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ABSTRACT

Post cesarean birth pain is very common in a hospital's obstetric unit and is usually managed by giving postpartum mothers pain medications. This study investigated a new form of independent, non-pharmacologic nursing intervention in the form of sound entrainment therapy using binaural beat technology. This can be used as an adjunct to medical management of patients. Specifically, it aimed to determine the effects of sound entertainment therapy on the pain and anxiety level as well as the sleeping pattern of post cesarean birth mothers.

The investigator used a single blind true experimental design. A total of 65 subjects composed the sample with the experimental group listening to binaural beat CD for one hour while the control group was not subjected to this treatment.

Independent T test was utilized to test the difference of sleep patterns between the two groups while repeated measures of ANOVA was the statistical test used for the vital signs which included blood pressure and apical heart rate. The same statistical test was used to measure the anxiety level of post cesarean birth mothers.

The results showed that there was no significant difference between the groups in terms of vital signs and sense of relaxation and pain level. However, there was a significant difference between the two groups in terms of sleep duration, level of energy and anxiety level.

Based on the results of this study, sound entrainment therapy can be an effective intervention in increasing sleep duration, raising the level of energy and reducing anxiety level of post cesarean birth mothers.

It is recommended that sound entertainment therapy be tried out to help other group of people who are suffering from sleep problems and anxiety like:

- Pregnant women who are usually stressed out during the first and third trimesters of pregnancy;
- Pre- and post-operative patients regardless of surgical procedures;
- Acutely and chronically hospitalized patients; and
- All types of people who are experiencing everyday stress.