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Knowledge regarding changes during pregnancy among husbands in Narayana medical college hospital, Nellore

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Abstract

Background: Pregnancy is the biggest physiological of heaven in women's life from the moment of conception, significant physiological changes occur in the expectant mother's body that are necessary to support and nourish the fetus, to prepare her for child birth and lactation and maintain her health. Husbands of pregnant mothers should possess adequate knowledge regarding pregnancy changes so as to effectively manage the pregnancy and to prevent the complications^[1].

Aim: The aim of the study was to assess the knowledge regarding Changes during Pregnancy among Husbands.

Objectives: 1. To assess the knowledge regarding changes during pregnancy among husbands.
2. To associate the level of knowledge regarding changes during pregnancy among husbands with their selected socio- demographic variables.

Methods: A quantitative approach with descriptive design, 30 antenatal mother's husbands were selected by using Non-probability convenience sampling technique.

Results: Study revealed that, among 30 samples, 1(3.3%) had A+ grade, 1(3.3%) had A grade, 2(6.7%) had B+ grade, 2(6.7%) had B grade, 10(33.3%) had C grade and 14(46.7%) had D grade.

Conclusion: This study concluded that, majority of antenatal mothers husbands were had inadequate knowledge regarding Changes during Pregnancy.

Keywords: changes during pregnancy, husbands of pregnant mothers

Introduction

“Pregnancy itself is a healthy, normal occurrence.

Humans unfortunately are the only species with the ability to worry about it”

Pregnancy is the biggest physiological of heaven in women's life from the moment of conception, significant physiological changes occur in the expectant mother's body that are necessary to support and nourish the fetus, to prepare her for child birth and lactation and maintain her health^[2]. Early changes are due to the metabolic demands brought on by the fetus, placenta and uterus and due to the increasing levels of pregnancy hormones such as progesterone and estrogen. Although physiological changes that occur with pregnancy are extensive they are also temporary when pregnancy ends, the woman's body returns virtually to its pre- pregnant state from a physiologic stand point. It is fortunate that the pregnancy is nine months long because this gives fetus time to mature and be prepared for life outside the protective uterine environment^[3].

Need for the Study

According to World Health Organization (2012) approximately 44% million pregnancy occurs in each year in the world^[4]. The pregnancy rate number of per 1000 women between 15-44 years of age. In 2012 699,202 legal pregnancies were reported. The worldwide 23 million pregnancies that occurs developing countries^[5].

A cross sectional study to determine the knowledge and participation of men in maternal health care and assess their attitude towards the pregnant women in Madurai. The structured questionnaires methods were to update the data. The sample size is 232 husband's of pregnant mothers.

These study concludes that 61% of participants had accompanied not aware of the changes in pregnancy 44% of the men are knew that the changes during pregnancy [6].

Statement of the Problem

A Study to Assess the Knowledge Regarding Changes during Pregnancy among Husbands in Narayana Medical College Hospital, Nellore.

Objectives

- To assess the knowledge regarding changes during pregnancy among husbands.
- To associate the level of knowledge regarding changes during pregnancy among husbands with their selected socio- demographic variables.

Assumptions

The husbands of pregnant mothers may have some knowledge regarding changes during pregnancy.

Delimitations

- The husbands of pregnant mothers who are admitted in Narayana Medical College Hospital.
- One week data collection period only.
- A sample of 30 husbands of pregnant mothers.

Materials & Methods

Research Approach

A quantitative research approach was utilized to assess the knowledge regarding changes during pregnancy among husbands in NMCH, Nellore.

Research Design

The descriptive research design was chosen as appropriate method for this study.

Setting of the Study

The study was conducted in NMCH, Nellore.

Target Population

The target population of the study includes all the husbands of pregnant mothers.

Accessible Population

The population for the present study includes the husbands of pregnant mother in NMCH, Nellore.

Sample

The sample for the present study includes all the husbands of pregnant mothers who fulfill the inclusion criteria in NMCH, Nellore

Sampling Technique

Non probability convenience sampling technique was used to select the samples.

Sample Size

The sample size for the present study was 30 husbands of pregnant mothers admitted in NMCH, Nellore.

Criteria for Sample Selection

Inclusion Criteria

The inclusion criteria for the present study were the following.

- Husbands of pregnant mothers who are willing to participate in the study.
- Husbands of pregnant mothers who knows to read and write Telugu or English.

Exclusion Criteria

- Husbands of pregnant s who are not willing to participate in the study.
- Husbands of pregnant mothers who do not know to read and write Telugu or English.

