



## “A Study To Assess The Knowledge on SITZ Bath Procedure Among III Year B.Sc (N) Student At Narayana College of Nursing Nellore, A. P.”



**Ms. R.T. Girija Rani,**  
*Tutor, Dept. of CHN,  
Narayana College of Nursing,  
Chinthareddypalem, Nellore.*

**Ms. Akshaya Nixon**

**Prof Jayanthi.V,**  
*Principal,  
Sree Narayana Nursing College,  
Nellore, Andhra Pradesh,*

**Abstract:** Sitz bath is a bath in which a patient sits in water up to the hips to relieve discomfort and pain in the lower part of the body. Sitz bath works by keeping the affected area clean and increasing the flow of blood. Sitz bath can also provide relief from pain and itching in the genital area. It is a procedure in which the patient’s perineal area and medicated solution using aseptic technique to relieve pain in case of haemorrhoids, perineal and rectal surgeries. **Objectives:** 1. To Assess the level of knowledge regarding sitz bath procedure among Third year B.Sc (N) students. 2. To find out the association between the level of knowledge regarding sitz bath procedure among III rd year B.Sc(N) students with their selected socio demographic variables. **METHODOLOGY:** 100 participants was selected by using non probability convenience sampling techniques who fulfill the inclusion criteria. The data collected by administering the two parts of the tool. The investigator distributes the tool for filling the socio demographic data and the structured questionnaire which consists of various items related to sitz bath procedure. The data will be analyzed by using descriptive and inferential statistics based on the objectives of the study. **RESULTS:** The results shows that, 11(11%) acquired A + grade knowledge, 17(17%) acquired A grade knowledge, 24 (24%) acquired B+ grade knowledge, 23(23%) acquired B grade knowledge, 21(21%) acquired C grade knowledge, and 4(4%) acquired D grade knowledge. **CONCLUSION:** The present study concluded that among 100 III year B.Sc (N) students with regard to assess the knowledge on sitz bath procedure 11(11%) acquired A + grade knowledge, 17 (17%) acquired A grade knowledge, 24(24%) acquired B+ grade knowledge, 23(23%) acquired B grade knowledge, 21(21%) acquired C grade knowledge, and 4(4%) acquired D grade knowledge of knowledge on sitz bath procedure. **KEYWORDS:** knowledge, sitz bath procedure, Nursing student.

### **Introduction:**

Sitz bath is a bath in which a patient sits in water up to the hips to relieve discomfort and pain in the lower part of the body. Sitz bath works by keeping the affected area clean and increasing the flow of blood. Sitz bath can also provide relief from pain and itching in the genital area. It is a procedure in which the patient’s perineal area and medicated solution

using aseptic technique to relieve pain in case of haemorrhoids, perineal and rectal surgeries.

A sitz bath aids the healing of the perineum through application of moist heat, to cleanse the wound, and promote wound healing, to improve circulation, and reducing, inflammation and it will provide a soothing effect. A sitz bath carries very little risk of harm because it, a noninvasive treatment. The



most common adverse event associated with sitz baths is infection of the perineum, but this rarely occurs. The common indications of sitz bath are mainly haemorrhoids, anal and rectal vaginal surgery, and episiotomy and uterine colic and tenesmus.

**Need for study:** Pain and discomfort from episiotomies therapeutic cleaning soak, such as warm water sitz bath to promote blood flow to the episiotomy for rapid healing Episiotomy ran vary wildly worldwide, depending on whether the procedure is used restrictively-routinely.

Rates vary from 8% in the Netherlands, 13% in England to 25% in the USA. Among English speaking Countries, the US had the highest episiotomy rate varying greatly from region to region. One in 3 mothers who delivered vaginally in the US from 1995 to 2003 had episiotomies.

In India the birth rate is very high. 56% of women had an episiotomy Compared to the 1% of white women. The difference between these ages (10%) is a measure of the frequency of episiotomy in Indian women.

