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### RESEARCH ARTICLE

#### A STUDY TO ASSESS THE EFFECTIVENESS OF FOOT REFLEXOLOGY ON REDUCING PAIN AMONG POST CAESAREAN MOTHER IN SMI HOSPITAL, DEHRADUN

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#### Abstract

Reflexology is unique and simple method becoming increasingly popular as part of the alternative health care movement. It is one of the non-pharmacological methods of pain management. The research approach used for this study was quantitative research approach. A pre-experimental design was used for the study. By using purposive sampling technique 40 samples was selected. Findings of the study, majority of women mild pain 20 (50%), 15(38%) had moderate pain and 5(12%) had severe pain in pretest level of scores.

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#### Introduction:-

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of damage. Post operative pain is one of the major discomforts which drives post C- section to seek help. Birth by caesarean section, has now started to increase globally. Nearly one in every two births women is delivered by caesarean section. The WHO report mentions that in India overall the caesarean section rate is 18 % and rate has skyrocketed especially in private sector as compared to charitable and public hospitals. Caesarean section rates increased from 25.4 percent to 32 percent and about 32.6 percent has been documented from South India. Deliveries through caesarean section are steadily increasing in India raising doubts on whether doctors are needlessly exposing women and babies to surgical risk.

#### Statement of Problem:

A study to assess the effectiveness of foot reflexology on reducing pain among post caesarean mother in SMI Hospital, Dehradun.

#### Objectives of Study:-

- 1.To assess the level of pain among post caesarean mothers.
2. To assess the effectiveness of foot reflexology on reducing pain among post caesarean mothers
3. To find out the association between pretest scores of pain among post caesarean mothers with their selected demographic variables.

#### Methodology:-

The research approach used for this study was quantitative research approach. Pre experimental research one group pretest posttest design was used to assess the effectiveness of foot reflexology among post caesarean mothers in SMI Hospital, Dehradun. By using purposive sampling techniques 40 samples were selected for the present study. The

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period of data collection was one month. The tool consists of demographic data and Visual analogue scale. (Wong Bakers Scale). The outcome of the study was evaluated by using descriptive and inferential statistics.

**Table1:-** Frequency and percentage distribution of demographic data of level of pain among post caesarean mother (age, occupation, religion, type of family, parity, previous history of caesarean section, previous knowledge, area of residence, educational status).

S.N O.	GROUPS	FREQUENC Y (f)N=40	PERCENTA GE (%)
1.	Age <ul style="list-style-type: none"> <li>• 20-25years</li> <li>• 26-30years</li> <li>• 31-35years</li> <li>• &gt;35 years</li> </ul>	10 25 4 1	25% 63% 10% 2%
2.	Religion <ul style="list-style-type: none"> <li>• Hindu</li> <li>• Christian</li> <li>• Muslim</li> <li>• Others</li> </ul>	26 6 8 0	65% 15% 20% 0%
3.	Educational status <ul style="list-style-type: none"> <li>• Highschool</li> <li>• Interschool</li> <li>• Degree</li> <li>• Postgraduate</li> </ul>	7 11 16 6	17% 28% 40% 15%
4.	Occupation <ul style="list-style-type: none"> <li>• Government job</li> <li>• Private Job</li> <li>• Housewife</li> <li>• Others</li> </ul>	6 13 21 0	15% 32% 53% 0%
5.	Area of residence <ul style="list-style-type: none"> <li>• Rural area</li> <li>• Semi-rural</li> <li>• Urban area</li> </ul>	15 15 10	38% 37% 25%
6.	Type of Family <ul style="list-style-type: none"> <li>• Joint family</li> <li>• Nuclear family</li> <li>• Extended family</li> </ul>	20 20 0	50% 50% 0%
7.	Parity <ul style="list-style-type: none"> <li>• Primigravida</li> <li>• Multipara</li> </ul>	22 18	55% 45%
9.	Previous information regarding foot reflexology and pain relief <ul style="list-style-type: none"> <li>• Friends/relative</li> <li>• Mass media</li> </ul>	12 28	30% 70%

Table -1: Reveals Classification of Respondents by demographic characteristics. Majority of the respondents 63% belongs to 30 years, 25% belongs to 20-25 years, 10% belong to 31-35 years and 2% belong to >35 years. 65% belongs to Hindu family, 20% belong to Muslim and 15% belong to Christian respectively. 40% were in degree, 28% were in interschool, 17% were in high school and 15% were in post graduate. 53% respondent were housewife, 32% were having private job, and 15% were in government job respectively. 38% were from rural areas, 37% were from semi-rural and 25% were from urban areas. 50% respondents belong to joint family and 50% belong to nuclear family. 55% were primigravida and 45% were multipara. 70% received information from mass media and 30% from friends/relatives.

