

“A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MANAGEMENT OF MINOR AILMENTS DURING PREGNANCY AMONG PRIMI MOTHERS ATTENDING OPD, AT SELECTED HOSPITAL, TIRUPATHI”

Nursing

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ABSTRACT

Pregnancy is a creative and productive period in the life of women. There are same common problems that a women might experience during pregnancy and because they are not threatening their life. **Objectives:** To assess the effectiveness of video assisted teaching by comparing the pre-test and post-test knowledge score on management of minor ailments during pregnancy. **Method:** pre-experimental with one group pre-test and post-test design adopted for this study among 100 primi gravid women. **Results:** The findings revealed that the mean score of knowledge before the intervention was 13:42 and post-test mean score of knowledge was 27.22 with standard deviation of pre test score 6.366 and post-test the standard deviation is 2.977., which was found statistically highly significant at $P < 0.05\%$ level. it implied that Video Assisted Teaching Programme on Management of minor ailments during pregnancy among primi mothers. **Conclusion:** Video Assisted Teaching Programme was found highly significant in enhancing the knowledge of primi gravid mothers.

KEYWORDS

Video Assisted Teaching Programme, Knowledge Regarding Management and Minor Ailments.

INTRODUCTION

Pregnancy is one of the wonderful milestones in the life of a woman. It is the origin of human of human life. Pregnancy is a time for physical and hormonal changes and of emotional and psychological preparation for motherhood. Pregnancy is a creative productive period in the life of a woman. It is one of the vital events, Mother need special care from conception to postnatal Period.

Pregnancy may be followed by radical changes in the female body, leading to several discomforts called "minor pregnancy disorders" or ailments". Because of hormonal, accommodative, metabolic, and postural changes, these minor disorders –occur. Most of these conditions are not hazardous; they are just natural part of pregnancy and can be handled at home. Davis (1996) has stated that the majority of discomforts experienced during the time of pregnancy, it can be related to both hormonal changes.

The discomforts during pregnancy can be classified into 1st, 2nd and 3rd trimester. The hormonal changes account for many discomforts. In the 1st trimester Nausea & Vomiting, urinary frequency, Breast tenderness, increased vaginal discharge Nasal stiffness, Nose bleeding and pyalism. In 2nd trimester Heart burn, varicose veins, Ankle edema, haemorrhoids, constipation, back ache, leg cramps, faintness etc. (Olds et al., 2004). In India the morbidity among women may also increase with or without medication. Good understanding of both traditional and modern medical views will go along the way in minimising her disorders associated with pregnancy.

(WHO) (2000), found that the risk of death from pregnancy, is 1:20 in developing countries compared to 1:10,000 in developed countries. In Indian 1, 48, 000 women die every year as a result of pregnancy. The ratio of mortality and morbidity is 1:15. According to World Health Organization (2013) more than 200 million women gets pregnant out of which 130 million bear children annually. The usual discomforts experienced during pregnancy can be due to the either the effect of pregnancy hormones or the physical changes that is associated with the gravid uterus, making anatomical, physiological and bio-chemical adjustments to pregnancy significant.

In India the morbidity among women may also increase with or without medication. Good understanding of both traditional and modern medical views will go along the way in minimising her disorders associated with pregnancy. WHO maternal mortality is estimated to be 529000 Deaths per year, a global ratio of 400 maternal death per 100000live births. So, it is a neglected tragedy because majority of these deaths 50-80% are preventable. The risk of maternal death for women in 1800 in Asia, 55 in India. The ratio of maternal mortality rate is 540/100000live births. WHO 2002 has launched an initiative to make pregnancy safer which addresses 3 strategies, that is prevention, management of unwanted pregnancy, unsafe abortion and skilled care during pregnancy and child birth.

The world-wide incidence rate of minor ailments of pregnancy about

1,410,000 women can affecting. About 50 million of women can affecting minor disorders of pregnancy In India. The incident rate of 1 ton in the world-wide during pregnancy are, it has been estimated that in the Western world at least 1/10 of the general population has at least weekly heart burn. The study regarding the incidence rates during pregnancy find varying rates, ranging in from one quarter of all pregnant women having daily symptoms from the gas go to 72% expressing some level of heart burns are in the third trimester. Constipation during pregnancy prevalence rate ranges from 9% to 39%. The prevalence rate of constipation during pregnancy in a reason prospective study of 98% pregnant women had result similar to each other. Data revealed that the incidence rate of varicosities during pregnancy in the antenatal mother approximately 1 in 22 or 12.2 million people in USA. 41% women have abnormal leg vein by 50-60% of all American women.

