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## Effectiveness of video-clip intervention related to birthing process on behavioral responses of women during labor at BPKIHS, Dharan Nepal

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**Background & Aim:** Normal labor though a widespread term yet needs a crystal clear concept because birthing is a personal experience and perception differs in individually. Open and guided instructions in the form of a video-clip can impact a parturient perception and encourage her to act for self. The study aims to find the effect of video-clip intervention related to birthing process on behavior responses of primigravid women.

**Method:** An experimental study was conducted at antenatal ward and labor room of BPKIHS, Dharan from 24<sup>th</sup> Dec 2018-14<sup>th</sup>-21<sup>st</sup> Jan 2018. Total 30 respondents were divided randomly into two equal groups. Experimental group were given a 6-7 minute videoclip intervention about physiology of normal labour and behaviors to adopt during their first (latent) stage of labor and control group did not receive video-clip intervention. Both the group's behavior was observed in first (active) stage of labor, hourly five times. Data was analyzed using Pearson's Chi-square, Independent t test, Fisher exact and Mann-Whitney test.

**Result:** Most of the respondents belonged to age group 25-30 years in both the groups with mean age difference of 3 years. Experimental group had a higher mean behavior score of 180.73 as compared to 124 score in control group with ( $P<0.01$ ) which shows a good statistical significance and shows the effect as a result of the intervention. The mean difference of scores between the two groups was 56.73. The findings articulate that experimental group had better behavior outcome as compared to the control group. There is no association between socio-demographic variables with behavior scores of respondents in both groups considering Chi-square and Fisher's exact test ( $P<0.05$ ).

**Conclusion:** Video-clip intervention was effective on improving the behavior responses of primigravid women during labor.

### Biography

Nirmala Pokharel has her expertise in Maternal Health Nursing. Her research and publications related to Advanced Maternal Age of Pregnancy among women and Practice of Nurses in the Prevention of vertical transmission of HIV in Selected Hospital of Eastern Region of Nepal.

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