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## A study to assess the knowledge on self care during post natal period among primipara mothers in a selected maternity hospital

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### Abstract

**Introduction:** Healthy mother and children are the real health of the society. They are the vulnerable or special risk group. Since the advent of modern advanced methods of care, there has been a decrease in the maternal and fetal morbidity and mortality associated with child birth. The recent trend in health care is self care. It is defined as “those health generating activities that are undertaken by the persons themselves”. It refers to those activities individual undertake in promoting their own health, preventing their own diseases, limiting their own illness and restoring their own health without assistance.

**Methods:** The study was conducted among the primipara mothers during postnatal period. The setting of the study was the postnatal unit in a selected maternity hospital. A non experimental survey approach with a descriptive exploratory design was adopted. A non probability purposive sampling technique was used to select the sample for the study. A structured interview schedule was developed to collect the data from 50 primipara mothers.

**Results:** The findings revealed that the majority 68% of primipara mothers had inadequate knowledge, 32% had moderate knowledge and none of the mothers had adequate knowledge on self care during postnatal period.

**Conclusion:** The primipara mothers knowledge on self care during postnatal period was not adequate and the study emphasizes the need for formulating the health education package for the primipara mothers on self care activities during postnatal period.

**Keywords:** Selfcare, Knowledge, Primipara mothers, Postnatal period, Maternity unit

### 1. Introduction

Mother and children are the vulnerable or special risk group of the society. The risk is connected with child bearing in case of women and growth, development and survival in case of infants and children [1]. Care of the mother and child occupies a paramount place in our health service delivery system. Sincere efforts are being made in the country to bring about an improvement in the health status of the mother and child. A recent trend in the health care is self care. It defined as those health generating activities that are undertaken by the persons themselves [2, 9]. It refers to those activities the individuals undertake in promoting their own health preventing their own diseases, limiting their own illness and restoring their own health without assistance [3]. Self care after child birth assures that the mother and baby should be free from infections [4, 5]. It is important in the life of women to provide adequate information and knowledge on self care activities, healthy practices and life styles which will help the mother to bring forth a healthy baby [6, 7, 8]. There is a need for health education package related to self care during postnatal period for the postnatal mothers, especially for the primipara mothers.

### 2. Objectives of the Study

1. To assess the knowledge of primipara mothers on self care during postnatal period in a selected maternity hospital.
2. To find the association between the knowledge and selected demographic variables of primipara mothers on self care during postnatal period.

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### 3. Methodology

The study was to assess the knowledge of primipara mothers regarding self care during postnatal period. A survey approach with a descriptive exploratory study design was adopted. The samples were 50 primipara mothers and were selected by using a non probability purposive sampling. A structured interview schedule was used to collect data and data was collected for a period of four weeks. The collected data was analyzed and interpreted using a descriptive and inferential statistics.

### 4. Results

The study showed that majority of the primipara mothers were in the age group of below 22 years and with secondary educational status. Most of primipara mothers were from nuclear families and earning less than 10000 rupees per month. Majority of primipara mothers received health information from mass media and health personnel.

#### 4.1 Assessment of Knowledge of Primipara Mothers on Self Care during Postnatal Period

The majority 68% of the primipara mothers had inadequate knowledge on self care during postnatal period and 32% of the mothers had moderate level had and none of the mothers had adequate knowledge regarding self care during postnatal period.

**Table 1:** The area wise mean percentage of knowledge scores of primipara mothers on self care during postnatal period N = 50

Sl No	Areas	Maximum score	Mean score	Standard Deviation	Mean %
1.	Diet and rest	9	3.08	18	34.22
2.	Breast care	8	3.88	14.1	48.50
3.	Perineal care	6	3.94	12.6	65.66
4.	Episiotomy wound care	4	2.32	16.3	58.00
5.	Personal hygiene	13	6.96	15.1	53.53

The data presented in the table-1 reveals that the highest 65.66% mean percentage of knowledge score was observed in the area of perineal care. The mean percentage of knowledge was 58% in the area of episiotomy wound care, 53.53% was found in personal hygiene, 34.22% was found in diet and rest and 48.50% was observed in breast care.

#### 4.2 The Association between Knowledge and Selected Demographic Variables of Primipara Mothers on Self Care during Postnatal Period

A statistically significant association was observed between knowledge and age ( $\chi^2 = 10.2$  at  $df = 49$ ,  $p < 0.05$ ), educational status ( $\chi^2 = 9.01$  at  $df = 49$ ,  $p < 0.05$ ), area of residence ( $\chi^2 = 4.11$  at  $df = 49$ ,  $p < 0.05$ ) and with occupation ( $\chi^2 = 15.9$  at  $df = 49$ ,  $p < 0.05$ ) of the primipara mothers.

### 5. Discussion

Majority of the primipara mothers were in the age group of below 22 years with secondary educational status and belong to the nuclear family. The findings of the study are similar to the study conducted by Singh Meherban [1].

Majority of the mothers had moderate level of knowledge on self care during postnatal period. A statistically

significant association was established between the knowledge and educational status of primipara mothers.

The knowledge level was better in mothers who were from urban residential area than the mothers from the rural residential area. Findings of the study are in par with the study by Bick *et al.* [2].

A significant difference was established in the knowledge level of primipara mothers and their occupational status. The knowledge level was found increased among the mothers with private employment when compared to other occupational groups.

A significant association was existed between knowledge level and occupational status of primipara mothers on self care during post natal period. Findings of the present study are similar to the findings of study conducted by Forrell SA [3].

### 6. Conclusion

The study revealed that the primipara mothers knowledge on self care during the post natal period was not adequate. The knowledge level was found more among the mothers who received health information from health personnel. This emphasizes the need for health educational package for primipara mothers on self care during post natal period.

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