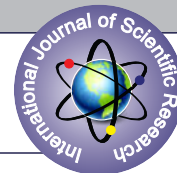


A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING ANTENATAL DIET AMONG PRIMIGRAVIDA MOTHERS WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET IN SELECTED HOSPITALS OF BHOPAL, MADHYA PRADESH



Nursing

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ABSTRACT

The research method adopted for this study was descriptive survey research design. Non probability purposive sampling technique was used for selecting sample. Total 60 primigravida mothers were selected. The study utilized a Descriptive Survey research design for the study. The data was collected from Jay Prakash district hospital, Bhopal, Madhya Pradesh using Non- probability purposive sampling technique. Results showed that all the 60 primigravida mothers, majority 36 (60%) belonged to the age group 18-23 years, 28(46.67%) had primary and middle school education, majority 46(76.67%) were Hindus, 49(81.66%) of the mothers were living in joint family, 27(45%) of the primigravida mothers belonged to the family income Rs.10, 000-13,000 per month, 38(63.3%) of the mothers were housewife, 44(73.33%) of mothers were living in urban area, 26(43.33%) of the primigravida mothers had 1-2 times of ANC visits, 39(65%) were vegetarian, 52(86.66%) of primigravida mothers had received prenatal education, and 32(53.33%) of primigravida mothers had prior sources of information through health professionals. Knowledge scores showed that 13(21.66%) primigravida mothers had poor knowledge, 40(66.66%) mothers had average knowledge, and only 7(11.66%) mothers had good knowledge regarding antenatal diet.

KEYWORDS

Knowledge, primigravida mothers, antenatal diet.

INTRODUCTION

According to Maternal and Paediatric Nutrition, (2016), Maternal nutrition plays a critical role in fetal growth and development. Maternal nutrition refers to the nutritional needs of women during the antenatal and postnatal period (i.e., when they are pregnant and breastfeeding). Nutrition is the major intrauterine environmental factor that alters expression of the fetal genome and may have lifelong consequences.

OBJECTIVES

1. To assess the level of knowledge of antenatal diet among primigravida mothers.
2. To find out association between knowledge of antenatal diet and selected socio-demographic variables among primigravida mothers.

Renu Gupta, (2016), A study to assess knowledge and attitude of antenatal women about maternal nutrition attending a tertiary care centre, Kanpur. Results showed that about only 22% of the women had good knowledge about nutrition during pregnancy and 82% showed willingness to acquire more information about maternal nutrition. Source of information of most of the pregnant women was from their immediate family members (41%). Most women had lack in knowledge about common local sources of nutrition, adequate weight gain during pregnancy and effects of over and under nutrition.

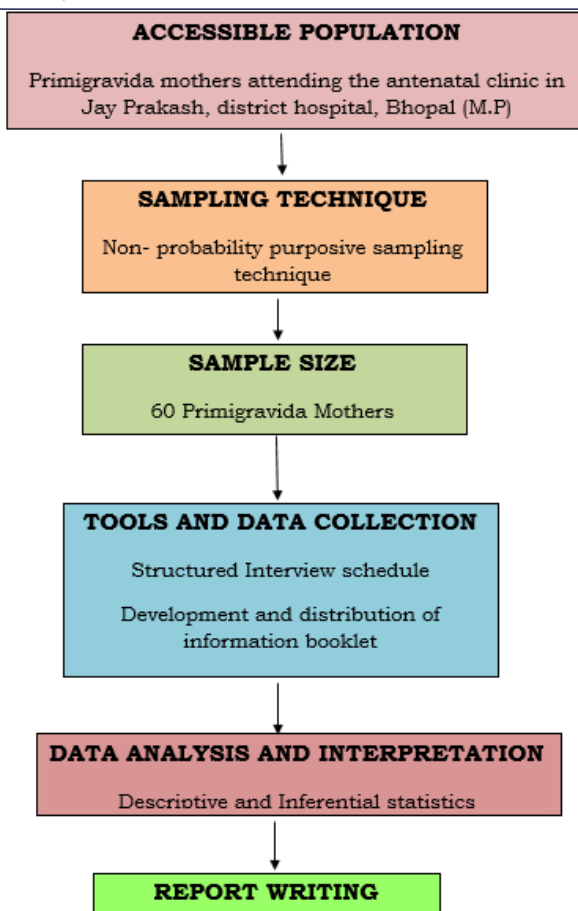
Barun Bhai Patel (2016) Study reveals that about 58% women had adequate knowledge regarding ANC. It was found that almost all the variables such as age, education, occupation, parity, type of family, and socioeconomic status (SES) had a significant association with awareness about ANC. 100% women were having a positive attitude toward ANC. Around 70%, women were practicing adequately, and variables such as education and SES had a significant association with practices about ANC.

Bs Payghan, Swapna, (2014), had done a Comparative Study of Nutritional Awareness among Urban-Rural Pregnant Mothers in Chitradurga, Karnataka. A cross-sectional study was conducted among pregnant women visiting Antenatal clinic at urban and rural field practice area. It had been shown that 68% of urban respondents and 73% of rural respondents were avoiding some foods like papaya, coconut, and meat during pregnancy.