Variables of the Study

Research variables: Knowledge regarding changes during pregnancy.

Demographic variables: The demographic variables such as age, educational status of husbands, occupation, family income, type of family, place of residence, source of information regarding changes during pregnancy among husbands.

Results & Discussion

Table 1: Frequency and percentage distribution of level of knowledge regarding changes during pregnancy among husbands. (N=30)

S. No	Grade	Frequency (f)	Percentage (%)
1.	A+	1	3.3
2.	A	1	3.3
3.	B+	2	6.7
4.	B	2	6.7
5.	C	10	33.3
6.	D	14	46.7
	Total	30	100

Table 1: shows that level of knowledge regarding changes during pregnancy. Among 30 husbands, 1(3.3%) had A+ grade, 1(3.3%) had A grade, 2(6.7%) had B+ grade, 2(6.7%) had B grade, 10(33.3%) had C grade and 14(46.7%) had D grade.

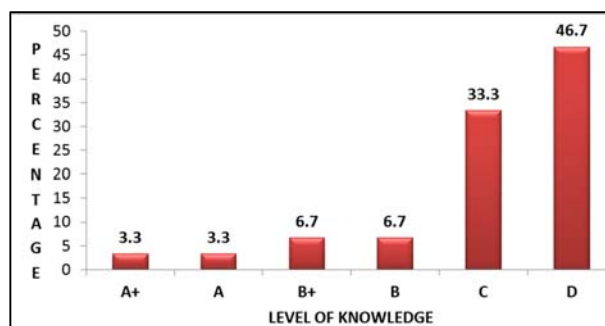


Fig 1: Percentage distribution knowledge regarding changes during pregnancy among husbands.

Table 2: Mean and standard deviation of knowledge regarding changes during pregnancy among husbands. (N=30)

Category	Mean	Standard deviation
Level of knowledge	15.4	3.55

Table -2: shows that the mean knowledge score of husbands is 15.4 and standard deviation is 2.95.

Table 3: Association between the levels of knowledge regarding changes during pregnancy among husband’s demographic variables. (N=30)

Demographic variable	A+		A		B+		B		C		D		Chi square (X ²)
	F	%	f	%	f	%	f	%	f	%	f	%	
Family income													
a. <5000	-	-	-	-	-	-	-	-	-	-	2	6.7	C=31.74
b. 5001-7000	1	3.3	-	-	1	3.3	-	-	1	3.3	4	13.4	T=31.41
c. 7001-9000	-	-	-	-	-	-	-	-	2	6.7	-	-	df=20
d. 9001-11000	-	-	1	3.3	-	-	1	3.3	1	3.3	6	20	P <0.05
e. >11000	-	-	-	-	1	3.3	1	3.3	6	20	2	6.7	S*

Among all the variables, only family income had a significant association with knowledge level of husband’s at P<0.05 level.

Major Findings of the Study

1. Description of socio demographic variables among husbands

Among all the participants, 50% of them were in 20-25 years of age, 36.7% of them were graduates, 50% were private employees, 33.3% of them earns Rs>11000, 66.7% are living in urban area, 56.7% are from joint families and 50% of them got information from health care professionals regarding changes during pregnancy.

2. Knowledge level regarding changes during pregnancy among husbands of pregnant mothers.

- The study showed that, among 30 husbands of pregnant mothers 1(3.3%) had A+ grade, 1(3.3%) had A grade, 2(6.7%) had B+ grade, 2(6.7%) had B grade, 10(33.3%) had C grade and 14(46.7%) had D grade.
- Husbands of pregnant mothers mean knowledge score is 15.4 and standard deviation is 3.55.

3. Association between the Level of Knowledge and Socio Demographic Variables among Husbands.

The study revealed that, among all the demographic variables, only Family income had significant association between level of knowledge at P<0.05 level. Whereas the other variables like Age, Education, Occupation, Residence, and Source of information had no significant association with level of knowledge.

Recommendations

On the basis of the findings of the study recommendations are,

- A similar study can be replicated as a large sample to generalize findings in different settings.
- An experimental study can be conducted to assess the knowledge regarding changes during pregnancy.
- Health education, booklets, leaflets can be given to the husbands of pregnant mothers who are able to read in local language regarding changes during pregnancy

Conclusion

The study revealed that, among 30 husbands of pregnant mothers 1(3.3%) had A+ grade, 1(3.3%) had A grade, 2(6.7%) had B+ grade, 2(6.7%) had B grade, 10(33.3%) had C grade and 14(46.7%) had D grade.

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