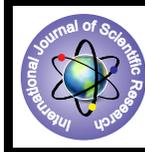


## To Assess the Knowledge and Attitude of the Antenatal Mothers Towards Self-Preparedness During Pregnancy And Delivery in Selected Areas of Pune City with a View to Develop Self Instructional Module.



### Nursing

**KEYWORDS :** Antenatal mother; self-preparedness pregnancy; delivery; self-instructional module; knowledge; attitude

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### ABSTRACT

*Statement of the problem: To assess the knowledge and attitude of the antenatal mothers towards self-preparedness during pregnancy and delivery in selected areas of Pune city with a view to develop self instructional module.*

*Background: Birth Preparedness is a safe motherhood strategy that improves the utilization and effectiveness of maternal health services. It is based on the fundamental and imperative aspects of preparing for birth and being ready for its potential complications. The mother needs to be confident and knowledgeable during pregnancy, which will help her experience a safe and healthy delivery. The elements of Birth Preparedness are physical, psychological, social & financial preparation of the mother. The aim of the study is to assess the knowledge and attitude of antenatal mothers towards self-preparedness during pregnancy & delivery. This is a descriptive study that was conducted in the corporation hospitals, where 100 antenatal mothers were participated through convenience sampling technique. The self-administered structured questionnaires and rating scale were used to collect the data. The findings revealed that 69% samples possess good knowledge of self-preparedness where as remaining samples have average knowledge. However, 74% samples showed positive attitude in comparison with 26% that have a negative attitude towards self-preparedness. The high correlation found between knowledge & attitude score (r value) is 0.24 and p value <0.05. Knowledge and attitude of the antenatal mother toward self-preparedness are statistically significant. The study concluded that mothers have an awareness of Self-Preparedness during pregnancy and delivery.*

### INTRODUCTION

Every new experience in life is always perceived as stress. Though stressful, pregnancy brings a sense of excitement and becomes a unique and rewarding experience to women.<sup>1</sup> Child-birth is a time for joy and celebration, good wishes and gifts. But woman experiences little anxiety & fear about childbirth during pregnancy. Every woman hopes for a healthy pregnancy and delivery so that she can cradle and nurse a healthy baby.<sup>2</sup> Good care during pregnancy is imperative for the health and well-being of the mother and also the development of an unborn baby. Pregnancy is considered as a crucial time to promote healthy behaviors and parenting skills.<sup>3</sup> Pregnancy, though, considered to be a usual process in the life of a woman, it has perceived risks and threats. That is because of inadequate planning or lack of knowledge about the preparedness.<sup>4</sup> Mother has to experience safe and healthy delivery without much of anxiety & fear. This will be possible when essential information is provided to the mother regarding physical, psychological, social & financial preparation during pregnancy & delivery. It is a great way to prepare and help them to have a healthy pregnancy and successful delivery.<sup>5</sup> Birth Preparedness is a safe motherhood strategy that improves the utilization and effectiveness of maternal health services and is based on the fundamental and imperative aspects of preparing for birth and being ready for its potential complications. The preparation of antenatal mothers includes antenatal check-up, antenatal care, desired place of birth, preference of skilled birth attendants, preparation of emergency measures such as obtaining a compatible blood donor & making arrangement for money & transport in advance, knowing about alarming signs, breast care during pregnancy and after delivery. Elements of self-preparedness during pregnancy include items required for birth, awareness of expected date of delivery, labour process and importance of deep breathing exercises during labor.<sup>6</sup> In addition, psychological & social preparation are also essential elements of birth preparedness such as positive attitudes towards labor or mode of delivery. Such a comprehensive preparation will contribute toward health, development and wellbeing during the period of a child's birth.<sup>7</sup>

### OBJECTIVES

- To assess the knowledge of antenatal mothers towards self-preparedness during pregnancy and delivery in selected areas of Pune city.

- To assess the attitudes of antenatal mothers towards self-preparedness during pregnancy and delivery in selected areas of Pune city.
- To associate the knowledge of antenatal mothers towards self-preparedness during pregnancy and delivery with the selected demographic variables. (Age, income, education, occupation, type of family)
- To associate the attitudes of antenatal mothers towards self-preparedness during pregnancy and delivery with the selected demographic variables. (Age, income, education, occupation, type of family)
- To correlate knowledge & attitude of antenatal mothers towards self-preparedness during pregnancy and delivery in selected areas of Pune city.

### HYPOTHESIS

- H<sub>1</sub>: there will be a significant association between the knowledge with the selected demographic variables.
- H<sub>0</sub>: there will be no significant association between knowledge and the selected variables.
- H<sub>2</sub>: there will be a significant association between levels of attitude with the selected demographic variables.
- H<sub>0</sub>: there will be no significant association between levels of attitude with the selected demographic variables
- H<sub>3</sub>: There will be a significant correlation between the knowledge and attitude of an antenatal mother towards self-preparedness during pregnancy & delivery
- H<sub>0</sub>: There will be no significant correlation between the knowledge and attitude of an antenatal mother towards self-preparedness during pregnancy & delivery

### RESEARCH METHODOLOGY:

The descriptive study was conducted in the corporation hospitals where 100 antenatal mothers were participated through convenience sampling technique. The self-administered structured questionnaires and rating scale were used. The collected data were analyzed by using descriptive and inferential statistics

### ANALYSIS AND INTERPRETATION

#### Description of subject characteristics

**It is observed that the** majority of the participants (51 women) were under the age group of 19-24 years and the remaining were more than 29 years of age.

