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Effectiveness of structured teaching program regarding childbirth preparation among Primi antenatal mothers at selected hospital, Hyderabad, Telangana

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Abstract
The aim of the study was to find out the effectiveness of structured teaching program on knowledge regarding childbirth preparation among Primi antenatal mothers at selected Hospital, Hyderabad, Telangana. The research design selected for the study was pre experimental one group pre-test-post-test design. The sampling size is 60 Primi antenatal mothers selected based on the inclusion and exclusion criteria. The tool used for data collection was structured questionnaire in which part-1 consist of demographical variables and part -2 knowledge questionnaire regarding child birth preparation. The findings of the study showed that there was a significant gain of knowledge regarding childbirth preparation among Primi antenatal mothers after providing structured teaching program. The mean score of the knowledge of pre test was 6.16 +/- 2.2 (M+ SD) was less than the post-test knowledge score 20+/- 3.0 (M+SD) found to be significant at 0.05% level which indicates that there is improvement in the knowledge. The 't' value is 53.8 at 59 degrees of freedom with 5% level is highly significant. There was significant association between the post test level of knowledge regarding childbirth preparation among Primi antenatal mothers with selected demographic variables like age, religion, education, family type and family income.

Keywords: Effectiveness, Structured Teaching Program, Primi Mothers, Child Birth Preparation

Introduction
Pregnancy and childbirth are special events in woman's life which she aspires and longs for with great expectation. She has fantasies about pregnancy and motherhood, but when confronted with reality, many of them doubt their ability to cope with child birth. Child birth is a natural and universal phenomenon. Yet the knowledge of it among average women is hazard, incomplete or distorted. A woman generally has notion that child birth is unbearable pain. Child birth preparation is defined as providing information and support to facilitate childbirth and to enhance the ability of an individual to develop and perform the role of parent. Preparation for childbirth provides the expectant mother with the means to cope effectively with stress brought about by the last weeks of pregnancy and birth of the baby.

Statement of the problem
Effectiveness of structured teaching programme on knowledge regarding childbirth preparation among primi antenatal mothers at selected hospital, hyderabad, telangana.

Objectives of the study
1. To assess the pretest knowledge regarding childbirth preparation among primi antenatal mothers
2. To develop and administer structured teaching programme on knowledge regarding childbirth preparation among primi antenatal mothers
3. To assess the post-test level of knowledge regarding childbirth preparation among primi antenatal mother
4. To compare the pre-test levels of knowledge with post-test level of knowledge regarding childbirth preparation among primi antenatal mothers

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5. To associate the post-test level of knowledge regarding childbirth preparation among primi antenatal mothers with selected demographic variables.

Hypothesis
H1: There is significant difference between pre-test and post-test knowledge quotes regarding childbirth preparation among primi antenatal mothers
H2: There is significant association between the post-test knowledge of primary antenatal mothers regarding childbirth preparation with selected demographic variables

Methodology
The research approach used for the study is quantitative evaluative approach -one group pretest and posttest design

Group	Pre- test -I	Intervention x	Post- test - II
Primi antenatal mothers In selected hospital	Assessment through structured knowledge questionnaire	Administration of STP	Assessment through structured knowledge questionnaire

Key
I: Pre-test through self -administrated questionnaire
X: Structured teaching program regarding childbirth preparation
II: post-test through self- administered questionnaire

Description of variables
Dependent variable: Level of knowledge
Independent variable: Structured teaching programme
Demographic variables: Age, religion, education, type of family, family income, previous knowledge
The study was conducted in Princess Esra Hospital Hyderabad. The setting is chosen on the basis of feasibility and availability of adequate sample. The non probability convenient sampling technique was used to select the sample for the study. In this study sample consists of 60 primi antenatal mothers.

Criteria for sample selection
Inclusion criteria
1. Study includes Primi antenatal mothers,
2. Who were attending antenatal clinics at selected hospital in Hyderabad.
3. Who are available at the time of data collection.
4. Who can understand English and Hindi.

