

Effectiveness of Structured Teaching Programme [STP] on Level of Knowledge regarding Antenatal diet among Primigravida mothers of Nainital, Uttarakhand

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Abstract-

Introduction - In India maternal death rate is between five hundred per one lakh population. Infant mortality rate in India was about 28 deaths per thousand live births in years 2019. Though the child mortality rates have rates decreased substantially, but 68% of under 5 deaths were due to child and maternal malnutrition. **Methods** - Pre-experimental one group pretest and post- test design was used to collect the data from 60 Primi-gravida mothers of selected villages of Nainital. Purposive sampling technique was used to collect the data with the help of knowledge questionnaire, developed by researcher. **Results** - The results showed more than half (56%) mothers were between the age group of 18 to 26 yrs. Education was found to be at graduation level in less than half of the participants (43%) rest had (10%) primary, and (17%) higher secondary education. Although 82% of the mothers were home makers and only few (5%) were on govt. jobs. The knowledge at pretest level was poor among 43% mothers, only few (7%) had scored well at pretest level. The scores had increased at post intervention. The score increased by 23 percent in category of good score of mothers at post- test level. **Conclusion** - Pregnancy is happiness for parents as well as whole family. But it's also a responsibility of family to take care of child and mother. Nutrition plays an important role and mother should have the awareness and knowledge about the importance of it. Teaching programmes are one of the ways to educate the families with mothers who are expecting.

Key words - Structured Teaching Programme, Knowledge, Antenatal diet, Primigravida mothers

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I. Introduction

Throughout pregnancy it is vital to sustain the health of the woman. Health of a child depends upon the woman before, during pregnancy. Baby gets its nourishment from the mother, so the growth purely depends upon the diet of mother. The mother's nutrition routines and nutritional status before conception, as well as during pregnancy effect the outcome of the pregnancy. Millions of children die each year due to poor nutrition. Every year about three million babies are stillborn either due to negligence of mothers or complications during antenatal. During pregnancy mother gets many phases of psychological, physiological changes triggered by the conception of the baby. The maternal nutrients are absorbed by the fetus for its growth. Nutritional and balanced diet during pregnancy requires special attention. Anemia, hypertension, gestational diabetes are some disorders a mother could get during antenatal phase.

Poor dietary consumption may result in poor weight gain and Low birth weight (LBW) babies. Poor nutrition of mother directly effects the womb; specifically in the first month of infancy which can deprecate an individual to a life of poor health including higher risk of obesity, diabetes and cardiovascular diseases during their life phase. Scientists believe that a baby is 'programmed' in their womb for a life time of good or poor health by the type and amount of nutrition they receive. In India 20% to 40% of maternal deaths were found to be due to nutritional deficiencies and complexities like abortion, premature birth, post-partum hemorrhage and low birth weight babies are especially associated with low nutrition level in pregnancy. This study was undertaken in order to determine the effect of teaching Programme on knowledge of mothers conceiving for the first time.

II. Methodology

A pre-experimental one group pretest post-test design was used. Purposive sampling technique was used to select the samples in rural community of Nainital. Primigravida mothers who fulfilled the inclusion criteria were included in the study. Sixty mothers gave consent to be the part of study. Data was collected from Bhowali, Shyamkhet, Mehra Gaon, Khurpatal, Narayan Nagar, Arukhan area of Nainital. Tools used for data collection were demographic data, knowledge questionnaire.

Reliability of tool was established by testing the internal consistency using Karl Pearson’s co-relation coefficient method. Which was found ($r=0.86$). Permissions were taken from C.M.O Nainital and gram Pradhan’s of the area. Data was collected after the informed written consent and Structured Teaching Programme was administered after pretest. Post- test was obtained after 15days.

Results

Section - A

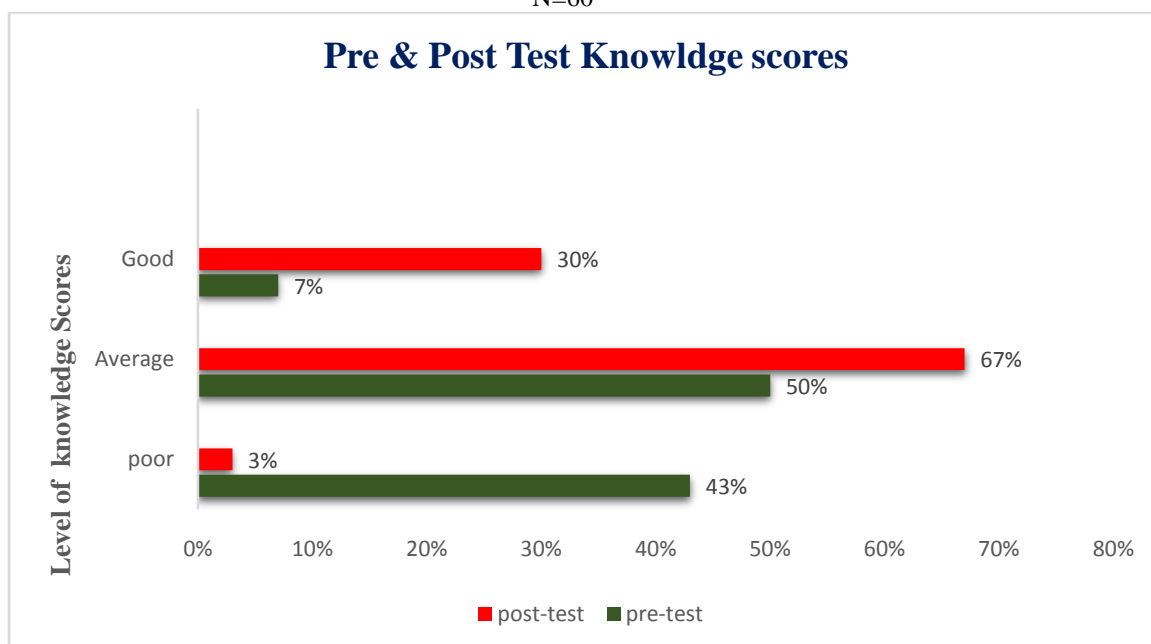
Table No. 1. Frequency and Percentage Distribution of Demographic dataof Primigravida Mothers
N=60

