



# “A STUDY TO EVALUATE THE EFFECTIVENESS OF BENSON’S RELAXATION THERAPY ON REDUCTION OF PAIN AMONG CESAREAN POSTNATAL MOTHERS ADMITTED IN SELECTED HOSPITALS OF AHMEDABAD CITY, GUJARAT.”

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## ABSTRACT

### Background

Cesarean section is an operative procedure whereby the fetus after the end of 28th week are delivered through an incision on the abdominal and uterine walls. C-section mothers face variety of discomfort and problems that vary from one woman to another. Pain is one of the major discomforts which can cause the post cesarean section mothers to develop negative feelings towards childbirth. This pain and discomfort around the incision can last for several months. It also affects the mother-infant interaction. Many methods are used to diminish post cesarean section discomfort. the quick and simple methods are the utilization of anti-emetics to get rid of nausea, vomiting and analgesics to reduce pain. Pain relief medications can decrease the pain level. Side effects of taking medications and some of the therapies in today's emphasis is placed on the use of natural and uncomplicated methods. Some of the most important advantages of using

nonpharmacological methods include no side effects. Benson's Relaxation Therapy (BRT) is a method influencing the health of postnatal mothers. The BRT not only has a lot of advantages but it is relieve easy way of handle but also has no side effects on individuals. This technique is considered as a relative state to give relief from physical pain and emotional effects of anxiety and stress.

## Aim

This study aim to evaluate the effectiveness of Benson's Relaxation Therapy on reduction of pain among cesarean postnatal mothers admitted in selected hospitals of Ahmedabad city, Gujarat.

## Objectives of the Study

- To assess the pre-test level of pain among cesarean postnatal mothers of both control and experimental group.
- To assess the post-test level of pain among cesarean postnatal mothers of experimental group after implementing Benson's relaxation therapy.
- To compare the pre-test and post test score on level of pain among cesarean postnatal mothers in both control and experimental group.
- To find out the association between the pre-test level of pain among cesarean postnatal mothers and selected demographical variable.

## Method

A Quantitative research approach with Quasi Experimental Design. The investigator used non probability convenient sampling technique for selecting 60 samples in that 30 sample in experimental group and 30 in control group. This design helped the investigator to manipulate the independent variable (Benson's Relaxation Therapy) and to observe its effect on the dependent variables (Reduction Of Pain) among post cesarean mothers. In non-randomized control group design, the dependent variable is measured before the independent variable is applied. Non-Probability Purposive Sampling technique used. Based on the objectives of the study, tool is divided into three sections. In Modified Allina pain scale was used to assess the effectiveness of Benson's relation therapy on reduction of pain among the post cesarean mothers. The reliability of the tool was determined by 'test-retest method' and using 'Karl parson's correlation coefficient formula'. Descriptive and inferential statistics was used to analyze the data.

## Results

The data identified from the present study shows that the pre-test mean scores at first day 7.83 and post-test mean score 7.20, at second day pre-test mean score 6.47 and post-test mean score 5.47, at third day mean score 4.86 and post-test mean score 3.83 in the experimental group. In the control group pre-test means scores at first day 7.67 and post-test mean score 7.60, at second day pre-test, mean score 7.27 and post-test mean score 7.20, at third day mean score 6.43 and post-test mean score was 6.37, where it shows that level of pain score was decreed in experimental group with comparing of a control group.

For assessing effectiveness of Benson's Relaxation Therapy on reduction of level of pain in experimental and control group within different day within the same group, Paired 't' test was used. It reveals that in experimental group calculated t[paired t test] value was higher than tabulated control value at 0.05 level of significance as the compare with control group. Hence, the null hypotheses H<sub>0</sub> was rejected and research Hypotheses H<sub>1</sub> was accepted. This result supports that, there is effect of Benson's Relaxation Therapy in decreasing level of pain among cesraen postnatal mothers.

Assess the effectiveness of Benson's relaxation therapy on reduction of pain between experimental and control group. It is relevance that difference in Day-1 of experimental and control group calculated t value was higher than tabulated control value at 0.05 level of significance. Each day calculated t [unpaired t test] value was higher than tabular value. every day calculated t value was increasing their value they represent that improvement in pain score among cesarean postnatal mothers. This result support that, there is effect of Benson's Relaxation Therapy is decreasing the level of pain among post cesraen mother.

## Conclusion

The following conclusions is drawn from the present study findings: There is Significant difference found in the pretest and post-test score between before and after administration of Benson's relaxation therapy. The present study assessed the effectiveness of Benson's relaxation therapy on reduction of pain among cesarean postnatal mothers admitted in selected hospitals of Ahmedabad city, Gujarat. The level of pain before the administration of Benson's Relaxation Therapy was severe and moderate category but after the administration of Benson's Relaxation Therapy pain score reduced to the mild and moderate category on third day. Hence, It is evident that the Benson's Relaxation Therapy is effective in reduction of pain level among cesarean postnatal mothers.

## Key Words

Benson's Relaxation Therapy, Reduction on Pain, Cesarean, Postnatal Mothers.

