



EFFECT OF BENSON RELAXATION THERAPY ON POST-CAESAREAN PAIN AND STRESS AMONG POSTNATAL MOTHERS

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Introduction: Post-caesarean mothers commonly experience pain and stress. The World Health Organization (WHO) recommends maintaining caesarean section rates below 15% for any given nation. Caesarean rates rising globally (India: 25.4% to 32%) Post-caesarean pain is a major contributor to adverse outcomes in the postpartum period like prolonged recovery, dissatisfaction, impaired wound healing and challenges with mother-infant bonding. Despite their efficacy, prolonged utilization of medications may result in potential adverse effects, including nephrotoxicity. Non-pharmacological pain management methods are safer and devoid of side effects. Benson Relaxation Technique (BRT), characterized by a breathing method tailored to promote relaxation and enhance general well-being through personal belief systems, has been identified as a cost-effective approach for reducing post-caesarean pain.

Objectives of the study:

- To assess the effect of Benson relaxation therapy on post-caesarean pain and stress among postnatal mothers.
- To find out the association between pre-interventional level of c-section pain and stress among postnatal mother who underwent c-sections with their selected demographic variable.

Research Methodology:

Research approach: Quantitative research approach

Research design: Quasi-experimental

Sample size: 108

Sampling technique: Convenient

Tools: Socio-demographic variable, Numerical pain rating scale, Modified Hung postpartum scale.

Procedure of data collection:

Group	Pre-test	Intervention	Post-test
Study	O ₁	Routine care + X	O ₂
Control	O ₁	Routine care	O ₂

Inclusion criteria: All the post-caesarean mothers were admitted to the postnatal ward, Department of Obstetrics and Gynecology, KGMU, Lucknow

Exclusion criteria: Mother not willing to participate.

Mothers who delivered with normal delivery.

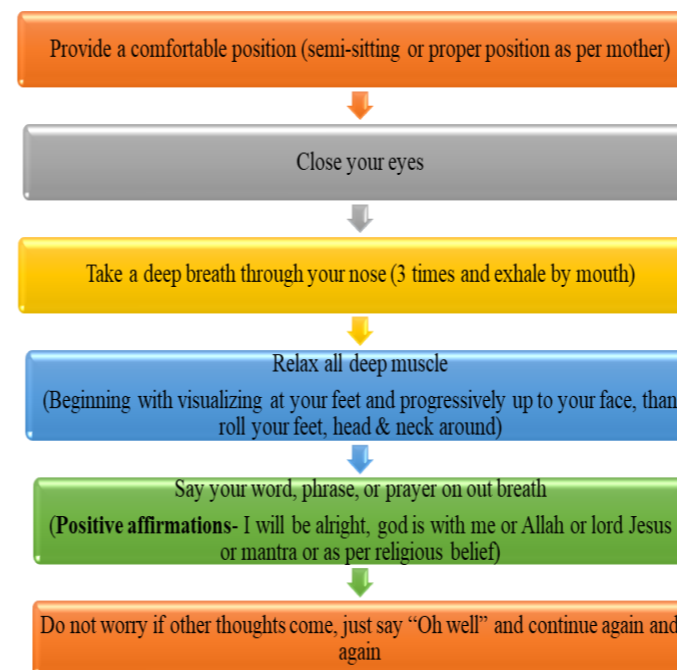
Ethical consideration:

Ethical Permission was obtained from the Institutional Ethical Committee, King George Medical University, Lucknow, U.P India.

A formal letter of permission was obtained from the head of the department, Department of Queen Marry Hospital, Lucknow., for permission to conduct the study.

Informed written consent was taken from participants before conducting the research study.

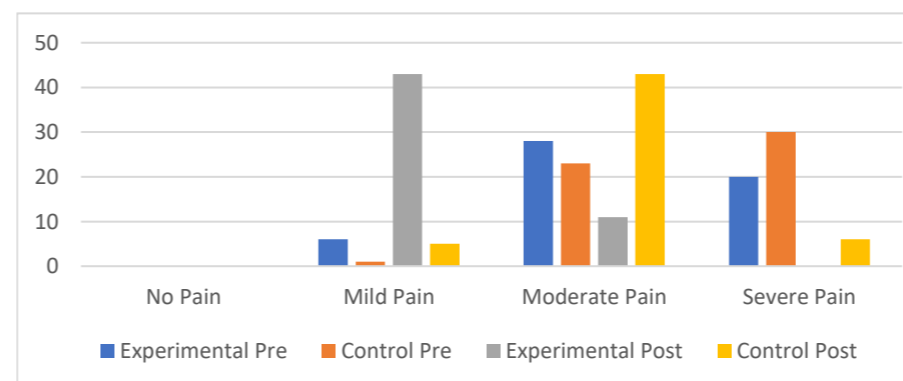
Intervention:



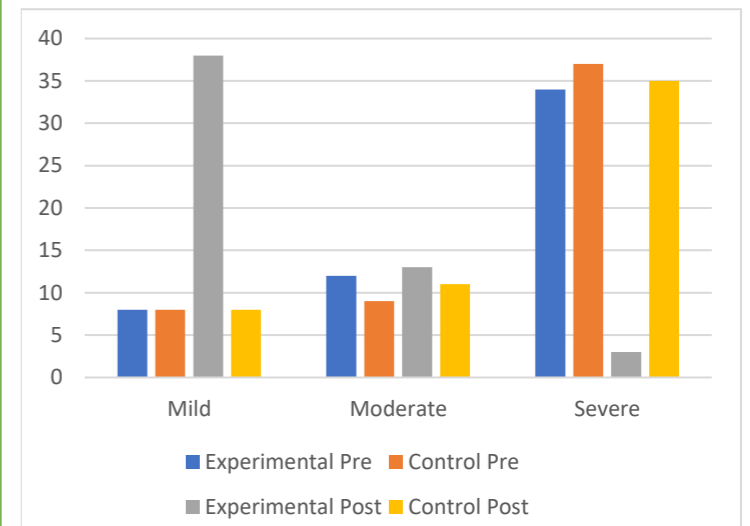
(Instruction= practice twice a day as per comfort for at least 10-20 min duration, at any time & in any comfortable position)

Results: The study reflected that BRT effectively reduced pain and stress levels in the experimental group. The mean pain score for the experimental group reduced from 5.79 to 2.64 while in the control group, it was 6.62 at pre-intervention and 5.09 at follow-up. The mean stress score for the experimental group reduced from 148.63 to 91.61 while in the control group, it was 159.41 at pre-intervention and 147.45 at follow-up.

Comparative evaluation of post caesarean pain among postnatal mothers between experimental and control groups



Comparative evaluation of post caesarean stress among postnatal mothers between experimental and control groups



References

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Conclusion This study reflected the positive effect of Benson's relaxation therapy in reducing pain and stress levels among post-caesarean section mothers. Also, there was a significant association between the level of c-section pain and stress among post-natal mothers and some demographic variables.

- Empowers mothers with a non-pharmacological coping strategy.
- Should be integrated into routine post-caesarean care.