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A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ANTENATAL AND POSTNATAL EXERCISES AMONG ANTENATAL MOTHERS IN SELECTED HOSPITAL BANGALORE.

Nursing

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ABSTRACT

Introduction: Antenatal and postnatal exercises are crucial for maintaining maternal health, promoting a healthy pregnancy, and facilitating recovery postpartum. Despite their importance, there is often a lack of awareness and understanding among expectant mothers regarding these exercises. This study seeks to address this gap by implementing a structured educational intervention and assessing its impact on improving the knowledge and practices of antenatal mothers, ultimately contributing to better maternal and neonatal outcomes. **Aims and Objective of the Study:** To assess the existing knowledge regarding antenatal and postnatal exercises among antenatal mothers; To determine the effectiveness of a structured teaching program in enhancing their knowledge on this topic; and thirdly, To examine the association between the knowledge scores and selected demographic variables of the antenatal mothers. **Methodology:** A quasi-experimental one group pretest and posttest research design was employed. The study was conducted in a selected hospital in Bangalore, India. A total of 60 antenatal mothers were selected by purposive sampling technique those who fulfill inclusion and exclusion criteria. **Results:** The study found that antenatal mothers had limited knowledge about antenatal and postnatal exercises prior to the structured teaching program (STP), with a pre-test mean score of 16 (SD = 5.31) and a mean percentage of 40%. After the STP, there was a significant improvement in knowledge, with a post-test mean score of 28 (SD = 7.34) and a mean percentage of 70%. The mean difference of 12 and a t-test value of 10.24 indicated substantial knowledge gain. Additionally, there was a significant association between knowledge scores and demographic variables such as education, occupation, type of family, obstetrical history, previous delivery mode, current gestation period, and information sources ($P<0.05$), but not with age, religion, or family income ($P>0.05$). **Conclusion:** The analysis of findings indicated that structured teaching programme was effective in increasing the knowledge of antenatal mothers on antenatal and postnatal exercises as evidenced from the computed paired 't' test, which was significant at 0.05 level of significance.

KEYWORDS

Antenatal and Postnatal exercises, Structured teaching program, Knowledge, Antenatal mothers.

INTRODUCTION

Pregnancy and childbirth are significant events in a woman's life that bring about numerous physical and emotional changes. Antenatal and postnatal exercises play a crucial role in promoting the mother's well-being, facilitating childbirth, and ensuring a healthy recovery. However, limited knowledge and misconceptions regarding these exercises can hinder their effectiveness.

Antenatal and postnatal exercises play a vital role in maintaining maternal health, promoting a healthy pregnancy, and facilitating postpartum recovery. According to the World Health Organization (WHO), regular physical activity during pregnancy can reduce the risk of gestational diabetes, preeclampsia, and cesarean delivery by up to 30%. Despite these benefits, a significant number of pregnant women lack adequate knowledge and do not engage in appropriate physical activities during and after pregnancy.

A survey conducted by the Ministry of Health and Family Welfare in India revealed that only 25% of pregnant women in urban areas participate in recommended antenatal exercises, and the percentage is even lower in rural regions. This highlights the need for effective educational interventions to enhance awareness and knowledge. The structured teaching program (STP) implemented in this study aims to bridge this knowledge gap. By assessing pre- and post-intervention knowledge levels, the study seeks to determine the impact of the STP and its potential to improve health outcomes for both mothers and their babies. Additionally, the study examines the association between demographic variables and knowledge scores to identify specific factors influencing awareness and educational needs.

Objectives Of The Study:

1. To assess the knowledge regarding Antenatal and Postnatal exercises among antenatal mothers.
2. To determine the effectiveness of structured teaching programme on knowledge regarding Antenatal and Postnatal exercises among antenatal mothers.
3. To find out the association between the knowledge scores with their selected demographic variable.

Hypothesis:

H_1 There will be significant difference between pre test and post test knowledge scores regarding antenatal and postnatal exercises among antenatal mothers.

H_2 There will be significant association between mean knowledge scores with their selected demographic variable among antenatal mothers.

Research Methodology:

The research approach adopted for the present study is an evaluative research approach, which critically appraises scientific literature to generate research ideas. This approach is suitable for evaluating the effectiveness of a structured teaching program (STP) on antenatal and postnatal exercises among antenatal mothers.

Research Design:

The research design used was a one-group pre-test post-test design. This design allowed for the assessment of knowledge before and after the STP to determine its effectiveness.
O1: Pre-test knowledge score.
X: Structured Teaching Program on antenatal and postnatal exercises.
O2: Post-test knowledge score.

Variables

- **Independent Variable:** The structured teaching program on antenatal and postnatal exercises.
- **Dependent Variable:** Knowledge regarding antenatal and postnatal exercises among antenatal B
- **Background Variables:** Age, religion, educational status, occupation, family income, type of family, obstetrical history, previous mode of delivery, present period of gestation, and source of information.

Study Setting:

The study was conducted at Sri Rampuram Referral Hospital and Yeshwanthpur Maternity Home, Bangalore. These locations were chosen due to the availability of subjects and the feasibility of conducting the study.

Population:

The target population included antenatal mothers attending Sri Rampuram Referral Hospital and Yeshwanthpur Maternity Home in Bangalore.

Sample:

The sample consisted of 60 antenatal mothers from Yeshwanthpur Maternity Home, Bangalore, selected through purposive sampling.