Exclusion criteria
Primi antenatal mothers,
1. Who are not willing to participate in the study.
2. All multigravida mothers.
3. Who are not available at the time of data collection.

Description of the tool
Section A
Demographic variables of Primi antenatal mothers in relation to age, religion, education, income, type of family, previous knowledge and gestational age.

Section B
It consists of structured questionnaire with four categories
1. Knowledge regarding childbirth preparation and signs of impending labor.

2. Knowledge of mothers regarding childbirth preparation.
3. Knowledge regarding different types of childbirth preparation and coping strategies.
4. Knowledge regarding advantages of childbirth preparation.

Score interpretation
The question were multiple choices with 4 option among which one was right answer
The subject where classified as follows on the basis of score.
Below average =<50%
Average = 50%
Above average = >75%

Data collection
The written permission was obtained from the head of institution to conduct the research at Princess Esra hospital, Hyderabad, Telangana. The total 60 Primi antenatal mothers were selected by using inclusion criteria and were informed regarding the research study and written consent was obtained and the baseline information was collected from each mother prior to pre-test (was 30 minutes)and structured teaching programme was conducted for 45 minutes by using, instructional media like charts, posters, flip charts, models and flash cards. The participants were requested to report for the post -test after 7 days. After 1 week the post-test scores were obtained from the primi antenatal mothers with the same pre-test knowledge questionnaire.

Data analysis
The data analysis is the systemic organization and synthesis of research data and testing of
research hypothesis by using those data.

Table I: Frequency and Percentage Distribution of Pre-test and Post-test Knowledge Levels of Primi Antenatal Mother

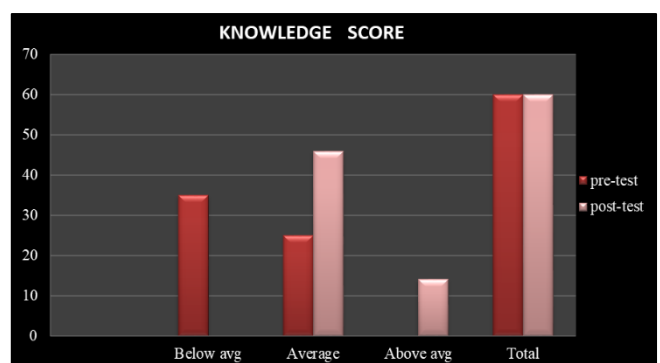| Knowledge level	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Below average	35	58.33%	0	0
Average	25	41.66%	46	76.66%
Above average	0	0	14	23.33%
Total	60	100%	60	100%

The table shows that 37 (6%) of the women were found below average, 23(38-33%) of the women were having average knowledge level and none of the women's were having below average knowledge, after administrating the STP 46 (76.66%)of the Primi antenatal mothers were having

average knowledge levels, 14 (23.33%)of the Primi antenatal mothers were found above average level.

Table II: Effectiveness of the structured teaching program('t' test).

S.NO	Parameters	Pre-test	Post-test
1	Mean	8.03	19.8
2	Standard deviation	2.07	2.89
3	Standard errors	0.37	
4	Degree of freedom	59	
5	't' test	30.89	
6	't' table value	2.00	

S: significant at 5% level of significance
NS: not significant at 5% level of significance
Calculated t value is (30.89) which is more than the table value (2.00) at 5% level of significance for 49 degree of freedom.
Therefore the null hypothesis is rejected and we make conclude that there is significant difference in mean score of pretest and posttest which indicates that the structure teaching program is effective on knowledge regarding childbirth preparation among primi antenatal mothers.

Conclusion: Effectiveness of structured teaching programme on knowledge regarding childbirth preparation among Primi antenatal mothers at selected hospital, Hyderabad, T.S, before the STP the levels of knowledge was decreased and after the STP it was found that there was increase in the levels of knowledge, which shows that STP was effective.

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