



# “A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POST-NATAL EXERCISES AMONG PRIMIPARA MOTHERS WHO HAVE UNDERGONE CAESEREAN SECTION IN THE LALLA DED HOSPITAL OF KASHMIR”

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**ABSTRACT:** Motherhood is one of life's greatest blessings. It is a lifelong event that forever changes woman into a mother. It is a privilege for a mother to deliver a baby; woman role gets completed after child birth. Postnatal exercise offers a whole range of benefits for the mother. Postnatal exercise will speed up the recovery process and build valuable strength. Postnatal exercise helps to improve the muscle tone which is stretched during pregnancy and labour. The aim of study to Assess the Effectiveness of Planned Teaching Programme On Knowledge regarding Post-natal Exercises among Primipara mothers who have undergone caesarean section in The Lalla Ded Hospital of Kashmir. An experimental approach with pre-experimental one group pre-test post-test design was selected. A sample of 100 primipara mothers admitted in post natal ward of Lalla Ded Hospital of Kashmir were selected by non-probability sampling technique. Data was collected by administering structured interview schedule before and after the implementation of planned teaching programme. Data were analyzed using descriptive and inferential statistics and represented in graphs and tables. The findings of study revealed that the pre-interventional score shows that majority of the samples (99%) had inadequate knowledge regarding post-natal exercises, 1% of them had moderately adequate knowledge and none of them had adequate knowledge before the administration of planned teaching programme. With the planned teaching, 1% of primipara mothers were found to have moderately adequate knowledge, 98% were found to have adequate knowledge and 1% had inadequate knowledge regarding post-natal exercises. The mean post-test knowledge scores of 84.67% was found to be significantly higher than their mean pre-test knowledge score of 27.8% as evident from 't' value. Hence the study concluded that mothers should be taught regarding postnatal exercises during antenatal period.

**Index terms:** planned teaching programme, effectiveness, knowledge, post-natal exercises.

**1.1 INTRODUCTION:** Every woman is a mother and she should be respected. Most different period for women is their growth into parenthood, precisely the post partum period. First time mothers in particular may feel anxious about how they are going to cope with looking after themselves and their newborn. (Tarkka & Paunomen,1995).

Most Indian women believe that they have little or no control over their pregnancies or outcomes. After giving birth the mother's movements are restricted to the house. The confinement period, usually 40 days is believed to be a vulnerable period for the women. (Raman, 1998).

Exercise done after delivery is called postnatal exercise. Postnatal exercise helps to improve the muscle tone which is stretched during pregnancy and labour. Postnatal exercise offers a whole range of benefits for the mother. Postnatal exercise will speed up the recovery process and build valuable strength. Exercise would give energy; help to drop a few pounds. Exercise will also keep the women to be fit. Specific exercises and postures can help the women to adapt to the physical changes in their body during the child bearing year.(Health news digest.com 2000).

Regaining control of muscle is a significant activity and can actually encourage blood flow to the whole pelvic floor. Gentle increase in activity creates the additional energy necessary to complete the healing process. According to studies the exercising mothers, however lost as many as 18 pounds & 48% returned to their pre-pregnancy weight. The non exercisers varied between a 10 pound loss and a 10 pound gain, with 21% at their pre-pregnancy weight. The perfect postnatal work out helps to adapt the body to new life. Exercise will help to develop the strength to lift & hold the body effortlessly. Because of exercise pelvic floor muscles are strengthen so that you can cough, sneeze & stretch muscles. The perfect postnatal workout will allow getting stronger & adapting to the changing needs. Postnatal exercise plays a very important role such as it encourages drainage of lochia, involution of uterus, movement in and out of bed and breathing exercises are advised during this period to minimize the risk of deep vein thrombosis (DVT).<sup>3</sup> Recommended postnatal exercise includes Kegels exercise, deep breathing exercise, abdominal crunches, pelvic floor exercise (lying down, sitting) neck exercise, hip exercise, and exercise for the lower abdominal muscles, gentle tummy exercise, brisk walking, exercising with your baby, leg and arm exercise. Postnatal exercise can be started in the immediate postnatal period if exercises have been taken during antenatal period, if not it is better to start exercising slowly. All new mothers can begin exercising pelvic floor and lower tummy muscles as soon as they feel ready. The exercise is initiated from very simple to moderate.

Postnatal care uptake has been limited in South Asia and particularly in India. According to the National Family Health Survey (NFHS-3) only 42% of women reported receiving postnatal checkup after their recent birth and out of this one third received checkup with in the first two days after birth<sup>7</sup>. Epidemiological studies suggest that child bearing contribute to development of obesity which is a risk factor for hypertension and diabetes mellitus. In the past twelve years, several cross sectional and randomized trials have addressed the effect of post partum exercises on weight loss or energy balance mostly in lactating women. These studies suggest that moderate exercise with calorie restriction dose promote weight loss.