RESEARCH DESIGN

TARGET POPULATION

Primigravida mothers between the gestational week of 28 to 40 weeks of selected hospitals in Bhopal, (M.P)



Presentation Of Data

Section-I

Table 4.01 Frequency And Percentage Distribution Of Primigravida Mothers According To Age (N=60)

Age (in yrs.)	Frequency(f)	Percentage (%)
18-23	36	60
24-29	23	38.33
30-35	1	1.67
Above 35	0	0
Total	60	100

Table no- 4.01, shows that among 60 primigravida mothers majority

60% belong to the age group of 18-23, 23(38.33%) were between 24-29 age group, only 1(1.67%) mother belonged to the age group of 30-35 years and none of the mother belonged to the age group above 35.

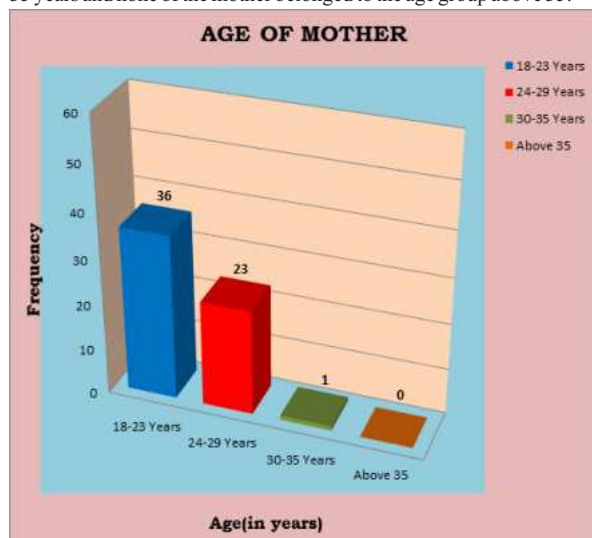


Fig. 4.01. Bar Diagram Showing Percentage Distribution Of Primigravida Mothers By Age

Table 4.09 Frequency And Percentage Distribution Of Primigravida Mothers According To Dietary Pattern (N=60)

Dietary Pattern	Frequency (f)	Percentage (%)
Vegetarian	39	65
Non- Vegetarian	21	35
Total	60	100

Table no. 4.09 shows that majority of (65%) of primigravida mothers were vegetarian, and 21(35%) were non-vegetarian.

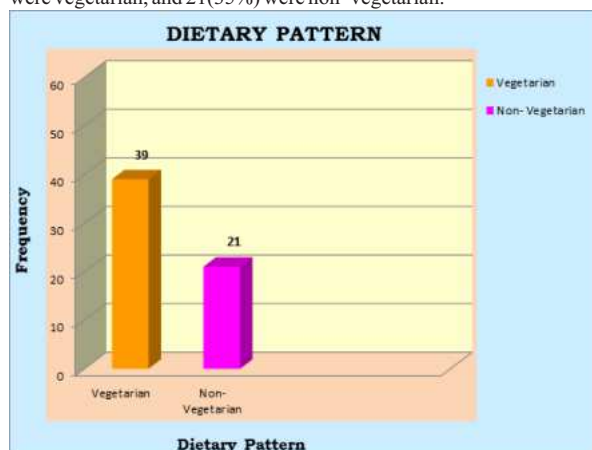


Fig: 4.09 Bar diagram showing percentage distribution of primigravida mother by the dietary pattern

Table 4.10 Frequency And Percentage Distribution Of Primigravida Mothers According To Prenatal Education Received (N=60)

Prenatal education received	Frequency (f)	Percentage (%)
Yes	52	86.67
No	8	13.33
Total	60	100

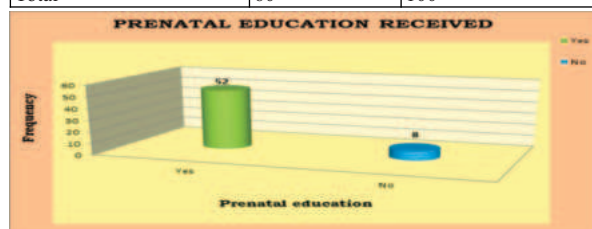


Fig no. 4.10 shows that majority (86.67%) of primigravida mothers

had received prenatal education, and 8(13.33%) mothers didn't received any prenatal education.

Table 4.11 Frequency And Percentage Distribution Of Primigravida Mothers According To Sources Of Information Regarding Antenatal Diet (N=52)

Sources of information regarding antenatal diet	Frequency (f)	Percentage (%)
Health professionals	29	55.77
Mass media/ Newspapers	5	9.61
Friends and family	7	13.47
Community health workers	11	21.15
Total	52	100

Fig no.4.11 shows that about 29(55.77%) primigravida mothers had prior sources of information through health professionals, about 5(9.61%) of mothers received information from mass media/newspapers, 7(13.47%) from friends and family and 11(21.15%) mothers received information from Community health workers.

