



Original Article

Comparison of Prenatal Education Programs for the Primigravida - Focused on Anxiety and Labor Efficacy

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Abstract

Purpose: This study was done to compare prenatal education programs for anxiety and labor efficacy in third trimester women. **Method:** The subjects were 95 primigravida who attended a prenatal education program at H and B hospital in Kyounggi province and a health center in Chungbuk province and in the Incheon metropolitan area. Data was collected using a structured questionnaire, and trait and state anxiety, and labor efficacy were measured. The data was analyzed by frequency, mean, and paired t-test. **Result:** In this study, there was a high level of anxiety in the primigravida. After the program, only state anxiety was decreased significantly at the attendants of the health center. Labor efficacy was a little increased, but this was not significant. Anxiety was increased and labor efficacy was decreased in the attendant of a private hospital. **Conclusion:** These education programs were not so effective to decrease anxiety and to increase labor efficacy. For on effective

program to increase labor efficacy, it is necessary to standardize prenatal education program content and to revise it to decrease state anxiety closer to delivery. It is necessary to discover why these programs were not effective.

Key words : Anxiety, Labor efficacy, Prenatal education, Primigravida

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(Hong, 2002; Park, 1987).

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(Kim, 2000)

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가 (Nicholas & Humenick, 1998; Park, Kim, & Park, 1996).

(Montgomery, 2003)

(Park & Lee, 2002; Park, 1987)

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가 (Women's health nursing textbook research committee, 2004).

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가 (Carrington, Loftman, Boucheer, Irish, Piniatz & Mitchell, 1994).

(Lamaze)

(Jung, 2003).

(Jung, Kim, Ryu, & Na, 2002).

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(www.schobgy.co.kr/delivery/).

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(Park et al., 1996),

(Jung, 2003; Kim, You, 1999; No, 1998; Jung, 1994; Finks, Hill, & Clark, 1993).

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	1st week	2nd week	3rd week	4th week
Kyungi H hospital				
Kyungi B hospital	가			(VTR),
Chungbuk Health center				
Incheon Health center				

<Figure 1> Prenatal education programs of 4 institutes

Variables	Category	Hospital	Health center
Age	20~29	30(66.7)	32(64.0)
	30~39	15(33.3)	18(32.0)
Education	below high school	9(20.0)	14(28.0)
	college and over	36(80.0)	36(72.0)
Occupation	Had	32(71.1)	33(66.0)
	Not have	4(8.9)	7(14.0)
	Others	5(11.1)	10(20.0)
	Keeping	19(59.4)	6(18.1)
BMI	15~19	17(37.8)	14(28.0)
	20~23	19(42.2)	21(42.0)
	24~29	9(20.0)	10(20.0)
Gestation age	Below 8 Mo	8(17.8)	40(80.0)
	Over 8 Mo	37(82.2)	10(20.0)
First prenatal visit	Before 3 Mo	40(88.9)	45(90.0)
	After 3 Mo	5(11.1)	5(10.0)
Health problem	Had	5(11.1)	5(10.0)
	Not have	40(88.9)	45(90.0)
Prenatal care place	clinic or Hospital	24(53.3)	23(46.0)
	book, TV	17(37.8)	23(46.0)
	Others	4(8.9)	4(8.0)
Motivation of care	Myself's need	40(88.9)	43(86.0)
	Other's recommend	5(11.1)	7(14.0)
Postpartum caregiver	Mother	25(55.6)	17(34.0)
	Mother in law	3(6.7)	9(18.0)
	Sanhujoriwon	13(28.9)	17(34.0)
	Husband/others	4(8.8)	7(14.0)

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