- 1.2 OBJECTIVES:**
- 1.To assess the existing knowledge level of primipara mothers regarding post -natal Exercises.
  2. To evaluate the effectiveness of planned teaching programme (PTP) regarding post natal exercises among primipara mothers.
  3. To associate the pre- test knowledge scores with selected demographic variables.

## **2. METHODOLOGY:**

**2.1 Research Approach & Design:** An experimental approach with Pre-experimental pre-test post test design approach was used for this study.

**2.2 Population and Sample:** The population of main study comprised of primipara mothers of Lalla Ded Hospital of Kashmir. Purposive sampling technique was used to select sample size of 100 primipara mothers.

**2.3 Research Tools: In this study,** data collection tool contain consists of two parts:

**Part I:** includes items related to demographic variables - Age (in years), educational qualification, occupation, income (per month), type of family and place of domicile (residence).

**Part II:** Includes 40 knowledge questions of which 11 items were related to information about puerperium, 12 items regarding information on postnatal exercises, 4 items regarding deep breathing exercises, 2 items regarding leg exercises, 8 items regarding pelvic floor exercises and 3 items regarding deep abdominal muscle exercises.

**2.4 Data Collection Method:** The data was collected during the month of Dec 2013 from primipara mothers of Lala Ded Hospital Srinagar. Before collecting the data, permission was obtained from the concerned authority. Keeping in mind the ethical aspect of research, the data was collected after obtaining the informed consent from the sample. The samples were assured anonymity and confidentiality of information provided by them. The investigator conducted pre test by interview schedule. Average time spent by the subjects for completing pre test was approximately 40-50 minutes. After pre test, mothers were given planned teaching programme and post test was administered with same interview schedule to the same group after 5 days.

**2.5 Data Analysis:** Results were analyzed through descriptive and inferential statistics.

### 3. RESULTS:

The analyzed data was organized and presented in the form of graphs which was organized under the following headings.

**Section A:** Frequency and percentage distribution of demographical variables of primipara mothers.

**Section B:** Effectiveness of planned teaching programme on postnatal exercises among primipara mothers.

**Section C:** Association between pre-test level of knowledge of primipara mothers with the selected demographic variables.

**Table 1: Frequency and percentage distribution of selected demographic**

Variables	frequency	Percentage
<b>Age of mother(in years)</b>		
≤20	10	10
21-25	44	44
26-30	40	40
>30	6	6
<b>Education</b>		
Illiterate	37	37
Elementary	24	24
Secondary	21	21
Higher secondary	10	10
Graduation and above	8	8

<b>Occupation</b>		
Working	5	5
Non-working	95	95
<b>Income per month(in Rs)</b>		
<5000	32	32
5000-10,000	54	54
11,000-15,000	3	3
>15,000	11	11
<b>Type of family</b>		
Joint	57	57
Nuclear	43	43
<b>Domicile</b>		
Urban	19	19
Rural	80	80
Slum	1	1

**Table 2:Frequency and Percentage Distribution of knowledge level in pre-test and post-test  
Regarding Postnatal Exercise among respondents N=100**

<b>Knowledge level</b>	<b>Pre test</b>		<b>Post test</b>	
	<b>Frequency</b>	<b>Percent</b>	<b>Frequency</b>	<b>Percent</b>
<b>Inadequate knowledge</b>	99	99	1	1
<b>Moderately adequate knowledge</b>	1	1	1	1
<b>Adequate knowledge</b>	0	0	98	98
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

**Table 3: Mean, Mean percentage and standard deviation of pre test knowledge scores of respondents****N=100**

Sl. No.	Knowledge aspects	No. of Items	Max Score	Mean	Mean %	Median	SD
1	information about postpartum	11	11	4.36	39.63	4.00	1.36
2	information regarding postnatal exercises	12	12	3.75	31.25	4.00	1.55
3	Deep breathing exercises	4	4	0.45	11.25	0.00	0.62
4	Leg exercises	2	2	0.56	28.00	1.00	0.55
5	Pelvic floor exercises	8	8	1.34	16.75	1.00	0.98
6	Abdominal muscle exercise	3	3	0.57	19.00	0.00	0.67
	<b>Total</b>	<b>40</b>	<b>40</b>	<b>11.03</b>	<b>24.31</b>	<b>10.00</b>	<b>3.41</b>

**Table 4: Mean, Mean percentage and standard deviation for the post- test knowledge of primipara mothers N=100**

Sl. No.	Knowledge aspects	No. of Items	Max Score	Mean	Mean %	Median	SD
1	information about postpartum	11	11	10.50	95.45	11.00	0.72
2	information regarding postnatal exercises	12	12	9.86	82.16	10.00	1.12
3	Deep breathing exercises	4	4	3.08	77.00	3.00	0.75
4	Leg exercises	2	2	1.72	86.00	2.00	0.45
5	Pelvic floor exercises	8	8	6.37	79.62	6.00	0.91
6	Abdominal muscle exercise	3	3	2.36	78.66	2.00	0.57
	<b>Total</b>	<b>40</b>	<b>40</b>	<b>33.89</b>	<b>83.14</b>	<b>34</b>	<b>1.90</b>

