**ABSTRACT**

A pre-experimental study was undertaken to assess the “Effectiveness of Lower Back Massage for Pain Relief among Primigravida Mothers during First Stage of labour at Nampally Area Hospital Hyderabad, T.S.” It was conducted by T. Manisha, V. Jyothi, V. Usharani B. Sc Nursing 4thyr 4ydc at government college of Nursing, Hyderabad, in partial fulfillment of the requirement for the degree of B. Sc Nursing, KNR university of Health Sciences, Warangal T.S.

**The objectives of the study were to:**

* Assess the perception of labour pain among the primigravida mothers during first stage of labour.
* Conduct lower back massage to primigravida mothers.
* Assess the effectiveness of lower back massage on perception of labour pain among primigravida mothers during first stage of labour.
* Analyze the association between perception of labour pain among primigravida mothers and selected variables.

The conceptual framework adopted for the study was Imogen King’s Goal Attainment theory. The study was conducted at Nampally area Hospital, Hyderabad. The research approach adopted for the present study was pre-experimental approach. The research design selected was group design. The Purposive

Sampling technique was used to select thirty primigravida mothers. In the present study the investigator collected the data regarding demographic variables by Questioning and level of perception of labour pain by measurement to assess the effectiveness of lower back massage for pain relief among primigravida mothers during the first stage of labour.