## INTRODUCTION

The phenomenon of childbirth is potentially a stressful event for any mother as because women imagine that this is a new period of life that has begun for them. Post caesarean period include excessive pain and stress on mind and produce bad impact on their spirit and mind with its distinct characteristics. There are many modes of delivery like normal vaginal delivery, assisted delivery and operative delivery which includes caesarean section. A cesarean section, also known as C-section or cesarean delivery. Mainly 3 type of cesarean section delivery. First one is Transperitoneal in which lower segment is more common. 96% today's operation are of this type Lower Segment cesarean Section [LSCS]. Another one is classical and upper segment, which is very rarely performed. Second one is Extraperitoneal which is not performed in modern obstetrics. Third one is cesarean Hysterectomy which is performed for specific indications.

**ACCORDING TO CLINICAL EPIDEMIOLOGY AND GLOBAL HEALTH(2020).** Exploring the spatial patterns of caesarean section delivery in Gujarat, India and Evidence from National Family Health Survey-4 shows Csection ratio in 2005-2006 was 8.9% .There has been an increased in number of C-section delivery in 2015-2016 was 18.4%. C-section ratio in urban area was 27.8% and in rural area 12.2%.

Mothers who having caesarean section faces more pain and stress comparatively to those who underwent normal delivery. This pain and discomfort around the incision can last for several months. It also affects the mother- infants interaction.

Benson's relaxation therapy as the complimentary alternative therapy as it is simple technique which can be used daily and will have a significant outcome in reducing pain. The BRT technique was first introduced by Herbert Benson. The BRT, with an emphasis on physical relaxation, can inhibit many physiological stressors. Dr. Herbert Benson described a physiological response that is the opposite of the fight-or flight response. It results in decreased metabolism, decreased heart rate, decreased blood pressure, and decreased rate of breathing, as well as slower brain waves. Dr. Benson labelled this reaction as the "relaxation response". The relaxation therapy is a simple practice that one can practice this for 10 to 20 minutes a day can help to relive pain and stress.

## OBJECTIVES OF THE STUDY

- To assess the pre-test level of pain among cesarean postnatal mothers of both control and experimental group.
- To assess the post-test level of pain among cesarean postnatal mothers of experimental group after implementing Benson's relaxation therapy.
- To compare the pre-test and post test score on level of pain among cesarean postnatal mothers in both control and experimental group.
- To find out the association between the pre-test level of pain among cesarean postnatal mothers and selected demographical variable.

## METHOD

A Quantitative research approach with Quasi Experimental Design. The investigator used non probability convenient sampling technique for selecting 60 samples. Non-randomized control group design, the dependent variable is measured before the independent variable is applied. Non-probability purposive sampling technique used. Based on the objectives of the study, tool is divided into three sections. In Modified Allina pain scale was used to assess the effectiveness of Benson's relation therapy on reduction of pain among the post cesarean mothers. The reliability of the tool was determined by 'test-retest method' and using 'Karl parson's correlation co-efficient formula'. Descriptive and inferential statistics was used to analyze the data.

**RESULT**

Data were organized and presented in the following manner which includes description of all the aspects. [SECTION-A]

**TABLE:1 Distribution of post cesarean mothers according to their demographical variable.**

SR. NO	DEMOGRAPHICAL VARIABLE	EXPERIMENTAL GROUP		CONTROL GROUP	
		F	%	F	%
1	<b>AGE.</b>				
	A. 18-20 yrs.	6	20.0	8	26.7
	B. 21-25 yrs.	11	36.7	5	16.7
	C. 26-30 yrs.	6	20.0	8	26.7
	D. 31-35 yrs.	7	23.3	9	30.0
2	<b>RELIGION A.</b>				
	Hindu	10	33.3	11	36.7
	B. Muslim	20	66.7	11	36.7
	C. Christian	-	-	4	13.3
	D. Others	-	-	4	13.3
3.	<b>EDUCATIONAL STATUS</b>				
	A. Illiterate	4	13.3	11	36.7
	B. Primary school	14	46.7	6	26.7
	C. High & Higher secondary	8	26.7		20.0
	D. Graduation	4	13.3	5	16.7
4.	<b>OCCUPATION</b>				
	A. House wife	20	66.7	12	40.0
	B. Service	7	23.3	8	26.7
	C. Labour Work	3	10.0	10	33.3
5.	<b>TYPE OF FAMILY</b>				
	A. Joint	17	13.3	9	30.0
	B. Nuclear	9	30.0	11	36.7
	C. Extended	4	56.7	10	33.3
6	<b>RESIDENTIAL AREA</b>				
	A. Rural	12	40.0	10	33.3
	B. Urban	18	60.0	17	56.7
	C. Tribal	-	-	3	10.0
7.	<b>NO. OF PREGNANCY</b>				
	A. First	13	43.3	8	26.7
	B. Second	8	26.7	11	36.7
	C. More than two	9	30.0	11	36.7
8.	<b>NO. OF POST OPERATIVE DAY</b>				
	A. Second	16	53.3	16	53.3
	B. Third	14	46.7	14	46.7
9.	<b>UNDER GONE ANY RELAXATION</b>				
	A. Yes	5	16.7	10	33.3
	B. No	25	83.3	20	66.7

