



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING ANTENATAL DIET AMONG PRIMIGRAVIDA MOTHERS

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ABSTRACT

A study to assess the effectiveness of structured teaching program on knowledge regarding antenatal diet among primigravida mothers. The following objectives were set for the study, 1. To assess the Pre and post test level of knowledge regarding antenatal diet among primigravida mothers. 2. To find out the effectiveness of structural teaching programme on improving knowledge among primigravida mothers. 3. To associate Post test level of knowledge regarding antenatal diet among primigravida mothers with their selected demographic variables. The following hypothesis was set for the study, 1. The mean post test level of knowledge will be significantly higher than mean pre test level of knowledge among the primigravida mothers. 2. There will be significant association between post test level of knowledge regarding antenatal diet among antenatal mothers with their selected demographic variables. The conceptual framework used for the study was based on Rosenstock's (1974) and Becker and Mailman's (1975) health belief model. The study was conducted in zameenkollamkondan, primary health centre, one group pre-post experimental research design was adopted for this study. Convenient sampling technique was used to select sample of 25 Primigravida mothers. The data collection tools developed for generating the necessary data were demographic variables and Structured knowledge questionnaire. Data collection was done and the data obtained were analyzed by investigators in terms of descriptive and inferential statistics. The major findings of the study, were in pretest, 40% of the subjects had inadequate knowledge regarding Antenatal diet, 60% of the subjects had moderate knowledge regarding Antenatal diet. No one had adequate knowledge in the pre test, But in post test no one had inadequate knowledge regarding antenatal diet, 60% of the subjects had adequate knowledge and 40% of the subjects had moderate knowledge regarding Antenatal diet.

KEYWORDS :

INTRODUCTION

Pregnancy is one of the important stage in every women life. The women will experience a joy full event during this pregnancy period. Antenatal care refers to the care given to an expectant mother from the time of conception is confirmed until the beginning of labor.¹

A healthy diet is one that is arrived at with the intent of improving or maintaining optimal health. This involves usually consuming nutrients by eating the appropriate amounts from all of the food groups, including an adequate amount of water. Since human nutrition is complex, a healthy diet may vary widely, and is subject to an individual's genetic makeup, environment, and health. For around 20% of the human population, lack of food and malnutrition are the main impediments to healthy eating. A healthy balanced diet is recommended throughout life and pregnancy is no exception¹

Statement Of The Problem .

Effectiveness of structured teaching program on knowledge regarding antenatal diet among primigravida mothers

Objectives

1. To assess the pre and post test level of knowledge regarding antenatal diet among primigravida mothers.
2. To find out the effectiveness of structural teaching programme on improving knowledge among primigravida mothers.
3. To associate the post test level of knowledge regarding antenatal diet among primigravida mothers with their selected demographic variables.

Hypothesis:

1. The mean post test level of knowledge will be significantly higher than mean pre test level of knowledge among the primigravida mothers
2. There will be significant association between post test level of knowledge regarding antenatal diet among antenatal mothers with their selected demographic variables.

Operational Definitions:

Assess

It refers to systematically and continuously collecting, validating, and communicating the data regarding knowledge level of antenatal diet among primigravida mothers by questionnaires.

Knowledge

It refers to information acquired through education or awareness among primigravida mothers.

Antenatal Diet

It refers to nutritional diet given to the expectant mother from the time

of conception to till the delivery of the baby.

Structured Teaching

Structured teaching is the process of giving health education regarding antenatal diet to the antenatal mothers.

Primigravida Mothers

It refers to those women who has become pregnant for the first time and who are attending outpatient department for antenatal checkup.

Research Approach And Design

Quantitative and one group pre-post experimental research design was used.

Development And Description Of Tool Section -A

It deals with demographic data such as age, education, occupation, income and type of family

Section - B

Structured knowledge questionnaire was used to assess the level of knowledge regarding the importance of antenatal diet among primigravida mothers.

Method Of Data Collection

The researcher obtained the formal permission from the medical officer of zameenkollamkondan primary health centre. The samples were selected by non probability convenient sampling method in antenatal clinic. The investigator introduced herself to the participants and establish a rapport. Data pertaining to the demographic variable were collected by the interview method. The investigator assessed the level of knowledge regarding importance of antenatal diet by structured knowledge questionnaire.

