



ORIGINAL RESEARCH PAPER

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ANTENATAL CARE AMONG PRIMIGRAVIDA MOTHERS AT SELECTED HOSPITALS, BANGALORE.

Nursing

KEY WORDS: Assess effectiveness, Structured Teaching Programme, Knowledge.

Ms. Arulmani D

Professor, Obstetrics And Gynecology Nursing, Diana College Of Nursing

ABSTRACT

Introduction: Antenatal care is the systemic medical supervision of women during pregnancy. Its aim is to preserve the physiological aspect of pregnancy and labour and to prevent or detect, as early as possible, all that is pathological. Early diagnosis during pregnancy can prevent maternal ill-health, injury, maternal mortality, foetal death, infant mortality and morbidity. Hence, the earlier in pregnancy a woman comes under the supervision of an obstetrician, the better. **Design:** A quantitative approach using pre experimental one group pre-test post-test design. **Participants:** 60 Primigravida mothers were selected by using Non-Probability Convenient sampling technique. **Interventions:** Structured teaching programme was given to the primigravida mothers. **Tool:** Self Structured Questionnaire was used to assess the level of Knowledge regarding Antenatal care among Primigravida mothers. **Results:** In this study overall the highest percentage in the demographic data including the Age group 31% (31-40y), Educational status 63% (Secondary), Occupation 72% (House wife), Monthly income of family 55% (6000-9000rs), Type of family 64% (Joint family), No. Antenatal visit 55% (First), Gestational age 67% (1st trimester), Source of information 55% (Health Personnel). The post-test mean score (11.33) which is higher than the mean pre-test knowledge score (5.71). The calculated "T" value (16.23) was greater than the table value (2.00) at 0.05 level of significance. The Structured Teaching programme was effective in increasing the Knowledge regarding Antenatal care among Primigravida mothers. Chi-square test used to associate with the level of knowledge and selected demographic variable. **Conclusion:** The findings of the study indicate that Structured Teaching Programme is effective in increase knowledge regarding Antenatal care among Primigravida Mothers.

INTRODUCTION:

Maternal health is a nation's wealth. Women are the primary care takers, first educators, bearers and nurtures of the next generation. They are the nucleus of our society. Our destiny lies with the well-being of women's health. Pregnancy is the period when women need more attention and care. Worldwide, an estimated 515,000 women die of causes related to pregnancy and child birth each year, and their deaths leave one million children motherless³. Over 99% of these deaths occur in developing countries. In India, in every five minutes one woman dies from complications related to pregnancy and childbirth. This means more than 1, 00,000 women die each year due to pregnancy related causes.³

Need Of The Study:

Antenatal care is an important intervention for the wellbeing of the pregnant mother and the expected infant, especially in regions where maternal and infant mortality rates are high.⁴ The main reason for high maternal mortality in India is that many women are not aware of the measures that are available to prevent diseases in pregnancy as well as basic information in self care during pregnancy. Many do not receive timely help either because they are unaware of the help available or help is not within the reasonable distance.⁵

The knowledge of pregnant women regarding antenatal care and their compliance to it is of paramount importance in preventing maternal and infant mortality rate and morbidity.⁶ The Indian society is made of large number of socio-culturally diverse groups. Their views of antenatal care and the health care system in general, may be different. The disparity of their knowledge and practice has to be assessed for improving the delivery of such services to these groups.⁷

Statement Of The Problem:

"A study to assess the effectiveness of structure teaching program on knowledge regarding antenatal care among primi gravida mother in selected hospitals, Bangalore"

Objective Of The Study:

1. To assess the existing knowledge of primigravida mother regarding antenatal care
2. To assess the effectiveness of structured teaching program regarding antenatal care among primigravida mother.

3. To find out association between post-test knowledge level with their selected demographic variable.

Hypothesis:

H₀: There will be no significant association between pre-test and post-test of knowledge on Antenatal care of primigravida mothers.

H₁: There will be significant association between knowledge and demographic variables.

H₂: There will be a significant difference between pre-test and post-test knowledge of the primigravida mother regarding antenatal care.

MATERIAL AND METHODS:

Pre experimental one group Pretest /Post-test research design and Quantitative Approach. Effectiveness of Structured Teaching Program knowledge regarding Antenatal care among Primigravida mothers in selected Hospitals, Bangalore.

The data were collected from 60 Antenatal mothers. "Non-Probability Convenient" sampling technique were used. A structured questionnaire was selected to assess the knowledge regarding Antenatal care.

RESULTS:

Demographic data was analysed using frequency and percentage. Frequencies, percentage, mean, mean percentage and standard deviation was used to determine the knowledge score. The 't' value was computed to show the effectiveness of Structured Teaching Programme and chi-square test was done to determine the association between the post-test knowledge of Primigravida mothers with selected demographic variables.

Finding related to demographic data:

In this study overall the highest percentage in demographic variable Age group 31% (31-40y), Educational status 63% (Secondary), Occupation 72% (House wife), Monthly income of family 55% (6000-9000rs), Type of family 64% (Joint family), No. Antenatal visit 55% (First), Gestational age 67% (1st trimester), Source of information 55% (Health Personnel)

Finding related to pre and post knowledge score:

Level of Knowledge	Pre test		Post test	
	Frequency	%	Frequency	%
Poor (0 -7 score)	42	70%	09	15%
Average (08 -14score)	18	30%	39	65%
Good (15 -20 score)	00	00	12	20%
TOTAL	60	100%	60	100%

Pre-test, 42 (70%) of Primigravida Mothers had Poor level(0-7score) of knowledge on Antenatal care, 18(30%) of Primigravida Mothers had average(8-14score) level of knowledge on Antenatal care and no one had good knowledge (21-30) on Antenatal care.

During **Post-test**, 09(15%) of Primigravida mothers had Poor level (0-7 score) of knowledge on Antenatal care,39(65%) of Primigravida mothers had average (8-14score) level of knowledge on Antenatal care and 12(20%) had good knowledge (15-20) on Antenatal care.

It was inferred from the above table that the Structured Teaching Programme was effective in improving knowledge on Antenatal care among Primigravida mothers.

Finding related to effectiveness of structured teaching programme:

Distribution of subject on paired 't' test between pretest and post-test knowledge score regarding Antenatal care among Primigravida mothers

Knowle dge test	Mean score	Mean Differen ce	SD	Calcula ted 't' value	Table 't' value	df	Level of significa nce
Pre-test	5.71	5.62	2.64	16.23	2.000	59	0.05
Post- test	11.33		3.74				

Finding related to association between post-test knowledge score of Antenatal mothers with selected demographic variables:

Table show that the association between the Post-test level of Knowledge and socio demographic Variable. Based on the Third objectives used to chi-square test to associate the level of knowledge of Antenatal care and selected demographic variable. The chi square value shows that there is significant in Age, Educational status, Occupation, Monthly income of family, Type of family, No. of Antenatal visit, Gestational weeks and Source of information. The calculated Chi-square was less than the table value at the 0.05 level of significance.

CONCLUSION:

The present study aims to evaluate the effectiveness of Structured Teaching Programme on Antenatal care. The study was conducted by using Pre experimental one group pre-test post-test research design. Specialist Hospital, Bangalore was selected for conducting the study. The sample size was 60 Primigravida mothers by using non probability convenient sampling method

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