**Table:1** shows that the distribution of samples according to their demographical variable distribution of cesarean postnatal mothers according to the **age** shows that majority 11 (36.66%) of cesarean postnatal mothers were

in the age group of 21-25 years in experimental group and in control group majority 9 (30.0%) of the mothers were between the age of 31-35 years, according to the **religion** shows that in experimental group that majority 20(66.7%) of them belongs to Muslim religion, and in control group 11 (36.7%) of them Hindu religion and 11(36.7%) of them belongs to Muslim religion, according to **educational status** show, that majority 14(46.7%) of them had received primary school Education in experimental group whereas in control group 11 (36.7%) of them is illiterate, according to their **occupational status** shows that majority 20 (66.7%), of them are House wife in experimental group whereas in control group 12(40.0%) of them are House wife, according to their **family types**, reveals that majority 17 (56.7%) of them belongs to Joint family in experimental group, and in control group 11 (36.7%), of them were in Nuclear family, according to their **place of residential area** that the majority 18(60.0%) of them are from urban area in experimental group whereas in control group 17 (56.7%) of them are from Urban area, according to their **No. of pregnancy** that the majority 13(43.3%) of them having their first pregnancy in experimental group whereas in control group 11 (36.7%) of them having their second pregnancy and 11(36.7) are had more than two child, according to the history of **undergone any relaxation therapy** shows that majority 25 (83.33%) of them had not underwent relaxation classes in experimental group whereas in control group 20 (66.7%) of them had not underwent relaxation classes.

