



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON THE LEVEL OF KNOWLEDGE REGARDING PREVENTION OF ABORTION AMONG FIRST-TRIMESTER PREGNANT MOTHER AT SELECTED MATERNITY HOSPITALS

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ABSTRACT

Introduction: Pregnancy is wonderful and very joyful news in most of the women's life. Becoming pregnant and giving birth to a baby is a wonderful movement and feeling of satisfaction and accomplishment in her life. The whole family looks forward to welcoming the baby. But any interruption in achieving this goal makes women's life very much annoying, frustrating and feeling of incompleteness. Therefore abortion is one of painful events in women in achieving her goal in continuing pregnancy.

Background: Abortion is the termination of pregnancy either spontaneously or intentionally. Abortion is expulsion or extraction of the fetus before 28th week of pregnancy. The incidence of clinically evident abortions ranges from 10 to 15 % of all pregnancies. In most of the spontaneous abortions silent miscarriages occur without the women noticing it. In general the incidence varies from 10-15 percent. Approximately 80% of the abortion occurs in first 12 weeks of pregnancy, and of this 75% occur before 8th weeks of pregnancies.¹

Material and Method: Pre- Experimental research design- one group Pre test and post test design only was used, 40 first trimester pregnant mother were selected from selected maternity hospital from Wardha district.

Result: Studies shows the first trimester pregnant mother in India face constraints not only in obtaining health services but also in expressing reproductive health needs. Many programmes in India are focused on reproductive and child health. Lack of awareness, cultural barriers and economic factors prevent them from seeking timely care. Because of that reason health personnel working in hospital and different community area need to give up and impart proper and adequate education on prevention of abortion.

Conclusion: The study concluded that structure teaching programme is very effective.

KEYWORDS : Abortion, structure teaching programme, first trimester, pregnant mother, prevention.

INTRODUCTION:

With the advent of new millennium, urban adolescents are finding new forms of enjoyment. Even youth of low profile colleges, do have sex but are afraid to admit it and this situation is much more worse than in high profile areas. Youth are treating premarital sexual relation as the westernised way of life and covering it up in the envelop of modern way of living and leaning behind the tradition findings, makes the situation more disastrous, far more than that could ever be thought of youngsters. In some cases due to less sexual knowledge, youth try to experiment with it in their life. Their excitement is further egged on by vast mass media exposure. Discarding the strong base of culture and tradition, adolescents with their unsafe sexual practice place themselves at higher risk of abortion and contracting health hazards¹.

Background and need for study:

Abortion is the termination of pregnancy either spontaneously or intentionally. Abortion is expulsion or extraction of the fetus before 28th week of pregnancy. The incidence of clinically evident abortions ranges from 10 to 15 % of all pregnancies. In most of the spontaneous abortions silent miscarriages occur without the women noticing it. In general the incidence varies from 10-15 percent. Approximately 80% of the abortion occurs in first 12 weeks of pregnancy, and of this 75% occur before 8th weeks of pregnancies.¹

The etiology of spontaneous abortion is often complex and obscure. The potential causes are genetic factors, endocrine and metabolic factors, anatomic factors, infection, immunological, others. Abortion can be classified into spontaneous, and induced. Spontaneous abortion may be threatened, inevitable, complete, incomplete, missed, and septic. Induced abortion may be legal or illegal.

The mechanism of abortion in early weeks, death of the ovum occurs first, followed by its expulsion. In the later weeks, maternal environmental factors are involved leading to expulsion of the fetus which may have signs of life but is too small to survive.

Abortion is one of the important cause of maternal morbidity and mortality. It may cause complication like severe haemorrhage, shock, sepsis, uterine perforation, cervical injury, severe anemia, severe infection, renal failure. In late sequelave infertility, ectopic gestation, increased risk of spontaneous abortion and reduced birth weight.²

Health education play very crucial role especially in preventing complications occurring as a result of abortion. By making women reporting to early maternal health services we can decrease the risk of maternal morbidity and mortality. Therefore prevention of abortion is

one of the most impairment aspects of women's life. Most of abortions occur in first trimester. Health education may play important role in preventing such abortions, by creating awareness regarding the avoidable and treatable causes of abortions like infection, endocrinal causes, trauma, drugs, toxic agents and environmental factors also can be prevented.

Objectives of the study

1. To assess the level of knowledge regarding prevention of abortions of first trimester mothers.
2. To determine the effectiveness of health education regarding importance of first trimester mothers for prevention of abortion by post-test.
3. To find out relationship between level of knowledge and selected Socio-Demographic variables.

