EFFECTIVENESS OF RELAXATION EXERCISES TO LEVELS OF COPING SKILLS WITH STRESS AND ANXIETY LEVEL IN THE PREGNANT WOMEN OF PRIMIPAR, DIAGNOSED PRETERM LABOR

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Objective: The purpose of this study was to use experimental model in order to explore the effect of relaxation exercises on coping styles and anxiety level in primiparous women diagnosed with preterm labor.

Methods: The study was conducted between November 2012 - February 2014 in Obstetrics and Gynecology Clinic of Necmettin Erbakan University Meram Medical Faculty Hospital. The study involved 60 pregnant women, who were diagnosed with preterm labor and met the criteria, and the participants were divided into two groups of 30 as study and control groups. The Ethics Board's approval was obtained before the study. "Pregnant Introductory Form", "Ways of Coping with Stress Scale" and "State-trait Anxiety Scale" were used as data collection tools. T-test and Chi-square test were used on dependent and independent groups for data analysis and variance analysis was used for repeated measurements. The Statistical significance level was accepted as p<0.05. Each participant received a training on how to use relaxation exercises by the researcher and was asked to do these at least three times a week. The study group did the relaxation exercises and the control group didn't.

Results: The pre-implementation state anxiety score of the study group participants was 60.9±10.7 and post-implementation state anxiety score was 25.5±3.4. This result was statistically significant. The pre-implementation trait anxiety score of the study group participants was 59.7±9.9 and post-implementation trait anxiety score was 28.3±3.5 (p<0.05). This result was statistically significant. The pre-implementation state anxiety score of the control group participants was 64.3 ±3.6 and post-implementation state anxiety score was 68.1±6.8. The pre-implementation trait anxiety score of the control group participants was 61.1 ±3.5 and post-implementation trait anxiety score was 66.5±6.8. Comparing the average Ways of Coping with Stress Scale scores of the study group participants, their effective coping styles sub-scale scores showed an increase from the beginning of the study (p<0.05), while the control group's ineffective coping style sub-scale scores showed an increase, and this difference was found to be statistically significant (p<0.05).

Conclusions: The results of the study have shown that the relaxation exercises were effective on coping with anxiety and stress in pregnant women under the risk of preterm labor.

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