A Comparative Study to Assess the Effectiveness of Swiss Ball Exercise Over Dry Land Exercises in Reducing Pain and Discomfort at Spinal Column for Primipara Mothers

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STATEMENT OF THE STUDY: A comparative study to assess the effectiveness of swiss ball exercise over dry land exercise in reduce pain and discomfort at spinal column of primipara mothers before and after teaching exercise programme. OBJECTIVES: • To reduce the pain and discomfort of the spinal column for primipara mothers. • To assess the effectiveness of swiss ball exercise over dry land exercise. METHODOLOGY: An experimental pre test, post test and control group research design was chosen to study and to determine the effectiveness of swiss ball exercise for reduce pain and discomfort of spinal column. An experimental pre test, post test and control group research design was chosen to study and to determine the effectiveness of dry land exercise for reduce pain and discomfort of spinal column. Setting of the study: This study was conducted in antenatal period in Meenakshi mission hospital and research centre, Madurai. Population sample: The sample of 40 prenatatal women were divided into two groups. 10 - Experimental Group. 10 - Control Group. Sampling method: Systemic random sampling was done in antenatal wards and every women pregnant for the first time was selected for the study. Inclusion criteria: Second trimester of pregnancy, Age less than 30 years, Primipara mothers, Wlling to comply with study protocol. Exclusion criteria: Bleeding or spotting, Low placenta, Threatened or recurrent miscarriage, Previous premature birth, Weak cervix. Variable of the Study: Dependent Variable: Pain. Independent Variable: Swiss ball exercise and Dry land exercise. Material Used: Swiss ball. RESULTS: The result of the study supports the hypothesis. In Experimental group the prenatal women showed significant different in reduce pain and discomfort at spinal column. The control group t value is 6.72, the experimental t value is 10.83 by using questionary scale. The calculated t value is 3.81. The control group t value is 13.6, the experimental t value is 17.76 by using questionary scale. Then the calculated t value is 6.29. The questionary scale and visual analyse results shows that experimental group people get reduce pain and discomfort more in control group. CONCLUSION: Pain and discomfort at spinal column reduced by swiss ball exercise than dry land exercise for primipara mothers. All the above results showed the importance of the swiss ball exercise help to reduce pain and discomfort at spinal column than dry land exercise.

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