Majority of women's gestational age is 9 months in comparison to a very few who had a gestational age of 7 months.

Most of the participants belong to Hindu religion followed by the Muslim religion.

**In relation to the educational status of the mother,** the majority of the samples studied up to higher secondary level and rest studied up to graduate level.

**In regards to Occupation,** maximum numbers of samples remained as housewives as compared to other working women.

**Income** – maximum number of samples earn a monthly family income Rs. < 5000 as compared to a very few samples has > Rs. 20000 monthly family income.

**Number of family members** – most of the women's family members were in the range of 3-4 against very few women who have >6 family members.

**Type of family** – high number of samples belong to a nuclear family and less number of samples belong to the joint family.

**Figure 1: Determination of knowledge level of antenatal mothers towards self-preparedness during pregnancy & delivery**

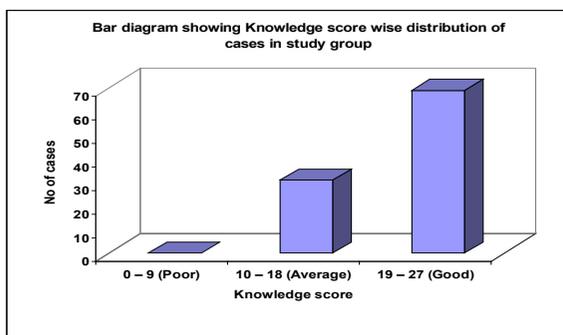


Figure 1 shows that majority of the samples has good knowledge

**Table 1: Area wise Knowledge score**

Area	Mean	SD
Meaning	0.7	0.46
Physical preparation during pregnancy	7.95	1.74
Psychological preparation during pregnancy	1.81	0.39
Physical preparation for delivery	8.81	1.28
Selection of hospital	1.75	0.44
Baby Bag	2.77	0.42
Preparation for labor	4.29	1.02
Psychological preparation for delivery	0.8	0.4

Table 1: presents that majority of the participants has adequate knowledge of physical preparation for delivery.

**Attitude scores wise distribution of cases in the study group**

This study indicated that 74% samples showed positive attitude towards birth preparedness against 26% subjects that have negative approach.

**Correlation between knowledge and attitude of antenatal mothers towards self-preparedness during pregnancy & delivery.**

This study indicated a high correlation between knowledge and

attitude score of the study. The r value is 0.24 and p value <0.05.

**Association of knowledge and attitude of antenatal mothers towards self-preparedness during pregnancy & delivery with selected demographic variables.**

This study presented that there was no significant association of knowledge and attitude of antenatal mothers with the age group & type of family.

As the findings of this study indicated that there was a significant association of the attitude of antenatal mothers with education, occupation, income while the knowledge component didn't show any statistical significance with the same demographic variables.

**DISCUSSION OF THE FINDINGS WITH OTHER STUDIES**

**Determinants of knowledge level of antenatal mothers towards Self-Preparedness during Pregnancy & delivery**

The data in the present study showed that high quantity (69%) of samples possesses good knowledge of self preparedness whereas remaining nearly one quarter of the samples have average knowledge.

**Area wise Knowledge scores**

This study indicated that maximum sample had i.e. 8.81 mean score in regard to an adequate knowledge of physical preparation for delivery while the mean score of physical preparation during pregnancy was 7.95. Psychological knowledge mean score during pregnancy accounted to be 1.81 whereas the score was 0.8 during delivery.

A cross-sectional descriptive study conducted on "status of birth preparedness & complication readiness in Rewa District of Madhya Pradesh" indicated that a total 2022 pregnant women who were in second / third trimester and/or mothers who have delivered within one year selected using 30 cluster sampling technique. The findings showed that 47.5% respondents had an awareness of birth preparedness & complication readiness index. The study found that birth preparedness & complication readiness were significantly higher in primipara (50.9%) as compared to multipara (40.1%). The 18.6% respondents had knowledge of danger signs & transportation facilities.<sup>8</sup>

Most of the Participants have adequate knowledge of self-preparedness during pregnancy and delivery. The study is compatible with a study conducted on "status of birth preparedness & complication readiness in Rewa District of Madhya Pradesh" which indicated that 47.5% respondents had an awareness of birth preparedness. Respondents were more aware of physical preparation during delivery than psychological preparation during pregnancy. Mothers were less aware of Psychological preparation during pregnancy & delivery.

**Assessment of Attitude**

The subjects of the study showed a positive attitude towards self-preparedness during pregnancy & delivery. The result is similar with a cross-sectional study of quantitative and qualitative methods to the perceptions and practices of birth preparedness plan among 316 antenatal mothers who were at >36 weeks of gestations at Naguru and Kawempe health centers in Kampala district. The data were collected through the interview technique where the questionnaire was prepared. The result shown that 48 (15%) had a birth preparedness plan, and 90% respondents had received basic safe birth supplies for the mother and the unborn baby and 76% mothers had saved the money, only 42 (13%) mothers were able to recognize >3 danger signs of pregnancy. The study participants, however, had good perceptions on the birth preparedness plan.<sup>9</sup>

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