### STATEMENT OF PROBLEM

“ A study to assess the knowledge on Sitz bath procedure among III year B.Sc (N) students in Narayana College of nursing. A. P”

### OBJECTIVES

- ❖ To assess the level of knowledge regarding Sitz bath procedure among III year B.Sc (N) students.
- ❖ To find out the association between the level of knowledge regarding Sitz bath procedure among III rd year B.Sc (N) students with their selected socio demographic variables.

### OPERATIONAL DEFINITION

**Sitz bath:** it refers to, sitz bath us a therapy dine by sitting in warm, shallow water. It can help to reduction the pain itching and symptoms in the anal & genital areas.

**Student nurse:** The person who is qualified in the art and science of nursing and certain prescribed standards of education and clinical competence.

### Material and methods

#### Research Design:

Non experimental descriptive research design.

**Settings of the study:** The study was conducted at Narayana College of Nursing, Nellore A.P.

#### Population:

**Target Population:** The target population for the present study includes all nursing students.

**Accessible population:** The accessible population for the present study includes III year B.Sc Nursing students studying in Narayana College of Nursing.

**Sample:** III year B.Sc (N) students who fulfills the inclusion criteria

#### Sampling size:

The sample size for the present study was 100 students of III year B.Sc (N) at Narayana College of Nursing, Nellore.

A sample size for the study was 100 participants was calculated by using the yamen’s formula

Yamen’s formula  $n = N/1+N(e^2)$

Where  $n =$  sample size

$N =$  total population = 122(2020 census)

$e =$  desired level of precision = 0.05

$n = N/1+N(e^2) = 122/1+122(0.05)^2 = 122/1.305 = 93+9$  (10% attrition) = 102

By considering the 10% attrition, a sample of 9 was added to the estimated sample of 102 with round figure of 100 requesting in total of 100. So the sample size for this study was 100

The sample size for the present study was 100

#### Sample Technique:

Non probability convenience sampling technique was used to select the samples.

#### Criteria for sampling:



**Inclusion criteria:** The nursing students

- ❖ Who are studying III year B.Sc (N) at Narayana College of Nursing
- ❖ Who are available at the time of data collection
- ❖ Who are willing to participate in the study

**Exclusion Criteria:** The nursing students

- ❖ Who are on leave
- ❖ Who are sick

**Variables:** Variables of the study are research variables and socio demographic variables.

**Research Variables:** The knowledge of III year Bsc(N) students on sitz bath procedure.

**Demographic Variables:** The socio demographic variables such as age, religion, source of information, previous knowledge on sitz bath procedure.

**Description of the tool:**

**Part - I:** Deals with demographic variables such as age, religion, source of information, previous knowledge on sitz bath procedure.

**Part - II:** It consist of 22 structured questionnaires to assess the knowledge on sitz bath procedure among III year B.Sc nursing students.

**Score Interpretation:** Each correct answers, scored as “1” and wrong answers scored as “0” total score was 22. It was to assess the knowledge on sitz bath procedure among IIIrd year B.Sc(N) students.

The obtained score was assigned grades as follows:

| Grade | Percentage | Score |
|-------|------------|-------|
| A+    | 91-100%    | 20-22 |
| A     | 81-90%     | 18-19 |
| B+    | 71-80%     | 16-17 |
| B     | 61-70%     | 14-15 |
| C     | 50-60%     | 12-13 |
| D     | <50%       | <12   |

**Plan for data analysis:** The data was analysed in terms of objectives of the study by using the descriptive and inferential statistics.

