Original Research Article

A Study to Assess Knowledge and Effectiveness of Structured Teaching Programme on Child Birth Process among Primipara Mothers

Manda Shankar Mulik[1], Jyoti Salunkhe[2], Avinash H. Salunkhe[3]

[1]Clinical instructor, [3]Vice principal,
Department- Community Health Nursing,
Krishna Institute of Nursing Sciences Karad.Dist-Satara, Maharashtra, India.
[2]Department- Obstetric & Gynecology Nursing, Krishna Institute of Nursing Sciences Karad, Dist-Satara, Maharashtra, India.

Corresponding Author: Manda Shankar Mulik

ABSTRACT

Background: Labour and birth are natural process and intervention is the part of intrapartum nursing practice. Most mother and fetuses in labour are healthy; emergencies can and do occur during intrapartum period. An adequate knowledge of what to do during an emergency is a requisite for mothers during labour. Careful maternal and fetal assessment and to make them survive during the labour and birth through the increasing the knowledge of Primi Para mothers. Keeping these facts in view, study was conducted to assess the knowledge of Primi Para mothers regarding child birth process.

Materials & methods: evaluative approach with quasi -experimental one group pretest post test design was used. Study was conducted on 35 Primi-Para mothers attending ANC clinic of Krishna hospital Karad, by using non probability convenience sampling technique.

Results: - pre & post test knowledge score were compared with the help of paired 't' test. Pre test mean was 9.6 with SD 2.87 & post -test mean was 18.54 and with SD 2.27. The calculated 't' value 14. 45 which is highly significant $p<0.0001$. A significant difference in means was found in knowledge scores between pre and post test. This shows that   that the plan teaching programmes was an effective method for increasing the knowledge about child birth process. This study recommends follow up study to determine the effectiveness of structured teaching programme, in terms of change in behavior towards the   child birth process.

Keywords: - Primipara mothers, ANC clinics, maternity ward, structured teaching programme and child birth process.

INTRODUCTION

As nurse midwives we are honored to be a part of new life rituals. Every year more than 200 million women become pregnant. Pregnancy is considered to be a normal physiological state, as per the

scientific view. To a lay person it is a common phenomenon occurring in a woman after marriage according to genetics it is the process of procreation. Most pregnancies end with the birth of a live baby to a healthy mother. For some however childbirth is not a joyous event but it turns into tragedy when a woman loses her life while performing this social obligation. Sometimes they result in an unexpected maternal and prenatal outcome.

Worldwide, every three minute, a woman dies of pregnancy-related complications - about 800 women every day. In India, one woman dies every 10 minutes from a pregnancy-related cause. The maternal morbidity and mortality has remained same in the past three decades despite of the availability of advanced medical technology, women continue to die in the process of child birth. India has among the highest number of maternal deaths anywhere in the world, with over 56,000 women dying each year from pregnancy-related causes. It is estimated that

The evaluative approach was used by using one group pretest post test design. Study was conducted on 35 Primi-Para mothers attending ANC clinic of Krishna hospital Karad, by using non probability convenience sampling technique. (Primipara mothers who completed 9month & above were selected for the study) Independent variables of the study were planned teaching programme and dependent variables of the study were knowledge of mothers regarding childbirth process. Inclusion criteria of the study were all the primipara mothers who were completed 9 month pregnancy attending ANC clinic and maternity ward. Exclusion criteria of the study were primipara mothers who was not completed 9 month pregnancy & above primipara mothers.

for every 100,000 live births in India, 212 mothers will die. Statistics of India show that India every 5 minute1 women dies from complication related to pregnancy and child birth. Every pregnancy faces a risk & 15 % women develop life threatening complications & 50% of women suffer from acute complications resulting from pregnancy and childbirth. [1]

For reduction of maternal mortality in western countries they have started the special classes to the primi Para mothers in which they are taught how to bare down, various positions during delivery, care during labour and during its stages of labour, care of breast, methods of breast feeding care of baby after delivery etc.

