

## A study to assess the effectiveness of back massage on lactation among primi-parous women undergone normal vaginal delivery at selected government hospitals in Dehradun, Uttarakhand

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### Abstract

**Introduction:** Lactation is the process of milk secretion from the mammary glands of a mother soon after childbirth. The milk, thus produced and provides nutrition and immunity to the newborn and Back massage is an easy and effective method in terms of its positive effect such as stimulating the milk let-down reflex by increasing the oxytocin hormone and blood circulation in the breast area.

**Title of the Study:** A study to assess the effectiveness of back massage on lactation among primi-parous women undergone normal vaginal delivery at selected government hospitals in Dehradun, Uttarakhand.

**Methodology:** In this study, Quantitative research approach was used. The design of study was Quasiexperimental research design (non- randomized control group design). The sample size was 70 (35 in experimental group and 35 in control group) primi-parous women undergone normal vaginal delivery in maternity unit in experimental group and control group at selected government hospitals in Dehradun, Uttarakhand, selected by non-probability purposive sampling technique. The data collection was done by using Socio demographic tools and the Standardized LATCH Scale for Assessment of Lactation by semistructured interview and observation methods and the calculation done by using Descriptive statistics and Inferential statistics by using SPSS Software.

**Result:** Findings revealed that, the mean score of pre-test on lactation in experimental group was  $5.05 \pm 0.68$ , mean post-test score on lactation was  $7.88 \pm 0.70$ . The mean difference was 2.83, t value (Paired t-test) was 19.526 (df=34) with  $p < 0.01$  (Highly significant). In control group the mean score on pre-test lactation was  $4.51 \pm 0.93$ , and mean post-test score on lactation was  $6 \pm 0.98$ . The mean difference was 1.49, t value (Paired t-test) was 7.839 (df=34) with  $p < 0.01$  (Significant).

The outcome revealed that, the mean score of pre-test on lactation in experimental group was  $5.05 \pm 0.68$ , and in control group the mean score on pre-test lactation was  $4.51 \pm 0.93$ , mean difference was 0.54. The independent t-test (Two-tailed) was 2.37 (df=68) with  $p < 0.05$  (Significant). The mean post-test score on lactation in experimental group was  $7.88 \pm 0.63$  and mean post-test score on lactation in control group was  $6 \pm 0.98$ , mean difference was 1.88. The independent t-test (Two-tailed) was 9.26 (df=68) with  $p < 0.0001$  (Highly Significant).

**Conclusion:** The study findings revealed that, pre-test lactation score was improved in post-test that means the intervention (Back massage) was helpful in improvement of the lactation among primi-parous women. Association was found non-significant between pre-test score on lactation and with selected demographic variables (except with type of family in experimental group) in experimental and control group.

**Keywords:** Back massage, Lactation, Primi-parous women and Normal vaginal delivery