

# Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Prenatal Care Among Primigravida Mothers

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**Abstract:** The study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding prenatal care among primigravida mothers. One group pre test, post test research design was used in this study. Using the Non-probability (purposive) sampling technique 100 samples were selected. Data were collected by using structured questionnaires. The result of the study revealed in the pre test level of knowledge were 39(39%) of primigravida mothers had inadequate knowledge, 61(61%) had moderate knowledge, 0(0%) of primigravida mothers have adequate knowledge and after a structured teaching programme, the post test of knowledge were 1(1%) of primigravida mothers had inadequate knowledge, 23(23%) of primigravida mothers had moderate knowledge and 76(76%) had adequate knowledge. The study revealed that the primigravida mothers got adequate knowledge after a structured teaching programme had been given on prenatal care among primigravida mothers.

**Keywords:** Primigravida mothers, Knowledge, Prenatal care

## 1. Introduction

Pregnancy is unique, exciting and often joyous time in a women life, as it highlights the women amazing creating and nurturing powers while providing a bridge to the future. Pregnancy comes within some cost, however, a pregnant women needs also to best support the health of her future child. Foetus fully depends on its mothers health and for nourishment. Pregnant women should takes into account the many health care and lifestyles consideration described in the document. Primigravida is a woman who is pregnant for the first time. The primigravida mothers has to know about the physical, emotional aspects of pregnancy, childbirth, early parenthood, present coping skills and labour support techniques. During labour the women needs supports and help on emotional, physical, information and advice about what is happening and how to cope; and support of the partner.

These components help to accept a women behaviour, attitude and individual preferences. Need for the study: The purpose of the study is to identify the knowledge and practices of pregnant women regarding different aspects of antenatal care such as diet, antenatal checkups, immunization, adequate sleep, rest, exercise, hygiene, breast feeding, health problems and complication of pregnancy to make recommended to enhance

the knowledge and practice of antenatal care by improving the delivery of antenatal services. Pregnancy- related deaths and diseases remain unacceptably high. In 2015, an estimated 303000 women died from pregnancy related causes. The most common causes are cardio vascular diseases (15.2%), non cardio vascular diseases (14.7%), infection or sepsis (12.8%), hemorrhage (11.5%), cardiomyopathy (10.3%), thrombotic pulmonary embolism (9.1%), cerebro vascular accident (7.4%), hypertensive disorder of pregnancy (6.8%), amniotic fluid embolism (5.5%) and anesthesia complications (0.3%). Maternal mortality mostly caused by severe bleeding and infections after childbirth. The use of higher- quality health care during pregnancy and childbirth can prevent many of these deaths and diseases, as well as improve women and adolescent girls experience of pregnancy and childbirth.

## 2. Statement of the problem

A Study to assess the effectiveness of structured teaching programme on knowledge regarding prenatal care among primigravida mothers in selected primary healthcare center.

## 3. Objectives

- To assess the knowledge regarding prenatal care among the primigravida mothers.
- To determine the effectiveness of structured teaching programme on knowledge regarding prenatal care among primigravida mothers.
- To find out the association of level of knowledge regarding prenatal care among primigravida mothers with their selected demographic variables.

### A. Operational Definitions

**Effectiveness:**

Refers to the successful outcome of structured teaching programme on prenatal care among primigravida mothers.

**Structured Teaching Programme:**

Refers to the programme when the investigation impact the knowledge after pre-test and post test on various aspect of prenatal care awareness by power point presentation, flashcards

and pamphlets.

*Prenatal care:*

Refers to promote healthy lifestyle of mother and child regarding dietary habits antenatal care immunization, weaning practices, treatment, breastfeeding and schemes.

*Primigravida mothers:*

Refers to women who is pregnant for first time.

*Assumption:*

- Pregnant women tend to be inquisitive in nature.
- Improving the maternal health is way of achieving a better balance between growth of population and resources needed for long term survival.
- Improves the critical thinking of the primigravida mothers.
- Decreases the maternal and infant mortality rate.

Modified conceptual framework based on general system theory (Vonludwig Bertalanfey 1968)

#### 4. Research Methodology

##### A. Research Approach

The research approach used for this study was descriptive research approach.

*Research Design:* Descriptive research design.

*Variables of the study:*

- *Independent variables:* Structured teaching programme is an independent variable in this study.
- *Dependent variables:* Primigravida mothers is a dependent variable in this study.
- *Setting of the study:* The study was conducted in Upgraded Primary Health centre at kundrathur, sriperumbudhur taluk of kanchipuram district in Tamilnadu. Which is 8km away from poonamallee.
- *Population:* Kundrathur is a large village comprising about 54,986 peoples of which 27,562 are males and 27,424 are females.
- *Target Population:* Primigravida mothers aged between 18-40 years, who comes under first and second trimester.
- *Accessible population:* Primigravida mothers visiting Upgraded Kundrathur Primary Health Center.
- *Sample:* In this study sample will be the primigravida mothers who met the inclusion criteria and residing in this area. Sample size - The sample size consist of 100 primigravida mothers visiting Upgraded Primary health center, Kundrathur, Chennai. Sampling technique: Non-probability (purposive) sampling technique.

*Criteria for the sample selection:*

*Inclusion criteria:*

1. Primigravida mothers who were in the age group of 18-40 years.
2. Primigravida mothers who were in in first and second trimester period.
3. Primigravida mothers who are willing to participate.
4. Primigravida mothers who know to read and write tamil

and English.

*Exclusion criteria:*

1. Primigravida mothers in third trimester are restricted to this study.
2. Pregnant women who were away from the hospital at the time of the data collection.

*Description of the Tools:*

The tools is developed after the literature review and guidance from the expert. It consist of four parts.