**Table 5: Paired t- test showing the significant difference between mean pre-test and post test knowledge scores of respondents.**

N= 100

I. No.	Knowledge aspects	Pre test		Post test		Mean difference	t Value	Df	Inference
		Mean	S D	Mean	S D				
1	information about postpartum	4.36	1.36	10.50	0.72	6.14	41.95	99	S
2	information regarding postnatal exercises	3.75	1.55	9.86	1.12	6.11	40.42	99	S
3	Deep breathing exercises	0.45	0.62	3.08	0.75	2.63	30.98	99	S
4	Leg exercises	0.56	0.55	1.72	0.45	1.16	19.38	99	S
5	Pelvic floor exercises	1.34	0.98	6.37	0.91	5.03	47.95	99	S
6	Abdominal muscle exercise	0.57	0.67	2.36	0.57	1.79	24.55	99	S
<b>Overall</b>		<b>11.03</b>	<b>3.41</b>	<b>33.89</b>	<b>1.90</b>	<b>22.86</b>	<b>79.20</b>	<b>99</b>	<b>S</b>

**Table 6 : Data on Association between the pre-test Knowledge with Selected Demographic Variables of respondents.**

variable	Mean $\pm$ S D	Mean Difference	P value	Inference
Age (Years):			0.363	NS
$\leq 20$	9.30 $\pm$ 3.773			
21-25				
26-30	11.33 $\pm$ 2.930			
> 30	11.27 $\pm$ 3.150			
	11.67 $\pm$ 6.772			
2) Education:			.000	S
Illiterate	10.03 $\pm$ 2.938	1 vs 2=1.999		
Secondary		1 vs 3=5.842		
Graduation and above	12.03 $\pm$ 2.751	2 vs 3=3.843		
	15.88 $\pm$ 4.357			
3) Occupation				NS
Working	14.20 $\pm$ 6.301		.306	
Non-working	10.96 $\pm$ 3.175			



4) Income/month 1. 5000-10000	10.72 ± 3.194			S
2. > 10000	13.57 ± 3.837		0.003	
5) Family type Joint	11.26 ± 3.711			NS
Nuclear	10.93 ± 3.019		0.233	
6) Domicile Rural	10.90 ± 4.352			NS
Urban	11.18 ± 3.173		0.749	

The findings of present study revealed that regarding postnatal exercise, majority of the samples (99%) had inadequate knowledge regarding post-natal exercises before the administration of planned teaching programme. 1% of them had moderately adequate knowledge and none of them had adequate knowledge. Moreover, there was association between some of the selected demographic variables such as educational qualification & income (per month) while with others like age, occupation, family type & place of dwelling, there is no association with the pre-test knowledge scores of primipara mothers. The findings on effectiveness of planned teaching programme regarding postnatal exercise of the postnatal mothers revealed that the overall posttest mean knowledge score was higher (33.89) with SD of +1.90 when compared with over all pre-test mean knowledge score value which was 11.03 with SD of + 3.41 and enhancement is 22.86, paired 't' test value was 79.20 which showed that the value was significant at  $p < 0.01$  level. Hence it is necessary to provide education on postnatal exercise.

**4. CONCLUSION:** The study concluded that teaching programmes should be provided to mothers during antenatal period so that they can perform postnatal exercises.

#### **5: IMPLICATIONS OF THE STUDY:**

The findings of the study can be used in the following areas of nursing profession.

##### **1. Nursing Practice:**

- Nurses are key persons of the Health team, who play a major role in Health promotion and maintenance; the different teaching strategies can be conducted by the nursing personnel in the community which will improve the knowledge on postnatal exercise.

##### **2. Nursing Education:**

- The nursing curriculum should consist of knowledge related to various types of postnatal Exercises and methods.



### 3. Nursing Administration:

- ❖ Nurse Administrators are the backbone to provide facilities for improving knowledge. They should take interest in providing innovative information on postnatal exercise.

### 4. Nursing Research:

- ❖ The study helps the nurse researchers to develop appropriate health education tools for educating the postnatal mothers regarding postnatal exercise.

### 6. RECOMMENDATIONS:

On the basis of the finding of the study following recommendations have been made:

- A similar study can be replicated on large sample to generalize the findings
- A similar comparative study can be conducted to find the differences in the knowledge level of the primipara mothers on the basis of various institutional settings such as government and private institutions.
- A similar study can be conducted to find differences in the knowledge level among the primipara & multipara mothers.
- A similar study can be conducted to assess effectiveness of any other education methods.
- A similar study can be done with a control group

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