



Original Article

Effects of Aromatherapy on Labor Pain & Perception of Childbirth Experience*

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1)

2)

Abstract

Purpose: The purposes of this study were to verify the effects of aromatherapy on labor pain and perception of the childbirth experience. **Methods:** This study was a nonequivalent control group pretest-posttest design. The subjects of this experiment consisted of forty eight primiparas without problems during the gestation period. Twenty four primiparas in the experimental group were given general obstetric nursing care with aromatherapy every two hours. Twenty four primiparas in the control group were given general obstetric nursing care only. Data was collected for labor pain measured by a labor pain expression scale, uterine contraction activity measured by Montevideo units in the latent phase, active phase, and transition phase and the perception of childbirth experience 24hours after birth. Data was analyzed by t-test, and repeated measures of ANOVA with an SPSS program. **Results:** No significant group effects were found, but significant time effects were found for labor pain, and uterine contraction activity. There was no significant difference in postpartum mothers'

perception about childbirth. **Conclusion:** In this study, effects of aromatherapy decreasing labor pain expression, and increasing the perception of childbirth was not found.

Key words : Aromatherapy, Labor pain, Uterine contraction, Childbirth

가 가 (Lederman, R. P., Lederman, E., Work & McCann, 1985; Hur, 2001). 가

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(Lederman, R. P. et al., 1985). 가 Trevelyan(1994)

(Fox, 1979), (Simikin, 1995).

가 Burns Burney(1994), Burns, Blamey, Ersser, Lloyd Barnetson(2000)

10가 가

(Gentz, Buckle(1997)

Hur(2000) Doula 가 (Hur, 2001) (Lee, Chang & Jo, 2003)

Hur(2000) 7.9 가 (Lavender) 가 (Clary sage) (Rose) (Jasmine) (Geranium) (Ylangylang), (Frankincense) (Lemon) (Keville & Green, 1995; Tisserand, 1996; Dye, 1997).

(Keville & Green, 1995; Tisserand, 1996; Battaglia, 2003). 가 (England, 1994; Keville & Green, 1995; Tisserand, 1996; Clifford, 1997; Dye, 1997)

(Han, Ro & Hur, 2001; Han, Hur & Kang, 2002). 가 (England, 1994; Keville & Green, 1995; Tisserand, 1996; Clifford, 1997; Dye, 1997). (Salvia sclarea) linalool, linalyl acetate, sclareol 가 (Rosa damascena) phenethyl alcohol, citronellol, geraniol, linalool 가 (Geranium) Pelargonium graveolens citronellol, geraniol, linalool, terpinol, limonene 가 (Citrus limon) Limonene 가

(Salvia sclarea), (Pelargonium graveolens), (Rosa damacena), (Jasminum grandiflorum), (Citrus limon) 4%
 4: 4: 1: 1
 (Simmondsia chinensis) 1.5%
 2 (Citrus limon)

연구의 목적

1. 가
2. 가
3. 가

가
 가
 2)
 (1)
 ①
 가
 가
 (2)
 ①

1. 연구 설계

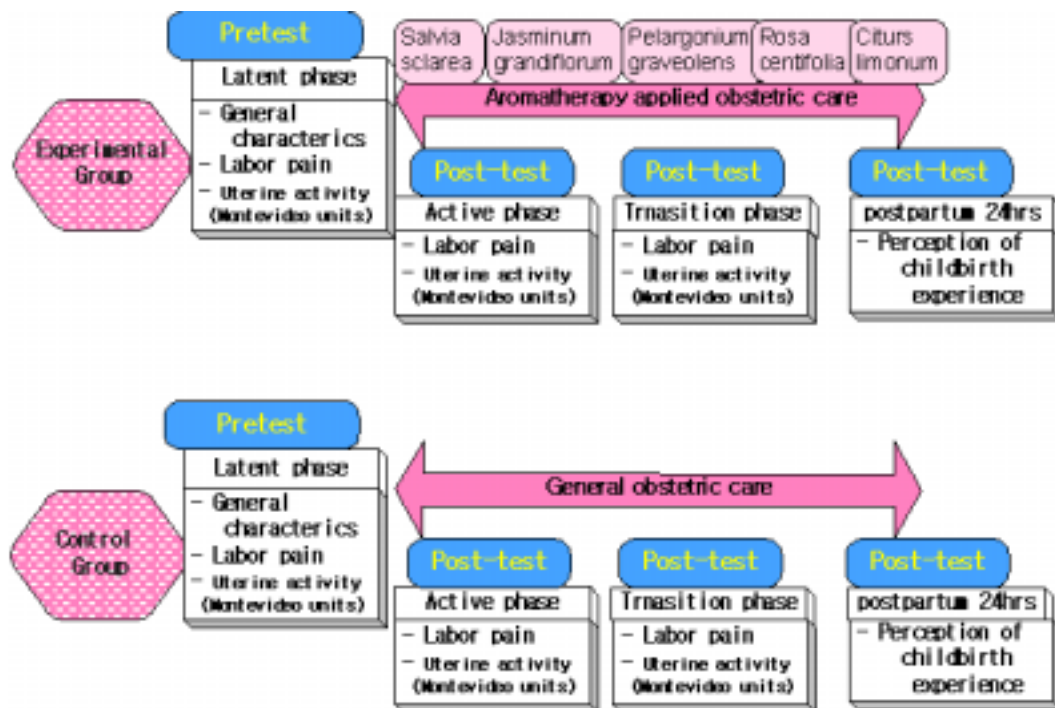
가 (McLachlan, 1974; Choi, 1983) 14
 가
 (Repeated measures over time, non-equivalent control group pretest-posttest design) <figure 1>
 0 4 가
 1 (0~3cm), (10cm)
 Cronbach's 0.92, 0.94, 0.94
 ② (- Montevideo units)

