



(RESEARCH ARTICLE)



A quasi-experimental study to evaluate the effectiveness of structured teaching programme on knowledge regarding minor disorders of pregnancy among antenatal mothers attending OPD in Apollo hospitals Bilaspur, Chhattisgarh

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Abstract

Background: Most research studies states that there is lower level of knowledge among the antenatal mothers regarding minor disorder which occurs in pregnancy. Hence selected “A quasi experimental study to evaluate the effectiveness of structured teaching programme on knowledge regarding minor disorders of pregnancy among antenatal mothers attending OPD in Apollo Hospitals Bilaspur, Chhattisgarh. The key aspect of the study is to evaluate the effectiveness of the teaching program among the antenatal mothers and to evaluate the effectiveness the outcomes.

Materials and methods: A quantitative research approach adopted for the study to assess the knowledge of antenatal mothers regarding minor disorders of pregnancy. One group pretest-posttest design is used and samples who met the inclusion criteria using purposive Sampling. A questionnaire was developed to assess knowledge level of antenatal mother on minor disorder of pregnancy. Pretest was conducted for one hour which is followed by the structured teaching program after that post test for one hour. Sample size is 50.

Results: The study findings revealed that the mean pre test knowledge score was (35.75%.) after administering teaching programme. post test knowledge score was 74.00% which is higher than pre test score.

Conclusion: This study emphasizes the effectiveness of the structured teaching programme among antenatal mothers attending OPD in Apollo Hospitals Bilaspur, Chhattisgarh. Knowledge of the “antenatal mothers who had undergone structured teaching programme proved to be having increase in their knowledge on minor disorders of pregnancy.

Keyword: Minor disorders; Antenatal mothers; Pregnant; Pregnancy; Structure teaching programmed

1. Introduction

The news of gestation excites a woman; she plans everything for the appearance of the new baby with a lot of care and happiness. She plans to eat healthy and also alters her life to suit her baby stylish. The delay to bring a new life surfacing out of our own body is the bone that all of us aspire to witness at least formerly in our life time (1). This period is called gestation. These changes may be unwelcome as well as fussing but they're infrequently a cause for alarm as utmost of these changes is generally normal. (2) These so- called minor diseases or affections of gestation can be worrisome on a day to day base. Gestation isn't a complaint but it's true to say that a pregnant woman doesn't feel as normal as when not pregnant there are some gestation related complaints which, when inordinate need to be treated utmost of the common minor affections can be treated. (3).

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2. Material and methods

- **Research approach:** Quantitative research approach
- **Research design:** Quasi experimental research design.
- **Settings of the study:** Apollo Hospitals Bilaspur, CG
- **Duration of the study:** 12 weeks

2.1. Data collection method

- **Section A** – Demographic Variables
- **Section B** – Structured Questionnaire
- **Target population:** Antenatal mothers up to 12 weeks of pregnancy.
- **Sample size:** 50 Antenatal mothers attending OPD in Apollo hospitals Bilaspur (c.g)
- **Sampling method:** Purposive Sampling

2.2. Inclusive criteria

- Antenatal mothers who is coming for the first antenatal visit.
- Mothers registered at Apollo hospitals Bilaspur.
- Mothers early weeks of pregnancy up to 12th weeks.
- Primi antenatal mothers

2.3. Exclusive criteria

- Mothers who are not willing to participate in the study and multigravida mothers.

Objectives

- To assess the knowledge among Antenatal mothers on minor disorders of pregnancy.
- To assess the effectiveness of structured teaching programme on minor disorders of pregnancy among antenatal mothers.
- To determined the association between knowledge scores of the antenatal mothers regarding minor disorders of pregnancy in selected demographic variables.

2.4. Procedure methodology

A formal permission was obtained from ethical committee in Apollo hospitals Bilaspur. Ethical committee no. is EC/NEW/INST/2019/424; verbal consent was taken from the pregnant mothers. Then a Structured questionnaire was administered for one hour followed by the structured teaching programme using leaflets. Post test was conducted immediately with the help of my gynecologist my topic was explained in her antenatal class session and got full time to take pretest and posttest. A structure questionnaire was used to assess the knowledge of mothers regarding the minor disorders of pregnancy. It contains section A – socio-demographic variables and section B was structured questionnaire. There are 40 multiple choice questions, one mark for each questions, no negative marking. Knowledge criteria was 1to10 marks for poor 10-20 for average 20-30 for good and 30-40 was excellent knowledge.

2.5. Statistical analysis

The data was analyzed by descriptive and inferential statistics frequency percentages mean and chi square to find out association between the selected demographic variables and level of knowledge on antenatal mothers was used. Paired t test to comparison of pre & posttest knowledge score on 0.05 level.

3. Results

The data collected from the antenatal mothers was analyzed by descriptive and inferential statistics.