Aim & Objectives
1. To assess knowledge of primipara mothers regarding childbirth process.
2. To evaluate the effectiveness of plan teaching programme on childbirth process.

MATERIALS AND METHODS
The researcher obtained permission from concern authority. The investigator introduced herself to subject. The investigator explained the purpose of the study to subject. Informed written consent was taken from the each subject. Pretest was taken on day 1 by using structured interview schedule, then conducted planned teaching programme with the help of validated lesson plan at ANC clinic on child birth process. Same samples were followed after delivery & taken post test by using same structured interview schedule in the maternity ward.

Data were collected, tabulated and analyzed in terms of objective of the study by using descriptive and inferential statistics. Paired 't' test was used to assess the effectiveness by using instat.

RESULTS

Table:-1 Distribution of subjects is according to demographic variables. **N=35**

Sr.no.	variable	Frequency	percentage
1.	**Age-**		
	18 to 21 years	18	51.4%
	21 to 25 years	16	45.71%
	25 to 30 years	-	
	30 and above	1	2.85%
2.	**Religion-**		
	Hindu	30	85.71%
	Muslim	3	8.57%
	Christian	-	
	Others	2	5.71%
3.	**Education-**		
	Uneducated	2	5.71%
	Primary	3	8.57%
	Secondary	22	62.85%
	Higher secondary	8	15%
	Graduate	-	
4.	**Occupation-**		
	Housewife	33	94.28%
	Labor	-	
	Job	2	5.71%
	Business	-	
5.	**Income-**		
	1000 Rs.	6	17.14%
	1000-5000 Rs	12	34.28%
	5000-10000 Rs	15	42.85%
	10000 Rs	2	5.71%
6.	**Husbands education-**		
	Uneducated	-	
	Primary	2	5.71%
	Secondary	10	28.57%
	Higher secondary	20	57.14%
	Graduate	3	8.57%
7.	**Source of information-**	14	40%
	T.V	14	40%
	NEWSPAPERS	5	14.28%
	Friends	1	2.85%
	Health workers	1	2.85%
	Magazines		

The data presented in table 1 indicates that maximum no. 18 (51.4%) of primipara mothers belonged to the age group of 18-21 years old & majority were Hindus 30 (85.71%). Majority of the primipara mothers 22 (62.85%) have secondary education. Whereas majority of primipara mothers 33 (94.28%) were house wife. Maximum of mothers husband 20 (57.14%) had higher education. Majority of mothers 15(42.85%) family income was Rupees 5000-10,000. Majority of mothers 14 (40%) received information from T.V and news paper regarding child birth process.

Table:- 2 Distribution of knowledge of primipara mothers regarding child birth process. N=35

	Knowledge level	Frequency (f)	Percentage (%)
Pre test	Good (above 12)	7	20%
	Average (8 -11 marks)	22	62.85%
	Poor (0-7 marks)	6	17.14%
	Total	35	99.99%
Post test	Good (above 21 marks)	8	22.85%
	Average (17- 20 marks)	20	57.14%
	Poor (0-16 marks)	7	20%
	Total	35	99.99%

Table No. 2 shows that in the pre-test, very few primi-para mothers 7(20%) had good knowledge & 6 (17.14%) mothers were had poor knowledge & more than half of primi-para mothers 22(62.85%) had average knowledge. In the post-test 20 (57.14%) had average knowledge and very few primi-para mothers 7(20%) had poor knowledge and 8 (22.85%) mothers had good knowledge

Table 3: Mean, Median and SD & 't' value of knowledge score regarding child birth process. N=35

Sr. no.		Mean	SD	df	't' value	significance
1	Pre-test	9.6	2.87	68	14.45	Highly significant
2	Post-test	18.54	2.27			
3	improvement	8.94	0.6			P<0.0001

The data in table 3 revealed that the paired 't' test value (14.45) of knowledge of primi-para mothers regarding child birth process was highly significant(P<0.0001). Paired 't' test was used to evaluate effectiveness of planned teaching programme. It was found that there was deficit in knowledge about childbirth process among primipara mothers in pre test. Post test score depicts that primi-para mothers gained adequate knowledge regarding child birth process in the post-

test after planned teaching programme. The knowledge of primi-para mothers was increased by 8.94 units. The variability around the mean of knowledge distribution (SD) is decreased by 0.60 units. The result proved that the planned teaching programme was effective in improving the Knowledge of primi-para mothers regarding child birth process.