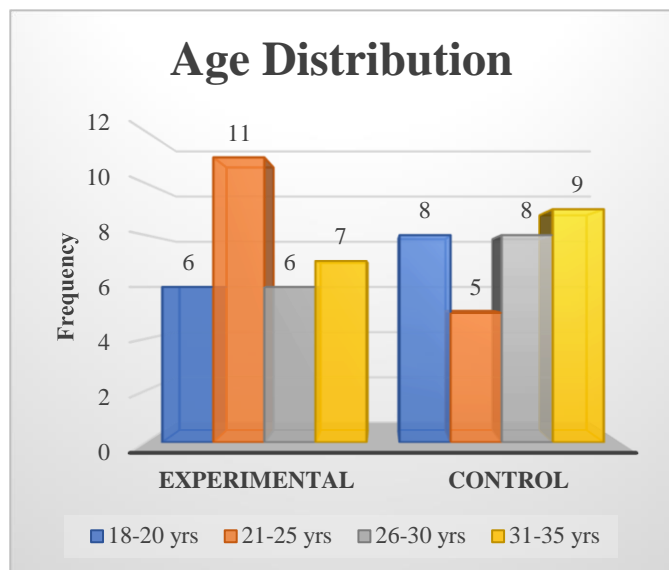


Figure:1 Age

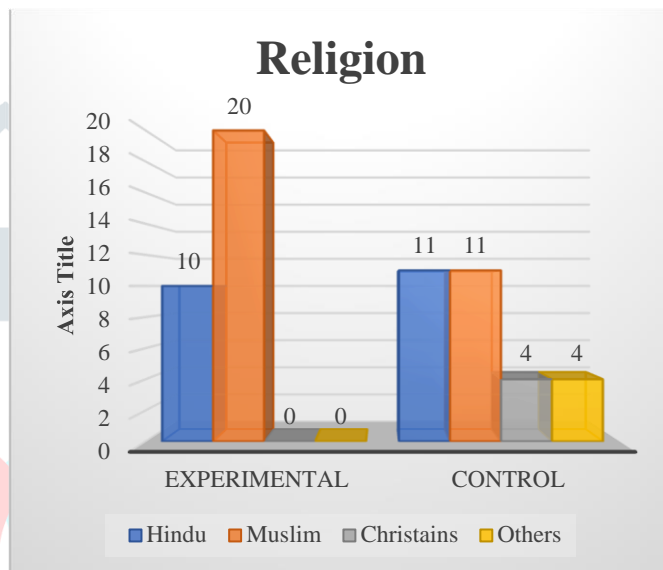


Figure:2 Religion

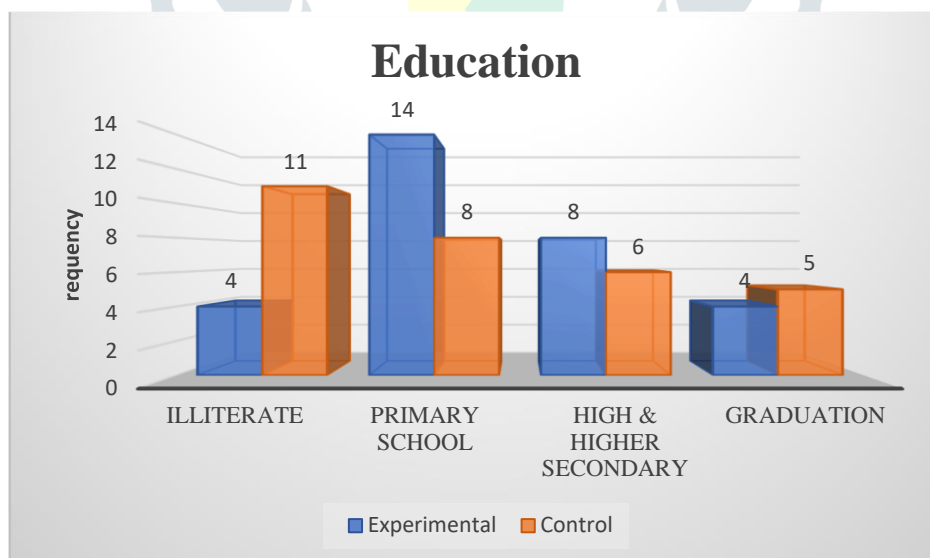


Figure:3 Educational Status

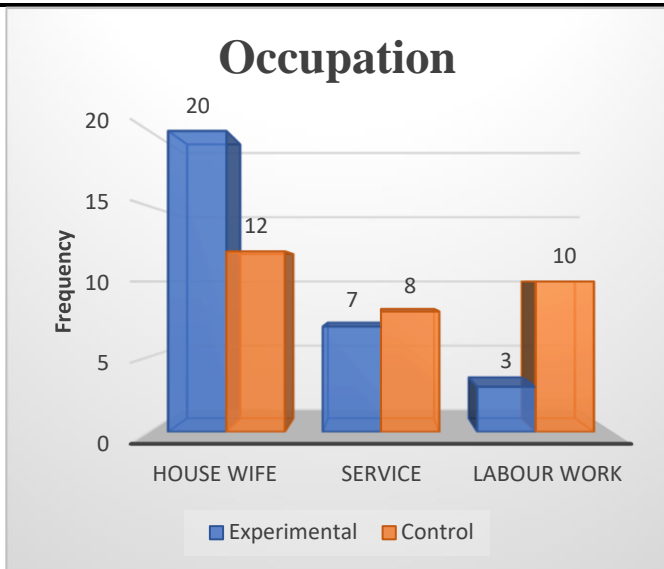


Figure:4 Occupation

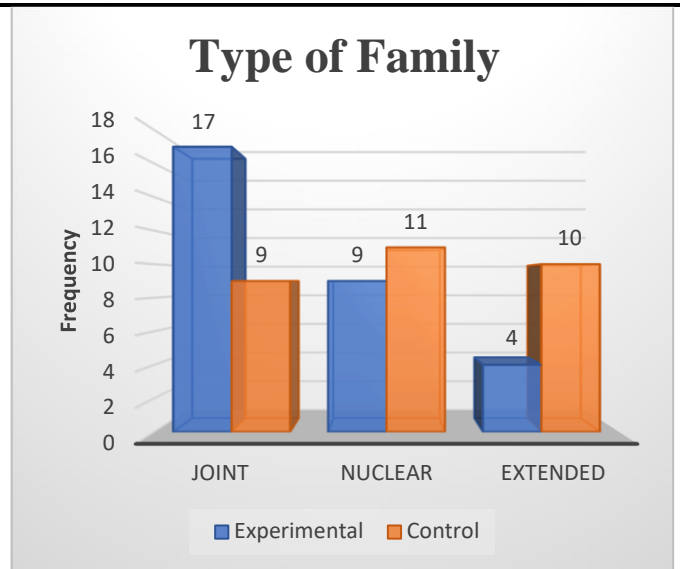


Figure:5 Type of Family

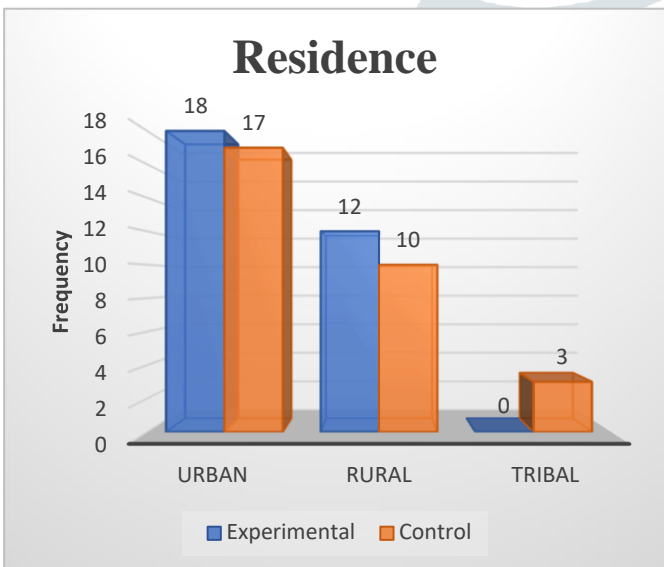


Figure:6 Residential area

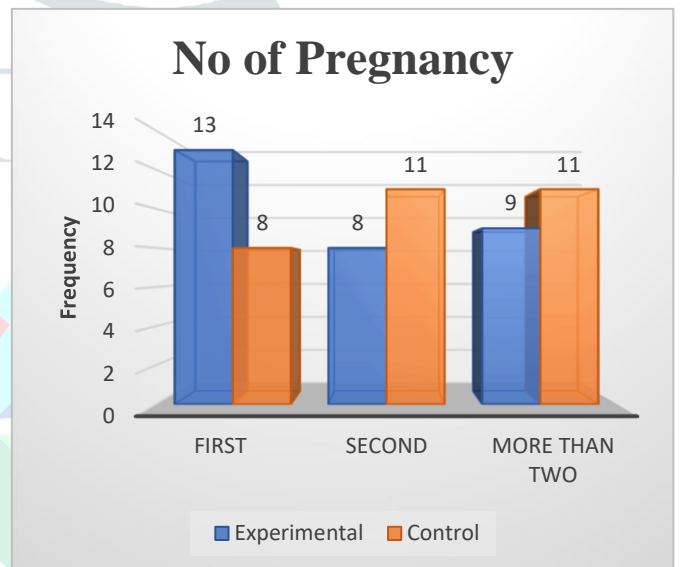


Figure:7 No. of Pregnancy

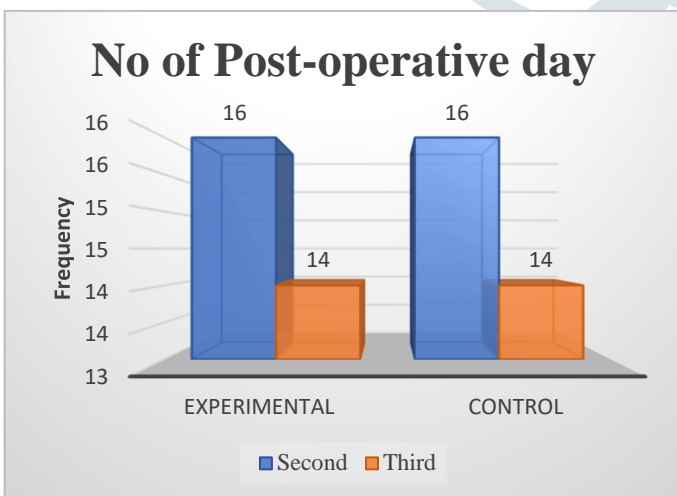


Figure:8 No. of Post-operative day

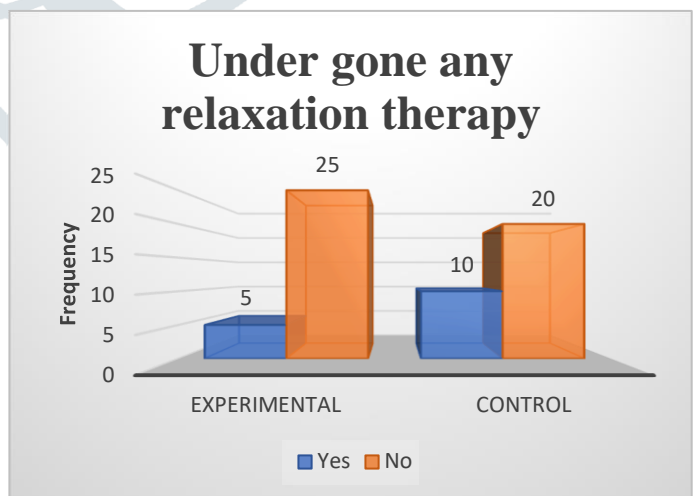


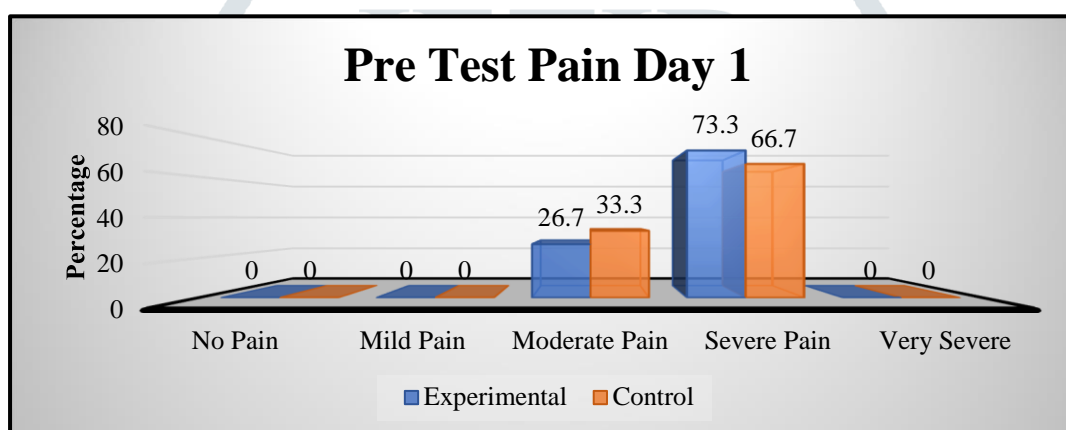
Figure:9 Under gone any relaxation therapy

## [SECTION-B]

**TABLE:2** Distribution of cesarean postnatal mothers according to pr-test score on level of pain in experimental and control group.

PRE TEST PAIN [DAY-1]	EXPERIMENTAL GROUP	CONTROL GROUP
No Pain	0	0
Mild Pain	0	0
Moderate Pain	26.7	33.3
Severe Pain	73.3	66.7
Very Severe	0	0

Above table:2 show that, in experimental group majority 73.33% of cesarean postnatal mothers had experienced severe pain and about 26.66% of the cesarean postnatal mothers had experienced moderate pain whereas in control group majority 66.7% cesarean postnatal mothers had experienced severe pain and 33.3% of the cesarean postnatal mothers had experienced moderate pain respectively.