Table 1 Distribution of sample according to socio- demographic variables in frequency and percentage among primi mothers

S. No.	Demographic variables	No. Of antenatal mothers	Percentage	
1	Age of mother	18-24	19	38%
		25-31	22	44%
		32-38	9	18%
		above 39	0	0%
2	Educational status	Primary education	28	56%
		High school education	6	12%
		Graduation.	13	26%
		Post graduation.	3	6%
3	Occupation	Private employee.	10	20%
		Government employee.	8	16%
		Daily wages.	8	16%
		House wife.	24	48%
4	Age of marriage. (in year)	18-24	18	36%
		25-31	25	50%
		32-38	6	12%
		above 39	1	2%
5	Age in current pregnancy	18-24	19	38%
		25-31	22	44%
		32-38	9	18%
		above 39	0	0%
6	No. of pregnancy	1 st	8	16%
		2 nd	34	68%
		3 rd	4	8%
		4th & above	4	8%
7	Number of miscarriages.	1	7	14%
		2	7	14%
		3	6	12%
		None of the above.	30	60%
8	Weeks of current pregnancy.	1-4 weeks	10	20%
		5-8 weeks	20	40%
		9-12 weeks	20	40%

9	Monthly income. family (in Rs)	Below 9000	7	14%
		9001-12000	6	12%
		13001-16000	20	40%
		above 16000	17	34%
10	Type of Family	Nuclear	18	36%
		Joint	32	64%
11	Place of living	Urban	18	36%
		Rural	32	64%
12	Source information of	Family	2	4%
		Personnel	1	2%
		Health	6	12%
		Media	4	8%

Table 2 Analysis of pre-test and post test knowledge score of structured teaching programme according to criteria N=50

Knowledge	Pre-Test		Post -Test	
	Frequency	Percentage	Frequency	Percentage
Poor	11	22%	0	0%
Average	35	70%	2	4%
Good	03	6%	26	52%
Excellent	1	2%	22	44%
Total	50	100%	50	100%

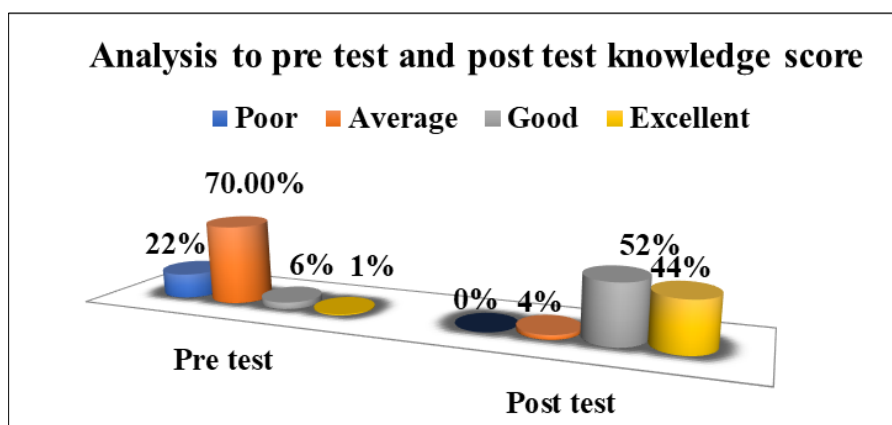


Figure 1 Clustered cylinder diagram showing analysis of pre-test and posttest knowledge score of structured teaching programme according to criteria. It represents that 22% (11) were poor, 70% (35) were average, 6% (3) were good, 2% (1) were excellent in pretest and posttest majority was 0% (0) were poor, 4% (2) were average, 52% (26) were good and 44% (22) were excellent

Table 3 Effectiveness of structured teaching program by using difference between pre test mean percentage and post test mean percentage N=50

Knowledge score	Mean	Mean %	SD	Mean difference	Df	't' value	Inference
Pre test	14.3	35.75	5.19	38.25	49	-17.19	Significant Difference p> 0.05
Post-test	29.6	74	3.6				

Figure:-It show that pre test total mean percentage was 35.75% and the post test total mean percentage was knowledge 74%. So the percentage of knowledge gain was 38.25%. which shows that the structured teaching programme regarding the minor disorders of pregnancy is found to be effective increasing the knowledge of the antenatal mothers. The mean differences not by chance but it is statistically significant that 0.05 level of significant.

4. Discussion

P. Latha and Dr. S.Indira " (2016) conducted a descriptive study on "the effectiveness of an IEC package on knowledge about minor pregnancy ailments and their home management among antenatal mothers). In this study the total sample including 60 antenatal mothers using non- probability purposive sampling technique. According to the findings, in the pretest, the majority of antenatal mothers had inadequate knowledge, the least 40% had moderate knowledge, and in the posttest, the majority of antenatal mothers had moderate knowledge, the least 28% had adequate knowledge, and the very least 2% had inadequate knowledge. According to the study, the post-test knowledge score is higher than the pretest. The study concluded that the IEC package was effective in increasing women's knowledge of minor pregnancy ailments.

The percentage of overall gain knowledge.,It shows that pre test total mean percentage was 35.75% and post test total mean percentage of knowledge was 74%. So the percentage of knowledge gain was 38.25%.

Hence the difference between the total pre test and post test over all percentage of knowledge gain was 38.25%. Therefore it is net benefitted of structured teaching programme.

The calculated value of chi square for previous knowledge related to minor disorders of pregnancy among pregnant mothers were 7.86, df= 3, and the table values 7.815 were significant.

5. Conclusion

Sometimes minor problems may become more serious health problem that needs refer to a health facility. Some remedies are danger for pregnant women and may hurt the baby as well as the mother. Can prevent complications and inform about important steps they can take to protect their infants and ensure a healthy pregnancy in Apollo hospital bilaspur health education given to the mothers regularly by giving pamphlets to the mothers.

Compliance with ethical standards

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Disclosure of conflict of interest

There is no conflict of interest to disclose.

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