Structured teaching was given to the antenatal mothers by means of role play, song, exhibition and health education through antenatal diet pyramid flex. After structured teaching post test conducted to the primigravida mothers with the same questions.

Plan For Data Analysis

The data was analysed according to objectives of study by using descriptive and inferential statistics.

Descriptive Statistics

1. The frequency distribution was used to describe the demographic variables.
2. Frequency and percentage was used to assess the level of knowledge regarding antenatal diet.

3. Mean and standard deviation was used to assess the level of knowledge regarding antenatal diet.

Inferential Statistics.

- Paired "t" test used to compare pre and post assessment level of knowledge regarding antenatal diet to the experimental group.
- Chi-square test can be used to analyze the association of the variables with the post test level of knowledge regarding antenatal diet on the experimental group.

Data Analysis And Interpretation

Table- 1: Frequency And Percentage Distribution Of Subjects According To Demographic Variables (N=25)

S. No	Demographic Variables	No. Of Subjects	Percentage %
1.	Age		
	a) Below 20 years	-	-
	b) 21 - 25 years	22	88
	c) 26 - 30 years	2	8
	d) Above 31 years	1	4
2.	Education		
	a) Illiterate	-	-
	b) Primary	18	72
	c) Higher secondary	5	20
	d) Collegiate	2	8
3.	Occupation		
	a) House job	8	32
	b) Coolie	17	68
	c) Government job	-	-
	d) Private job	-	-
4.	Income		
	a) 1000 - 2000	-	-
	b) 2001 - 3000	-	-
	c) 3001 – 4000	10	40
	d) Above 4001	15	75
5.	Type of family		
	a) Nuclear family	13	52
	b) Joint family	12	48

Table-2: Frequency And Percentage Distribution Of Pre And Post Test Level Of Knowledge Regarding Antenatal Diet Among Primigravida Mothers (N=25)

S. No	Level of knowledge after structure teaching programme	Pre test		Post test	
		Frequency	%	Frequency	%
1.	Inadequate knowledge	10	40%	-	-
2.	Moderate knowledge	15	60%	10	40%
3.	Adequate knowledge	-	-	15	60%

DISCUSSION.

The findings of the study were in pretest, 40% of the subjects had inadequate knowledge regarding Antenatal diet, 60% of the subjects had moderate knowledge regarding Antenatal diet. No one had adequate knowledge in the pre test, But in post test no one had inadequate knowledge regarding antenatal diet, 60% of the subjects had adequate knowledge and 40% of the subjects had moderate knowledge regarding Antenatal diet.

Major Findings Of The Study

The major findings of the study were as follows;

- Majority 22(88%) of the sample belongs to age group of 21-25 years.
- With regard to education 18(72%) were comes under the primary school.
- In relation to the occupation 17(68%) of the subjects were coolie.
- Regarding income 15(70%) of the subjects were in above 4000.
- with regards type of family 13(52%) of the subjects were in nuclear family.

CONCLUSIONS

From the result of the study, it was concluded that rendering teaching regarding antenatal diet to the primigravida mothers was effective in reduction of low birth weight babies and maternal complications. Therefore the investigator felt that, more importance should be given for teaching on improving the knowledge regarding antenatal diet among primigravida mothers.

Implications

Research has documented that there is a lack of knowledge regarding Antenatal diet among primi gravida mothers. The findings of the study has several implications for the following fields.

Implication For Nursing Education

- Nursing curriculum should ensure that students learns more about various modalities for antenatal care to preventive aspects of maternal complications
- It should encourage students to exploit all the possible methods of nursing care among primigravida mothers.

Implication On Nursing Administration

In service education program and continuing education on importance of Antenatal diet among primi gravida mothers can be organized by the nursing students.

Implication On Nursing Research

- Extensive research must be conducted in this area to identify several causes of maternal complications and necessary steps to be taken to prevent maternal complications.
- The result can be published in nursing journals so that other researchers can utilize the findings.

Recommendations

- Similar study can be replicated on a large scale.
- Mass media can be effectively utilized for conducting programs on prevention of Antenatal diet health hazards.
- A study to assess the knowledge regarding antenatal diet among the primigravida mothers in selected villages in tirunelveli district.

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