Assumptions:

1. The first trimester mother will not have adequate knowledge regarding prevention of abortion.
2. Health education will help mothers to prevent abortion.

HYPOTHESIS:-

H₁-There is significant difference between mean pre-test and post-test knowledge scores regarding prevention of abortion.

H₂ -There is significant association between post-test level of knowledge and selected socio-demographic variable among mothers.

VARIABLES

Independent variable: Structured teaching programme regarding prevention of abortion.

Dependent variable: Knowledge regarding prevention of abortion for first trimester mothers.

Demographic variables: Age, education, Religion, area of residence, occupation, income and family type.

METHODOLOGY:-

- **Research approach:** - An evaluative research approach.
- **Research design:-** The research design for the study will be quasi experimental one group pre-test post-test design.
- **Setting of the study:-** The study will be conducted in selected Maternity hospitals at Wardha.
- **Sampling technique:-** Non-probability convenient sampling technique.

- **Sample:-** First trimester pregnant mothers.
- **Sample size :-** 40

Criteria for sample selection :-

Inclusion Criteria:-

1. All first trimester mothers who have confirmed pregnancy.
2. Those who are available at the time of data collection.

Exclusion Criteria:-

1. Those who are not willing to participate.
2. Those who are mentally ill.
3. Previous history of abortion
4. Those are conducted education programme regarding prevention of abortion

DISCRIPTION OF TOOLS

Tool: - Structured questionnaire

A self structured questionnaire regarding prevention of abortion will be developed and used for the data collection. It consists of three parts.

Part I – Demographic variable (Age, education, Religion, area of residence, occupation, income and family type).

Part II – Structured questionnaire on knowledge regarding prevention of abortion.

Part III – Structure teaching on prevention of abortion

RESULT: MAJOR FINDINGS OF THE STUDY AND DISCUSSION

Section –A: Demographic Variables

- The above table regarding distribution of subjects according to their age shows that 62.5 % subjects were of age group of 21-25 years, 15% of 26-30 years, 17.5% of 31-35 years and remaining 5% subjects were from the age group of above 35 years.
- Distribution of samples according area of residence shows that shows that the majority 52.5% of samples had rural area and, 47.5% had urban area
- Distribution of subject according to their type of family shows that the majority 55% of the subjects belonged to nuclear family, 45% to joint family and no subjects belong to extended family.
- Distribution of samples according to education shows that majority 80.0% of samples had primary education , 2.5% had secondary education and remaining 17.5% of samples had undergraduate.
- Distribution of first trimester mothers according to their occupational status shows that 15% of them were govt. employees, 45% were private employees (Contract basis-11), 30% were daily wages and 10% were performing other profession.
- According to their monthly family income(Rs) reveals that 62.5% had monthly family income of Rs 5000-10000, 17.5% between 10001-15000 Rs and each 10% had income in the range of 15001-20000 Rs and more than 20,001 Rs respectively..

Section B: To assess existing knowledge of staff nurses regarding prevention of abortion among first-trimester pregnant mother.

The result shows that 22.50 % of first trimester pregnant mother were having poor level of knowledge score, 27.50 % had average and 50.00 % of first trimester pregnant mother had good level of knowledge score. The minimum score was 6 and maximum was 25 and the mean knowledge score was 17.22 ± 5.48 with a percentage score of 43.06 ± 13.71 .

Section C: To assess the effectiveness of structured teaching programme regarding prevention of abortion among first-trimester pregnant mother.

The findings shows that tabulated't' value for n-1, i.e. 39 degree of freedom was 2.02.The calculated value was 37.86 for knowledge regarding prevention of abortion among first-trimester pregnant mother. The calculated 't' value was higher than the tabulated value at 5% level of significance which was statistically acceptable level of significance. In addition the calculated 'P' value for all the areas of knowledge regarding prevention of abortion among first-trimester pregnant mother was 0.000 which was ideal for any population. Hence it is statistically interpreted that the structured teaching programme on prevention of abortion among first-trimester pregnant mother was effective. Thus H_1 is accepted.

Section D: Association of knowledge score in relation to demographic variables.

There was no significant association between age and working experience but there was significant association between type of family and education of first-trimester pregnant mother.

CONCLUSION:

The study concluded that abortion is a very severe problem in pregnant mother in India and other countries. Majority of the mother's are suffer for abortion due to lack of knowledge ,most of the women especially first trimester mother are unaware about the symptoms of abortion and needs to tackled on a priority basis.

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