

EFFECTIVENESS OF OLIVE OIL BACK MASSAGE ON LABOUR PAIN INTENSITY AND APPLICATION OF THEORETICAL FRAMEWORK BASED ON LUDWIG VON BERTALANFFY GENERAL SYSTEM THEORY (1950) OR SYSTEM MODEL

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ABSTRACT

The study was conducted with the aim to assess the effectiveness of Olive Oil Back Massage on Labour Pain intensity among Primigravida Women during First Stage Of Labour Admitted in Maternity Hospital Skims, Soura Srinagar, Kashmir." Quantitative research approach with Quasi Experimental, Time Series Non Equivalent control group design [Pre-test Post-test Control group design] was considered appropriate to evaluate the effectiveness of olive oil back massage on labour pain intensity score during the first stage of labour among primigravida women. Non probability purposive sampling technique was used to collect data from 60 subjects and were assigned to control group ($n_1=30$) and experimental group ($n_2=30$). Data was collected using Structured interview schedule for assessing demographic variables, Labour assessment proforma and Abbey pain scale. Multiple institutions of treatment (Olive oil back massage) was given to experimental group. Theoretical framework for present study is based on **Ludwig Von Bertalanffy General System Theory (1950) or System Model** and is divided into three phases; **Input, Procees. Output.** The mean with S.D of pre-test labour pain assessment of study subjects was almost same i.e (14.20±1.584 and 14.23±1.569), where as mean with S.D of post-test I labour pain assessment was (14.47±1.358) in control group and (12.10±1.626) in experimental group with ($p=0.0000$) and mean with S.D of post-test II labour pain assessment was (14.77±1.073) in control group and (9.53±1.961) in Experimental group with ($p=0.0000$).The results also revealed that there was no significant association between pre-test intensity of labour pain score and selected demographic variables such as age, education, and type of family at 0.05 level of significance.^[1] The findings of the study concluded that olive oil back massage is effective in reducing labour pain intensity among primigravida women during first stage of labour.

KEYWORDS: Primigravida women, first stage of labour, Back massage, Olive oil, effectiveness.^[1]

Theoretical framework refers to the interrelated concepts or abstractions assembled together in a rational scheme by virtue of their relevance to a common theme. The development of theoretical framework is a fundamental process required before conducting actual research because it guides each stage. It is a frame work which provides the investigator the guidelines to proceed in attaining the objective of the study based on the theory. It is a scientific representation of steps, activities and outcome of the study.^[2]

The theoretical framework for the present study is based on **Ludwig Von Bertalanffy General System Theory (1950) or System Model** developed by WHO in 1985. In 1952, Bertalanffy introduced this theory as a universal theory that could be applied to many fields of study.^[3] This model is aimed to assess the effectiveness of Olive

oil back massage among primigravida women on labour pain intensity during first stage of labour admitted in Labour room of Maternity Hospital SKIMS Soura Srinagar.

According to Bertalanffy, General System Theory provides a way of examining inter-relationships and deriving principles. Theorists describe human being as an open system, for proper functioning of human beings depends on the quality and quantity of its input, throughput, output and feedback. Being an open system a client is capable of receiving information and energy from the environment. The researcher examines whether the energy is processed or not by using feedback.

Based on **Ludwig Von Bertalanffy's General System Theory**, the theoretical framework for the present study

is divided into following phases: Input, Process and Output.

1. Input: It consists of information, material or energy that enters the system. Input for present study refers to the primigravida women having labour pain during first stage of labour with following attributes or variables.

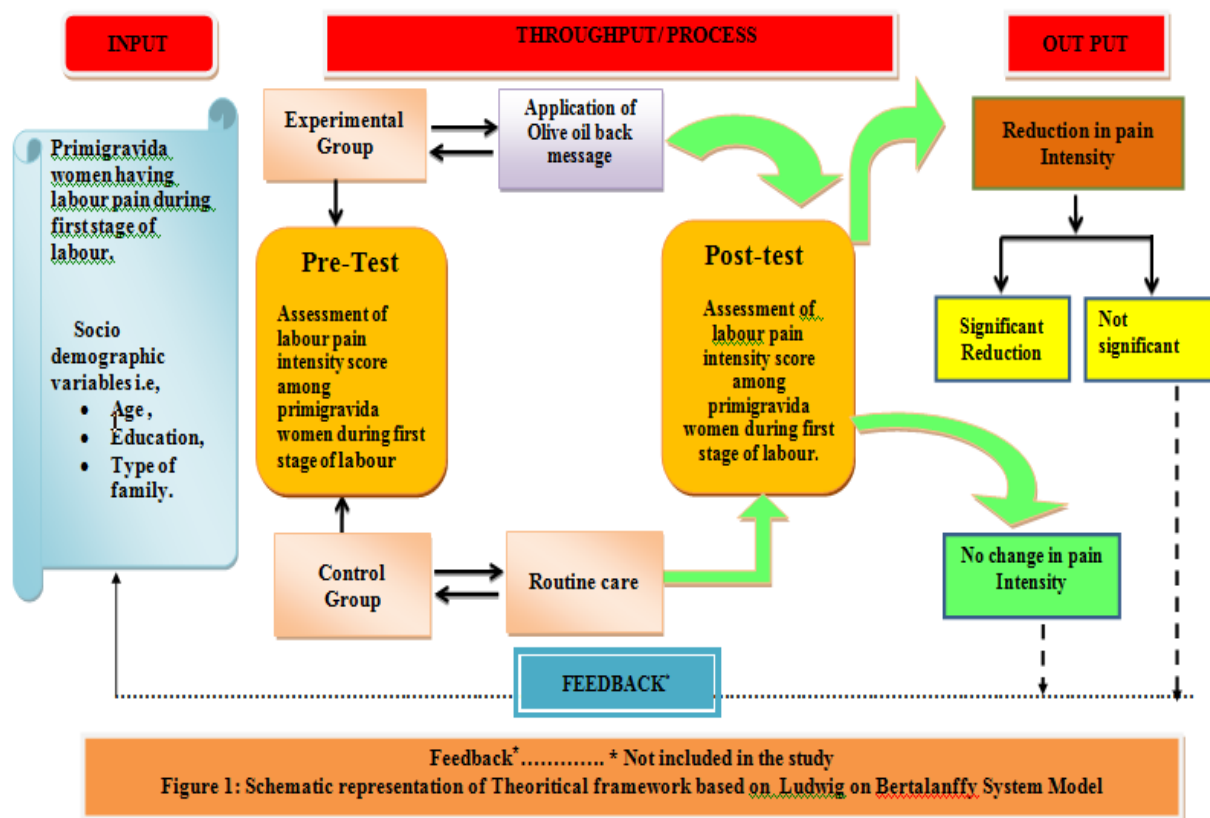
- Age
- Education
- Type of family

2. Process: The system uses, organizes and transforms the information in between input and output viz throughput or process. Process of current study includes following steps.

- Pre-test assessment of labour pain intensity score among primigravida women in both experimental and control group.

- Development of Intervention: (Application of Olive oil back maasage).
- Application of Olive oil back massage among primigravida women in experimental group during ist stage of labour.
- No Intervention is given to control group.
- Post-test assessment of labour pain intensity score among primigravida women in both experimental and control group.

3. Out put: It is the evaluation phase. It is transformed form of information, energy and matter that is given out of individual after processing. Out put for present study refers to the result of evaluation of the pain intensity to find out whether there is reduction in labour pain intensity score in experimental group as compared to control group.



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