

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SPECIFIC SELF-CARE ACTIVITIES AMONG PRIMIGRAVIDA WOMEN ATTENDING ANTENATAL CLINIC

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ABSTRACT

Pregnancy is an eventful period in a woman's life. It is a normal, temporary and physiological process that affects the woman's self-care activities like diet, exercise, hygiene and sleep. Most of women have less knowledge about specific self care activities like diet, exercise, hygiene and sleep. Also sometime they are not able to handle problems of their health as per guidelines.

This pre- experimental study to assess the knowledge regarding specific self-care activities among primigravida women through structured teaching programme. A quantitative research approach and pre-test—post-test research design was used. A total of 60 samples of women were selected by convenience sampling technique and were asked to complete the questionnaire regarding specific self-care activities. Most of the women i.e. 68.3% had below average knowledge and 31.7% had average knowledge score. None of the participants had good pre-test knowledge score. After structured teaching programme, most women i.e 38.3% had good knowledge score and 61.7% had average knowledge score. None of the participants had below average post-test knowledge score regarding specific self-care activities. The study concluded that we need to motivate the primigravida women regarding self-care activities for their better outcome.

Key words: Structured teaching programme, self-care, Primigravida women.

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INTRODUCTION

Pregnancy is that wonderful period in a woman's life when she spends each and every day in pleasant manner, waiting to hold her bundle of joy in her arms at the end of the ninth month. Every woman hopes for a normal pregnancy and normal delivery so that she can cradle and nurse a healthy baby. More than 95% of women have a normal pregnancy and childbirth. These women require adequate antenatal care to ensure a normal physiological process. Minor but significant interventions like self-care activities, healthy diet, and good hygiene are required to improve the condition of the woman and to regulate the physiological process.¹

Pregnancy is a normal physiological process, but it is a new experience for the primigravida mothers. She must be imparted the basic knowledge to go with her normal pregnancy. Most pregnancy related complications could be effectively prevented or managed without recourse to sophisticated and expensive technologies or drugs. Experience has shown that maternal mortality and morbidity can be reduced when communities are informed about different aspects of care during antenatal period.²

NEED OF THE STUDY

Maternal health refers to the health of women during pregnancy, childbirth and the postpartum period. While motherhood is often a positive and fulfilling experience, for too many women it is associated with suffering, ill-health and even death. There are many causes of maternal morbidity and mortality include lack of knowledge regarding self-care activities.³

The global maternal mortality rate in 2010 was 210 maternal deaths per 1,00,000 live births, down from 400 maternal deaths per 1,00,000 live births in 1990. This indicates that maternal mortality rate declined by 47% from the levels prevailing in 1990. Some reasons for maternal mortality are that the women in every third world country live in poverty, illiteracy, malnutrition and poor sanitation. Furthermore, religious taboos and lack of availability of medical facilities render them prone to health hazards. Because of these reasons there is a need to provide knowledge regarding self-care activities among primigravida women.⁴

A cross-sectional study was conducted to identify the knowledge, attitude and practice regarding folic acid intake among 1480 pregnant women in Qatari. The study shows that 53.7% pregnant women heard about folic acid, 20.3% of the pregnant women took folic acid. The most common sources of information on folic acid were from physicians (63.4%), newspaper/ magazine/ books (21.7%). Among those who heard about folic acid, 53.7% which is only 14% of pregnant women knew that it can prevent birth defect and 40.6% of them were aware that one of its sources is green leafy vegetables. In Univariate analysis, awareness about folic acid was significantly associated with the education of the mother. Again, higher educated women (41.3%) knew more about folic acid and used it more often in the preconception and first trimester period. It concludes that the awareness and use of folic acid was less prevalent among pregnant women (Bener A et al. 2006).⁵

The researcher felt that the women are the nucleus of our society and family. Pregnancy is the period when women need more attention and care so that she can give birth to a healthy generation. At the same time, primigravida is the period that is faced by a woman for the first time in her life. Therefore, due to lack of knowledge she may not be able to take care of her own. The researcher feels the need to provide knowledge to primigravida mothers regarding specific self-care activities like antenatal diet, exercise, activities and hygiene.

PROBLEM STATEMENT

A Pre experimental study to assess the effectiveness of structured teaching programme on knowledge regarding specific self-care activities among primigravida women attending antenatal clinic in selected hospitals of Punjab.

OBJECTIVES

- To assess the pre-test knowledge regarding specific self-care activities among primigravida women.
- To assess the effectiveness of structured teaching programme on knowledge regarding specific self-care activities among primigravida women.

- To find out association between the pre-test and post-test knowledge regarding specific self-care activities among primigravida women with their selected demographic variables.

HYPOTHESIS

H1: There will be significant difference between the pre- & post-test knowledge scores of primigravida women regarding specific self-care activities.

H2: There will be significant association between the selected demographic variables and knowledge of primigravida women on specific self-care activities.

RESEARCH METHODOLOGY

Research approach: The research approach used for this study was quantitative.

Research design: The research design is pre experimental, one group pre test-post test.

Variables —

Dependent Variable: Knowledge level of the primigravida women regarding specific self-care activities.

Independent Variable: Structured teaching programme regarding specific self-care activities for primigravida women.

Research Setting: The study was conducted in Antenatal clinic in selected hospitals of Punjab. The study was carried in Civil Hospital Mukerian and Civil Hospital Dasuya in the district of Hoshiarpur in Punjab.

Target Population: The target population of this study will be primigravida women who are attending the antenatal clinic in selected hospitals of Punjab.

Sample: Sample for the study consisted of 60 primigravida women who were attending antenatal clinic in selected hospitals of Punjab.

Sampling technique: Convenience sampling technique was used to select the sample from among primigravida women attending antenatal clinic in selected hospitals of Punjab.

Description of tool: The tool comprised of two parts —

Section – A: This section consists of items pertaining the information about socio-demographic variables such as age of mother, age at marriage, education, occupation, monthly income, religion, residence, type of family and informational sources.

Section – B: This part consisted of self-structured multiple choice questions to assess the knowledge regarding specific self-care activities among primigravida women attending antenatal clinic in selected hospitals of Punjab. The total number of items was 30.

FINDINGS

The result of the study shows the pre-test and post-test knowledge score of the participants. The findings of pre-test knowledge score shows that 68.3% of participants had below average scores and 31.7% had average knowledge scores. There was no one having good knowledge score in pre-test.

The findings about post-test knowledge score shows that 38.3% of participants had good scores and 61.7% had average knowledge scores. There was no one having below average knowledge in post-test.

CONCLUSION

From the findings of the study following conclusions were drawn —

Most of the subject women were in the age group of 22 -25 years and less number of women was in the age group 26-29 years. Most of women were educated up to High school and only few had done up to graduation. Most of the women were non-working and less number of women was service holders. Half of the women had family income of Rs.5,001-10,000 per month and only few women had family income above 15,000 per month. Majority of participants were Sikhs, others were Hindus and none was from other religions. Most of the women belonged to rural areas and the remaining belonged to urban areas. Most of the subjects belonged to nuclear families and the rest

belonged to joint families. More than half of the subjects had print media as source of information but least number of women had Health professionals as a source of information. So we need to motivate the primigravida women regarding self-care activities for their better outcome.

RECOMMENDATIONS

- The study can be replicated on a large sample to validate and generalise its findings.
- A quasi experimental study can be conducted to assess the effectiveness of structured teaching programme on knowledge regarding specific self-care activities among primigravida women attending antenatal clinic in selected hospitals of Punjab.
- A descriptive study can be done to assess knowledge and practices of women regarding specific self-care activities

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