EFFECTIVENESS OF MUSIC THERAPY IN REDUCING PAIN ON POSTNATAL MOTHERS WHO UNDERWENT LOWER SEGMENT CAESAREAN SECTION

Mrs. C. Prabha Starlin* | Mrs. F. Malchijah** | Dr. P. Anto Paulin Brinto***

* M.Sc (N), Clinical Instructor, Jaber Al Ahmad Hospital, Kuwait.
** Guide and Professor, Christian College of Nursing Neyyoor, Kanyakumari District, India.
*** Biostatistician, Assistant Professor, Scott Christian College. Nagercoil, Kanyakumari District, India.

DOI: http://doi.org/10.47211/idcij.2021.v08i04.004

ABSTRACT:
A study was conducted to assess the Effectiveness of Music Therapy in reducing pain on postnatal mothers who underwent lower segment caesarean section in Dr. Jeyasekaran Medical Trust Hospital, Nagercoil, Kanyakumari District. A quasi-experimental approach and control group research design was adopted, and the 40 samples were selected using convenient sampling techniques. The instrument used for the data collection procedure was Brief Modified Pain Inventory and standard cassettes. Based on the objectives and Hypothesis, the collected data were analyzed by using Descriptive and Inferential statistics. The level of significance was taken 0.05 level. Study proved that there is significant reduction of pain among the experimental group than the control group. The mean differences of pain reduction of both groups on the I day morning to evening with and without music therapy are 3.45±1.504 and 1.95±0.944 respectively. Similarly, the II-day pain reductions are 5.85±0.988 and 2.05±1.05 and III day are 6.30±1.08 and 3.80±1.85. The overall mean pain differences of both groups on I day paired “t” test value was t = 3.777. Which was significant at p< 0.01 level, II day paired “t” test value was t = 11.787. Which was significant at p< 0.01 level, III day paired “t” test value was t = 5.219. Which was significant at p< 0.01 level.

Key words: Assess, Effect, Pain, Music Therapy, Caesarean Mothers.

ABOUT AUTHORS:

Author Mrs. C. Prabha Starlin is M. Sc (N). She is Clinical Instructor in Jaber Al Ahmad Hospital, Kuwait.

Author Mrs. F. Malchijah is Guide and Professor, Christian College of Nursing Neyyoor, Kanyakumari District, India.

Author Dr. P. Anto Paulin Brinto is Biostatistician, Assistant Professor, Scott Christian College. Nagercoil, Kanyakumari District, India.
INTRODUCTION:
Childbirth is a family experience. Caesarean delivery or C-section is a form of childbirth that involves delivering a baby through an incision on the abdomen. Caesarean deliveries are the most performed surgical procedures in the United States for health care research and quality (Rockville 2004). The relief of post caesarean delivery pain is important. Good pain relief improves morbidity and reduces the risk of thromboembolic diseases, which have been increased during pregnancy. Pain may impair the ability to optimally care for her infant in the immediate postoperative period and may adversely affect early interaction between mother and baby. It is therefore necessary, for the pain relief to be safe and effective and with no adverse neonatal effects during breast feeding. Music therapy may be considered a potential method of post caesarean pain therapy due to its noninvasiveness and lack of side effects.

NEED FOR THE STUDY:
Pregnancy mothers undergoing caesarean section often experience pain and Anxiety in anticipation of the event that will be unfamiliar, uncomfortable or have undesirable results. The pain and anxiety could be reduced by various means including support by their surgeons, nurses, and music in the operating rooms (Mok 2003).

Mohseni (2007) conducted a study on the effectiveness of patient selected music on early postoperative pain, anxiety and hemodynamic profile in caesarean section surgery among 80 patients in said hospital, Iran and found that the pain score and postoperative cumulative opioid consumption were significantly lower among patient in the music group (p< 0.05) thus improving.

PROBLEM STATEMENT:
A study to assess the effectiveness of music therapy in reducing pain on postnatal mothers who underwent lower segment caesarean section in selected hospitals in Kanyakumari District, Tamil Nadu.

OBJECTIVES:
- To assess the level of pain experienced by postnatal mothers who underwent lower segment caesarean section in the experimental and control group.
- To assess the effect of music therapy in reducing pain of mothers who underwent lower segment caesarean section in the experimental and control group.
- To compare the level of pain experienced by the postnatal mothers in the experimental and control group.
- To assess the effect of music therapy on physiological indicators of mothers who underwent lower segment caesarean section in the experimental and control group.
- To find association between the level of pain both in experimental and control group with selected demographical variables.

RESEARCH METHODOLOGY:
- Research Approach: A quasi experimental research approach was adopted.
- Research Design: Pretest-posttest control group design.
- Population & Setting: Postnatal mothers who underwent lower segment caesarean section in Dr.Jeyasekaran Medical Trust Hospital, Nagercoil, Kanyakumari District.
- Sample and Sampling techniques: In the study sample size consisted of 25 mothers in experimental group and 25 in control group. Sampling technique used is nonprobability convenient sampling.

RESEARCH TOOL:
- Section-A: Demographic variables
- Section-B: Modified Brief pain Inventory
- Section-C: Physiological indicators

RELIABILITY OF THE TOOL:
The reliability of the tool was assessed by test-retest method and ‘r’ value was 0.864 and p=0.027. The correlation of coefficient is statistically significant at 5% level of significance.

FINDINGS OF THE STUDY:
- In the assessment pain level on the I, II, III post-operative day mean of the experimental group were significantly reduced on the three follow-up days with the intervention of music therapy. The ‘t’ value on I day 10.262, II day -26.477 and III day -26.065. The p=0.000 in all three days. Similarly, the means of control group were also observed, significant reduction on all 3 days with the help of analgesics. The ‘t’ value on I day =9.233, II day =8.731 and III day =9.174. The p=0.000 in all three days.
- Even though there is a significant reduction of pain on both the groups on all the days for mean reduction on each day observed some differences. The mean differences of pain reduction of both groups on the I
day morning to evening with and without music therapy are 3.45±1.504 and 1.95±0.944 respectively. Similarly, the II-day pain reductions are 5.85±0.988 and 2.05±1.05 and III day are 6.30±1.08 and 3.80±1.85.

• The mean differences of Physiological indicators of both groups for the I day before intervention to the III day after intervention, For the variables of pulse 8.6±3.789 and 5.6±5.03, respiration 5.9±1.899, 2.6±2.68, systolic BP 16.0±12.312 and 4.5±10.099 and Diastolic BP 8±10.052 and 1±7.88. The ‘t’ value on Pulse 2.1123, Respiration -4.5010, Systolic BP 3.1152, Diastolic Bp -2.4527. All the physiological variables of experimental group are having greatest mean differences than the control group. The mean differences of both groups are statistically significant (p< 0.05 and p< 0.01).

CONCLUSION:
The investigator found that the music therapy session that is specially designed to decrease the overall intensity of the patient experience of pain and sometimes result in reduced dependence on pain medication.

RECOMMENDATION:
1. A similar study can be conducted with large number of sample for better generalization.
2. A comparative study can also be done to see the effectiveness of music therapy and other relaxation technique for pain
3. A comparative study can be carried out between primi gravida and multi gravida mothers.

REFERENCE: