



Gynecology

EFFECTIVENESS OF A STRUCTURED TEACHING PROGRAMME ON ANXIETY & KNOWLEDGE REGARDING SELF MANAGEMENT OF MINOR DISORDERS OF PREGNANCY AMONG PRIMIGRAVIDAE MOTHERS ATTENDING ANTENATAL CLINIC IN KINAYE PRIMARY HEALTH CENTRE, BELGAUM KARNATAKA.

Jessey Joykumar Jacob*

Lecturer, College of Nursing, Wanless Hospital Miraj, Maharashtra, India.

*Corresponding Author

Sudha A Raddi

Principal, KLES Institute of Nursing Sciences, KLE University, Belgaum, Karnataka, India.

Sangeeta N Kharde

Head of Department of Obstetrics and Gynaecological Nursing, KLES Institute of Nursing Sciences, KLE University, Belgaum, Karnataka, India.

ABSTRACT

OBJECTIVES: To determine the level of anxiety among primigravidae with Zung's self rating anxiety scale, assess the knowledge of self management of minor disorders of pregnancy among primigravidae, evaluate the effectiveness of STP on reducing the anxiety and gain in knowledge regarding self management of minor disorders of pregnancy among primigravidae, find out an association between pre test knowledge scores and demographic variables among primigravidae.

METHODS: The research approach used for the study was evaluative approach using pre- test post- test design on 50 primigravidae mothers attending antenatal clinic in Kinaye Primary Health Centre, Belgaum Karnataka using purposive sampling technique. Data was collected using a structured knowledge questionnaires and Standardized Zung self rating scale. The data was tabulated and analyzed in terms of objectives of the study using descriptive and inferential statistics.

RESULTS: The result showed that structured teaching programme was effective method to gain knowledge and to reduce anxiety about self management of minor disorders of pregnancy.

CONCLUSION: Minor disorders are common during pregnancy may cause complications if neglected or may worsen in severity if untreated. So it was felt that structured teaching programme would be useful in imparting the knowledge about self management of minor disorders of pregnancy among antenatal mothers and will help the mothers to continue their pregnancy more comfortably & securely.

KEYWORDS : Minor disorders of pregnancy, self management, primigravidae, structured teaching programme, anxiety and knowledge.

INTRODUCTION

Woman is a master piece of God as it gives her a great place in the world to become a mother¹. Pregnancy brings worry. Though pregnancy is a very exciting time, at some time many women will suffer from one or more of what is commonly known as the minor disorders of pregnancy,² but often the minor disorders associated with pregnancy can cause discomfort. Minor disorders are common during pregnancy and home remedies should be considered as the first line of treatment. However, medication may be required to ensure the well-being of the mother and prevent secondary adverse effects to the fetus.³ The cost of educating about management of minor disorders is minimal, and the results are great. It enhances the mother to progress her health status by giving health education on management of minor disorders and it is within the scope of nursing practice. So it is mandatory for the mother to gain the knowledge so she can equip herself to cope with the experience of pregnancy and also gain specific knowledge, when she is suffering with minor disorders of pregnancy.⁴

METHODS

The researcher used evaluative approach using pre- test post- test design. The study was conducted on 50 primigravidae mothers attending antenatal clinic in Kinaye Primary Health Centre, Belgaum Karnataka using purposive sampling technique. The data was collected from 20/01/2012 to 16/02/2012 after obtaining permission from Primary Health Centre. Pre- test was conducted using zung self rating anxiety scale and structured knowledge questionnaire for 45 minutes to assess the anxiety and knowledge about self management of minor disorders of pregnancy. Structured teaching programme was administered after pretest on self management of minor disorders of pregnancy. Post test was conducted after 7 days of pre-test.

