



Factors influencing the knowledge, attitudes, and practices towards labor pain relief among post-natal mothers in Putrajaya Hospital, Malaysia

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Abstract

Introduction: Labor pain varies from woman to woman, and the degree of pain any woman will experience may be difficult to predict. Women can anticipate the labor pain by using alternatives of pain relief measures which will not interfere with the labor outcome. This study was carried out to determine factors influencing the knowledge, attitudes and practices on labor pain relief among post natal women in Hospital Putrajaya, Malaysia.

Methods: A cross-sectional study was conducted among randomly sampled post natal mothers delivered at Hospital Putrajaya from 1st January 2010 till 31st January 2010. Knowledge, attitudes and practices of labor pain relief were assessed by using self-administered questionnaires adopted from previous studies. In addition, obstetric, gynaecological and neonatal characteristics were retrieved from patients' medical records.

Results: Finding showed that majority of respondents had normal deliveries with the gestational age 38- 39 weeks, the duration of labor 3-6 hours and artificial rupture of membrane and episiotomy during their deliveries. More than half of mothers had moderate level of knowledge regarding labor pain relief. Negative attitude towards labor pain relief was reported among 86.7% of women and only 54% of the participants had good practice. Age of respondents revealed a significant association with the level of knowledge and practices ($p<0.05$). Ethnicity, religion, attitude, types of analgesia used and parity showed a significant association with the practices of labor pain relief ($p<0.05$).

Conclusion: Effective health education to increase the knowledge and awareness on labor pain will increase positive perception about labor pain relief and enable mothers to choose effective practice to overcome the pain. Besides, it will decrease the trauma and will lessen the suffering that woman has to face during the labor. Thus, an enjoyable process of giving birth will take place.