**Table 2:-** Classification of Respondents on Pretest Pain scores N=40.

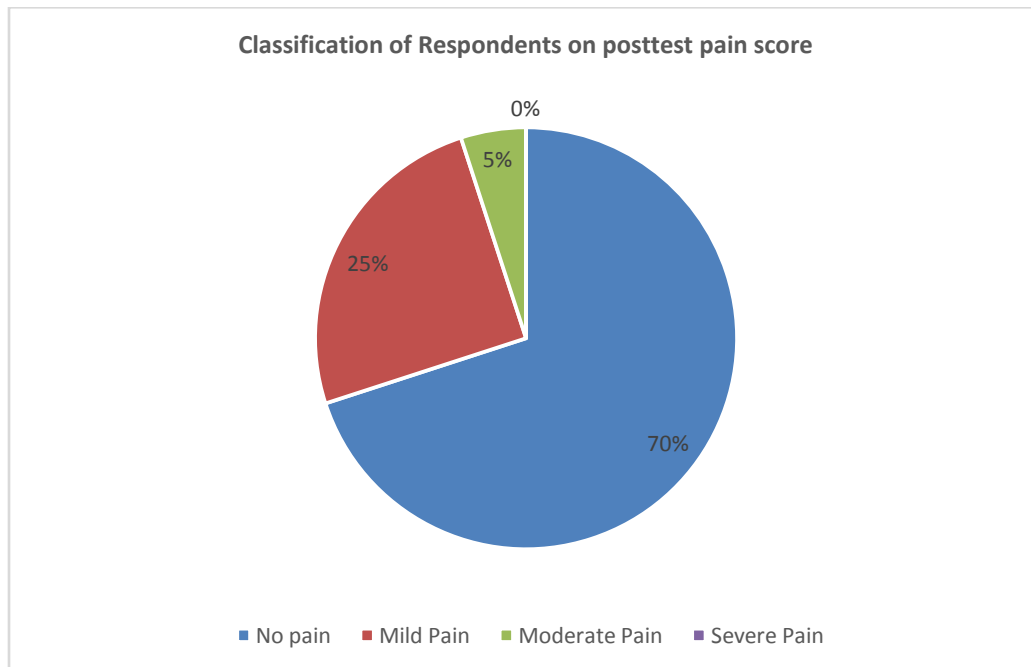
Level of pain	Score range	Pretest	
		Frequency	Percentage
Nopain	0	0	0%
Mild pain	1-3	20	50%
Moderate pain	4-6	15	38%
Severe pain	7-10	05	12%

**Table-2** Reveal the respondents on pretest pain score; the majority of respondents 5(12%) had severe pain followed by 15(38%) had moderate pain followed by 20(50%) had mild pain. None of the respondent had no pain.

**Table 3:-** Classification of Respondents on Posttest Pain scores N=40.

Level of pain	Score range	Posttest	
		Frequency	Percentage
Nopain	0	28	70%
Mild pain	1-3	10	25%
Moderate pain	4-6	2	5%
Severe pain	7-10	0	0%

**Table-3** Reveal the respondents on posttest pain score; the majority of respondents 28(70%) had no pain followed by 10(25%) had mild pain followed by 2(5%) had moderate pain. None of the respondent had severe pain.



**Figure No.1:** - Classification of Respondents on posttest pain score.

**Table No.4:** - Overall pre-test and post-test mean level of pain N=40.

GROUP	MAX.SCORE	Pain Score			
		Mean	Mean%	SD	Paired Test
PRETEST	10	6.85	65.08%	2.35	0.9
POSTTEST	10	2.7	81%	2.15	

**Table No:5:** -Association between the pre-test score of foot reflexology among post cesarean mothers N=40

S. No	Demographic variable	Category	Frequency	Moderate	Severe	Chi Square Value
1.	Age	20-25 years	10	19	2	2.96
		26-30 years	25			
		31-35 years	4			
		>35 years	1			
2.	Religion	Hindu	26	20	2	2.07
		Christian	6			
		Muslim	8			
		Others	0			
3.	Educational Status	High school	7	19	2	0.9
		Interschool	11			
		Degree	16			
		Postgraduate	6			
4.	Occupation	Government job	6	21	1	1.08
		Private job	13			
		Housewife	21			
		Others	6			
5.	Area of residence	Rural area	15	18	2	0.26
		Semirural	15			
		Urban area	10			
6.	Type of family	Joint family	20	18	2	0.42
		Nuclear family	20			
7.	Parity	Primigravida	22	16	2	0.014
		Multipara	18			
8.	Previous history of caesarean section	Yes	12	22	1	0.75
		No	28			
9.	Previous info. Regarding caesarean section	Family/friends	12	18	2	1.23
		Mass media	28			

Table 5: Data presented in the table 17 indicates, Association between Demographic variables and Pretest pain scores. There exists a non-significant association between pretest pain scores of post caesarean mother with selected demographic variables such as age, religion, educational status, occupational, area of residence, type of family, parity, previous history of caesarean section, and previous information regarding caesarean section. Hence the research  $H_3$  is rejected and  $H_{02}$  is accepted.

### Recommendations:-

1. The study can be replicated on a larger sample to generalize the results.
2. The comparative study can be conducted with more than one intervention.
3. Non-pharmacological pain management should be emphasized in nursing curriculum.
4. Training programme for nurses can be given on complementary therapies.

**Conclusion:-**

A study to assess the effectiveness of foot reflexology on reducing pain among post caesarean mother in SMI Hospital, Dehradun. The finding of the study revealed that out of 40 samples, majority of mothers 28(70%) had no pain, 10(25%) had mild pain, 2(5%) had moderate pain and none of the sample has severe pain in posttest score.

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