**Results and discussion:**

**Table - 1: Frequency and Percentage distribution of III year B.Sc (N) students base on age.**

(N=100)

| Age in year | Frequency (f) | Percentage(%) |
|-------------|---------------|---------------|
| 21-22 years | 82            | 82%           |
| 22-23 years | 9             | 9%            |
| 23-24 years | 7             | 7%            |
| >24 years   | 2             | 2%            |
| Total       | 100           | 100%          |

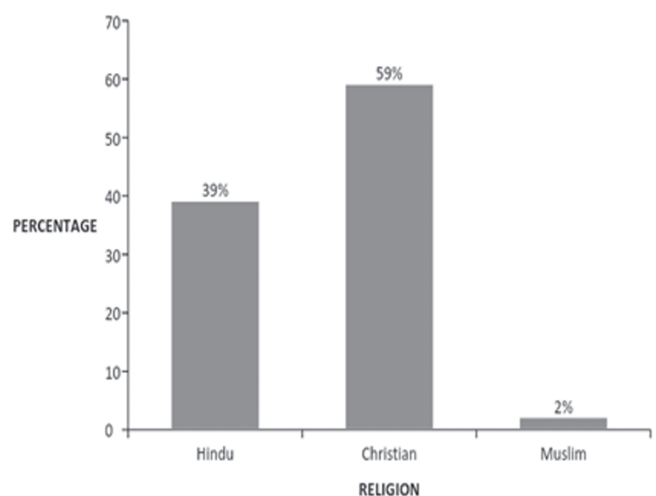
Table 1 shows that among the 3rd year BSc nursing students with regard to age 82(82%) are between 21-22 years and 9(9%) are between 22-23 years 7(7%) are between 23-24 years and 2(2%) are between >24 years

**Table -2: Frequency and Percentage distribution of level of knowledge among IIIrd year B.Sc (N) students based on religion.**

(N=100)

| Religion  | Frequency | Percentage |
|-----------|-----------|------------|
| Hindu     | 39        | 39%        |
| Christian | 59        | 59%        |
| Muslim    | 2         | 2%         |
| Total     | 100       | 100%       |

Table 2 shows that among the III rd year B.Sc Nursing students with regard to religion 39 (39%) are Hindu 59 (59%) are Christian and 2 (2%) are Muslim and 0(0%) others.





**Figure 1: percentage distribution based on religion**

**Table - 3: Frequency and Percentage distribution of IIIrd year B.Sc (N) students based on source of information. (N=100)**

| Source of information | Frequency | Percentage(%) |
|-----------------------|-----------|---------------|
| Book                  | 40        | 40 %          |
| Workshop              | 4         | 4%            |
| Mass media            | 36        | 36%           |
| Journals              | 20        | 20%           |
| Total                 | 100       | 100%          |

Table 3 shows that among the 3rd year B.Sc Nursing students with regard to source of information there 40(40%) received from book 4(4%) received from Workshop 36(36%) received from Mass media and 20(20%) received from Journals.

**Table – 4: Frequency and Percentage distribution of IIIrd year B.Sc.(N) students based on previous knowledge regarding sitz bath. (N=100)**

| Previous knowledge regarding sitz bath | Frequency | Percentage |
|--|-----------|------------|
| Yes                                    | 75        | 75%        |
| No                                     | 25        | 25%        |
| Total                                  | 100       | 100%       |

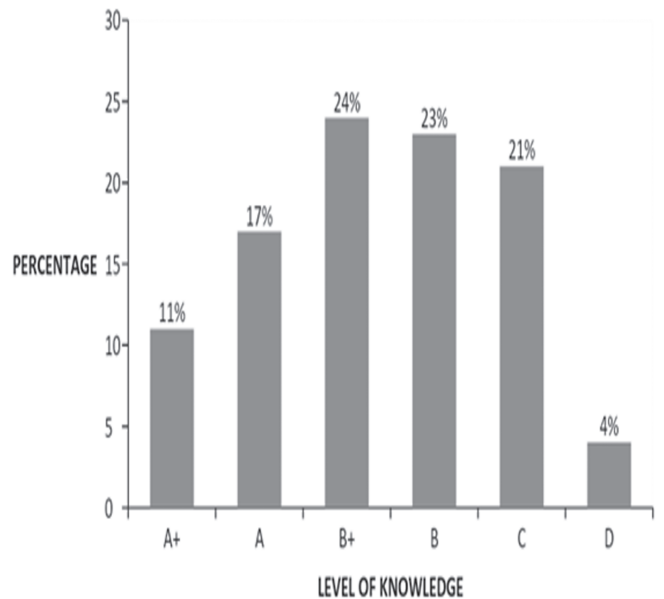
Table 4 shows that among 3rd year B.Sc nursing students with regard previous knowledge regarding sitz bath where 75 (75%) belongs to yes and 25 (25%) belongs to No.

