



# EFFECTIVENESS OF LAVENDER OIL MASSAGE ON REDUCTION OF SCIATICA BASED LOW BACK PAIN DURING PREGNANCY AMONG MOTHERS AT SVMCH & RC, PUDUCHERRY.

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## Abstract

Low back pain feels like the baby inching forward struggling to come out into this world from the mother's womb and the mother bearing it all the persistent lower back pain. The study was carried to assess the effectiveness of lavender oil massage on reduction of sciatica based low back pain during pregnancy among mothers. Pre experimental research design was adopted. 30 antenatal mothers of 29 to 40 weeks of gestation at Sri Venkateshwara Medical College Hospital & Research Centre at Puducherry were selected through convenience sampling technique. Pre-test and post-test was conducted by using standardized verbal pain intensity scale. Lavender oil massage was given to the experimental group for 10-15 minutes. The study revealed that the pre-test mean and SD score was  $7.47 \pm 1.74$  and post-test mean and SD score was  $2.80 \pm 1.13$ , the calculated 't' value was 15.93 which was greater than the table value at  $p < 0.001$  level. The study concluded that the lavender oil massage was found to be most effective in reduction of sciatica based low back pain during pregnancy among mothers.

**Keywords:** Lavender oil massage, Sciatica based low back pain, Antenatal mothers.

## Introduction

Everyone thinks that pregnancy is a normal physiological phenomenon, and no special care is needed, but it really needs some special care. Pregnancy triggers a complex chain of events. There are so many physiological changes, which take place in all the systems of the mother's body during pregnancy. Due to the physiological changes many women experience some minor disorders. Some mother will cope easily with the condition, but for others it may be a problem and they can't cope with that. In such cases medical

attention is required. Nearly 60 per cent of the people in India have significant low back pain at some time or the other in their lifespan. Gharaibeh A et.al., (2018), the prevalence of pregnancy related low back pain is quite high (68.8%) in Abbottabad population. PLBP adversely affect their quality of lives, limit their routine activities and productivities and even make them physically disable. Massage and aromatherapy is a type of alternative medicine that uses essential oils and other aromatic plant compounds, which are aimed at improving a person's health or mood. It is believed that the inhalation of essential oils stimulate the part of brain connected to smell, the olfactory system, a signal is sent to the limbic system of the brain that controls emotions and retrieves learned memories. This causes chemicals to be released which makes the person feel relaxed, clam or even stimulated. If the aromatherapy includes the massages it relaxes the muscles.

Lavender is an effective essential oil to treat sciatica during pregnancy with their antispasmodic, anti-inflammatory, nervine and analgesic properties, they can provide effective relief from the nerve pain, muscle weakness and numbing that can be experienced. It also calms nervous tension, anxiety, insomnia and palpitations. Provided low dilutions are used, they are safe to use during pregnancy.

### **Statement of the problem**

A pre experimental study to assess the effectiveness of lavender oil massage on reduction of sciatica based low back pain during pregnancy among mothers at SVMCH & RC, Puducherry.

### **Objectives**

- To assess the level of sciatica based low back pain during pregnancy among mothers.
- To evaluate the effectiveness of lavender oil massage on reduction of sciatica based low back pain during pregnancy among mothers.
- To associate the level of sciatica based low back pain during pregnancy among mothers with the selected demographic variables.

### **Assumptions**

- Antenatal mothers may be experiencing some level of sciatica based low back pain during pregnancy.

- Essential oil massage may reduce sciatica based low back pain during pregnancy to some extent.

## Hypotheses

- **H1-** There is a significant difference in the level of sciatica based low back pain before and after administration of lavender oil massage among mothers.
- **H2-** There is a significant association between the level of sciatica based low back pain during pregnancy among mothers with the selected demographic variables.

## Delimitations

The study was delimited to

- ✓ Antenatal mothers.
- ✓ SVMCH & RC, Puducherry.
- ✓ Data collection period for four weeks.
- ✓ Sample size of 30.

## Research Methodology

A quantitative research approach and pre experimental research design was used to assess the effectiveness of lavender oil massage on reduction of sciatica based low back pain during pregnancy among 30 antenatal mothers with the gestation of 29 to 40 weeks with sciatica based low back pain were selected through convenience sampling technique at Sri Venkateshwara Medical College Hospital & research centre at Puducherry. The lavender oil massage given to the mothers to reduce the sciatica based low back pain at the site of lumbo-sacral region (L4 to S1), with the use of lavender oil 2 to 3 drops with the dilution of purified coconut Oil 0.5 ml by the method of finger pressure massage given for 10-15 minutes. For each mother the procedure was carried out in left lateral position, privacy was maintained. The demographic variables and obstetrical variables were collected. A standardized verbal pain intensity scale was used to assess the sciatica based low back pain level. Informed consent was obtained from the subjects both orally and in written form. The subjects had the freedom to withdraw from the study at any time. No physical or psychological harm was caused. The subjects were assured about the confidentiality of the study.

