



AN EXPERIMENTAL STUDY TO ASSESS EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING ANTENATAL CARE SERVICE AMONG PRIMIGRAVIDA MOTHERS ATTENDING ANTENATAL CLINIC IN SELECTED HOSPITALS OF THE CITY.

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ABSTRACT

Aims: The aim of the present study were to assess the pre-test knowledge regarding antenatal care services among primigravida mothers attending antenatal clinic, to assess the post-test knowledge regarding antenatal care services among primigravida mothers attending antenatal clinic, to evaluate the effectiveness of self-instructional module on knowledge regarding antenatal care services among primigravida mothers attending antenatal clinic, to associate the knowledge score with selected demographic variable. **Material And Methods:** Non probability convenient sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test design. The data collected during the month of November among primigravida mothers in selected hospitals of the city using socio demographic data sheet, structured knowledge questionnaire. **Results:** A total of 60 primigravida mothers participated in this study, in 19-23 years age group n=26, 24-28 years age group n=20 and 29-33 years age group n=14. On final scoring of test in pre-test score 35 were average, 17 were good, 7 were poor, 1 were very good knowledge score. Post test score 40 were very good, 16 were excellent, 2 were good, 2 were poor posttest knowledge score. **Conclusion:** The study finds that the post test mean knowledge score was higher 21.81 with SD of 3.27 when compared with the pre test mean knowledge score value which was 10.80 with SD of 3.46. The calculated 't' value 32.72 is greater than table value 2.00 at 0.05 level of significance. Hence self-instructional module on knowledge of primigravida mothers hospitals regarding antenatal care services was effective.

KEYWORDS : Antenatal care services, primigravida mothers, antenatal clinic, self-instructional module, effectiveness.

INTRODUCTION:

Every women hope for a healthy baby and an uncomplicated pregnancy. However, every day, about 1,500 women and adolescent girls die from problems related to pregnancy and childbirth.¹

In response to long standing demand for the utilization of maternity benefit the Government of India has finally come up with a scheme that promotes the health and nutritional status of pregnant and lactating women and for the infants.¹

BACKGROUND OF THE STUDY:

Antenatal care for pregnant women is one of the important factor in reducing maternal morbidity and mortality. Essential obstetric care intends to provide the basic maternity services to all pregnant women through early registration of pregnancy (within 12-16 weeks), provision of minimum three antenatal check-ups by medical officer to monitor progress of the pregnancy and to detect any risk /complication so that appropriate care including referral could be taken in time, provision of safe delivery in an institution provision of three postnatal check-ups to monitor the postnatal recovery and to detect complications.²

NEED OF THE STUDY

Raja Danasekaran, Pavithra Raja, Karnaboopathy Ranganathan (2015) had conducted cross-sectional study among the mothers in Kovalam area of Kanchipuram district. The study included 284 mothers, of which 35% were illiterates.

Nearly 60.21% have got registered with the Government sector, 59.51% of the mothers had three or more antenatal visits, 64.08% have received two doses of tetanus toxoid, and 73.24% have taken iron and folic acid tablets. This study has reported the fact that antenatal healthcare services were not utilized fully by the community.³

According to the investigator's women don't have knowledge regarding antenatal services. Most of the women leaving in the rural community not exposed to the antenatal care services. The lower socioeconomic status, lower literacy, nuclear families were related to low utilization of antenatal services. These findings may be useful for improving the maternal health practices and thus improve the health status of the women. There is less use of antenatal care services among the women. That's why, there is need to provide the knowledge regarding antenatal care services to women. Self-instructional module is very effective teaching tool to upgrade knowledge.

OBJECTIVE OF THE STUDY

1. To assess the pre-test knowledge regarding antenatal care services among primigravida mothers attending antenatal clinic.
2. To assess the post-test knowledge regarding antenatal care services among primigravida mothers attending antenatal clinic.
3. To evaluate the effectiveness of self-instructional module on knowledge regarding antenatal care services among

primigravida mothers attending antenatal clinic.
 4. To associate the knowledge score with selected demographic variable.

HYPOTHESIS

Will be tested at 0.05 level of significance
 H_0 – There will be no significant difference between pre-test and post-test knowledge score regarding antenatal care services among primigravida mothers attending antenatal clinic.

H_1 – There will be significant difference between pre-test and post-test knowledge score regarding antenatal care services among primigravida mothers attending antenatal clinic.

Ethical Aspects

- Permission was taken from the ethical committee.
- Consent letter was obtained by individual samples after explaining them the research process in their own language.
- Confidentiality regarding the samples information was maintained by using code numbers by the investigator.

CONCEPTUAL FRAMEWORK

The conceptual framework of this study is based upon Imogene King Goal Attainment theory.

METHODOLOGY:

Sampling Criteria:

Inclusive Criteria

The inclusion criteria for this study was-

1. Primigravida mothers.
2. Attending antenatal clinic.
3. Able to read and understand English, Marathi and Hindi.
4. Willing to participate in study.
5. Available at the time of data collection