**Table 5: Frequency and percentage distribution on level of knowledge regarding sitz bath procedures among III year B.Sc (N) students. (N=100)**

| Level of knowledge | Frequency | Percentage |
|--------------------|-----------|------------|
| A+                 | 11        | 11%        |
| A                  | 17        | 17%        |
| B+                 | 24        | 24%        |
| B                  | 23        | 23%        |
| C                  | 21        | 21%        |
| D                  | 4         | 4%         |

|       |     |      |
|-------|-----|------|
| Total | 100 | 100% |
|-------|-----|------|

**Table 5** shows that with regard to level of knowledge regarding sitz bath procedure among 3rd year B.Sc Nursing students 11 (11%) have got A+ grade 17 (17%) have got A grade, 24 (24%) got B+ grade, 23 (23%) got B grade, 21 (21%) got C grade, and 4 (4%) got D grade.



**Fig 2: percentage distribution based on level of knowledge regarding sitz bath procedure.**

**Table – 5: Mean and Standard Deviation of level of knowledge on sitz bath procedure among III B.Sc.(N) students (N=100)**

| Category  | Mean  | SD   |
|---|-------|------|
| Assess the level of knowledge on sitz bath procedure among III year B.Sc.(N) students | 15.56 | 3.24 |

**Table - 5** It depends that mean knowledge among III year B.Sc.(N) student is 15.56 with Standard deviation of 3.24.

**Table-6: Association between the level of knowledge on sitz bath procedure among IIIrd year B.Sc (N) students with their selected socio demographic variables.**



| S.No | Socio-Demographic Variables            | A+ |   | A  |    | B+ |    | B  |    | C  |    | D |   | Chi-Square                                    |
|------|--|----|---|----|----|----|----|----|----|----|----|---|---|---|
|      |  | F  | % | F  | %  | F  | %  | F  | %  | F  | %  | F | % |   |
| 1.   | Age                                    | F  | % | F  | %  | F  | %  | F  | %  | F  | %  | F | % | CV=34.69<br>TV=24.9<br>Df=15<br>P=0.05<br>S*  |
|      | 19-20 years                            | 7  | 7 | 14 | 14 | 22 | 22 | 18 | 18 | 19 | 19 | 2 | 2 |   |
|      | 20-21 years                            | 4  | 4 | -  | -  | 2  | 2  | 2  | 2  | -  | -  | 1 | 1 |   |
|      | 21- 22 years                           | -  | - | 3  | 3  | -  | -  | 3  | 3  | 1  | 1  | - | - |   |
|      | Above 22 years                         | -  | - | -  | -  | -  | -  | -  | -  | 1  | 1  | 1 | 1 |   |
| 2.   | Religion                               |    |   |    |    |    |    |    |    |    |    |   |   | CV=6.64<br>TV=18.31<br>Df=10<br>P=0.05; NS    |
|      | Hindu                                  | 6  | 6 | 8  | 8  | 8  | 8  | 11 | 11 | 5  | 5  | 1 | 1 |   |
|      | Christian                              | 5  | 6 | 9  | 9  | 15 | 15 | 11 | 11 | 16 | 16 | 3 | 3 |   |
|      | Muslim                                 | -  | - | -  | -  | 1  | 1  | 1  | 1  | -  | -  | - | - |   |
|      | Others                                 | -  | - | -  | -  | -  | -  | -  | -  | -  | -  | - | - |   |
| 3.   | Source of information                  |    |   |    |    |    |    |    |    |    |    |   |   | CV=18.64<br>TV=24.99<br>Df=15<br>P=0.05<br>NS |
|      | Books                                  | 5  | 5 | 9  | 9  | 9  | 9  | 7  | 7  | 8  | 8  | 2 | 2 |   |
|      | Workshop                               | 0  | 0 | 2  | 2  | 0  | 0  | 2  | 2  | -  | -  | - | - |   |
|      | Mass media                             | 4  | 4 | 4  | 4  | 13 | 13 | 8  | 8  | 5  | 5  | 2 | 2 |   |
|      | Journals                               | 2  | 2 | 2  | 2  | 2  | 2  | 6  | 6  | 8  | 8  | - | - |   |
| 4.   | previous knowledge regarding sitz bath |    |   |    |    |    |    |    |    |    |    |   |   | CV=4.41<br>TV=11.05<br>DF=5<br>P=0.05;NS      |
|      | Yes                                    | 9  | 9 | 11 | 11 | 18 | 18 | 17 | 17 | 18 | 18 | 2 | 2 |   |
|      | No                                     | 2  | 2 | 6  | 6  | 6  | 6  | 6  | 6  | 3  | 3  | 2 | 2 |   |