Demographic Variables	Frequency	Percentage
AGE IN YEARS		
18-26	34	56
27-35	26	44
Education		
Illiterate	2	3
Primary	6	10
High school	10	17
Intermediate	16	27
Graduate	26	43
Occupation		
Labor	2	3
Private job	6	10
Govt. job	3	5
House wife	49	82
Monthly Income in INR		
Below Rs.3000	20	33
Rs.3001-5000	18	30
Rs.5001-10,000	16	27
Above Rs.10,000	6	10

Table no 1 shows the frequency and percentage distribution of demographic details of study participants. Where more than half (56%) mothers were between the age group of 18 to 26 yrs.Education was found to be at graduation level in less than half of the participants (43%) rest had (10%) primary, and (17%) higher secondary education. Although 82% of the mothers were home makers and only few(5%) were on govt. jobs. One third mothers had below 3000 rupees income. Almost sixty percent of the participants were earning below 10,000 rupees.

Section - B

Frequency percentage of pre & post- test level of knowledge scores
N=60



Graph No. 1.Level of Knowledge score regarding Antenatal Diet among Primigravida Mothers.

Bar graph -1 depicts the pre and post test scores of study participants. The knowledge at pretest level was poor among 43% mothers, only few (7%) had scored well at pretest level. The scores had increased at post intervention. Only 3 percent of the mother scored in poor category and 67% of the participants scored in average category. The score increased by 23 percent in category of good score of mothers at post- test level.

Section - C

Table No.2. Effectiveness of Structured Teaching Programme regarding Antenatal diet among Primigravida Mothers

Knowledge Scores	Mean ± SD	t value
Pretest level	19.9 ± 2.60	8.12 *
Posttest level	27.7 ± 2.31	

df₅₉ = 2 at the level of p<0.05

Table No-2 shows the mean ± SD values of pre and post interventional scores of study participants which depicts that post mean score was higher than that of pretest mean scores. Thus it can be concluded that STP was effective in enhancing the level of knowledge scores among mothers.

III. Discussion

The results of the study were supported by Zeng G, Zhang J, where 25% of the subjects under study had a better knowledge on nutrition and on healthy dietary practices.

Another study conducted by Goel N.K. showed that 78% mothers had good knowledge regarding certain aspect of diet during pregnancy. Mvula N, conducted a study designed to investigate if health and Nutrition messages given to pregnant women they were understood & used and the messages made the women healthy and nutrition literate. The finding show that pregnant women in the study had limited health and nutrition knowledge either due to the limited content of the information that the nurses provided or due to their own limited health and nutrition literacy skills. So study suggested to improve educational programmes.

Implications

The study revealed that health education can be an effective method to improve the knowledge of Primigravida mothers. The teaching helps to improve the knowledge and thereby change their behavior. The findings of this study will help the Nursing professionals working in the hospitals and community health centers to plan for effective health education, to educate pregnant women for the benefits of antenatal diet. The present study emphasizes on enhancement of knowledge towards antenatal diet. The findings can be utilized to prepare a health education, material to educate the mothers regarding antenatal die. The special implication of nursing administration in community is that they should pay attention to all women in reproductive age and to see whether they are provided with enough education about antenatal diet. Being a nurse administrator, one can arrange in-service education and special training programmes regarding antenatal diet on regular basis.

IV. Recommendations

On the basis of the study that had been conducted, studies could be conducted on assessment of practices of pregnant mothers. Experimental and qualitative studies could be planned on the attitudes and beliefs of special diets during pregnancy.

V. Conclusion

The knowledge of Primigravida mothers greatly influenced by education, socio-economic status, cultural differences, belief and previous experience with the health system. Nurses should explain to mother that the term “Antenatal mother and antenatal diet” one used interchangeably, in addition to motivation, antenatal mothers need specific education design to help them for antenatal diet for antenatal mothers.

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