



Knowledge of Primigravida Mothers Regarding Postnatal Exercise

KEYWORDS

Assess, Effectiveness, Structured Teaching Programme (STP)

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ABSTRACT *Background: Study was aimed to assess the existing knowledge of Primigravida Mothers regarding Postnatal Exercise. Postnatal is the period beginning immediately after the birth of a child and extending for about six weeks. Most women are eager to get to some abdominal exercises to firm up their now-stretched-out mid-dles. Exercise can make a huge difference to recovery after mother have her baby – even if they are feeling exhausted from baby care. It'll boost mother self-esteem and confidence by getting back in shape, give a shot of much-needed energy and help fight the baby blues and postnatal depression by combating any stress and anxiety mother may be feeling. Objective: To assess the knowledge of mothers regarding postnatal exercise before and after administration of structured teaching programme. Material & Methods: 50 postnatal mothers admitted in postnatal ward of Krishna hospital Karad was selected through Purposive sampling technique, structured questionnaire was prepared for assess the effect of structured teaching program in mothers regarding postnatal exercise. Results: maximum number of mothers belongs to the age of 23 to 27 Yrs i.e.50%. Majority of samples 76% were from Hindu religion. Maximum mothers are educated up to HSC level i.e. 62%. 76% mothers were from join family.90% mothers were have the age of 25 to 30 yrs at the marriage. 70% mothers get knowledge from family members. 68% of the mothers are thinking that PNC exercise is necessary. Conclusion: in pretest no one having Good knowledge after administration of STP after seven days in post test (78%) of the subject are having average knowledge, 4% subject having Good knowledge so STP increases knowledge of mothers so there is need to provide such practices during postnatal period.*

Introduction:

“GOD COULD NOT BE EVERY WHERE AND THERE FOR HE MADE MOTHER”(Jewish proverb)

The antenatal period is a time of physical preparation of birth and parenthood. As the body develops in the womb, the increasing load in the abdomen creates tension in the muscles of the back and waist. Antenatal exercise prevent the over stretching of muscles (abdominal and pelvic muscles) and strengthen them for preparation on labor and support for loosened joints, and decreased muscles tension that promotes relaxation. And also decreased risk of developing gestational diabetes and pregnancy induced hypertension (high blood pressure). Side by side improved self image and body awareness, circulation, posture and weight control etc .1The pregnant women should be given advice about exercise and physical fitness. During the first prenatal visit, they should be asked about daily routines, recreational and work related exercise, and plans for changes during pregnancy. The level of exercise to be continued, or started, during pregnancy will depend on the general fitness of the mother and her level of exercise period to pregnancy. The primary aim of these exercises is to achieve healthy mother and a healthy baby at the end of a pregnancy .2Review of

literatures:A study was conducted, to evaluate the efficacy of a home based exercise intervention in reducing physical and mental fatigue scores in post partum depressed women. Eighty eight women in the post partum were randomly assigned to a 12 week individualized home based intervention (n=46) or a control group (n=42) . The investigator concluded that fatigue is a common symptom experienced in the postpartum that can be heightened by depression. The finding show that home based exercise can reduce physical and mental fatigue in postpartum depressed women ³ A study was conducted, to describe the teaching and practicing of pelvic floor muscle exercise before and after delivery. Prospective multicenter cohort studies are used. Primiparous women (n= 759) with term singleton delivery were interviewed 6 months after delivery. The investigator concluded that results reveal tremendous potential for the improvement of PFME education and targeting at risk women in the peripartum period ⁴ A study was conducted by Latha M. during 1999 to assess the effectiveness of structured teaching programme on postnatal exercise of mother in postnatal ward of selected maternity center in Madras. Quasi experimental designs was used to select 40 postnatal mothers are sampled. A structured interview schedule was used to assess the practice of the mother regarding postnatal exercise

.An observation checklist was used to assess the practice of mother regarding postnatal exercise. They had given a pretest and post test. The investigator concluded that there were significant difference in part of knowledge score of the experimental group and there was a positive co-relation between knowledge and practice .⁵

Problem statement :

“ To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Postnatal Exercise Among Primigravida Mothers Admitted In Postnatal Wards In Krishna Hospital Karad.”

Objectives of study:

1.To assess the knowledge of mothers regarding postnatal exercise before and after administration of structured teaching programme.2.To co-relate the pretest knowledge score and posttest knowledge score to evaluate the effectiveness of structured teaching programme. 3. To find association between demographic variables & knowledge score.

3.Materials and Methods:

An evaluative research approach was used, one group pre test & post test design, sample of 50 PNC Primigravida Mothers admitted in Krishna Hospital Karad at PNC Wards, by using structured knowledge questionnaire, Purposive sampling technique is used to select the sample. After pretest administered STP then after 7 days post test done.

