

“A study to assess the effectiveness of structured teaching programme on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.”



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IV Year B.Sc. Nursing (2020-2024)

**Research project submitted to
Smt. Nagarathamma College of Nursing**

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**Dissertation submitted to the
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES,
BENGALURU, KARNATAKA**

**In partial fulfilment of the requirement for the degree of
BACHELOR OF SCIENCE IN NURSING**

**Under the guidance of
Ms. Geeta K.M
Assistant Professor
Department of Obstetrics and Gynaecological Nursing
Smt.Nagarathamma College of Nursing
Bengaluru - 560107**

2020 – 2024

DECLARATION BY CANDIDATES

I hereby declare that this project entitled “A study to assess the effectiveness of structured teaching programme on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.” is a bonafide and genuine research work carried out by Ms. Akshara Sudheerbabu Mr. Shalom Shaju, Mr. Santanu Panda, the guidance of Ms. Geeta K.M Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Smt. Nagarathamma College of Nursing, 69/80, Acharya Dr Sarvepalli Radhakrishnan Road, Soladevanahalli, Bangalore-560107.

Date:

Place: Bengaluru

By,

Mr. Shalom Shaju

Mr. Santanu Panda

MS. Akhara Sudheerbabu

CERTIFICATE BY THE GUIDE

This is to certify that this project work entitled “**A study to assess the effectiveness of structured teaching programme on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.**” is a bonafide and genuine research work carried out by **Ms. Akshara Sudheerbabu Mr. Shalom Shaju, Mr. Santanu Panda**, in partial fulfilment of the requirement for the basic B.Sc.. Nursing.

Date:

Signature of the Guide

Place: Bangalore

ENDORESEMENT BY THE PRINCIPAL

This is to certify that the research project entitled “**A study to assess the effectiveness of structured teaching programme on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.**” is a bonafide research work done by Mr. Shalom Shaju, Mr. Santanu Panda, Ms. Akshara Sudheerbabu, as a partial fulfilment of the requirement for the degree Bachelor of Science in Nursing under the guidance of Ms. Geeta K.M Assistant Professor Department of Obstetrics and Gynaecological Nursing, Smt. Nagarathamma College of Nursing.

Date:

Place: Bengaluru.

Signature of Principal

**PROF. DEVI NANJAPPAN
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**SMT. NAGARATHNAMMA
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INDEX

SR NO.	CONTENT	PAGE NO
1.	ACKNOWLEDGEMENT	
2.	RESEARCH ABSTRACT	
3.	INTRUCTION	
4.	NEED FOR STUDY	
5.	REVIEW OF LITERATURE	
6.	OBJECTIVES	
7.	METHODOLOGY	
8.	RESULT	
9.	DISCUSSION	
10.	CONCLUSION	
11.	SUMMARY	
12.	BIBLIOGRAPHY	
13.	ANNEXURE	
14.	LESSON PLAN	

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Date:

Place: Bangalore

Signature of the candidates

Ms. Akshara Sudheerbabu

Mr. Shalom Shaju

Mr. Santanu Panda

RESEARCH ABSTRACT

Statement of the problem:

“A study to assess the effectiveness of structured teaching programme on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.”

Background and Objective of the study:

Through labour is a normal physiological process, it is associated with some amount of pain. It depends on many factors like the person's physical build, her emotional status, her mental outlook, associated and coincidental problems etc. Since there so many factors influences pain perception, pain relief can be achieved by changing some or all these factors. The goal of Lamaze Technique is to increase a mother's confidence in her ability to give birth; Lamaze classes help them to understood hoe to cape with the pain in ways that both facilitate labour and promote comfort, including focused breathing, movement, punishing, imaginary and visualization and massage. The Lamaze method id completely natural and doesn't require the use of medical supervision or drugs, making it a popular option among many women. The popularity of the method is largely due to the emphasis on individual personality and the interaction of the body, mind and environment.it teaches women to avoid fears and doubts about delivery and instead respond to the contractions as stimuli and not pain.

This study was undertaken to assess the effectiveness of structured teaching program on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing students at Smt. Nagarathamma college of nursing, Bengaluru.

The objective of “A study to assess the effectiveness of structured teaching programme on knowledge regarding Lamaze Technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.”

- To assess the existing knowledge regarding Lamaze technique among 4th year B.Sc. nursing students of Smt. Nagarathamma college of nursing at Bengaluru.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding Lamaze technique among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing at Bengaluru.
- To find the association between post-test knowledge score regarding Lamaze technique and selected socio-demographic variables among 4th year B.Sc. nursing student of Smt. Nagarathamma college of nursing at Bengaluru.

RESULT:

There was significant improvement in the knowledge of students following the administration of structured teaching program on Lamaze Technique.

CONCLUSION:

The present study was attempted to assess knowledge regarding Lamaze Technique. The study finding showed that the post test score was higher than pre-test score and was concluded That structured teaching program on Lamaze Technique was effective.

Key words: Effectiveness, structured teaching program, Lamaze Technique.