Exclusive Criteria

In this study the exclusive criteria was, Mothers who are-

1. Multigravida and Postnatal mothers.
2. Mothers who are not willing to participate in study.

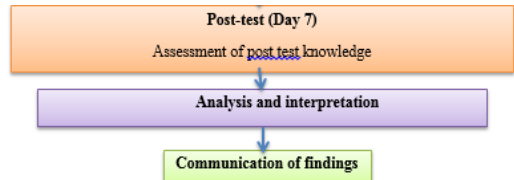
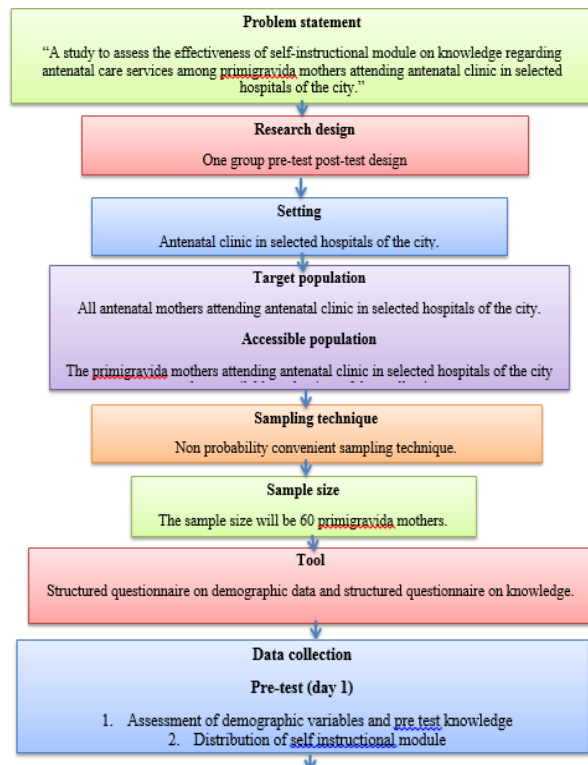


Figure No. –1 Schematic Presentation Of The Study

TOOLS:

Development Of Tool

Based on the objectives of the study, demographic data, structured knowledge questionnaire were prepared to evaluate the knowledge of primigravida mothers regarding antenatal care services (Self Instructional Module).

DESCRIPTION OF TOOLS

Section A – Demographic Variables

The investigator constructed this tool to collect the background data of the study subjects.

It includes total 9 demographic variables such as, age in years, education of mother, occupation, area of residence, religion, education of spouse, type of family, monthly family income in rupees, months of pregnancy.

Section B – Self Structured Knowledge Questionnaire

The questionnaire consisted of 30 questions on knowledge regarding antenatal care services. Total score is 30. Each question carries 1 mark and zero for the wrong answer.

It was further subdivided into knowledge about antenatal care services-

1. Introduction,
2. Definition of antenatal care and antenatal care services
3. Antenatal visit
4. Antenatal diet
5. Antenatal immunization
6. Janani suraksha yojana,
7. Vandematram scheme
8. Pradhan mantri matrutva vandana yojana and
9. Janani shishu surksha yojana.

Knowledge Score

Excellent	25 – 30
Very good	19 – 24
Good	13 – 18
Average	07 – 12
Poor	0-6

RESULT:

Table No. 1: Table Showing Frequency And Percentage Wise Distribution Of Demographic Variables. N=60

DEMOGRAPHIC VARIABLES	FREQUENCY (f)	PERCENTAGE (%)
Age(yrs)		
19-23 yrs	26	43.3
24-28 yrs	20	33.3
29-33 yrs	14	23.3
≥34 yrs	0	0
Education of mother		
Primary	12	20.0
Secondary	24	40.0
Higher Secondary	13	21.7
Graduate	6	10.0
Postgraduate	5	8.3
Any other	0	0
Occupation		
Labour	18	30.0
Self Employed	4	6.7
Service	6	10.0

House maker	32	53.3
Area of residence		
Urban	23	38.3
Rural	27	45.0
Semi Urban	10	16.7
Religion		
Hindu	38	63.3
Muslim	10	16.7
Buddhist	10	16.7
Christian	1	1.7
Others	1	1.7
Education of spouse		
Primary	12	20.0
Secondary	23	38.3
Higher Secondary	17	28.3
Graduate	5	8.3
Postgraduate	3	5.0
Any other	0	0
Type of family		
Nuclear	12	20.0
Joint	41	68.3
Extended	7	11.7
Monthly family income		
≤ 10000 Rs	20	33.3
10001-15000 Rs	29	48.3
15001-20000 Rs	8	13.3
≥ 20001 Rs	3	5.0
Months of pregnancy		
1-3 months	18	30.0
4-6 months	28	46.7
7-9 months	14	23.3

Table no. 2: Table showing comparison of pretest and post test grading score n=60

Level of knowledge score	Score Range	Pretest		Posttest	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Excellent	81-100%(25-30)	0	0	16	26.67
Very Good	61-80%(19-24)	1	1.67	40	66.67
Good	41-60%(13-18)	17	28.33	7	3.33
Average	21-40%(7-12)	35	58.33	0	3.33
Poor	0-20%(0-6)	7	11.67	0	0
Minimum score		3		12	
Maximum score		19		28	
Mean knowledge score		10.80±3.46		21.81±3.27	
Mean % Knowledge Score		36±11.54		73±10.92	

Table No. Iv-4.2: Table Showing Effectiveness Of Self Instructional Module On Knowledge Score Of Pre Test And Post Test Of Primigravida Mothers. N=60

Test	Mean	SD	Mean Difference	Calculated t-value	df	Table value	p-value
Pre Test	10.80	3.46	11.10±2.6	32.72	59	2.00	0.0001
Post Test	21.81	3.27	2				S _p <0.05

Level of significance p<0.05

The study reveals mean pre test knowledge score 10.80 and the mean post test knowledge score was 21.81. The calculated t value 32.72 is greater than tabulated value 2.00 at 0.5 level of significance. Analysis also reveals that there is association of knowledge score with age (in years), education of mother, occupation and monthly family income (in rupees) while none of the other demographic variable were associated with post test knowledge score.

Thus it was concluded that self instructional module on knowledge regarding antenatal care services among primigravida mothers attending antenatal clinic in selected

hospitals of the city was found to be effective as a teaching strategy.

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