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Effectiveness of an information booklet on knowledge regarding antenatal care among primi-gravida mothers at selected villages of Waghodia Taluka

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Abstract

Objective: The study was conducted to assess the effectiveness of an information booklet on knowledge regarding antenatal care among primi-gravida mothers at selected village of Waghodia taluka.

Setting: The study was conducted in selected village of Waghodia taluka.

Design: A pre experimental one group pre-test post-test design was used.

Sampling technique: The samples of this study are selected by using Non-randomized Purposive sampling technique will be used.

Sample: The sample for present study comprises of 60 primi-gravida mothers from selected villages of Waghodia taluka.

Tools for data collection: The structured questionnaire was used as an instrument to measure the level of knowledge regarding antenatal care among primi-gravida mothers.

Finding & Results: The finding of pre-test data showed that majority 40% of mothers had inadequate knowledge and 10% of the sample had moderate knowledge. Findings of post-test data showed that majority 36.66% of the sample had adequate knowledge and 13.33% of the sample had moderate knowledge. The mean post-test knowledge score (15) also was higher than the mean pre-test score (4.71). The comparison of pre-test and post-test knowledge scores of primi-gravida mothers shows the obtained 't' value 26.7 is greater than the table value at 0.05 (2.00) level of significance. Therefore "t" value is found to be significant indicating that there is a significant difference between pre-test and post-test knowledge of primi-gravida mothers. Chi-square test was calculated to find out the association between the demographic variables and the level of knowledge regarding antenatal care among primi-gravida mothers of selected village of Waghodia taluka. The findings indicates that all the variables such as Age in years ($\chi^2=42.98$) and Educational status ($\chi^2=4.33$) were found to be significant at 0.05 level of significance. Thus it can be interpreted that there is a significant association between pre-test level of knowledge among primi-gravida mothers with their selected demographic variables such as Age in years and Educational status.

Conclusion: So we can conclude that information booklet on knowledge regarding antenatal care has shown its impact as there is remarkable increase in the knowledge of primi-gravida mothers regarding antenatal care after providing information booklet.

Keywords: Asses, effectiveness, information booklet and knowledge of antenatal mother

1. Introduction

Antenatal care is essential for every woman either trying to conceive or for those that have just discovered they are pregnant. Being pregnant for the first time can be a little bit daunting, your body is changing in ways you've never experienced, so you'll meet a team of experts trained to guide and help you have the best possible journey through pregnancy and beyond [2]. Antenatal care refers to the regular medical and nursing care recommended for women during pregnancy. The importance of antenatal care is often overdone in most households as the would-be mother is flooded with advice about what is right and what is wrong for her.

Systematic supervision of a woman during pregnancy is called antenatal care. The supervision should be of a regular and periodic nature in accordance with the principles laid down or more frequently according to the need of the individual. It is the education, supervision and treatment to a pregnant woman so that her pregnancy and labour will

terminate with delivery of a mature healthy living baby, without injury to the mind or body of the mother. The objective of Antenatal care is to ensure a normal pregnancy with delivery of a healthy baby from a healthy mother.

1.1 Need of the study

Pregnancy, Labor and birth of a child are important milestones in a couple's life. Regular medical care, knowledge of your choices, and understanding the unknown events during pregnancy can make childbirth an extremely enriching and joyful event.

A Woman's health and behavior in pregnancy affect her baby. A poor diet, smoking, intake of alcohol, certain drugs, and severe illnesses can hold back the baby's development. Hence during pregnancy, you should not only take good care of your own health but also go for regular care of you own health but also go for regular check-ups with your doctor. This is antenatal care is absolutely necessary because it makes sure that you and the baby are fit and well.

1.2 Objectives

- To assess the mean pre-test level of knowledge of primi-gravida mother regarding Antenatal care.
- To find out the effectiveness of information booklet on Antenatal care.
- To find out the association between the pre-test knowledge score and selected demographic variables.

1.3 Hypothesis

H₁: There will be significant difference between pre-test and post-test knowledge of primigravida mothers regarding antenatal care.

H₂: There will be significant association between pre-test knowledge of primi-gravida mothers regarding antenatal care with their selected socio-demographic variables.

2. Material and methods

2.1 Research Design: One group pre-test post-test research design, which belongs to pre-experimental design, was selected for this study.

2.2 Setting: The study was conducted in selected village of Waghodia taluka.

2.3 Population: The population selected for this study consisted of primi-gravida mothers at the selected village of Waghodia taluka was.

2.4 Sample: The sample size constitutes 60 primi-gravida mothers, from selected villages of Waghodia taluka.

2.5 Sampling Technique: The samples of this study were selected by using Non-randomized Purposive sampling technique.

2.6 Tool for data collection: The research tool was developed in English after an extensive of literature and experts opinion it was translated in to Gujarati by language experts. A self-reported structured knowledge questionnaire was used for collection of data. Structured knowledge Questionnaire is considered to be the most efficient and objective method which is quick and generally in expensive means of obtaining data from large number of respondents.

