



## EFFECTIVENESS OF VIDEOASSISTED TEACHING ON KNOWLEDGE REGARDING MANAGEMENT OF MINOR AILMENTS DURING PREGNANCY AMONG PRIMI MOTHERS

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### ABSTRACT

The primary aim of the study was to evaluate the effectiveness of video assisted teaching regarding management of minor ailments during pregnancy among primi mothers. The research approach adopted for the study was quantitative research approach and the design was pre experimental - one group pretest post test design. The tool used was a structured knowledge questionnaire. Consecutive sampling technique was used to select 60 subjects. Pretest was conducted and video assisted teaching was given for 20min in morning for four consecutive days. Post test conducted on eighth day. The study results showed that, Video assisted teaching was effective in increasing the knowledge of primi mothers regarding management of minor ailments of pregnancy. The study concluded that, there is a significant association between the level of knowledge with selected demographic variables such as age and educational status.

**KEYWORDS :** Evaluate, Minor ailments, Primi mother

### INTRODUCTION

The proud moment in the life of a woman is when she become pregnant. Every pregnancy is a unique experience for the women. Pregnancy is a time of dramatic transitions. During pregnancy there is progressive anatomical, physiological and biochemical changes not only to genital organs but also to all systems of the body.

During pregnancy many minor ailments occur due to anatomical, physiological and biochemical changes. These minor ailments become complicated and affect the health of the mother and fetus if it is not managed properly. Providing information to pregnant woman does not require an equipment or machinery but an efficient midwife educator and the willingness to listen and follow instructions and their awareness makes pregnancy safer to have safe mother and childbirth.

Improving maternal health is one of the 8 Millennium Development Goals adopted by the international community in 2000. A 45 percent reduction in the maternity mortality ratio worldwide since 1990, though most of the reduction occurred since 2000.

The researcher during community and hospital posting have seen many primi mothers with minor ailments of pregnancy who has inadequate knowledge on the management and has gone into complications. So the researcher thought of imparting knowledge to mothers regarding minor ailments of pregnancy and its management through video assisted teaching.

### MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is pre experimental one group pretest and post test design. This study was conducted in the Samayanallur PHC, Madurai. The sample of the study comprises of 60 primi mothers. Consecutive sampling technique is used for the study. Written permission is obtained from the Deputy Director of Health Services, Viswanathapuram and consent is obtained from the primi mothers. The investigator introduced herself to the participants and objectives of the study is explained to them. The structured knowledge questionnaire is distributed to the primi mothers to identify the knowledge on management of minor ailments among primi mothers. Video assisted teaching is given to primi mothers for 4 days for 20 minutes. Post test conducted after a week. The data obtained were analyzed by using descriptive and inferential statistics.

### RESULTS

#### Section 1: A Questionnaire For Demographic Variables

- With regards to age in years, a majority (55%) of primi mothers were in the age group of 21-30 years.
- With regard to education, a majority (48.3%) of primi mothers had completed secondary education.
- With regards to occupation, a majority (81.67%) of primi postnatal mothers were home makers.
- With regards to type of family, a majority (73.3%) of primi belongs to nuclear family.
- With regards to monthly income, a majority (51.7%) of primi mothers had monthly income of 2000- 3000 rupees.
- In regard to religion, a majority (91.7%) of primi mothers were Hindu.
- With regard to living area, a majority (81.7%) of primi mothers were living in rural area.
- With regard to body weight, a majority (65%) of primi mothers had 41-50kg
- With regard to food habits all (100%) primi mothers were non vegetarian.

#### Section: 2 Knowledge On Management Of Minor Ailments During Pregnancy Among Primi Mothers

- Knowledge on management of minor ailments during pregnancy shows that, a majority (96.7%) of the samples had inadequate knowledge.

#### Section:3 Effectiveness Of Videoassisted Teaching On Management Of Minor Ailments During Pregnancy Among Primi Mothers

- Effectiveness of Video assisted teaching shows that, a majority (66.7%) of the samples gained adequate knowledge and 33.3% gained moderate knowledge.

#### Section 4: Association Between The Knowledge On Management Of Minor Ailments Of Pregnancy Among Primi Mothers And Their Selected Demographic Variables.

- In the present study with regard to age the calculated  $\chi^2$  value 12.58  $p < 0.002$  which showed that there was a significant association between age and post test level of knowledge. With regard to the educational status, the calculated  $\chi^2$  29.71  $p < 0.000$  which showed that there was a significant association between educational status and post test level of knowledge.

### DISCUSSION

Percentage distribution was used to determine the distribution of samples according to the demographic variables. The association between the level of knowledge on management of minor ailments of pregnancy among primi mothers and their selected demographic variables was analyzed by using chi-square test. It reveals that there is an association between the knowledge on management of minor ailments of pregnancy among primi mothers and their selected

demographic variables such as age and education.

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