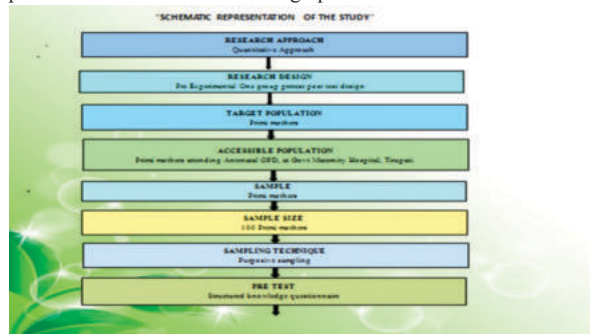
OBJECTIVES:

1. To assess pre-test knowledge of primi mothers regarding management of minor ailments during pregnancy.
2. To administer video assisted teaching programme regarding management of minor ailments during pregnancy.
3. To assess post-test knowledge of primi mothers regarding management of minor ailments during pregnancy.
4. To find out the association between knowledge scores of primi mothers regarding management of minor ailments during pregnancy and selected demographical variables primi mothers.
5. To assess the effectiveness of video assisted teaching by comparing the pre-test and post-test knowledge score on management of minor ailments during pregnancy.

HYPOTHESES:

H1: There is a significant difference between the pre-test and post-test level of knowledge regarding management of minor ailments during pregnancy among primi mothers.

H2: There is a significant association between level of knowledge regarding management of minor ailments during pregnancy among primi mothers with selected demographic variables.



“SCHEMATIC REPRESENTATION OF THE STUDY”

METHODOLOGY

A Quantitative research approach was chosen for this study. The research design was pre-experimental one group pre-test and post-test design. The study was conducted at Antenatal OPD, in Govt. Maternity Hospital, Tirupathi. Non probability purposive sampling technique was used to select the samples and the sample size was 100 registered primi mothers, data was collected through "structured questionnaire".

DESCRIPTION OF THE TOOL:

The study was carried out by using a structured knowledge questionnaire consists of demographic Performa and part II consists of 36 questions related to management of minor ailments among primi mothers. It is planned to classify the subjects into three groups based on the score obtained. They are classified as follows

	Pre-test	Post-test
Adequate	1.00	49.00
Inadequate	81.00	3.00
Moderate	18.00	49.00
Total	100	100

VALIDITY

The content validity of the tool was done by the experts from the department of obstructs and gynaecological nursing. The modifications and suggestions were incorporated in the final preparation of the tool

RELIABILITY

Reliability of the structure knowledge questionnaire was established by split half technique & Spearman Brown formula, which was 'r' value for the pre-test and post test were 0.83 and 0.927 respectively.

ETHICAL CONSIDERATION

Permission was obtained from the Superintendent, Govt Maternity Hospital, Tirupathi. Informed written consent was obtained from the participants.

DATA ANALYSIS

Descriptive statistics of frequency and percentages were used to summarize the sample characteristics, mean and standard deviation were used for pre and post test data and inferential statistics of paired t-test was used for analyzing the difference between the pre and post test and Chi-square was used for analyzing the association between demographic characteristics and knowledge.

EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON MINOR AILMENTS DURING PREGNANCY.

TABLE 1:- COMPARISON OF MEAN, STANDARD DEVIATION OF LEVEL OF KNOWLEDGE

Subjects	Max Score	Pre-test			Post-test			Mean Difference %
		Mean	SD	SD	Mean	SD	Mean %	
Level of knowledge	100	13.42	6.336	13	27.22	2.977	27	14

Mean Difference=14

The above table reveals that the mean level of knowledge before the intervention is 13:42 and the standard deviation is 6.336. The pre-test mean percentage is 13%. After the intervention, it had been increases.

The post-test mean level of knowledge is 27.22 and standard deviation is 2.977. The post test mean percentage is 27%. The difference between the mean is 14%.

TABLE 2 : PAIRED-T TEST TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING MANAGEMENT OF MINOR AILMENTS DURING PREGNANCY

SUBJECT	N	PRE-TEST		POST-TEST		INCREASED		PAIRED T-TEST	SIGNIFICANCE
		MEAN	SD	MEAN	SD	MEAN	SD		
TYPE OF KNOWLEDGE	100	13.42	6.336	27.22	2.977	13.8	3.38	0.000	P<0.05

Above table reveals that the mean score of knowledge before the intervention is 13:42 and the standard deviation are 6.366. After the intervention, it had been increased.

The post-test mean score of knowledge is 27.22 and the standard deviation is 2.977.the increased mean is about 13.8 and in standard deviation is 3.38. The calculated 't' value is 29.462 and P value was 0.000 . it was significant at <0,05%level. Hence, the stated hypothesis was accepted.

Association between pre-test knowledge on minor ailments during pregnancy and demographic variables.

The study revealed that there was a significant association between the knowledge scores of the mothers age, education, type of family, area of the residence and family income among primi gravid mothers.

RECOMMENDATIONS:

- A Comparative study can be conducted among rural and urban area of primi gravid women.
- Study can be conducted to assess the practice by providing education on warning signs of pregnancy
- Health professional can be instructed to conduct the health education programme on warning signs of pregnancy.

CONCLUSION:

The study reveals that the video assisted teaching programme was effective in improving the knowledge on management of minor ailments during pregnancy among primi gravid mothers. The knowledge of primi gravid mothers on minor ailments of pregnancy help to prevent the early complications among primi gravid mothers. So, we can promote the utilization of video teaching method to improve the knowledge on management of minor ailments during pregnancy among primi gravid mothers.

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