



Original Article

Study on Pain, Efficacy, and Comfort during First Stage of Laboring Women

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Abstract

Purpose: This study was purposed to survey pain, efficacy, and comfort during the first stage of labor and to identify correlations among them. **Method:** The subjects were 116 laboring women who were admitted to a baby-friendly hospital recommended by UNICEF for breast feeding. Data were collected using a structured questionnaire composed of labor pain, labor efficacy, and labor comfort with 10 cm visual analog scale respectively. The data were analyzed by frequency, Pearson's correlation, and ANOVA. **Result:** Labor pain, labor efficacy, and labor comfort in latent phase were positive correlation with them in active phase. The more pain, the less labor efficacy and the less comfort in latent phase. and the more pain, the less comfort in active phase. Labor efficacy was positively correlated with labor comfort in both phase. Lastly, women supported by their husbands had significantly higher labor pain than women supported by their mothers. **Conclusion:** The results suggest that

nurses develop a labor efficacy program for pregnant women and their mothers or spouses.

Key words : Labor, Pain, Efficacy, Comfort

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(Wildman, Mohl, Cassel, Houston, & Allerheiligen, 1997).

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(Kwak &

Park, 2003).

(May, 1982).

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(Kim, Kwon, Hong, Kim, & Song, 1993)

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(Park & Han, 1987; Melzack

가

(Hur, 2000)

& Wall, 1965),

(Kwak & Park, 2003)

가 (Bobak,

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Lowdermilk, & Jensen, 1995).

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(Bobak et al., 1995).

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(Walker & Erdman,

1984).

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(Lee, 2005).

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(Lowe, 1991).

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Crowe Baeyer(1989)

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Chang, Kim

Kim(2001) 55

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1. 연구의 목적

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- 3) , ,

2. 용어정의

1)

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10cm VAS(Visual Analog Scale; Torrance, Feeny, & Furlong, 2001)
가

2)

(Walker & Erdman, 1984),
10 cm VAS , 가

3)

10 cm VAS , 가

1. 연구설계

2. 연구대상

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3. 연구도구 및 자료수집

1)

10 cm VAS
, 0cm ' 10cm '
가
2-3cm 6-7cm

2)

10 cm VAS
, 0cm ' 10cm '
가
2-3cm

3)

10cm VAS
, 0cm ' 10cm '
가
2-3cm 6-7cm

4. 자료분석방법

SPSS Win 10.0

paired t-test

Pearson Correlation

ANOVA

1. 일반적 특성

116 가
30 34 66 (56.9%) , 35
7 (6%) . 57 (49.1%)
85 (73.3%)

가 75 (64.7%), 96 (80.7%)
 가 , 가 30 (25.9%) 가
 , 13 , 6 ,
 5 , 2 <Table 1>.

<Table 1> General characteristics of the subject

(N=116)

Variables		n(%)
Age	25-29	43(37.1)
	30-34	66(56.9)
	35 years	7(6.0)
No of delivery	First	57(49.1)
	Second & over	59(51.9)
Occupation	Householder	75(64.7)
	worker	41(35.3)
Prenatal class	Ki-chejo	30(25.9)
	Breastfeeding	6(5.2)
	Father's class	13(11.2)
	Others	10(8.6)
Delivery method	Bed	103(88.8)
	Swing birth	9(7.8)
	Water birth	4(3.4)
Attendant for delivery	Husband	85(73.3)
	Mother	27(23.3)
	Nobody	4(3.4)

2. 분만통증, 분만자신감과 분만편안함

2-3cm 6-7cm
 . 3.54 ,
 7.20 가 . 7.43
 6.84 . 6.86
 4.32 <Table 2>.

3. 분만통증, 분만자신감, 분만편안함의 상관관계

(r=.33, p=.000),
 (r=.476, p=.000).
 가 (r=.147, p=.116).
 (r=-.327, p=.000),
 (r=-.407, p=.000).
 (r=-.450, p=.000).
 (r=.477, p=.000; r=.310, p=.001)<Table 3>.

<Table 2> Degree of pain, efficacy and comfort

Characteristics	Min - Max	Mean ± SD	paired - t	p
Pain 1 (Latent phase)	0-10	3.54 ± 2.040	18.7	.00
pain 2 (Active phase)	1-10	7.20 ± 1.838		
Efficacy 1 (Latent phase)	2-10	7.43 ± 2.323	34.5	.00
Efficacy 2 (Active phase)	0-10	6.84 ± 2.516		
Comfort 1 (Latent phase)	2-10	6.86 ± 2.183	18.8	.00
Comfort 2 (Active phase)	0-10	4.32 ± 2.476		

<Table 3> Correlates among labor pain, labor efficacy and labor comfort

Variables	Pain 2	Efficacy 1	Efficacy 2	Comfort 1	Comfort 2
Pain 1	.333	-.327	-.162	-.407	-.045
	.000	.000*	.082	.000*	.632
Pain 2		-.022	-.177	-.071	-.450
		.813	.057	.448	.000*
Efficacy 1			.476	.477	.030
			.000*	.000*	.747
Efficacy 2				.314	.310
				.001*	.001*
Comfort 1					.147
					.116

1: Latent phase of Delivery 1

2: Active phase of Delivery 1

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가 (Walker & Erdman, 1984)

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