



## AWARENESS REGARDING NEWBORN CARE AMONG PRIMIGRAVIDA MOTHERS

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**ABSTRACT**

Care during neonatal period is of immense importance for the proper development and healthy life of a newborn baby<sup>1</sup>. The aim and goal of newborn care is not only to reduce neonatal mortality but more importantly ensure their intact survival. Hence the study was conducted to assess the awareness regarding newborn care among primigravida mothers and to determine the association between awareness regarding newborn care and selected socio personal variables. The study was conducted by using quantitative research approach with descriptive research design. 80 primigravida mothers were selected by convenient sampling technique and data were collected by semi structured awareness questionnaire. The findings revealed that majority (70%) of primigravida mothers having average awareness and 30% of having good awareness regarding newborn care. There was no significant association between awareness score and selected socio-personal variables. The mother's knowledge and the practices play a crucial role in safeguarding health and enhancing the newborns adaptation to the new environment<sup>1</sup>. So it is essential to educate the primigravida mothers regarding different aspects newborn care.

**KEYWORDS** : Knowledge, Primigravidamothrs, Newborn Care

**INTRODUCTION**

Child birth and neonatal period have great emotional effect on families and could be considered as a new experience in life<sup>1</sup>. Neonatal period( first 28 days after birth) which is the stage of creation of physiological adaptation to extra uterine life is a vulnerable period and high rates of neonatal mortality comes from high vulnerability of this period<sup>2</sup>.

Neonatal mortality rate contributes to the major part of infant mortality rate<sup>2</sup>. The current neonatal mortality rate in India is 44/1000 live births, it accounts for nearly two-third of infant mortality and half of under five mortality<sup>2</sup>.

Children are the future of any nation. It is well established that the welfare of a child and his future are totally dependent on the care and attention upon him before and after birth. Care of the children had always traditionally been the forte of mothers irrespective of education, income and social class differences. The important task of motherhood is to fulfill physical, emotional, social, intellectual and moral needs of children.<sup>3</sup>

**Statement of the problem**

A descriptive study on awareness regarding newborn care among primigravida mothers in a selected hospital at Trivandrum

**Methodology**

**Research Approach** -quantitative approach

**Research Design** -descriptive design.

**Variables**

- **Research Variable**
- Awareness of antenatal mother
- **Socio personal Variables**
- age
- education
- occupation
- income
- mode of delivery
- type of family

**Setting** - Sree Gokulam Medical College and Research Foundation, Trivandrum.

**Population** -All primigravida mothers.

**Sampling technique**- Convenient sampling

**Sample** - Primigravida mothers from Sree Gokulam Medical College and Research Foundation, who have fulfilled the inclusion criteria.

**Sample size**

A total of 80 samples were selected for the study.

**Sample Selection Criteria****Inclusion criteria**

Antenatal mothers who are:

- available during the study.
- willing to participate in the study.
- in the gestational weeks of 25 to 40 weeks

**Exclusion criteria**

- Antenatal mother who are not willing to participate in the study.

**Tools and Techniques**

Socio-personal Proforma

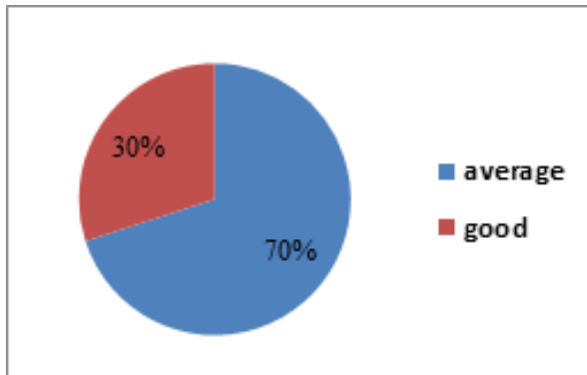
Semi Structured Awareness Questionnaire

**Data collection procedure**

- Formal permission was obtained from institutional ethical committee of the selected hospital. Data were collected over a period of one week. The samples were selected based on sampling criteria and informed consent was obtained from study participants after which a copy of self administered questionnaire were provided to filled in. The questionnaire were collected back by the investigator after being filled.

**Results**

- Majority of antenatal mothers (60%) belongs to the age group 21-25years, majority (65%) has degree level of education, most of them (81%) were unemployed, most (67.5%) of them belong to nuclear family and more than half of the subjects (55%) having <10000 of income.
- Majority of (70%) of primigravida mothers were found to have average awareness and 30% of them have good awareness regarding newborn care.



**Figure 1: Awareness of primigravida mother regarding newborn care**

There was no significant association between awareness of primigravida mothers and selected sociopersonal variables

### Discussion

In the present study, the results showed that 70% of primigravida mothers having average awareness and 30% having good awareness regarding newborn care. This finding is par with details from a study conducted by Sheetal Kadam (2014) which showed that 75% had average, 16% had poor and only 9% had good knowledge<sup>4</sup>.

In the present study majority of antenatal mothers (60%) belongs to the age group 21-25, majority (65%) has degree level of education, most of them (81%) are unemployed, most (67.5) are being in nuclear family, majority (55%) having <10000 of income. From the study conducted by Sheetal Kadam it was found that majority belonged to the age group 21-25yrs (68%), majority mothers (41%) were having primary education, majority mothers (72%) belongs to rural area, majority mothers (88%) belongs to joint family, majority mothers (92%) were house wife, majority mothers (38%) were having monthly income Rs.2000- 4000.

In the present study there was no significant association between awareness of primigravida mothers and selected socio personal variables at 0.05 level of significance. The findings were consistent with findings of the study conducted with Sheetal Kadam. There was no statistically significant association between level of knowledge and demographic variables at 0.05 level of significance<sup>4</sup>.

### Implications

The findings of the present study have implications in the field of nursing education, nursing practice, nursing administration, and nursing research.

### Nursing education

- The nursing curriculum should emphasize on imparting health information to the mothers using different teaching methods.
- The structured teaching program can be utilized by the teachers to teach essential newborn care.

### Nursing practices

- This study will help nurses for disease prevention and health promotion of infants and decrease their mortality and morbidity.
- The result of the study will help the nurses to enlighten their knowledge on importance of health education

### Nursing administration

- Nurse administrator can create policies and plans that will include all nursing staff to be effectively involved in health education program regarding newborn care in their respective hospitals.
- Nurse administrator can educate nurses for various workshops

and health awareness programs in community as well as hospital set up regarding newborn care.

### Nursing research

- Other researchers may utilize the suggestions and recommendations for conducting further study.
- The present study conducted can be a source of review of literature for others who are intended to conduct studies on essential newborn care.

### Conclusion

This study was able to assess the awareness regarding newborn care among primigravida mothers. From the study majority (70%) of primigravida mothers having average awareness regarding newborn care and 30% having good awareness. There was no significant association between awareness of primigravida mothers regarding newborn care and selected socio-personal variables. The findings suggest that an educational program is crucial for primigravida mothers as they are the primary care takers of the newborns.

### Suggestions / Recommendations

- A similar study can be undertaken on large scale.
- A similar study can be conducted in a different setting
- A similar study can be done in postnatal mothers
- A comparative study can be done in primi gravida and multi gravida mothers.
- An experimental study can be done by using STP regarding essential newborn care.
- A study can be conducted regarding factors influencing awareness of antenatal mothers regarding newborn care.

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