4.Results:

Table 1- Demographic description of the samples by frequency and percentage N= 50

SR NO.	VARIABLES	FREQUENCY	PERCENTAGE
1	AGE		
	18 to 22 Yrs	13	26%
	23 to 27 Yrs	25	50%
	28 to 32 Yrs	8	16%
2	RELIGION		
	Hindu	38	76%
	Muslim	5	10%
	Christian	5	10%
3	EDUCATION		
	Illiterate	0	0%
	Prim school	12	24%
	HSC	31	62%
4	OCCUPATION		
	House wife	45	90%
	Worker	1	2%
	Service	4	8%
5	TYPE OF FAMILY		
	Nuclear	10	20%
	Joint	38	76%
	Extended	2	4%
6	AGE at marriage		
	Less than 20	3	6%
	21 to 25 Yrs	45	90%
	25 to 30 Yrs	2	4%
7	INFORMATION SOURCE		
	Health workers	10	20%
	Family members	35	70%
	Mass media	5	10%
	Magazines	0	0%

8	Mothers opinion regarding Importance PNC exercise		
	Yes	34	68%
	No	16	32%

Table: 2 indicates frequency and percentage distribution of pre test level of knowledge on postnatal exercise

Pre test Knowledge score on postnatal exercise	Good		Average		Poor	
	F	%	F	%	F	%
	0	0	35	70	15	30

Data in table 2 indicates that Out of 50 samples of post natal mothers in order to assess the pre test level knowledge on post natal exercise 15 (30%) are having poor knowledge, 35 (70%) of the subject are having average knowledge, no one subject having Good knowledge .

Table:3 frequency and percentage distribution of post test level of knowledge on postnatal exercise N= 50

post test score on postnatal exercise	Good		Average		Poor	
	F	%	F	%	F	%
	2	4	39	78	9	18

Data in table 3 indicates that Out of 50 samples of post natal mothers in order to assess the pre test level knowledge on post natal exercise 9 (18%) are having poor knowledge, 39 (78%) of the subject are having average knowledge, 2 (4%) subject having Good knowledge

Table No: 4 Association between pre test knowledge score and socio demographic variables. PRE TEST

Sr no.	Vari-ables	Good	Average	Poor	P-Value	Inference
1	Age				0.0339	S
	18 to 22 yr	0	9	4		
	22 to 27 yr	0	17	8		
	28 to 32 yr	0	6	2		
2	Religion				0.3118	NS
	Hindu	0	27	11		
	Muslim	0	4	1		
	Christian	0	2	3		
3	Education				0.1855	NS
	Illiterate	0	0	0		
	Prim school	0	6	6		
	HSC	0	23	8		
	Graduation	0	6	1		

4	Occupation			0.4439	NS	
	Housewife	0	30			15
	Worker	0	1			0
	Service	0	4			0
5	Type of family			0.3266	NS	
	Nuclear	0	6			4
	Joint	0	28			10
6	Mothers age at marriage			0.4539	NS	
	Less than 20 yr	0	2			1
	21 to 25 yr	0	31			14
	26 to 30 yr	0	2			0
7	Information source			0.2230	NS	
	Health worker	0	9			1
	Family member	0	21			13
	Mass media	0	4			1
8	Mothers opinion regarding PNC Exercise			0.2282	NS	
	Yes	0	27			4
	No	0	8			8

4	Occupation			0.4229	NS	
	Housewife	1				
	Worker	0				0
	Service	1				0
5	Type of family			0.2949	NS	
	Nuclear	1				3
	Joint	1				6
6	Mothers age at marriage			0.4222	NS	
	Less than 20 yr	1				0
	21 to 25 yr	1				9
	26 to 30 yr	0				0
7	Information source			0.1776	NS	
	Health worker	1				0
	Family member	1				9
	Mass media	0				0
8	Mothers opinion regarding PNC Exercise			0.1447	NS	
	Yes	2				4
	No	0				5

Table no: 5 Association between post test knowledge core and socio demographic variables.
POST TEST

Sr no.	Variables	Good	Average	Poor	P-Value	Inference
1	Age			0.0350	S	
	18 to 22 yr	1				2
	22 to 27 yr	0				5
	28 to 32 yr	1				2
	33 to 37 yr	0				0
2	Religion			0.2964	NS	
	Hindu	2				5
	Muslim	0				1
	Christian	0				3
3	Education			0.1714	NS	
	Illiterate	0				0
	Prim school	0				5
	HSC	1				4
	Graduation	1		0		

Discussion:

In the present study the Standard deviation in pre test knowledge was 2.381. similar findings found in the study conducted on effectiveness of planned teaching program on knowledge regarding postnatal exercise among postnatal mothers admitted in selected hospitals of Vadodara by Ms. Shelin Christie conducted in sumandeeep vidyapeeth, India in 2014 where found the standard deviation in pre testis 2.869. Another study: conducted by Faiza A.N7 on Women's perception and experiences regarding post partum exercise in Khartoum University Hospitals -Khartoum Locality -2015 Sudan. Majority of Women 91% in Post partum period experience and practices traditional methods used Warm drink to relief pain and comfortable 70% used Warm perineum care with warm water mixed by certain herbal twice a day for comfortable and prevention of infection for relaxation, prevention of infection and comfortable practices by 24%of the participants. There was no significant association between post partum exercise and socio-demographic and obstetric factors Conclusion: Women had more knowledge than practices regarding postpartum exercises and majority experience and practices traditional methods as means of PPE.

Recommendations:

1. This education should also be given at the time of an tenatal period so mother can be learn more with inter est.
2. The health professional could arrange weekly education al programme for pre and postnatal mother.
3. Exercise Practices should be observed after delivery.

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