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A study on maternal health among mothers after caesarean, with special reference to Erode

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ABSTRACT

Although Caesarean section (CS) is the commonest major surgery performed in Obstetrics and it has contributed to improved obstetric care throughout the world; there are still concerns about the attitude of the women towards it. Over the years, caesarean section has become increasingly safe and remains one of the most commonly performed surgeries in obstetric practice worldwide. In today's situation when the access to obstetric care is growing day by day there has been a concern over the rising caesarean rates over the world. A cross-sectional study was undertaken with an objective to determine the level of knowledge, attitudes, and perceptions about CS among pregnant women. Caesarean section (CS) rates have been increasing steadily globally. The safety of the procedure has resulted in some women requesting it in the absence of any medical indication, particularly in the developed countries.

INTRODUCTION

A caesarean section (also referred to as c-section) is the birth of a fetus accomplished by performing a surgical incision through the maternal abdomen and uterus. It is one of the oldest surgical procedures known throughout history. It is usually used to prevent harm to the health of the mother and baby that may arise if vaginal delivery is adopted. Caesarean births are much safer now than they were a few decades ago. In fact, hardly a century ago, having a caesarean was like a death sentence for the mothers. Today, the procedure carries a 'risk' of less than 1 in 2500. Yet, this risk is 4 times more than the risk of death after a normal vaginal delivery.

STATEMENT OF THE PROBLEM

A caesarean section delivery has become a regular practice around the world when an obstetrical complication is envisaged. Caesarean Section is increasing at faster rate in Erode. Many

of the mothers after the caesarean section may face many health problems like headache, obesity, bleeding, pain in wound etc. To create awareness about caesarean among mothers and to provide suitable suggestions, I have chosen this problem for my study.

OBJECTIVES OF THE STUDY

- ❖ To identify the demographic profile of the respondents
- ❖ To analyse the maternal health problems after caesarean

SCOPE OF THE STUDY

- ❖ The present study will be helpful in understanding the factors influencing people to choose caesarean
- ❖ The study will be helpful in analysing the problems faced by the respondents after caesarean.

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LIMITATIONS OF THE STUDY

- ❖ Many Respondents neglected to respond to the Survey in their Busy Schedule.
- ❖ Many Respondents found it difficult to Rank the Problems faced by them, because they are equally facing the entire problem.

LITERATURE REVIEW

- ❖ The notion that a vaginal birth is scary and dangerous and a caesarean surgery is safe and controllable were revealed as common themes for motivating factors (Arthur & Payne, 2005; Fenwick, Staff, Gamble, Creedy, & Bayes, 2010; Weaver & Statham, 2005; Wiklund, Edman, & Andolf, 2007).
- ❖ Arthur and Payne (2005) conducted an interpretive phenomenological study of five women who had requested a caesarean surgery. Several themes emerged from the data analysis about why the women chose to have a caesarean surgery: “vaginal birth as hazardous,” “safety of the unborn child,” and “the right to choose” (Arthur & Payne, 2005).
- ❖ Wiklund et al. (2007) conducted a survey of 357 women and found women were afraid of lack of labor support, loss of control, and fetal injury or death. Similar findings of fear were also confirmed by Weaver and Statham (2005) in a qualitative study. Forty-four postpartum women were interviewed about their views on caesarean surgery and the factors influencing their decision. Most women believed that caesareans were a safer birth option for themselves and their babies, and thus felt a caesarean was warranted (Weaver & Statham, 2005).

RESEARCH METHODOLOGY

Research design

A Master plan that specifies the method and procedures for collecting and analysing needed information.

Descriptive research

Descriptive research design is used for the study, it is a fact finding investigation with adequate interpretation.

Sample design

Sampling is the process of selecting a sufficient number of elements from the population. A Sample Design is a definite plan for obtaining a sample from the sampling frame. It refers to the technique or the procedure the researcher would adopt in selecting some sampling units from which inferences about the population is drawn.

Non – probability sampling

Non-Probability sampling is a sampling technique where the samples are gathered in a process that does not give all the individuals in the population equal chances of being selected.

Convenience sampling

Convenience sampling (also known as Availability Sampling) is a specific type of non-probability sampling method that relies on data collection from population members who are conveniently available to participate in study.

Size of the sample

The Sample size is **100**.

DATA COLLECTION

Primary data

These are data which are collected for the first time directly by the Researcher for the Specific study undertaken by him. In this research primary data are collected directly from the Respondent by using Questionnaire.

Secondary data

These are data which are already collected and used by someone preciously. In this research review of Literature, Details of the research are collected from the Internet.

STATISTICAL TOOLS USED

To analyse and interpret collected data the following simple percentage and ranking were used.

Simple percentage analysis

To analyse and interpret collected data the following simple percentage and ranking were used.

FORMULA

Percentage analysis = (No. of respondents/ Total no. of respondents) x100

Hentry garrett ranking

Garrett's ranking technique to find out the most significant factor which influences the respondents; Garrett's ranking technique was used. As per this method, respondents have been asked to assign the rank for all factors and the outcomes

of such ranking have been converted into score value with the help of the following formula:

$$\text{Percent Position} = 100 (R_{ij} - 0.5) N_j$$

Where R_{ij} = Rank given for the i^{th} variable by j^{th} respondents

N_j = Number of variable ranked by j^{th} respondents.