**Figure:10** Pre-test level of pain among cesarean postnatal mothers in Experimental and Control group.**TABLE:3** Distribution of post cesarean mothers according to post test score on level of pain in experimental and control group.

POST TEST PAIN [DAY-1]	EXPERIMENTAL GROUP	CONTROL GROUP
No Pain	0	0
Mild Pain	0	0
Moderate Pain	36.7	33.3
Severe Pain	63.3	66.7
Very Severe	0	0

Above table:3 show that, in experimental group of cesarean postnatal mothers 66.3% of mothers had experience severe pain and 36.7% of the mothers had experienced moderate pain respectively. Whereas in control group 66.7% of the

cesarean postnatal mothers had experienced severe pain and about 33.3% of the mothers had experienced moderate pain.

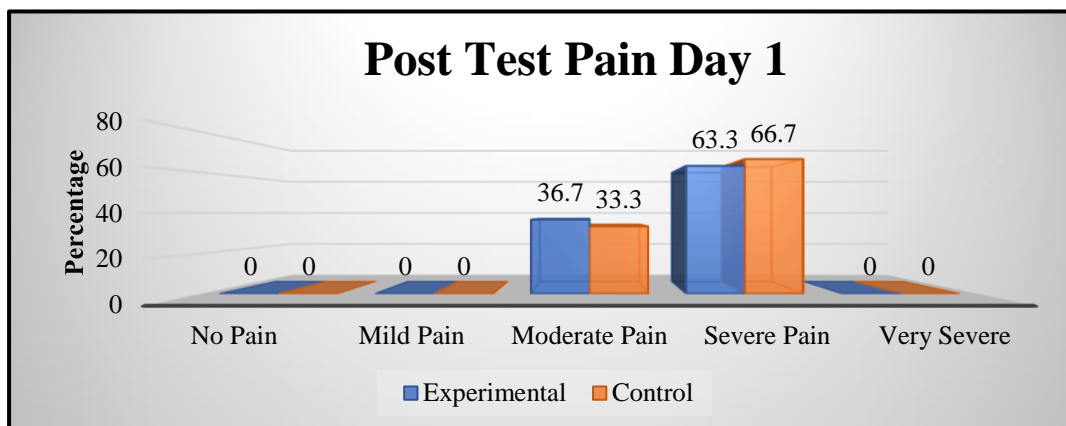


Figure:11 Post-test level of pain among cesarean postnatal mothers in Experimental and Control group.

[SECTION-C]

Table:4 Mean, standard deviation and mean difference on level of pain among post cesarean mother in experimental and control group.

Day	Group	Max. Score	PRE-TEST			POST-TEST			Mean Difference
			Mean	SD	Mean %	Mean	SD	Mean %	
			1	Exp Group	10	7.83	1.26	78.30	
	Control	10	7.67	1.32	76.70	7.6	1.28	76.00	-0.07
2	Exp Group	10	6.47	1.38	64.70	5.47	1.38	54.70	-1
	Control	10	7.27	1.23	72.70	7.20	1.24	72.00	-0.07
3	Exp Group	10	4.87	1.5	48.70	3.83	1.53	38.30	-1.04
	Control	10	6.43	1.48	64.33	6.37	1.45	63.67	-0.06667

Table:4 show that, in experimental group the mean of pre-test score was 7.83 + 1.26 and mean percentage was 78.30. whereas in post-test mean score was 7.2 + 1.42 and mean percentage was 72.00 on first day. In Control group the mean of pre-test was 7.67 + 1.32 and mean percentage was 76.70. whereas in post-test mean score was 7.6 + 1.28 and mean percentage was 76.00 on first day.

On second day in experimental group the mean of pre-test score was 6.47 + 1.38 and mean percentage was 64.70. whereas in post-test mean score was 5.47 + 1.38 and mean percentage was 54.70. In Control group the mean of pre-test was 7.27 + 1.23 and mean percentage was 72.70. whereas in post-test mean score was 7.20 + 1.24 and mean percentage was 72.00.

On third day in experimental group the mean of pre-test score was 4.87 + 1.5 and mean percentage was 48.70. whereas in post-test mean score was 3.83 + 1.53 and mean percentage was 38.30 on third day. In Control group the mean of pre-test was 6.43 + 1.48 and mean percentage was 64.33. whereas in post-test mean score was 6.37 + 1.45 and mean percentage was 63.67.



[SECTION-D] Table:5 Mean, Standard deviation, t value on level of pain among cesarean postnatal mothers in Experimental and control groups with different day. [within experimental and control group]

Group		Mean	Std. Deviation	paired 't' test	DF	Table Value	Sig / NonSig
EXPERIMENTAL GROUP	Pre pain Day-1	7.83	1.26	5.641	29	2.04	Sig
	Post painDay-1	7.20	1.42				
	Pre pain Day-2	6.47	1.38	8.515	29	2.04	Sig
	Post painDay-2	5.47	1.38				
	Pre pain Day-3	4.87	1.50	10.179	29	2.04	Sig
	Post painDay-3	3.83	1.53				
CONTROL GROUP	Pre pain Day-1	7.67	1.32	1.439	29	2.04	Non sig
	Post painDay-1	7.60	1.28				
	Pre pain Day-2	7.27	1.23	1.439	29	2.04	Non sig
	Post painDay-2	7.20	1.24				
	Pre pain Day-3	6.43	1.48	1.439	29	2.04	Non sig
	Post painDay-3	6.37	1.45				