- Regarding age, the calculate value (CV) is 34.69 and the table value is 24.99. The calculated value is greater than table value. Hence there is a significant association between age and level of knowledge.
- Regarding religion the calculated value is 6.64 and the table value is 18.31. The calculated value is less than table value. Hence there is a no significant association between religion and level of knowledge.
- Regarding source of information the calculated value is 18.64 and the table value is 24.99. The calculated value is less than table value. Hence there is no significant association between source of information and level of knowledge.
- Regarding previous knowledge on sitz bath the calculated value is 4.41 and the table value is 11.05. The calculated value is less than table value. Hence there is no significant association between source of information and level of knowledge.

**Conclusion:** The present study concluded that among 100 III year B.Sc (N) students with regard to assess the knowledge on sitz bath procedure 11(11%) acquired A+ grade knowledge ,17 (17%) acquired A grade knowledge, 24(24%) acquired B+ grade knowledge, 23(23%) acquired B grade knowledge,21(21%) acquired C grade knowledge, and 4(4%) acquired D grade knowledge of knowledge on sitz bath procedure. Hence there is a significant association between the level of knowledge on sitz bath procedure among III year BSc (N) students with

their selected socio demographic variables such as age, religion , source of information, previous knowledge regarding sitz bath. The results indicate that the health professionals need to educate the nursing students on sitz bath procedure . So it is important to create awareness on sitz bath procedure among nursing students.

#### REFERENCES:

1. Wikipedia. Sitz bath. [https://en.m.wikipedia.org/wiki/Sitz\\_bath](https://en.m.wikipedia.org/wiki/Sitz_bath)
2. Rachel Liberto& Markus macGill. What are the benefits of sitzbath;Medical News Today; 8th February 2017. <https://www.medicalnewstoday.com/articles/312033>
3. Binal Joshi. Sitz bath or hip bath. Slide share; <https://www.scribd.com/presentation/508439817/Sitz-Bath-or-Hip-Bath>
4. Nurseslabs. Hot sitz bath nursing interventions & procedure. <https://nurseslabs.com/hot-sitz-bath-nursing-interventions-procedure>
5. PratibhaKhosta. Effect Of Sitz Bath On Episiotomy Wound Healing and Level of pain Among Postnatal Mothers. International journal of Advanced inNursing Management. 2017. January ;5(3):227. DOI:10.5958/2454-2652.2017.00048.8
6. L. Kalaivani. A study to Evaluate the Effectiveness of Sitz Bath on Episiotomy Wound healing among postnatal Mothers in Aravindhan.