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A study to assess the effectiveness of box breathing exercises on pain perception intensity among post caesarean women admitted in postnatal unit at selected hospital of Dehradun, Uttarakhand

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Abstract

Introduction: Pain is the main concern after caesarean section, which can impede the functional recovery, maternal-infant bonding, and psychological well-being. Effective nursing care emphasizes both pharmacological and non-pharmacological strategies, with breathing techniques such as box breathing offering an easy, cost-effective intervention^[1].

Title of the study: A study to assess the effectiveness of box breathing exercises on pain perception intensity among post- caesarean women admitted to the postnatal unit at the selected hospital of Dehradun, Uttarakhand.

Methodology: Quasi-experimental non-randomized control group design was used with a Non-probability purposive sampling technique. The box breathing exercise was conducted for three days, four times per day. Data were collected by using the standardized Numerical Pain Rating scale and socio-demographic profile.

Results: The findings are Mean age of study participants was 25 years. Results revealed that a significant decrease in pain perception intensity in experimental group with a mean difference of 4.4 and 't' value is 6.97 which is greater than tabulated value of 2.045 which was found highly significant $p < 0.05$.

Conclusion: Study showed that the box breathing exercise is effective in reducing post caesarean pain.

Keywords: Box breathing exercise, pain perception intensity, effectiveness, Post-caesarean women