



## ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING NUTRITIONAL ANEMIA AMONG ANTENATAL MOTHERS IN SELECTED HOSPITAL, INDORE M.P.

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### ABSTRACT

Nourishment is a fundamental human need that changes for the duration of the existence cycle and among the health – sickness continuum. It is the prime need of life. Nourishment is crucial forever and wellbeing and it encourages for the best possible development and improvement. Helpless sustenance can truly diminish one's degree of wellbeing. Nourishment is a critical factor in public turn of events. The mean and SD Knowledge score were observed 10.41±3.41 in the pre-interventional and after administration of planned teaching programme the post-interventional mean and SD was observed with 18.89±4.31. However, the difference in mean knowledge scoring of antenatal mothers of selected hospitals of 8.48 points before and after administration of planned teaching programme could confirm statistically as highly ( $p < 0.001$ ) significant.

**KEYWORDS :** Knowledge, Planned teaching programme, Nutritional Anemia, Antenatal Mothers etc.

### INTRODUCTION

Pregnancy is a surprising anabolic cycle whereby out of food, nutrients, minerals and hormones, a 3.2 KG child is conceived inside 9 months. The conceive is as it were a parasite to the mother and draws its sustenance from her eating routine. In the event that the sustenance of the mother is insufficient, her body holds are drawn upon and exhausted. Pregnancy is an exceptionally requesting period healthfully This period deals with the mother and embryo both, where additional food needed to deal with infant's weight trailed by lactation, where by and by additional nourishment is needed for the creation of milk. A solid body tissue relies easy upon basic supplements in food. This is particularly obvious during pregnancy in light of the fact that a totally different body is being framed.

The term maternal sustenance centers consideration around pregnant woman as mothers, on their healthful status as it identifies with the bearing and sustaining of newborn. Simultaneously pregnant women additionally assume essential functions in their families, networks and social orders. Consequently, broad wellbeing and wholesome status of the mother is a huge factor for the advancement of a sound group of people yet to come in the country.

### Objectives of the study

1. To assess the Pre-test knowledge score regarding nutritional anemia among antenatal mothers in selected hospitals of Indore M.P.
2. To assess the effectiveness of planned teaching programme on knowledge regarding nutritional anemia among antenatal mothers in selected hospitals of Indore M.P.
3. To find out the association between pretest & posttest score regarding nutritional anemia with selected socio-demographic variables.

### Hypothesis of the study

**H<sub>01</sub>:** There will be no significant difference between pre-test and post-test knowledge score regarding nutritional anemia among antenatal mothers in selected hospitals of Indore M.P.

**H<sub>A1</sub>:** There will be significant difference between pre-test and post-test knowledge score regarding nutritional anemia among antenatal mothers in selected hospitals of Indore M.P.

**H<sub>02</sub>:** There will be no significant effectiveness of planned teaching programme on knowledge regarding nutritional anemia among antenatal mothers in selected hospitals of Indore M.P.

**H<sub>A2</sub>:** There will be significant effectiveness of planned teaching programme on knowledge regarding nutritional anemia among antenatal mothers in selected hospitals of Indore M.P.

**H<sub>03</sub>:** There will be no significant association between the post test score of knowledge regarding nutritional anemia among antenatal mothers

with their selected socio-demographic variables.

**H<sub>A3</sub>:** There will be no significant association between the post test score of knowledge regarding nutritional anemia among antenatal mothers with their selected socio-demographic variables.

### Research Methodology

An evaluative approach was used and research design is Pre-Experimental one group pre-test post-test was adopted for this study. The target population consist of Antenatal Mothers of selected hospitals of Indore. The sample size comprised of 80 Antenatal Mothers taken by Non-probability convenient sampling technique. Demographic variables were used.

### RESULTS

1. Frequency and percentage distribution of selected sample characteristics.

Demographic variables	Frequency (N)	Percent (%)
Age in years -		
21-24 years	17	21.3
25-28 years	29	36.3
29-32 year	20	25.0
> 32 year	14	17.5
Educational Status of Antenatal Mothers-		
Primary/Middle School	14	17.5
High School/Secondary	37	46.3
Higher Secondary	22	27.5
Graduate and above	7	8.8
Family of Antenatal Mothers-		
Nuclear	33	41.3
Joint	36	45.0
Extended	11	13.8
Monthly Family Income-		
≤16000/-	39	48.8
16001/- to 22000/-	29	36.3
22001/- to 28000/-	7	8.8
>28000/-	5	6.30
Previous Knowledge of Antenatal Mothers-		
No	43	53.8
Yes	37	46.3
Source of previous knowledge of Antenatal Mothers-		
None	43	53.8
Health team members	8	10.0
Family members	6	7.5
Friend	11	13.8
Media	12	15.0
Total	80	100.0

## 2. Comparison of knowledge scoring among antenatal mothers between pre (baseline) and post administration stages

Parameter	Variable	Scatterings of knowledge scoring Mean $\pm$ SD	Z-Statistic	p-value (LOS)
Knowledge of Antenatal Mothers	Pre-test	10.41 $\pm$ 3.41	15.17	p<0.001 <sup>#</sup>
	Post-test	18.89 $\pm$ 4.31		
	Mean Difference	8.48 points		

The result of this indicates that there was a significant increase in the Post-interventional knowledge scores compared to Pre-interventional scores of knowledge regarding Nutritional Anemia among Antenatal Mothers. The mean and SD Knowledge score were observed 10.41 $\pm$ 3.41 in the preinterventional and after administration of planned teaching programme the post-interventional mean and SD was observed with 18.89 $\pm$ 4.31. However, the difference in mean knowledge scoring of antenatal mothers of selected hospitals of 8.48 points before and after administration of planned teaching programme could confirm statistically as highly (p<0.001) significant.

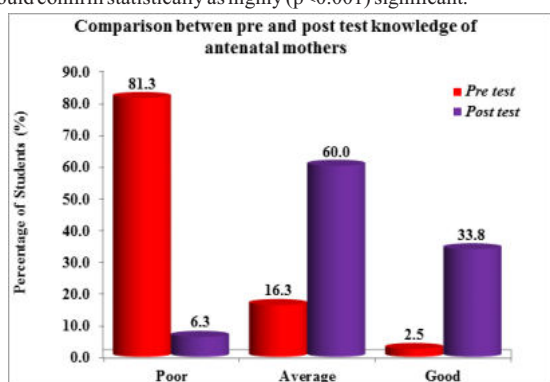


Fig – 1 Multiple Bar diagram is presenting the comparison in proportion of pre-test and post-test knowledge levels of antenatal mothers of selected hospitals of Indore city.

### CONCLUSION

The analysis of proportional differences with respect to knowledge about nutritional anemia before and after administration of planned teaching programme demonstrated that the state of carrying a developing embryo or fetus within the female body is known pregnancy was known by 70.0% antenatal mothers of selected hospitals but approximately all (90.0%) memorized correctly after administration of planned teaching programme that the state of carrying a developing embryo or fetus within the female body is known pregnancy.

### Limitations

- The study is limited to 80 antenatal mothers.
- The study is limited to selected hospital of Indore (M.P).
- The study is limited for antenatal mothers in selected hospital of Indore s (M.P).

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