



Effectiveness of Music Therapy on Anxiety level during Third Trimester Regarding Labour process among Primigravida women in OBG OPD.

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ABSTRACT :

Labour is an intense process that creates a high level of emotional stress and anxiety for a woman. During labour, the women need lots of help for the realization and acceptance of labour as a normal physiological phenomenon. The severe level of anxiety may interfere with a normal period of pregnancy and it will affect both mother and fetus as a whole. So , the relaxing music therapy can touch mother deeply and may reduce her anxiety, stress and perception of pain.

Materials/methods: A pre-experimental (one -group –pre-test –post-test) research design was used for the proposed study. The sample consists of 40 primigravida women in selected OBG OPD, Tertiary Level Teaching Hospital, Dharwad. Primigravida women were selected by non-probability convenient sampling technique. The tool comprised of two sections which includes Demographic Page Proforma and Modified State Trait and Hamilton Anxiety Inventory Scale. The data was collected by using descriptive and inferential statistics.

Results: The calculated t value 4.66 was higher than table t value that is 2.02 at 0.05 level of significant. hence the Research hypothesis was accepted and null hypothesis was rejected. Thus music therapy was effective on reduction of anxiety among third trimester primigravida woman. Hence the research hypothesis (H1) was accepted.

Conclusion : The study concluded that music therapy was effective in reducing anxiety among third trimester primigravida women.

Keywords: Music Therapy, Primigravida Women, Third trimester, Labor process.

INTRODUCTION:

In all societies, family is the central nucleus of people and women form the backbone of it . Pregnancy and child birth are special event in every women's life and indeed in the lives of their family. It is the fulfilment of their dreams and the same time also experience anxiety about to cope with these great events in their lives. The transition from being a pregnant woman to becoming a mother means an enormous change for each woman physiologically and psychologically. It is a time when every system in a body is affected and experiences, though unfortunately not joyous for all, represents a major occurrence in a woman's life. Labour, the culmination of pregnancy is an events with a great psychological, social and emotional meaning for the mother and their family and is an intense process that creates a high level of emotional stress and anxiety for a woman. The experience of pain and anxiety during labour is a complex, individual and multifaceted response of sensory stimuli generated during child birth. So, during labour, the mother needs lots of help for the realization and acceptance of labour as a normal physiological phenomenon.

Music entrainment is complementary to anxiety medication. Even playing as secondary role in managing anxiety, music therapy is non-invasive, has no negative side effects, is inexpensive to hospitals and Page patients as a whole, and can be completely personal, reaching a patient beyond the physical realm of drug therapies. Overall, music does have positive effect on anxiety reduction.

NEED FOR THE STUDY

Childbirth is a new experience to the primigravida women. Childbirth in some women is a joyous relationship of hopes, together with a mass of fears and anxieties whether the baby will be normal and healthy, about their own reaction to labor and also about the attitude of people who will help and care for them. So, the soothing music can be very effective in reducing these unwanted thoughts.

Lilly Podder (2005-2006) conducted a study to evaluate the effect of music therapy on anxiety level, pain perception and labor outcome in primigravida mothers during first stage of labor in selected hospital at Kolkota. Pre-test, post-test control group design was selected. Out of 60 samples, 30 experimental group and 30 control group were taken. The tool used for the study were structured interview schedule of demographic data, structured record analysis performa for labor assessment, Speil- Berger"s anxiety scale for anxiety assessment, Numeric pain intensity scale for pain assessment and structured performa for fetal and maternal

outcome. The study reveals that those mothers who were exposed to music therapy experienced significantly less pain and reduction in anxiety level during labor than the control group mothers.

Music therapy is helpful as it played a multidimensional role by keeping them occupied, enabling them to focus on themselves, triggering their imagination about their baby to be born Page and helping them to get distracted from the increasingly severe labor pain anxiety.

PROBLEM STATEMENT :

“A Study to Evaluate the Effectiveness of Music Therapy on Anxiety level during Third Trimester Regarding Labour process among Primigravida women in OBG OPD, SDM Tertiary level Teaching Hospital, Dharwad”.

OBJECTIVES OF THE STUDY

1. To assess the level of anxiety regarding labor process in primigravida women.
2. To evaluate the effectiveness of music therapy on level of anxiety in primigravida women.
3. To find the association between pre-test level of anxiety with selected sociodemographic variables.

HYPOTHESIS OF THE STUDY

H1: The mean pre- test score of anxiety level will be significantly more than the mean post test score among the primigravida women at 0.05 level of significance.

H2: There will be a significant association between pre- test score of anxiety level with selected socio demographical variable.