2.7 Data analysis: The demographic variables were organized by using descriptive measures (frequency and percentage). The association between the level of knowledge and the selected demographic variables were assessed by chi-square test.

3. Findings & Results

3.1 Findings of demographic characteristics

Women 23 (46%) were in 20-25 year, 22(36.67%) of them in between 25-30 year, 03(05%) were belong to 30-35 year & no sample 35 & above year. No sample of illiterate, 32(53.33%) were belong to primary education, 03 (05%) have secondary education & mother 25(41.66%) were graduate and above. 37(61.66%) were belongs to lower class, 19(31.66%) were belong to middle class & 04(6.66%) belongs to upper class family. 49(81.66%) were living in urban area & 18(18.33%) were living in rural area. 13(21.66%) has previous information regarding antenatal care & 14(78.33%) has no previous information regarding antenatal care. Majority of mother 39(65%) were employed and only 21(35%) were unemployed.

3.2 Analysis of pre-test and post-test knowledge scores of adolescent girls regarding menstrual hygiene:

The finding of pre-test data showed that majority of mother had inadequate knowledge 24(40%), 6(10) mother had moderate knowledge. Findings of post-test data showed that majority of mother had adequate knowledge 22(36.66%), 5(13.33%) mother had moderate knowledge.

3.3 Effectiveness of information booklet on knowledge regarding antenatal care among primi-gravida mothers:

Finding related to knowledge of primi-gravida mothers regarding antenatal care. reveal that the mean knowledge score of pre-test to be 4.71 and for post-test to be 15 with pre-test SD of 3.9 and post-test SD of 5 and significant increase in knowledge about antenatal care with T value is 26.7 at $P < 0.05$ level. The comparison of pre-test and post-test knowledge scores of antenatal mother shows the obtained 't' value 26.7 is greater than the table value at 0.05 (2.00) level of significance. Therefore "t" value is found to be significant indicating that there is a significant difference between pre-test and post-test knowledge of antenatal mothers.

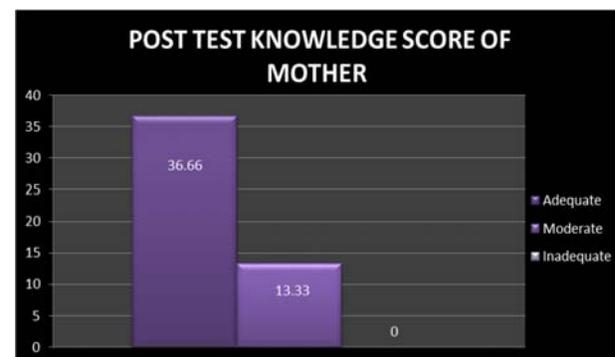


Fig 1: Distribution of Mother According To Their Post-Test Knowledge Score

3.4 Association between Demographic variables and Pre and Post-test Knowledge level on menstrual hygiene:

The findings indicates that all the variables such as Age in years ($\chi^2 = 42.98$), Educational status ($\chi^2 = 4.33$), were found

to be significant at 0.05 level of significance. Thus it can be interpreted that there is a significant association between pre-test level of knowledge among primi-gravida mothers

with their selected demographic variables such as Age in years and Educational status.

Table 1: Association between Selected Demographic Variables of Women and Their Knowledge Score
N=60

Sr. No	Variables	Score which falls at median and above	Score which falls below the median	Total	x ²	D.F	Level Of Significance
1	Age in years				42.98	3	significant
	a) 20-25years	22	12	34			
	b) 25-30years	14	8	22			
	b) 30-35 years	4	0	4			
	d)35 & above	0	0	0			
	Total	40	20	60			
2	Educational status				4.33	3	significant
	a) Illiterate	0	0	0			
	b) Primary education	22	10	32			
	c) Secondary	3	0	3			
	d) Graduate/above	15	10	10			
	Total	40	20	60			
3	Family class				4.3	2	Not significant
	a) Lower	2	2	4			
	b) Middle	16	3	19			
	c) Upper	22	15	37			
	Total	40	20	60			
4	Area of living				1.3	1	Not significant
	a) Rural	31	18	49			
	b) Urban	9	2	11			
	Total	40	40	60			
5	Exposure to previous information regarding antenatal care				0.37	1	Not significant
	a) Yes	9	4	13			
	b) No	30	17	47			
	Total	39	17	60			
6	Occupation				1.31	1	Not significant
	a) Employed	24	15	39			
	b) Unemployed	16	5	21			
	Total	40	20	60			

* Significant at 0.05% Level,

4. Conclusion

The present study assessed the knowledge regarding antenatal care among primigravida mothers residing at Waghodia taluka and found that the majority of primi-gravida mothers had inadequate knowledge related to antenatal care. After giving information booklet there was significant improvement on knowledge of the primigravida mothers regarding antenatal care. The study concluded that the information booklet was effective in improving knowledge of primigravida mothers regarding antenatal care.

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