who preferred and had a vaginal birth. *Sex Reprod Healthc.* 2011;2(3):93-9. [PubMed] [Google Scholar]
3. Nilsson C, Lundgren I, Karlström A, Hildingsson I. Self-reported fear of childbirth and its association with women's birth experience and mode of delivery: a longitudinal population-based study. *Women Birth.* 2012;25(3):114-21. [PubMed] [Google Scholar]
4. Necho M, Abadisharew M. A systematic review and meta-analysis of depression in postnatal women in the case of a low-income country; Ethiopia, 2020. *Res Sq[Preprint]*. 2020. Available from: <https://www.researchsquare.com/article/rs-25403/v1>
5. Janssen PA, Klein MC, Harris SJ, Soolsma J, Seymour LC. Single room maternity care and client satisfaction. *Birth.* 2000;27(4):235-43. [PubMed] [Google Scholar]
6. Nayak AK, Nath S. There is an urgent need to humanize childbirth in India. *Econ Polit Week I.* 2018;2(53):5.
7. Rao A. Cesarean births in India are skyrocketing-and there is reason to be very worried [Internet]. Quartz India; 2015. Available from <https://qz.com/india/326402/cesarean-births-in-india-are-skyrocketing-and-there-is-reason-to-be-very-worried/>
8. Sreevani M, Kiran CU, Rani PS. Effectiveness of planned teaching program on knowledge and reducing anxiety about labour among primigravida mothers at MCH Centre, Tirupati. *J Nurs Midw Maternal Health.* 2017;3(1):1-3.
9. Selvanayaki V, Naganandani R's study. Assess the experience of women during the process of child birth in a selected hospital of Tamil Nadu. *Int J Nur & Reseach.* 2015;3(1):1-5.
10. Sheeba B. A study to assess the childbirth experiences during labour among primipara mothers in selected PHCs in Chennai. *Int J Innovative Sci & Tech.* 2019;4(11):870-871.
11. Pirdil M, Pirdil L. A comparison of women's expectations of labour and birth with the experiences in primiparas and multiparas with normal vaginal delivery. *J Kathmandu med College.* 2015;4(1):16-25.