

ABSTRACT

Title: A study to assess the effectiveness of effleurage massage in reduction of labour pain during first stage of labour among primigravida mothers at IOG, Egmore, Chennai-8

The researcher had developed a conceptual framework based on the modified wiedenbach's helping art of clinical nursing theory. The research approach adopted for the study was quasi experimental, non-equivalent –posttest control group design, sample size was 60 primigravida mothers in IOG Hospital, egmore, Chennai. The sampling technique used in this study was purposive sampling technique.

To collect the data an interview schedule used, comprised of selected variables and numerical pain scale used to measure the level of labour pain. It was validated by four experts. Inter-rater method was used to find the reliability of the tool. The reliability of the tool in this study was $r=0.87$. the reliability coefficient was found to be high.

Findings of the study revealed that there was a significant reduction in the intensity of the labour pain after administering the effleurage massage among the primigravida mothers .($p<0.05$)

The result showed that there was no significance association in relation to selected variables and labour pain. The conclusion of the study was that, primigravida mothers had a reduction in the labour pain as evidenced by the result shown in numerical pain scale. Hence effleurage massage was found to be a cost effective procedure in reducing labour pain among primigravida mothers.