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Original Research Paper

Nursing

EFFECTIVENESS OF PLANNED HEALTH TEACHING ON KNOWLEDGE REGARDING ANTENATAL DIET AMONG ANTENATAL WOMEN ATTENDING ANTENATAL OPD AT SELECTED HOSPITAL IN NASHIK CITY.

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ABSTRACT

Background: During pregnancy the body goes through numerous physical and hormonal changes. The way to nourish the body during this time will affect the health of the women and also baby. So, the antenatal women must eat a healthful balance diet to ensure the health throughout the pregnancy. **Material and Methods:** A Quasi Experimental one group pretest post-test research design was used. Sample size is 60. **Result:** Descriptive and inferential statistics used. There were 70% antenatal women having poor knowledge score in pretest ,28% antenatal women having average knowledge regarding antenatal diet, only 2% women having good knowledge about antenatal diet. & no one having complete knowledge regarding antenatal diet. the p- value was 2.00 (large than 0.05), the alternative hypothesis H1 is accepted and null hypothesis rejected **Conclusion:** So there is significant effect of planned health teaching on knowledge regarding antenatal diet.

KEYWORDS :

I. INTRODUCTION

A healthy balanced diet is recommended throughout the life and pregnancy is no exception. Not only the antenatal women eating to provide themselves with essential nutrients, but also for their growing baby too.[1] To get a healthy balanced diet, the general advice is that Antenatal women should be eating are Plenty of starchy foods, such as rice, potatoes, pasta and bread, particularly wholegrain varieties, five different portions of fruit and vegetables each day. When women get pregnant, she need to ensure growing baby gets a good supply of all the essential nutrients, vitamins and minerals. As part of a balanced and healthy diet, make sure you eat plenty of foods rich in iron, folic acid and calcium, as all are crucial for antenatal women and fetus.[3]

II. MATERIAL AND METHODS

A Quasi Experimental Study was conducted by Ms. Shital Mahire assistant professor, regarding antenatal diet in Nashik city on 60 samples.

Study Design: Quasi Experimental one group pretest post-test research design
Sampling Technique: non-probability convenient sampling technique
Sample Size: 60 samples were selected.
Method of Data Collection: structured questionnaire was used to assess the knowledge of samples.
Method of Analysis : Descriptive and inferential statistics was used to analyze the data.

HYPOTHESIS

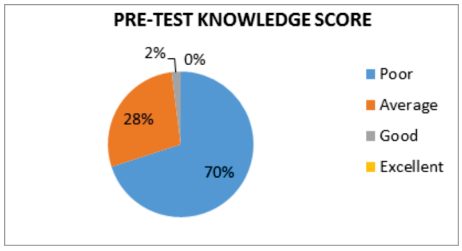
H_0: There will be no significant difference between the pre-test and post-test knowledge score among antenatal women regarding antenatal diet.
H_1: There will be significant difference between the pre-test and post-test knowledge score among antenatal women regarding antenatal diet.
H_2: There will be significant association of the pretest and post test knowledge score with demographic variables.
H_3: There will be no significant association of the pretest and post knowledge score with demographic variables.

III. RESULT:

The knowledge score divided in to four categories i.e poor, good, average & excellent.

There were 70% antenatal women having poor knowledge score in pre test ,28% antenatal women having average knowledge regarding antenatal diet ,only 2% women having good knowledge about antenatal diet. & no one having complete knowledge regarding antenatal diet.

The pretest score was 533(52.23%). %). After administration of planned health teaching the post test score was 1139(79.08%). This shows that there is gain in knowledge.

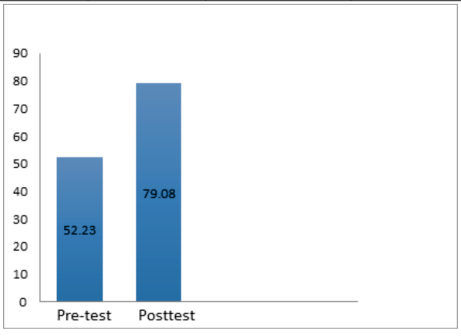


Most of the samples were in the antenatal diet group 30% of the antenatal women were from age group 18-21 years , 45% of them were from age group 22-25 years , 23.3% of them were from age group 26-29 years and 1.6% of them were from age group 30 years.

In antenatal diet group 38.3% of the antenatal women were from thin body build, 55% of the antenatal women were from medium body build& 6.6% of the antenatal women were from obese body build.

In antenatal diet group 56.6% of antenatal women were prim gravida and 43.3% of them were multigravida.

Participant	Pretest score	Post test score	Difference in paired observation	d - d^{-}	$\sum(d - d^{-})2$	SD	t value	Df	p - value
1	10	24	14	5	5776	9.89	7.086	59	2
2	14	21	7	-2					
3	5	18	13	4					
4	3	24	21	12		SE			
5	5	23	18	9					
6	7	23	16	7		1.27			
7	4	24	20	11					
8	8	16	8	-1					
9	6	22	16	7					
10	7	23	16	7					
11	10	19	9	0					
12	13	20	7	-2					
13	7	15	8	-1					
14	15	21	6	-3					
15	10	15	5	-4					
16	11	16	5	-4					
17	12	20	8	-1					
18	10	17	7	-2					
19	10	16	6	-3					
20	12	18	6	-3					
21	13	17	4	-5					
22	5	22	17	8					
23	8	23	15	6					
24	6	21	15	6					
25	7	15	8	-1					
26	6	22	16	7					
27	9	16	7	-2					
28	5	14	9	0					
29	3	23	20	11					
30	6	15	9	0					



IV CONCLUSION

As the mean value and SD for 60 samples was 9.89. t value was 7.086. Df for 60 samples was 59. Since the p- value was 2.00 (large than 0.05), the alternative hypothesis H_1 is accepted and null hypothesis rejected. So, there was significant difference in pre-test and post-test knowledge score among antenatal women regarding antenatal diet attending antenatal OPD