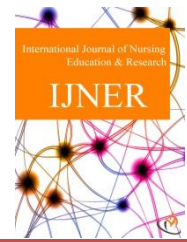




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ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE OF SELECTED ANTENATAL CARE AMONG PRIMIGRAVID MOTHERS IN SREE BALAJI MEDICAL COLLEGE AND HOSPITAL, CHENNAI

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ABSTRACT

To assess the effectiveness of structured teaching programming on selected antenatal care and to associate the demographic variables with the knowledge on antenatal care among primigravid women. A one group per test-post design (pre-experimental design) was used for this study. 60 primigravid women were selected by convenient sampling techniques. The effectiveness of structured teaching programme on antenatal care was highly significant at *** $p < 0.001$ level. The study was found that there is significant difference in the level of knowledge on antenatal care after structured teaching programme. The knowledge of the primigravida women on antenatal care before structured teaching programme was inadequate. It was adequate after structured teaching programme. So educating the antenatal mothers regarding antenatal care will help to prevent the maternal and infant mortality and morbidity. It promotes the healthy baby.

INTRODUCTION

A women's health directly influences the health and development of her child. Ensuring that all child births are healthy can be a profound benefit to women, children and society at large. It is also recognized that women's wellbeing helps to determine the well-being of her entire family. A healthy mother is always better to care for her family and participate herself in keeping security towards health.

Pregnancy is a normal physiological phenomena. Pregnancy and child birth are two events in the lifetime which are eagerly expected in the society.

The survival of the mother and baby alike is a co-ordinate with quality of care and attention received during antenatal period. Thus concern for the child should start even before pregnancy [1].

Antenatal care refers to the care that is given to an expected mother from the time that conception is confirmed until the beginning of labour in addition to monitor the progress of the pregnancy. It aims to provide appropriate support for the women and her family whatever the outcome of the pregnancy and information which will allow them to make sensible and informed choices.

According to the data available with World Health Organization (WHO), in 2005 around 536,000 women died during pregnancy or after childbirth globally of which 117,000 were Indians followed by

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Research Article



Nigeria (59,000), Congo (32,000) and Afghanistan (26,000). In Tamilnadu, the maternal mortality rate is 4.1/1000 and infant mortality rate is 67/1000 live birth (WHO 2005). India has very high above (300/100000) maternal mortality rate as against a very low level of (5.45/100000) live births in developed countries. Out of every 1000 pregnancies, 1.326 mother died directly or indirectly due to pregnancies [2-4].

OBJECTIVES

- To assess the level of knowledge on antenatal care among primigravid women before structured teaching programme.
 - To determine the level of knowledge on antenatal care among primigravid women after structured teaching programme.
 - To determine the effectiveness of structured teaching programme on selected antenatal care among primigravid mothers by comparing pre and post test knowledge.
- To associate the demographic variables with the knowledge on antenatal care among primigravid women.

METHODOLOGY

Research Design

A one group pre test – post test design (pre-experimental design) was used for this study [5,6].

Setting

This study was conducted in Sri Balaji Medical College and Hospital, Chrompet.

Sample and Sampling Techniques

A sample of 60 primigravid women was selected by using convenient sampling techniques.

Description of Instruments

This study was conducted by using structured questionnaire. It consists of 2 parts:

Part 1: It consists of demographic variables of sample such as age, education, religion, type of family, occupation of the mother, monthly income, gestational age in weeks and previous information on antenatal care.

Part 2: It consists of 35 multiple choice questions related to knowledge on antenatal care in the aspects of nutrition, exercises, rest and sleep, immunization and hygiene [7-9].

Score Interpretations

The structured questionnaire was consisting of 35 multiple questions. Each correct answer was given a score of '1' and wrong answer was given a score of '0'. The total score is 35.

The score was interpreted as follows:

Below 50% - inadequate knowledge

51% - 75% - moderately adequate knowledge

76% - 100% - adequate knowledge

Collected data were tabulated and analyzed using descriptive and inferential statistics.

RESULTS

Table 1. Comparison between pre-test and post-test score on knowledge level of primigravid mother on antenatal care

Knowledge Level	Pre-Test		Post-Test	
	NO.	%	NO.	%
Inadequate (0-49%)	58	96.7	-	-
Moderately adequate (50% - 74%)	2	3.3	-	-
Adequate (75% - 100%)	-	-	60	100
Total	60	100	60	100

Among 60 primigravid mothers most of them (96.7%) had low level of knowledge in pre-test. All mothers (100%) had high level of knowledge in post-test.

Table 2. Mean and Standard Deviation of pretest and post test scores of Antenatal care

Variables	Pretest Score		Post Test Score		Paired 'T' Test
	MEAN	S.D	MEAN	S.D	
Knowledge	26.2	7.5	87.6	4.5	87.0 ***

*** P <0.001 statistically significant.

Table 2 shows that the pre test knowledge mean value of 26.2 with a standard deviation of 7.5 and the post test mean value was 87.6 with the standard deviation of 4.5 of the primigravida women on antenatal care. The paired "t" test value is 87.0 *** which is highly significant at *** p<0.001 level.

DISCUSSION

Major Findings of the Study

In pre test of 60 samples, 58(96.7%) had inadequate knowledge regarding antenatal care and

2(3.3%) had moderately adequate knowledge and no one had adequate knowledge. Regarding the post knowledge none of them had inadequate knowledge and moderately adequate knowledge. 100% had adequate



knowledge. Regarding the pre test and post test, the results were compared to determine the effectiveness of structured teaching programme. The results were interpreted as follows: The pre test data analysis showed that 58 (96.7%) of the primigravid women had inadequate knowledge and 2 (3.3%) had moderately adequate knowledge on antenatal care. This shows that in the structured teaching programme there were 60 (100%) of the primigravid mother who had adequate knowledge and no none had inadequate knowledge regarding antenatal care. This shows that the structured teaching programme was effective. Overall, the paired “t” test score was 87.0% *** which is statistically significant at $p < 0.001$. It was found that since all the mothers were in a single

category (high) of knowledge χ^2 test after association could not be applied. It was found that there is significant difference in the level of knowledge on antenatal care after structured teaching programme.

CONCLUSION

The knowledge of the primigravida women on antenatal care before structured teaching programme was inadequate: it was adequate after structured teaching programme. So educating the antenatal mothers regarding antenatal care will help to prevent the maternal and infant mortality and morbidity. It promotes the healthy baby.

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