METHOD/STUDY DESIGN

Research Approach : Quantitative Evaluative Research Design.

Research Design : Pre experimental one group pre and post-test design.

Setting: OBG OPD of tertiary level teaching hospital.

Samples : Third trimester Primigravida women who attends for antenatal check up in OBG OPD

Sample Size : 40 Primigravida women who attends for antenatal checkup in OBG OPD

Sampling Technique : Non probability, convenient sampling technique was adapted to select the samples for the present study.

INCLUSION CRITERIA

Primigravida women who

1. attends ANC visits, at tertiary level teaching hospital SDM, Dharwad.
2. are willing to participate in this study.

3. are in third trimester.
4. The study sample was limited to SDM hospital Dharwad.

EXCLUSION CRITERIA

1. Primigravida women with hearing defect.
2. High risk primigravida women.

RESEARCH TOOL/ INSTRUMENT

The tool consisted of two parts-

Tool I: Socio-demographical Data.

Tool II: Modified State Trait and Hamilton Anxiety Scale.

DATA COLLECTION

- The study was approved by Institutional Ethical Committee . Formal written permission was obtained from the administrator before data collection.
- Subjects were selected by using non-probability convenient sampling technique.
- The study was conducted among 40 third trimester Primigravida women who attends for antenatal check up in OBG OPD.
- After obtaining consent from the samples, the investigator collected baseline data of the samples. Confidentiality of information given by the samples was maintained.
- Pre-test level of anxiety was assessed in the samples by using the anxiety scale.
- Samples were educated about the importance of effectiveness of music therapy (Ahir Bhairavi Raga) in reduction of anxiety regarding labour process.
- Intervention was given to the samples by sharing music on their cell phones. They were instructed to listen to the music twice a day in early morning and before going to bed at night for 30 minutes.
- Post-test was done after one week of intervention by using same anxiety scale.





DATA MANAGEMENT AND ANALYSIS

Descriptive statistics

- **Frequency and percentage distribution** was used to analyze the baseline proforma of the samples.
- **Mean And Standard Deviation** was used to assess the pre and post-test level of anxiety of Third trimester Primigravida women who attends for antenatal check up in OBG OPD.

Inferential statistics

- **Paired t test** was used to compare the effectiveness of Music Therapy among Third trimester Primigravida women who attends for antenatal check up in OBG OPD
- **Chi-square test** was used to associate the pre-interventional level of anxiety with selected baseline variables of Third trimester Primigravida women who attends for antenatal check up in OBG OPD.

RESULTS

Baseline Variables:

1. **Age** : Majority of the subjects, 19 (47.5 %) were between 22-25 years, 14 (35%) samples were between 26-30 years.
2. **Type of family**: Majority of the subjects, 28 (70 %) belonged to nuclear family and 12 (30%)subjects belonged to joint family.
3. **Religion**: Majority of the subjects, 38 (95 %) belonged to Hindu religion and 2 (5%)subjects belonged to Muslim religion.
4. **Area of residence**: Majority of the subjects, 22 (55 %) belonged to urban area and 18 (45%)subjects belonged to rural area.

5. **Educational status:** Majority of the subjects, 17 (42.5 %) were degree holder and 12 (30%) subjects had completed there secondary education, 8 (20%) subjects had completed there Post graduation.
6. **Occupation:** Majority of the subjects, 37 (92.5 %) were skilled worker and 2 (5%) subjects were semi-skilled Worker.
7. **Income per month:** Majority of the subjects, 17 (42.5 %) had month income above 15000 Rs.

Table 1 : Frequency and percentage distribution according to their socio demographical characteristics.
N=40

S. No	Demographic Variable	Frequency	Percentage
1.	Age		
a.	18-21 years	07	17.5%
b.	22-25 years	19	47.5%
c.	26-30 years	14	35%
2.	Type of Family		
a.	Nuclear Family	28	70%
b.	Joint Family	12	30%
3.	Religion		
a.	Hindu	38	95%
b.	Muslim	02	5%
c.	Christian	00	0%
d.	Sikh	00	0%
4.	Area of residence		
a.	Urban	22	55%
b.	Rural	18	45%
5.	Educational Status		
a.	Informal	01	2.5%
b.	Primary	02	5%
c.	Secondary	12	30%
d.	Degree	17	42.5%
e.	Post Graduate	08	20%
6.	Occupation		
a.	Skilled worker	37	92.5%
b.	Semi skilled worker	02	5%
c.	Non skilled worker	01	2.5%
d.	Others	00	0%

7.	Income Per Month		
a.	Rs 5000/-	04	10%
b.	5001-10000/-	07	17.5%
c.	10001- 15000/-	12	30%
d.	Above 15000/-	17	42.5%

Objective I : To assess the level of anxiety regarding labor process in primigravida women.

