

“Expectant Father’s anxiety level assessment during labour”

Prof. Dr. M.S. Vinsi,

Principal Bombay Hospital College of Nursing, Indore (M.P.)

ABSTRACT

The psychological and emotional transition from childless man to father is the cause of anxiety and worry among expectant fathers. A non-experimental descriptive study was conducted with the objectives to assess anxiety level of expectant father during labour and to find the association of anxiety level of expected father with selected socio-demographic variables. An exploratory research approach was used, 50 participants were selected using non-probability purposive sampling techniques. Modified Spiel Berger’s state-Trait Anxiety Inventory was used. Data was analysed using Descriptive and Inferential Statistics. The mean value of 32 shows moderate anxiety among expected father. 65% of expected father had moderate anxiety, 26% had mild anxiety and only 9% had high level of anxiety. Chi Square test shows that there is no significant association of the anxiety level of expected father with selected socio demographic variables except for years of marriage. The findings suggested that expected father had moderate level of anxiety during labour.

Key words : Expected Father, Anxiety, Labour

Introduction

The psychological and emotional transition from childless man to father is the cause of anxiety and worry among expectant fathers. There is an emotional turmoil in every new situation and labour the first one as a preliminary experience is no such exception. Each labour is special and unique for women and her partner and during labour expectant father experiences a wide range of emotion related to partners birth experience and to the experience of becoming a father. Expected fathers are subjected to anxiety as labour is a challenging event in their life to prepare themselves for child birth. The presence of anxiety in family members especially in husband is natural, as they are more close to wives.

Even though the expectant father had a less active role during wife’s labour, their involvement during labour required more interactive participation. Researchers so found evidence that the

stressful environments are the basic cause of anxiety and if these are changed, anxiety will disappear.

Problem Statement:

An Explorative study to assess the anxiety level of expectant fathers during labour in a selected hospital at Indore.

Objectives:

To assess anxiety level of expectant father during labour.

To find the association of anxiety level of expected father with selected socio-demographic variables.

Hypothesis:

H1: There is significant association of anxiety level of expectant father with selected sociodemographic variables.

Research Methodology:

In this study a non-experimental descriptive research design was used. The setting used for the study was a selected hospital at Indore which includes a population of 50 expectant father. The samples were selected using Non-probability purposive sampling technique.

The tools used for data collection was divided into 2 section. Sec. A was the socio demographic data and Sec. B Modified spiel Berger's state -Trait Anxiety Inventory.

Permission to conduct the study was obtained from the ethical and research committee of Bombay Hospital College of Nursing, Indore

In modified Spielbergers scale the score ranges from 0-45 with high score indicating presence of high anxiety. Each item has a weighted score of 0-3. The maximum score for each item will be 3 and the minimum score is 0.

Content validity of the tools were done by sending the tool to the expert in the field of psychiatric nursing. The reliability coefficient was found to be 0.9, which proved that the tool was highly reliable for the study.

Data was collected from the selected hospital. Permission was taken from the management of the selected hospital to conduct the study. The investigator established good rapport with the expected fathers and took consent from them to participate in the study and data was collected.

Data Analysis

Data was presented in 3 sections. Sec. A consists of description of sociodemographic characteristics of expectant father during labour.

Sec.B consists of findings related to anxiety level of the spouses during labour.

Sec. C consists of association between anxiety level of expectant father with selected socio-demographic variables.

Results

For age group , 59% of the participants were in the age group of 21-30 years , 31 % were in the age group of 31-40 years and only 10% were in the category of 41-50 years. In terms of **education** study reveals that 44% were illiterate, 24% had studied upto primary 20% had studied upto higher sec. education and only 12% were graduates. For **occupation** 35% were labour , 20% were employed in private , 6% were unemployed and 39% were self employed. In terms of **income** 42% were having income of 12,001-15,000 per month , 28% were having 9001-12,000 , 19% had their income between 6001-9000 , and 11% had their income below 6000. **Type of family** 72% of the expectant fathers lived in nuclear family while 28% lived in joint family. **Years of marriage** 5% had completed more than 10 years of marriage , 20% had completed between 5-10 years of marriage , 50% had completed between 2-3 yrs. of marriage and 25% had completed between 1-2 years of marriage.

The data presented in the below table indicated that the mean score of anxiety level among expectant fathers was 32 and this indicates that the expectant father had moderate level of anxiety on the basis of degree of anxiety. the value of SD (4.6) shows variation from the central value.

Sample	N	Mean	Median	Std. Deviation
Expectant Father	50	32	39	4.6

The data also showed that majority 65% of expected father had moderate anxiety . 26 % had mild anxiety and only 9 % had high anxiety.

The findings on the anxiety level of expected fathers with selected sociodemographic variables revealed that there is significant association between years of marriage and anxiety level. The chi square value for this is 9.614 which shows significance of association. ($p \leq 0.05$). Remaining for all other variables there was no significant association. Thus, Hypothesis H1 is rejected.

Discussion

The study was conducted on 50 expected father at a selected hospital of Indore. The respondents were from different socio-economic group, with different age group, educational status, occupation, income, family type and age group. Anxiety is best described as a more psychological stress response often caused by prolonged thought process which perpetuate it. If ignored anxiety may eventually cause irrational fears, specific phobias and panic attacks. The significant finding of the study shows that as the pain increases in women during labour, there is increased anxiety level among expected fathers.

Conclusion

The present study has achieved all the laid down objectives. Supportive findings of various research are helpful in making generalization to some extent.

Expectant Fathers experience different level of anxiety i.e. mild, moderate and severe during the labour. No significant association was found between the anxiety level and sociodemographic variables of the expectant fathers. Another study reported that the wife in severe pain caused men to feel helpless and fearful.

Implications

Nursing Education

- The elements of healthy life style being the determining force of effective coping mechanism. Such aspects need to be incorporated into the nursing curriculum.
- Providing aspects of anxiety and how to overcome anxiety must be emphasised in the nursing curriculum so that the nursing students will be aware of the importance of anxiety during labour to both partners.

Nursing Practice

- Small Teaching /Class for expected partner to alleviate the anxiety can be taken because early teaching decreases anxiety level among partners.
- Unrealistic fears based on misinformation and misconceptions can be alleviated by providing factual information. Nursing personnel are in the best position to impart such knowledge.
- Nurses should be aware that each partner experience labour differently. According to the variables as cited which influence the partners anxiety level should be given due consideration.
- Nurses need to be skilled and should study the body language and facial expression of the expected partners.

Nursing Administration

- The number of staff nurses to be increased in the Labour room so that the partners will not be neglected during labour process.
- Supporting and understanding the partner during labour , providing accurate information timely to the partner about the hospital and the nursing administration could significantly contribute to prevent many stress and strain.
- Hospital can adopt a policy to appoint nursing personnel or staff nurses to conduct teaching sessions and maintain right communication with expectant father.
- Administration need to talk to the nurses, especially staff nurses, nursing in charges and nurse administrator to provide equal importance and support to expected father to alleviate anxiety.

Nursing Research

- Anxiety of expected father is relatively an unexplored area as far as India is concerned so this study provides a baseline data for conducting other research studies .
- Many more research studies could be done to assess the anxiety level of expectant father in various other conditions and settings.

Limitations

- The findings of the study could not be generalized as the study was conducted on small sample.

Recommendation

- Qualitative, Quantitative and mixed method research could be conducted on this topic.
- The present study is an attempt and it will encourage and motivate health personnel to do many more research studies in this area.
- The new investigator can use the findings and the methodology as a reference material.

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