Inclusion and Exclusion Criteria
Inclusion Criteria:
- Antenatal mothers available at the time of data collection.
- Those able to read and write Kannada or English.
- Willing to participate in the study.
- Aged between 18-35 years.

Exclusion Criteria:
- Antenatal mothers with complications or high-risk cases.
- Those not attending antenatal clinics regularly.
- Those below 12 weeks of gestation.

Development of Study Tool: A structured knowledge questionnaire was developed based on a review of literature and expert suggestions. The tool consisted of:
- **Section 1:** Baseline variables (10 items).
- **Section 2:** Knowledge questionnaire on antenatal and postnatal exercises (40 multiple-choice questions).

Data Collection Procedure
Data collection was conducted from 22.11.13 to 20.12.13 at Yeshwanthpur Maternity Home. The investigator explained the study's purpose and obtained consent from participants. A pre-test was administered, followed by the STP. A post-test was conducted on the seventh day using the same questionnaire**.**

Data Analysis Plan: The data will be analyzed using descriptive statistics to summarize participant demographics and knowledge levels. Inferential statistics such as paired t-tests and chi-square tests will assess program effectiveness and demographic associations. Statistical software like SPSS or R will be utilized for accurate and efficient analysis.

Ethical Permission
Ethical considerations included obtaining permission from the BBMP Commissioner, informed consent from participants, and ensuring confidentiality. Participation was voluntary, with subjects free to withdraw at any time.

RESULTS:
The demographic findings revealed that 51.6% of antenatal mothers were aged 24-29 years, with 30% aged 18-23 and 18.4% aged 30-35. Regarding religion, 40% were Muslim, 36.6% Hindu, and 23.4% Christian. Educationally, 46.6% had SSLC and below, 38.3% had PUC, and 11.6% had a degree. Most (71.6%) were housewives, and 60% had a monthly income above Rs. 6001. Joint families comprised 70% of the sample. Obstetrically, 76.6% were primigravida, and 78.4% were in their second trimester. Information sources included 10% from health personnel, with 73.4% lacking prior information on postnatal complications.

Table 1 Level Of Knowledge In Pretest And Posttest

Level of Knowledge	Pre-test		Post test	
	N	%	N	%
Inadequate	44	73.3%	10	16.6%
Moderate	12	20%	15	25%
Adequate	4	6.7%	35	58.4%

Table 1 illustrates the levels of knowledge among antenatal mothers before and after the structured teaching program. In the pre-test, 73.3% had inadequate knowledge, 20% had moderate knowledge, and only 6.7% had adequate knowledge. After the intervention, these figures improved significantly: only 16.6% remained with inadequate knowledge, 25% achieved moderate knowledge, and a substantial 58.4% attained adequate knowledge. This data highlights the effectiveness of the structured teaching program in enhancing the knowledge of antenatal mothers regarding antenatal.

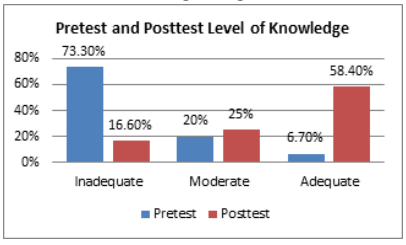

Table 2 Compare of pretest and posttest knowledge

Observation	Mean	SD	Mean Difference	Paired t test
Pre-test	16	5.31	12	**10.24****
Post-test	28	7.34		

Table 2 compares the pre-test and post-test knowledge scores of antenatal mothers regarding antenatal and postnatal exercises. The pre-test mean score was 16 with a standard deviation (SD) of 5.31, while the post-test mean score was significantly higher at 28 with an SD of 7.34. The mean difference between the pre-test and post-test scores was 12. A paired t-test was conducted, yielding a t-value of 10.24, which indicates a statistically significant improvement in knowledge following the structured teaching program ($p < 0.01$).

Regarding the association between selected demographic variables and the level of knowledge
The association between the knowledge scores and demographic variables of antenatal mothers. There is significant association between knowledge scored with their demographic variables like education, occupation, type of family, obstetrical history, previous mode of delivery, present period of gestation and source of information at $P<0.05$ levels.

There is no significant association between knowledge scores with their age, religion, and family income at $P>0.05$ level.

Hence, researcher accepted research hypothesis (H_1) and rejected null hypothesis (H_0).

CONCLUSION:
The findings of this study underscore the significant impact of the structured teaching program on enhancing the knowledge of antenatal mothers regarding antenatal and postnatal exercises. The comparison between pre-test and post-test knowledge scores reveals a statistically significant improvement, with a notable shift towards higher levels of knowledge post-intervention. The majority of participants transitioned from inadequate to adequate knowledge levels, indicating the effectiveness of the educational intervention. These results affirm the importance of tailored educational programs in promoting maternal health and well-being during the antenatal and postnatal periods. Future initiatives should continue to prioritize educational interventions to empower expectant mothers with the knowledge necessary for optimal pregnancy outcomes and postpartum recovery.

Thus it was concluded that the structured teaching programme is an effective method to increase the knowledge of antenatal mothers on antenatal and postnatal exercises. Hence, health professional should give importance to health education on antenatal and postnatal exercises to antenatal mothers. This study gave the evident that, through structured teaching programme knowledge of antenatal mothers on antenatal and postnatal exercises regarding health related behavior can be improved.

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