

## A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING ON IMPORTANCE OF ANTENATAL CARE AMONG THE ANTENATAL MOTHERS RESIDING IN THE DHARMAPURI

Ms. Anu John\* | Dr. Manjit Kaur Salwan\*\*

\*Research Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.

\*\*Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India.

### ABSTRACT

*A high quality prenatal or Antenatal Care (ANC) not just helps to treat chronic conditions and non-communicable diseases when woman is pregnant, but it can educate woman and her better half on birth, breastfeeding, delivery, and parenting etc. For minimizing the risk of mother-to-child disease transmission (HIV) one should encourage the use of a skilled birth attendant.*

*In India most of the mothers have poor knowledge of antenatal intranatal care available to them. Poverty, lack of communication and transport facility make them vulnerable to serious consequences. The death of the mother increases the risk to the survival of her young children as the family cannot substitute a maternal role. In recent years emphasis has been given to the risk approach for improved mother and child care services.*

*Quasi experimental design was adopted. Collected data were analysed using descriptive and inferential statistics, in the group, there was a significant difference in pre-test and post-test  $P < 0.001$  level. There was significant association with education and knowledge, and no other significant association with other the demographic variables. The community health nursing should organize training programme in the trained the Balwadi teacher to identify the complications of antenatal mother can prepare instruction modules on antenatal care.*

**Key Words:** *prenatal or Antenatal Care (ANC), breastfeeding, knowledge of antenatal intranatal care, structured teaching programme.*

### ABOUT AUTHORS:



Author Ms. Anu John is Research Scholar at Himalayan University, Itanagar, Arunachal Pradesh, India. She has published papers in various National and International Journals.



Author Dr. Manjit Kaur Salwan is a Research Supervisor at Himalayan University in Itanagar, Arunachal Pradesh, India. She has attended and organized various National and International conferences and has given extensive lectures.

**INTRODUCTION:**

In India most of the mothers have poor knowledge of antenatal intranatal care available to them. Poverty, lack of communication and transport facility make them vulnerable to serious consequences. The death of the mother increases the risk to the survival of her young children as the family cannot substitute a maternal role. In recent years emphasis has been given to the risk approach for improved mother and child care services.

Antenatal education as stated by Svensson, J., Barclay, L., & Cooke, M. (2008) is a crucial component of antenatal care, yet practice and research demonstrate that women and men now seek far more than the traditional approach of a birth and parenting program attended in the final weeks of pregnancy. Indeed, women and men participating in this study recommended a range of strategies to be provided during the childbearing year, comparable to a "menu in a restaurant." Their strategies included three program types: "Hearing Detail and Asking Questions," "Learning and Discussing," and "Sharing and Supporting Each Other." The characteristics of each type of program are identified in this article. The actual learning methods the study participants recommended to be incorporated into the programs were "Time to Catch Up and Focus," "Seeing and Hearing the Real Experience," "Practicing," and "Discovering."

Chikalipo, M. C., Chirwa, E. M., & Muula, A. S. (2018) found that despite advocating for male involvement in antenatal education, there is unmet need for antenatal education information for expectant couples. The objective of this study was to gain a deeper understanding of the education content for couples during antenatal education sessions in Malawi. This is needed for the development of a tailor-made curriculum for couple antenatal education in the country, later to be tested for acceptability, feasibility and effectiveness. We identified one overarching theme: couple antenatal education information needs. The theme had three subthemes which were identified based on the three domains of the maternity cycle which are pregnancy, labour and delivery and postpartum period. Preferred topics were; description of pregnancy, care of pregnant women, role of men during perinatal period, family life birth preparedness and complication readiness plan, coitus during pregnancy and after delivery, childbirth and baby care. It was concluded that Antenatal education is a potential platform to disseminate information and discuss with male partners the childbearing period and early parenting. Hence, if both men and women were to participate in antenatal education, their information needs should be prioritized. Men and women had similar choices of topics to be taught during couple antenatal education, with some minor variations.

**OBJECTIVE OF THE STUDY:**

- Asses the knowledge on importance of antenatal care among the antenatal mothers.
- Determine the effectiveness of structured teaching on importance of antenatal care among the antenatal mothers.
- Associative the selected demographic variables with pre and pro-test of knowledge on importance of antenatal care among antenatal mothers.

**METHODOLOGY**

Research design: Quasi experimental design.

Setting: Dharmapuri

Population: Antenatal mothers

Sampling technique: Convenience sampling technique

Sample size: 30

**TOOL:**

Part A – demographic variables, part B – Interview schedule related to knowledge on importance antenatal care among antenatal mothers

**RESULTS:**

Collected data were analysed using descriptive and inferential statistics, in the group, there was a significant difference in pre-test and post test  $P < 0.001$  level. There was significant association with education and knowledge, and no other significant association with other the demographic variables.

**CONCLUSION:**

The community health nursing should organize training programme in the trained the Balwadi teacher to identify the complications of antenatal mother can prepare instruction modules on antenatal care.

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