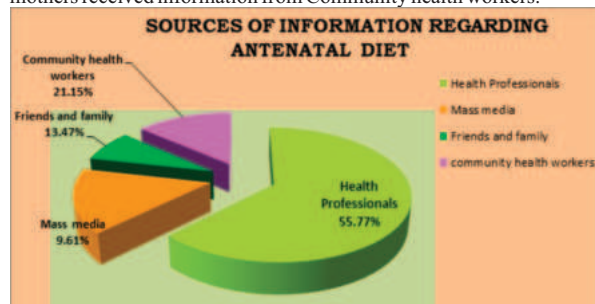


Fig no.4.11 Pie diagram showing percentage distribution of primigravida mothers of sources of information regarding antenatal diet.

SECTION-II

Table No. 4.12 Description Of Level Of Knowledge Of Primigravida Mothers. (N=60)

Level of knowledge	Score	Frequency (f)	Percentage (%)	Mean	SD
Poor	0-10	13	21.67	15	4.7
Average	11-20	40	66.67		
Good	21-30	7	11.66		

The data presented in the table no 4.12 fulfil the objective to assess the level of knowledge of antenatal diet among primigravida mothers which clearly indicates that 13(21.67%) primigravida mothers have poor knowledge, 40(66.67%) mothers have average knowledge, and only 7(11.66%) mothers have good knowledge regarding antenatal diet. The mean and SD (Standard deviation) also justifies the knowledge of the primigravida mothers.

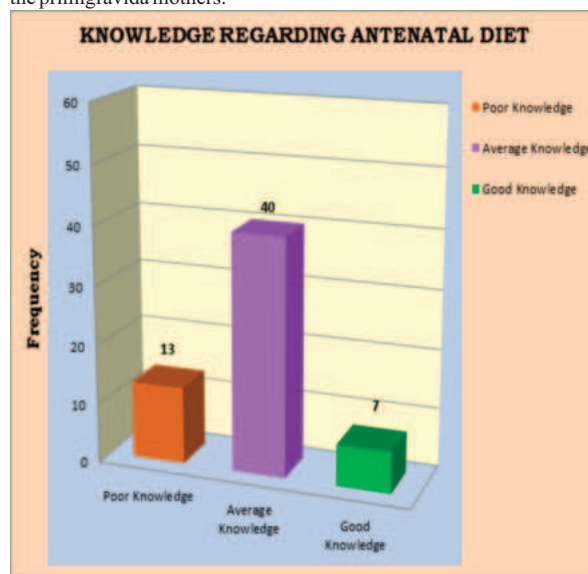


Fig no.4.12 Bar diagram showing level of knowledge of primigravida mothers related to antenatal diet

SECTION-III**Table No. 4.13 Shows Findings Related To Association Between The Knowledge Scores Related To Antenatal Diet With Selected Socio-demographic Variables.**

S. No	Socio-demographic variables	Poor	Ave-rage	Good	Total	df	Chi- Value	Chi table value	Infer-nce S/NS
1.	Age(In years)								
	18-23	8	27	1	36	6	0.0255	12.592	NS
	24-29	4	13	6	23				
	30-35	1	0	0	1				
	Above 35	0	0	0	0				
2.	Educational Status								
	Illiterate	4	4		8	8	0.029	15.507	NS
	Primary and middle	7	22		29				
	Higher and senior secondary	0	6	2	8				
	Graduate	0	9	5	14				
	Post- graduate	0	1		1				
3.	Religion	8	0.169	15.507	NS				
	Hindu	9	34	3	46				
	Muslim	3	3	2	8				
	Sikh	1	0	1	2				
	Christian	0	1	0	1				
	Others	0	2	1	3				
4.	Type of family	4	0.313	9.488	NS				
	Nuclear	0	5	2	7				
	Joint	12	33	4	49				
	Extended	1	2	1	4				
5.	Family Income								
	Below Rs.10,000 per month	1	2	0	3	6	0.389	12.592	NS
	Rs.10,001-13,000 per month	8	18	1	27				
	Rs. 13,001-16,000 per month	1	10	2	13				
	Above Rs. 16,000 per month	3	10	4	17				
6.	Occupation of mother								
	Housewife	12	26	0	38				
	Labour class	0	2	0	2	6	0.022	12.592	NS
	Self employed	0	4	1	5				
	Private job	1	8	6	15				
7.	Area of living								
	Urban	8	29	7	44	4	0.430	9.49	NS
	Semi-urban	3	8	0	11				
	Rural	2	3	0	5				
8.	Number of ANC visits								
	1-2	4	20	2	26	6	0.454	12.592	NS
	3-4	7	16	4	27				
	5-6	1	4	1	6				
	6 and above	1	0	0	0				
9.	Dietary Pattern								
	Vegetarian	10	26	3	39	2	0.313	5.99	NS
	Non- vegetarian	3	14	4	21				
10.	Prenatal education received								
	Yes	9	36	7	52	2	0.087	5.99	NS
	No	4	4	0	8				
11.	Sources of information regarding antenatal diet								
	Health Professionals	6	22	5	33	6	0.832	12.592	NS
	Mass media	2	5	1	8				
	Friends and family	0	3	1	4				
	Community health workers	1	6	0	7				

(Results significant at 0.05% level of significance)**REFERENCES**

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