In table:5 show that, Paired t test was applied for with in group for doing comparison between Pre-Test and Post-Test score of Samples obtained by Modified Allina Pain Scale measurement on level of pain among cesraen postnatal mothers admitted in selected hospitals of Ahmedabad city, Gujarat. The mean Pre-test score was 7.83 and the mean post test score was 7.20. It also shows that the Standard deviation of Pre-test score was 1.26 and Standard deviation of Posttest score was 1.42 The calculated 't' was 5.641 and the tabulated 't' was 2.04 at 0.05 level of significance on first day in Experimental group.

On the Second day, The mean Pre-test score was 6.47 and the mean post test score was 5.47. It also shows that the Standard deviation of Pre-test score was 1.38 and Standard deviation of post test score was 1.38. The calculated 't' was 8.515 and the tabulated 't' was 2.04 at 0.05 level of significance in Experimental group.

On the Third day, The mean Pre-test score was 4.87 and the mean post test score was 3.83. It also shows that the Standard deviation of Pre-test score was 1.50 and Standard deviation of post test score was 1.53. The calculated 't' was 10.179 and the tabulated 't' was 2.04 at 0.05 level of significance in Experimental group.

In control group, the mean Pre-test score was 7.67 and the mean post test score was 7.60. It also shows that the Standard deviation of Pre-test score was 1.32 and Standard deviation of post test score was 1.28. The calculated 't' was 1.439 and the tabulated 't' was 2.04 at 0.05 level of significance on first day in control group.

On the Second day, The mean Pre-test score was 7.27 and the mean post test score was 7.20. It also shows that the Standard deviation of Pre-test score was 1.23 and Standard deviation of post test score was 1.24. The calculated 't' was 1.439 and the tabulated 't' was 2.04 at 0.05 level of significance in Control group.

On the Third day, The mean Pre-test score was 6.43 and the mean post test score was 6.37. It also shows that the Standard deviation of Pre-test score was 1.48 and Standard deviation of post test score was 1.45. The calculated 't' was 1.439 and the tabulated 't' was 2.04 at 0.05 level of significance in Control group.

It reveals that mean post-test of Modified Allina pain scale score was significantly Higher than mean Pre-test of Modified Allina pain score. Therefore, the null hypothesis H<sub>0</sub> was rejected and research hypothesis H<sub>1</sub> was accepted. This result supports that, there is effect of Benson's Relaxation Therapy is decreasing the level of pain among cesraen postnatal mothers.

**Table:6 Compression Mean, Standard deviation, t value on level of pain among cesarean postnatal mothers in Experimental and control groups with different day. [Between Experimental and Control Group.**

Group		Mean	Std. Deviation	unpaired 't' test	DF	Table Value	Sig/Non Sig
<b>Difference DAY 1</b>	Experimental	.63	.61	4.66	58	2	Sig
	Control	.07	.25				
<b>Difference DAY 2</b>	Experimental	1.00	.64	7.39	58	2	Sig
	Control	.07	.25				
<b>Difference DAY3</b>	Experimental	1.03	.56	8.66	58	2	Sig
	Control	.07	.25				

In table:6 show that, Unpaired t test was used between group comparison experimental and control group obtained by Modified Allina Paion Scale measurement on level of pain among post cesraen mothers. Mean of experimental group was 0.63 and mean of control group was 0.07 in day one. It also shows that the standard deviation of experimental group was 0.61 and standard deviation of control group was 0.25 in day one. The calculated t value was 4.66 and tabular t value was 2 at 0.05 level of significance. Degree of freedom was 58.

On second day Mean of experimental group was 1.00 and mean of control group was 0.07 . It also shows that the standard deviation of experimental group was 0.64 and standard deviation of control group was 0.25. The calculated t value was 7.39 and tabular t value was 2 at 0.05 level of significance. Degree of freedom was 58.

On third day Mean of experimental group was 1.03 and mean of control group was 0.07 . It also shows that the standard deviation of experimental group was 0.56 and standard deviation of control group was 0.25. The calculated t value was 8.66 and tabular t value was 2 at 0.05 level of significance. Degree of freedom was 58.

It is relevant that the difference in day-1 of experimental and control group calculated t value was higher than tabulated control value at 0.05 level of significance. Each day calculated t value was also higher than the tabular value. Every day calculated t value was increasing with their value which represents that improvement in reduction of pain score among cesarean postnatal mothers. This result support that, there is effect of Benson's relaxation therapy in decreasing level of pain among cesraen postnatal mothers.