*Part-I*

It consist of demographic variables such as age, educational status, occupation, husband occupation, family income, religion, type of family, age at marriage, trimester of pregnancy, dietary habit during antenatal period.

*Part-II*

It consists of structured 30 questionnaires to assess the effectiveness of structured teaching programme regarding antenatal care among 100 primigravida mothers, multiple choice questions were prepared under the following topics and each correct answer carries one mark. The score is interpreted as below,

Adequate knowledge= >75%

Moderate knowledge= 50-75%

Inadequateknowledge=<50%

#### 5. Data analysis and interpretation

*Frequency and percentage distribution of pre test level of knowledge regarding antenatal care among primigravida mothers.*

Table 1  
Frequency and percentage distribution of pretest level of knowledge regarding antenatal care among primigravida mothers (n=100)

S.no.	Level of knowledge	Number	Percentage
1	Inadequate knowledge	39	39%
2	Moderate knowledge	61	61%
3	Adequate knowledge	0	0%

The table 1, represents the frequency and percentage distribution of pre test level of knowledge regarding antenatal care among primigravida mothers, it reveals that the level of knowledge among 100 samples in that 39% had inadequate knowledge, 61% had moderate knowledge and 0% were adequate knowledge.

*Frequency and percentage Distribution of post test level of knowledge regarding antenatal care among primigravida mothers.*

The table 2, represents the distribution of level of knowledge regarding antenatal care among primigravida mothers after the structured teaching programme, it reveals that the level of knowledge among 100 samples in that 1% had inadequate knowledge, 23% had moderate knowledge and 76% had adequate knowledge.

Table 2  
Frequency and Percentage distribution of post test level of knowledge regarding antenatal care among primigravida mothers (n=100)

S.no	Level of knowledge	Number	Percentage
1	Inadequate knowledge	1	1%
2	Moderate Knowledge	23	23%
3	Adequate knowledge	76	76%

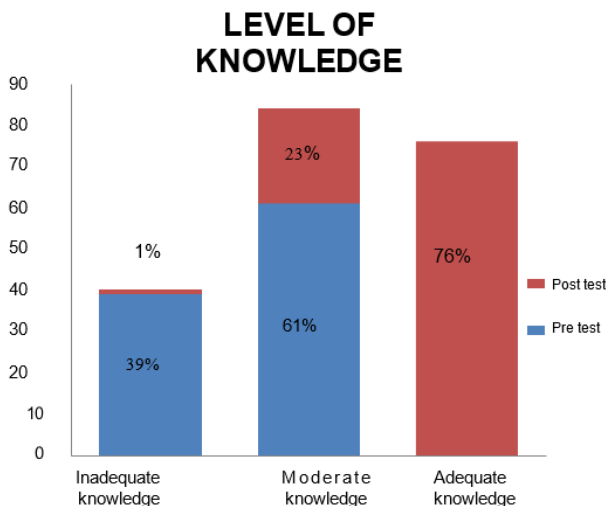


Fig. 1. Percentage distribution of pre test and post test level of knowledge regarding prenatal care among primigravida mothers

*Structured teaching programme on knowledge regarding antenatal care among primigravida mothers.*

Table 3  
Structured teaching programme on knowledge regarding antenatal care among primigravida mothers

Assessment	mean	Standard deviation	Z Test
Pre test	16.23	2.3	27.24
Post test	24.37	2.9	10.11

The table 3, represents the “Z” test value for pre test is 27.24 and post test is 10.11 be highly significant at 5% level significance. The above findings indicates and increase in the level of knowledge following structured teaching programme. Hence the research hypothesis H1 states there was significant difference between pre test level of knowledge and post test level of knowledge regarding antenatal care among primigravida mothers. Hence, the research hypothesis was accepted.

**Summary:** The study has been focussed to assess the effectiveness of structured teaching programme regarding antenatal care among primigravida mothers. One group pre test post test was adopted to assess the knowledge. The objectives of the study were:

1. To assess the knowledge regarding antenatal care among the primigravida mothers.
2. To determine the effectiveness of structured teaching programme on knowledge regarding prenatal care among primigravida mothers.

3. To find out the association of level of knowledge regarding prenatal care among primigravida mothers with their selected demographic variables.

**6. Conclusion**

The study was done to assess the effectiveness of structured teaching programme on knowledge regarding antenatal care among primigravida mothers. The findings of the study represents the frequency and percentage distribution of demographic variables among primigravida mothers. Out of 100 primigravida mothers 58(58%) in the Age group of 19-24 years, Educational status of mothers in the study 55(55%) of mothers were secondary educated, Regarding the Occupation 79(79%) of mothers were housewife, Regarding the Husband Occupation 48(48%) were coolie. Regarding the Family Income 36(36%) were Rs.5001- 10000. Regarding the Religion 82(82%) mothers were Hindu. Regarding the type of family 51(51%) mothers were Joint Family. Age at marriage 74(74%) mothers were 18-25 years. Regarding Trimester of pregnancy 36(36%) mothers were second trimester. Regarding the Dietary Habit 71(71%) of mothers were vegetarian. The major findings of the study revealed that in, pre test level of knowledge among 100 primigravida mothers 39% had inadequate knowledge, 61% moderate knowledge, 0% adequate knowledge regarding prenatal care among primigravida mothers and in post test level of knowledge among 100 primigravida mothers, 1% inadequate knowledge, 23% moderate knowledge and 76% adequate knowledge regarding prenatal care. The study findings revealed that the primigravida mothers got adequate knowledge after structured teaching programme on prenatal care among primigravida mothers. Hence the research approach was accepted. This paper presents an overview on the effectiveness of structured teaching programme on knowledge regarding prenatal care among primigravida mothers.

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