RESULTS

The data on sample characteristics revealed that majority of primigravidae 32 (64%) belonged to the age group of 21-30 years and minimum 3 (6%) belonged to the age 30 and above. Maximum number of primigravidae had 18 (36%) had secondary education and minimum number of primigravidae 3 (6%) were degree holders. Majority of primigravidae 32 (64%) were house wives and minimum 4 (8%) were government employees. Majority of primigravidae 26 (52%) had monthly income of Rs. 1001-5000 and minimum 3 (6%) had above Rs. 10,000 monthly income. Maximum number of primigravidae 34

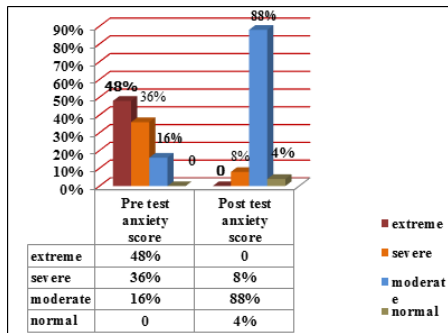
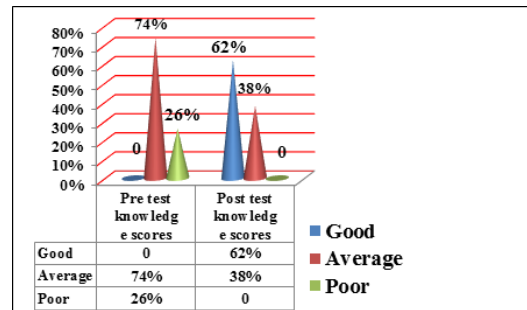
(68%) belonged to joint family and 16 (32%) were from nuclear family. Most of primigravidae 31 (62%) consumed vegetarian diet and 19 (38%) consumed mixed diet. Majority of primigravidae 38 (76%) were not taking any therapeutic medications for minor disorders of pregnancy and 12 (24%) were taking therapeutic medications.

Data analysis on level of anxiety revealed that in pretest majority of primigravidae 24 (48%) had extreme anxiety, 18 (36%) had severe anxiety and 8 (16%) had moderate anxiety scores whereas in post test majority of the primigravidae 44 (88%) had moderate anxiety, 4 (8%) had severe anxiety and 2 (4%) had normal anxiety scores.

Data analysis on level of Knowledge revealed that in pre-test majority of the primigravidae 37 (74%) had average knowledge and 13 (26%) had poor knowledge whereas; in post test 31 (62%) of primigravidae had good knowledge and 19 (38%) had average knowledge.

Data analysis on effectiveness of structured teaching programme on self management of the minor disorders of pregnancy revealed, the pre test and post test data analysis revealed the mean post test anxiety scores (53.18 ± 4.37) was less than the pre test anxiety scores (70.78 ± 1). The mean post test knowledge scores (21.58 ± 4.37) was higher than the mean pre test knowledge scores (11.0 ± 3.28). Paired 't' test results showed significant gain in knowledge ($p < 0.01$). Statistical analysis using chi- square to find association between the pre test anxiety of primigravidae and demographic variables revealed that the variables age, occupational status, monthly income, type of family, type of diet are independent of each other. The demographic variable educational status with computed χ^2 values 13.09 at df 6 shows an association with pre test knowledge scores at 0.05 level of significance. The demographic variable any therapeutic medications for minor disorders of pregnancy with computed χ^2 values 9.05 at df 1 shows an association with pre test anxiety scores at 0.05 level of significance.

Statistical analysis using chi- square to find association between the pre test knowledge of primigravidae and demographic variables reveals that the age, educational status, occupational status, monthly income, type of family, type of diet and any therapeutic medication for minor disorders of pregnancy with pre test knowledge scores of primigravidae are independent of each other.

Graph 1: Cylindrical graph showing percentage distribution of primigravidae according to pre test and post test anxiety scores.**Graph 2: Cone graph showing percentage distribution of primigravidae according to pre test and post test knowledge scores.****Table no 8: Association between the existing pre-test anxiety score of primigravidae and demographic variables. n=50**