DATA ANALYSIS

The Respondents participated in the research are from diversified background with gender, age group, educational qualification and income level.

Table no 1: Demographic profile of the respondents

DETAILS OF THE RESPONDENTS		NO OF RESPONENTS	PERCENTAGE
Gender	Male	0	0
	Female	100	100
	Total	100	100
Age	20-25	7	7
	25-30	32	32
	30-35	28	28
	35-40	10	10
	40 & above	23	23
	Total	100	100
Level of education	10 th	28	28
	12 th	15	15
	UG	21	21
	PG	18	18
	Others	18	18
	Total	100	100
Income level	Below 20000	17	17
	20000-30000	9	9
	30000-40000	10	10
	Above 40000	6	6
	No income	57	57
	Total	100	100

Source: Primary Data

Interpretation

From this study, it is evident that Age Group of the 32% of the respondents are between 25 – 30 years, 28% of the respondents have the

Educational Qualification of SSLC, the average Monthly Income of 57% of respondents falls under the category of no income

Table no 2: Rank the problems faced by the respondents after c-section

Sl.no	Problems	Total score	Rank
1	Head ache	3390	3
2	Infection in wound	2780	6
3	Total spinal and back pain	3717	2
4	Pain in abdomen	3360	4

5	Affecting future pregnancies	3246	5
6	Bleeding	2252	7
7	Paining of internal organs	1833	8
8	Obesity	3941	1
9	Nausea	1380	9
10	Wheezing	759	10

Source: Primary data

Interpretation

From the above table it is evident that “Obesity” ranked as no 1 with a total score of 3941, “Total spinal and back pain” ranked as no 2 with a total score of 3717, “Head ache” ranked as no 3 with a total score of 3390, “Pain in abdomen” ranked as no 4 with a total score of 3360, “Affecting future pregnancies” ranked as no 5 with

a total score of 3246, “Infection in wound” is ranked as no 6 with a total score of 2780, “Bleeding” is ranked as no 7 with a total score of 2252, “Paining of internal organs” is ranked as no 8 with a total score of 1833, “Nausea” is ranked as no 9 with a total score of 1380, “Wheezing” is ranked as no 10 with a total score of 759.

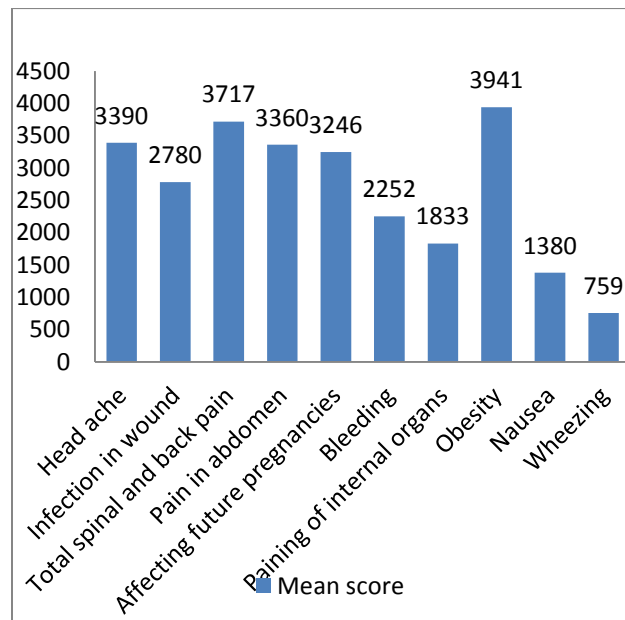


Figure no 1: Problems faced by the respondents after caesarean

FINDINGS

- ❖ The respondents ranked “Obesity” as no 1 with a total score of 3941
- ❖ The respondents ranked “Total spinal and back pain” as no 2 with a total score of 3717
- ❖ The respondents ranked “Head ache” as no 3 with a total score of 3390
- ❖ The respondents ranked “Pain in abdomen” as no 4 with a total score of 3360

SUGGESTIONS

- ❖ Proper exercise and yoga should be followed during and after pregnancy. Proper Diet can be followed.
- ❖ To overcome Nausea Spinal Anaesthesia may be avoided and regional anaesthesia may be provided at the time of Caesarean.
- ❖ To overcome Headache Post-Caesarean Mothers shall avoid over work load and should get proper

sleeping and relaxation from time to time in day-to-day activities.

- ❖ Take plenty of water to overcome the pain in abdomen

CONCLUSION

This project proves to be a base and helps for further researchers taking up the problem in the field of “Study on maternal health and awareness among mothers after caesarean”. Caesarean Section has greatly increased and many reasons are often evoked. Safer Anaesthesia and Surgical Procedures have rendered C-Section a popular choice for both Professionals and Mothers alike. A

search for the major databases was undertaken using the search term C-Section with “Maternal Request”, “Decision-Making”, “Patient-Satisfaction” and “Maternal Choice”. Due Considerations is rarely given to the influence of Obstetric Risk for Women who may be requesting a C-Section. Moreover the Complications of C-Section can be reduced by doing proper Exercises and Rest. Since c-section deliveries cost more than vaginal deliveries, both in terms of the number of days of institutionalization required as well as financial costs, it is possible that this extremely useful surgical procedure is being misused for profit purposes in the private sector in several states.

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