#### [SECTION-E]

**Table:7 Association on level of pain among pre cesarean mothers with their selected demographical variables in experiment and control group**

		PRE-TEST PAIN DAY 1		Total	Chi Square	DF	Table Value	Sig/Non-Sig
		Moder ate Pain	Severe Pain					
<b>AGE</b>	18-20 yrs	0	6	6	13.75*	3	7.89	Sig
	21-25 yrs	1	10	11				
	26-30 yrs	1	5	6				
	31-35 yrs	6	1	7				

<b>RELIGION</b>	Hindu	3	7	10	0.085	1	3.84	Non-Sig
	Muslim	5	15	20				
<b>EDUCATIONAL STATUS</b>	Illiterate	3	1	4	4.959*	3	7.89	Non-Sig
	Primary school	3	11	14				
	High & Higher secondary	1	7	8				
	Graduation	1	3	4				
<b>OCCUPATION</b>	House wife	4	16	20	2.856*	2	5.99	Non-Sig
	Service	2	5	7				
	Labour Work	2	1	3				
<b>TYPE OF FAMILY</b>	Joint	5	12	17	0.162	1	3.84	Non-Sig
	Nuclear	2	7	9				
	Extended	1	3	4				
<b>RESIDENTIAL AREA</b>	Rural	1	11	12	3.438	1	3.84	Non-Sig
	Urban	7	11	18				
<b>NO. OF PREGNANCY</b>	First	1	12	13	9.162	2	5.99	Sig
	Second	1	7	8				
	More than Two	6	3	9				
<b>NO. OF POST OPERATIVE DAY</b>	Second	1	15	16	7.308	1	3.84	Sig
	Third	7	7	14				
<b>UNDER GONE ANY RELAXATION</b>	Yes	1	4	5	0.138	1	3.84	Non-Sig
	No	7	18	25				

Table:7 show that, the findings revealed that there was association of the Benson's Relaxation Therapy with their socio demographical variables such as age, number of pregnancy, number of post-operative days affect in pain score. Hence, Hypothesis (H2) was accepted as there is association between pre-test level of pain score with selected Demographic Variables.

## DISCUSSION

The present study was conducted to evaluate the Effectiveness of Benson's Relaxation Therapy on reduction of pain among cesarean postnatal mothers admitted in selected hospitals of Ahmedabad city, Gujarat. The investigator collected the samples by Non-Probability Purposive Sampling Technique. The investigator collected the data by using Modified Allina Pain Scale measurement for assessing pain score for cesarean postnatal mothers of selected hospitals of Ahmedabad city, Gujarat.

The investigator used Quasi Experimental ( Non Randomization Control Group) research design. The tool consists of demographic variables and Modified Allina Pain Scale Measurement. The main study was conducted from 3<sup>rd</sup> February to 19<sup>th</sup> February,2022, on 60 patients with cesarean postnatal mothers and who met the inclusion criteria, who were selected by Non- Probability purposive sampling technique. After the selection of samples, the investigator approached the samples individually and discussed the objectives of the study and obtained permission from the samples for the main study. Then, the Pre-test intervention score of pain level is assessed with Modified Allina Pain Scale measurement scale in both experimental and control group after that Benson's Relaxation Therapy is given in

the experimental group only. It is done for 20 min once daily for 3 days. Then post test was conducted in both experimental and control group. Daily pre and post test was conducted before and after the therapy and check the effectiveness of Benson's Relaxation therapy on pain. The descriptive statistics (frequency, percentage, mean, standard deviation) and inferential statistics (paired t-test and unpaired t-test) were used to analyze the data, and to test the study hypotheses.

The data identified from the present study shows that the pre-test mean scores at first day 7.83 and post-test mean score 7.20, at second day pre-test mean score 6.47 and post-test mean score 5.47, at third day mean score 4.86 and post-test mean score 3.83 in the experimental group. In the control group pre-test means scores at first day 7.67 and post-test mean score 7.60, at second day pre-test, mean score 7.27 and post-test mean score 7.20, at third day mean score 6.43 and post-test mean score was 6.37, where it shows that level of pain score was decreed in experimental group with comparing of a control group.

For assessing effectiveness of Benson's Relaxation Therapy on reduction of level of pain in experimental and control group within different day within the same group, Paired 't' test was used. It reveals that in experimental group calculated t[paired t test] value was higher than tabulated control value at 0.05 level of significance as the compare with control group. Hence, the null hypotheses H<sub>0</sub> was rejected and research Hypotheses H<sub>1</sub> was accepted. This result supports that, there is effect of Benson's Relaxation Therapy in decreasing level of pain among cesraen postnatal mothers and I assess the effectiveness of Benson's relaxation therapy on reduction of pain between experimental and control group. It is relevance that difference in Day-1 of experimental and control group calculated t value was higher than tabulated control value at 0.05 level of significance. Each day calculated t [unpaired t test]value was higher than tabular value. every day calculated t value was increasing their value they represent that improvement in pain score among cesarean postnatal mothers. This result support that, there is effect of Benson's Relaxation Therapy is decreasing the level of pain among post cesraen mother.

## CONCLUSION

The following conclusions is drawn from the present study findings: There is Significant difference found in the pre-test and posttest score between before and after administration of Benson's relaxation therapy. The present study assessed the effectiveness of Benson's relaxation therapy on reduction of pain among cesarean postnatal mothers admitted in selected hospitals of Ahmedabad city, Gujarat. The level of pain before the administration of Benson's Relaxation Therapy was severe and moderate category but after the administration of Benson's Relaxation Therapy pain score reduced to the mild and moderate category on third day. Hence, It is evident that the Benson's Relaxation Therapy is effective in reduction of pain level among cesarean postnatal mothers.

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