S N	Demographic Variable	Normal	Moderate	Severe	Extreme	Cal. Value	Tab. Value	df
1.	Age							
	Y Below 20yrs	0	2	4	9	2.85	9.488 (NS)	4
	Y 21-30yrs	0	6	14	12			
	Y Above 30yrs	0	0	1	2			
2.	Educational status:							
	Y Primary	0	13	3	13	13.09	12.592 (S)	6
	Y Secondary	0	7	9	7			
	Y Higher secondary	0	2	6	2			
	Y Graduation & above	0	1	1	1			
3.	Occupational status:							
	Y House wife	0	6	10	16	2.58	9.82 (NS)	4
	Y Daily wages	0	1	7	6			
	Y Government	0	1	1	1			
4.	Monthly income of family:							
	Y Below 1000	0	2	1	2	9.82	12.592 (NS)	6
	Y 1001-5000	0	3	8	15			
	Y 5001-10,000	0	2	10	4			
	Y Above 10,000	0	1	0	2			
5.	Type of family:							
	Y Nuclear	0	0	6	10	5.13	5.991 (NS)	2
	Y Joint	0	8	13	13			
6.	Type of diet:							
	Y Vegetarian	0	5	12	14	0.02	5.991 (NS)	2
	Y Mixed	0	3	7	9			
7.	Any therapeutic medications for minor disorders:							
	Y No	0	4	14	20	9.05	5.999 (S)	2
	Y Yes	0	4	6	2			

primi gravidae and demographic variables. n=50

S.N	Demographic Variable	Good	Average	Poor	Cal.Value	Tab.Value	df
1.	Age:						
	Y Below 20yrs	0	9	6	2.44	5.99 (NS)	2
	Y 21-30yrs	0	26	6			
	Y Above 30yrs	0	2	1			
2.	Educational status:						
	Y Primary	0	11	6	1.904	7.815 (NS)	3
	Y Secondary	0	14	4			
	Y Higher secondary	0	9	3			
	Y Graduation & above	0	3	0			
3.	Occupational status:						
	Y House wife	0	22	10	1.42	5.991 (NS)	2
	Y Daily wages	0	12	2			
	Y Government	0	3	1			
4.	Monthly income of family income						
	Y Below 1000	0	5	0	2.02	7.815 (NS)	3
	Y 1001-5000	0	19	7			
	Y 5001-10,000	0	11	5			
	Y Above 10,000	0	2	1			

5.	Type of family:						
	Y Nuclear	0	13	3	0.72	3.841 (NS)	1
	Y Joint	0	24	10			
6.	Type of diet:						
	Y Vegetarian	0	21	10	1.64	3.841 (NS)	1
	Y Mixed	0	16	3			
7.	Any therapeutic medications for minor disorders:						
	Y No	0	27	11	0.7	3.841 (NS)	1
	Y Yes	0	10	2			

DISCUSSION

The study finding showed that in pretest majority of primigravidae mothers 24 (48%) had extreme anxiety, 18 (36%) had severe anxiety and 8 (16%) had moderate anxiety scores; whereas in post test majority of the primigravidae 44 (88%) had moderate anxiety, 4 (8%) had severe anxiety and 2 (4%) had normal anxiety scores. Similar findings were seen in a study conducted by Gayathri K. V.¹⁰ The results showed that majority of primigravidae in experimental group showed that 29(97%) had extreme anxiety and 1(3%) had marked to severe anxiety. In control group the findings showed that 30(100%) had extreme anxiety. The study finding showed that in pre-test majority of the primigravidae 37 (74%) had average knowledge and 13(26%) had poor knowledge whereas; in post test 31 (62%) of primigravidae had good knowledge and 19(38%) had average knowledge. Similar findings were found on knowledge of minor disorders of pregnancy conducted by Sreelekha. The result of the study showed that out of 40 antenatal mothers in pretest 90% had average knowledge, 10% had average knowledge. In post test 1/5th of sample had high knowledge, 2% followed by 50% had average knowledge. Only 30% of mothers didn't have any improvement. Anxiety and knowledge about minor disorders of pregnancy and its self management was assessed and the analysis for association, between pretest and post test existing anxiety level was done, using Chi-square test. There was no association between the variables age, occupational status, monthly income, type of family, type of diet in relation with pre test anxiety scores of primigravidae whereas variable educational status and therapeutic medications for minor disorders of pregnancy showed an association between the existing anxiety levels. No similar studies were found to support or contradict the findings of the study.

RECOMMENDATIONS

Randomized control trial can be carried out to evaluate the effectiveness of the structured teaching programme to assess the anxiety and knowledge about self management of minor disorders of pregnancy. A comparative study can be done on anxiety and knowledge of self management of minor disorders of pregnancy among primigravidae residing in rural and urban settings.

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