- The pre test **level of anxiety** was assessed, majority of the subjects 20 (50%) had moderate anxiety, 15 (37.5%) subjects had severe anxiety and 5 (12.5%) subjects had mild anxiety.

Objective II : To evaluate the effectiveness of music therapy on level of anxiety in primigravida women.

Table 2: Paired 't' test was used to compare the pre-test anxiety score with post test anxiety scores among third trimester primigravida woman.

Group	Mean	Standard deviation	Mean difference	SD difference	Df	p value	t value	Remark
Pre test	30.25	11.46	11.9	0.09	39	0.05	2.02	S
Post test	18.35	11.37						

S*=Significant.

The data presented in the table revealed that calculated value 4.66 was higher than table value that is 2.02 at 0.05 level of significant. hence the Research hypothesis was accepted and null hypothesis was rejected. Thus music therapy was effective on reduction of anxiety among third trimester primigravida woman.

Objective III : To find the association between pre-test level of anxiety with selected sociodemographic variables.

Table 3 : Chi square test of association between pretest level of anxiety with selected demographical variables. N=40.

S. No	Demographic Variable	Below Median	Above Median	Chi square	Df	P value	Remark
1.	Age						
a)	18-21 years	05	04	0.3970	1	0.53	NS
b)	22-25 years	06	08				
c)	26-30 years	08	09				
2.	Type of Family						
a.	Nuclear Family	14	17	8.421	1	0.003	S
b.	Joint Family	05	07				
3.	Religion						
a)	Hindu	23	15	0.08	1	0.7680	NS
b)	Muslim	01	01				
c)	Christian	00	00				
d)	Sikh	00	00				
4.	Area of residence						
a.	Urban	11	08	0.026	1	0.8719	NS
b.	Rural	14	07				
5.	Educational Status						
a.	Informal	00	00	0.0052	1	0.9425	NS
b.	Primary	01	01				
c.	Secondary	09	10				
d.	Degree	05	05				
e.	Post Graduate	04	05				
6.	Occupation						
a.	Skilled worker	20	18	0.2578	1	0.611	NS
b.	Semi skilled worker	00	02				
c.	Non skilled worker	00	00				
d.	Others	00	00				
7.	Income Per Month						
a.	Rs 5000/-	04	01	1.74	1	0.8171	NS
b.	5001-10000/-	04	01				
c.	10001- 15000/-	08	06				
d.	Above 15001/-	09	07				

Note:(level of significance: p=0.05 level)

S*=Significant , NS=Non significant.

The data presented in the table shows that, the result of chi square test of association computed for demographical variables such as age, type of family, religion, area of residence, education, occupation and income per month. The chi square test of association between pre-test level of anxiety and type of family ($\lambda^2 = 8.421$, p value 0.003752) were significant at 0.05 level of significance. Other demographical variables were not significant at 0.05 level of significance.

DISCUSSION :

Description of demographic characteristics of the primigravida woman during third trimester: The data presented in the above table shows that maximum of the respondents 38(98%) belongs to nuclear family. Maximum of 37(92.5%) were skilled workers. Majority of the respondents 28(70%) belongs to nuclear family. Maximum 19(47.5%) respondents were in the age group of 22-25 years. Maximum of 17(42.5%) had degree education. Majority of the participants 17(42.5%) had monthly income above 15000/-.

Distribution of the subjects according to pretest and posttest level of anxiety score of the primigravida woman during third trimester: The data presented in the above table shows that in the pre-test majority of respondent have moderate anxiety 20(50%) and post-test majority of respondents have mild level of anxiety 22(55%).

Paired 't' test was used to compare the pretest anxiety score with posttest anxiety scores among third trimester primigravida woman: The data presented in the table revealed that calculated value 4.66 was higher than table value that is 2.02 at 0.05 level of significant. hence the Research hypothesis was accepted and null hypothesis was rejected. Thus music therapy was effective on reduction of anxiety among third trimester primigravida woman. Hence the research hypothesis (H1) was accepted.

Association between pre-test level of anxiety with selected socio-demographical variables: The chi square test of association between pre-test level of anxiety and type of family ($\lambda^2 = 8.421$, p value 0.003752) were significant at 0.05 level of significance. Other demographical variables were not significant at 0.05 level of significance.

CONCLUSION

This study attempted to find out the effectiveness of Music Therapy, a non-invasive, non-pharmacological measure, in reducing anxiety. The study concluded that music therapy was effective in reducing anxiety among third trimester primigravida women who attends for antenatal check up in OBG OPD.

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