**Inclusion criteria:** Antenatal mothers,

- who are attending antenatal OPD.
- who are in 29 to 40 weeks of gestation.
- who are all primi and multi mothers.
- who are available at the time of data collection.

**Exclusion criteria:** Antenatal mothers,

- who are having the complications during pregnancy.
- who are having problems in medical or surgical conditions.
- who are having psychiatric illness.
- who are not willing to participate in the study.

**Results and conclusion****• Demographic variables among antenatal mothers**

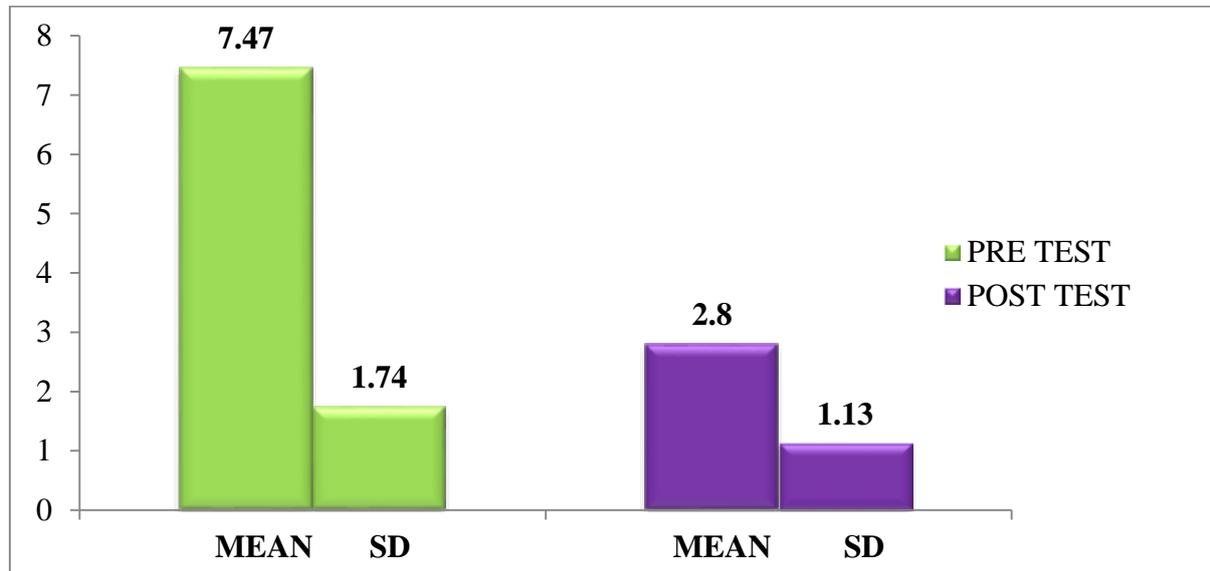
The frequency and percentage distribution of demographic and obstetrical data depicts that, with regards to age, majority 13(43.3%) of them belongs to 20 to 25 years. In regards to occupation, highest 16(53.3%) of them were house wife. In obstetrical variables, with respect of parity, majority 17(56.7%) of them were primi mother. Regarding gestational age, majority 15(50.0%) of them were 33 to 36 weeks of gestation. In related to previous mode of delivery, highest 17(56.7%) of them were no previous mode of delivery.

**• Level of sciatica based low back pain**

The pre-test and post-test level of sciatica based low back pain during pregnancy among mothers depicts that, in the pre-test, highest 13(43%) of them had severe pain, 9(30%) of them had very severe pain, 1(3.3%) of them had moderate pain and none of them had no pain and mild pain. Whereas in post-test, majority 16(53%) of them had mild pain, 13(43%) of them had moderate pain, 1(3.3%) of them had no pain and no one had severe pain, very severe pain and worst pain.

- **Effectiveness of lavender oil massage**

The pre-test and post-test scores of sciatica based low back pain during pregnancy among mothers depicts that, the pre-test mean and SD score was  $7.47 \pm 1.74$  and post-test mean and SD score was  $2.80 \pm 1.13$ , the calculated 't' value was 15.93 which was greater than the table value at  $p < 0.001$  level. (n= 30)



- Association of level of sciatica based low back pain during pregnancy among mothers with the selected demographic variables.

There was no statistically significant association found between the pre-test level of sciatica based low back pain during pregnancy among mothers with selected demographic variables owing to the sample size.

## Recommendations

- The study can be done in different settings using different sampling technique.
- The study can be conducted on mothers with sciatica based low back pain due to reasons other than pregnancy.
- A study can be conducted to assess the attitude and practice of lavender oil massage among nurses posted in antenatal ward.
- A comparative study can also be conducted between lavender oil massage with any other relaxation therapies.

## Conclusion

The study concluded that the lavender oil massage was found to be most effective in reduction of sciatica based low back pain during pregnancy among mothers.

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