DISCUSSION

Childbirth is a biological process, which gives joy to the mother and the family, but maternity turns into tragedy when a woman loses her life or her baby while performing this social obligation. To prevent this loss mothers should have adequate knowledge about child birth process.

The study was undertaken to evaluate the effectiveness of planned teaching program on knowledge regarding child birth process. The result of the study proved that the structured teaching programme was effective means in improving the Knowledge of primi-para mothers regarding child birth process. The findings of the study were, maximum no. 18 (51.4%) of primipara mothers belonged to the age group of 18-21 years old & Majority of the primipara mothers 22 (62.85%) have secondary education whereas majority of primipara mothers 33 (94.28%) were house wife similar findings were found in study done by Gayatri KV, Suddha Reddy, M C Metgude. The result showed that maximum no. 23 (74%) of primigravida mothers belonged to the age group of 21-30 years old. Majority of the primigravida mothers 24 (80%) had secondary education where as majority of primigravida mothers 27 (90%) were house wife. The study findings showed that in the pre-test mean knowledge score was 9.06 & SD 2.87 & mean post test knowledge score was 18.54 & SD 2.57. & paired 't' value =14.45 (P<0.0001).

These findings were supported by the study conducted by Gayatri KV, Suddha Reddy, M C Metgude on to assess the knowledge & anxiety level of primi gravid on labour by using pre-test post test control group design. The result of this study showed that knowledge score mean difference in experimental group was 16.8 & in control group was 0.6 therefore the planned teaching programme was effective method to gain knowledge on labour among primigravida. [2]

The study also supported by the study conducted by Himanshu Vyas, Aashish Parihar, Naveen Kumar Sharma, on to assess Effectiveness of Planned Teaching Program on Knowledge regarding Non pharmacological Techniques of relieving labor pain among Primigravida women "by using one group pre-test post-test design. The result showed that in pre-test the sampled subjects were having poor knowledge on non pharmacological techniques of managing labor pain i.e. about 34%. Regarding the post-test the sampled subject had an improved knowledge on non pharmacological techniques of managing labor pain i.e. about 83.9%. In relation to Planned teaching program, the paired "t" test showed that, the teaching program was statistically significant at p<0.0001 level in primigravida women. These data proved that the knowledge of primigravida women had been markedly increased after the administration of planned teaching program. [3]

CONCLUSION

From this study it can be concluded that the planned teaching programme plays an important & beneficial role in improving the knowledge of primi-para mothers regarding child birth process. Thus it is effective strategy to prevent the tragedy during child birth process & this can

indirectly help in reducing the mortality & morbidity rate among maternal & neonates.

ACKNOWLEDGEMENT

REFERENCES

1. White ribbon alliance for safe motherhood, http://chetnaindia.org/wp-content/uploads/2013/04/guideline-safe-motherhood.pdf
2. Gayatri KV, Suddha Reddy, M C Metgude, Effectiveness of planned teaching programme on knowledge & reducing anxity about labour among primigravida in selected hospitals of belgaum South Asian federation of Obstetrics & Gynecology May August 2010, 2 (2):163-168.
3. Himanshu Vyas, Aashish Parihar, Naveen Kumar Sharma, "Effectiveness of Planned Teaching Program on Knowledge regarding Non pharmacological Techniques of relieving labor pain among Primigravida women." *IOSR Journal of Nursing and Health Science (IOSR-JNHS) : 2320–1940 Volume 2, Issue 6 (Nov. – Dec. 2013), PP 50-54*

How to cite this article: Mulik MS, Salunkhe J, Salunkhe AH. A study to assess knowledge and effectiveness of structured teaching programme on child birth process among primipara mothers. Int J Health Sci Res. 2014;4(11):174-178.

****