2. 연구 대상

30 60
 • 20 29 ,
 • 38 10
 42
 • 가 200~225
 • 90/60mmHg ~ 140/90mmHg
 • ③
 11 1 Marut Mercer(1979)가
 48 Cho(1988)가 27 , 5
 (perception of childbirth experience)

3. 연구방법

24
 24 가



<Figure 1> Research design

4. 자료분석

Cronbach's Marut Mercer(1979) 0.83
 Cho(1988) 0.82 , 24 SPSS 12.0
 Cronbach' 0.77

t-test

(3) <Figure 1>

(Repeated

①

Measures of ANOVA) Greenhouse-Geisser
 t-test

②

1

③

1. 구간 동질성 분석

28.1±3.35 , 281.6±
 6.30 , 27.6±3.16 ,
 278.2±6.56 , , , ,

④

<Table 1>.

⑤

2. 분산 동등

24

18.8±4.35
 35.6±9.19, 44.0±9.58 ,
 17.4±4.97

<Table 1> Homogeneity test for characteristics between the experimental and control groups

Characteristics	Exp.	Cont.	t	P
	Mean ± SD	Mean ± SD		
Maternal age(yrs)	28.1± 3.35	27.6± 3.16	0.532	0.598
Maternal Wt(kg)	69.9± 7.85	68.7±14.34	0.360	0.721
Gestational age(days)	281.6± 6.30	278.2± 6.56	1.764	0.085
Fetal Weight(kg)	3.3± 0.40	3.3± 0.60	-0.460	0.647
Initial labor pain	18.8± 4.35	17.4± 4.97	1.020	0.313
Initial Uterine activity(Montevideo units)	105.4±56.12	102.1±35.96	0.245	0.808

Exp. : Experimental group Cont. : Control group

<Table 2> Comparison of labor pain, Uterine contraction activity(Montevideo units) by delivery phase

Variables Group	Before Tx.		After Tx.		Source	F	P
	Latent P.	Active P.	Transition P.				
	Mean ± SD	Mean ± SD	Mean ± SD				
Labor pain							
Exp.	18.8± 4.35	35.6± 9.19	44.0± 9.58	Group	0.04	0.838	
Cont.	17.4± 4.97	35.7± 7.16	44.3± 7.37	Phase	329.77	0.000	
t	1.020	-0.018	-0.101	G * P	0.37	0.657	
(P)	(0.313)	(0.986)	(0.920)				
Uterine contraction (Montevideo units)							
Exp.	105.4±56.12	180.6±94.71	221.3±124.09	Group	0.36	0.551	
Cont.	102.1±35.96	181.9±90.30	262.6±120.46	Phase	47.88	0.000	
t	0.245	-0.047	-1.157	G * P	1.51	0.228	
(P)	(0.808)	(0.963)	(0.253)				

Exp. : Experimental group Cont. : Control group G * P : Group * Phase

35.7±7.16, 44.3±7.37 ,
가 (F=329.77, P=.000),

가 ,

<Table 2>.

3. 자궁수축활동(몬테비디오 단위)

105.4±56.12, 180.6±94.71, 221.3±124.09 ,
102.1±35.96, 181.9±90.30,
262.6±120.46 , 가
(F=47.88, P=.000), 가 ,

<Table 2>.

4. 분만경험지각

81.7±9.62, 82.4±11.09 가

<Table 3>.

<Table 3> Comparison of perception of childbirth experience between the experimental and control groups

Characteristics	Exp.	Cont.	t	P
	Mean ± SD	Mean ± SD		
preception of childbirth experience	81.7±9.62	82.4±11.09	-0.241	0.810

Exp. : Experimental group Cont. : Control group

가 200~225

220

Hur

Park(2003)

가 가

가

가

가 가

가

24

가

(Clinical Aromatherapy)

가

2

Shin(2000)

가

가

5%

Hur

(2000, 2001)

가

가

가

(Han, Ro, & Hur, 2001; Han, Hur, & Kang, 2002)

가

Crowe

Baeyer(1989)

가

가

가

48

20

가

가

가

4: 4: 1:

1

(Simmondsia chinensis)

1.5%

2

가

(Citrus limon)

가

가
가

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