



“A Descriptive study to assess the knowledge and attitude regarding antenatal diets among primigravida mothers residing in selected community area at Meerut.”

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Abstract: This study has been undertaken to assess the knowledge and attitude regarding antenatal diets among primigravida mothers residing in selected community area at Meerut.”. The research approach used was A descriptive study approach. The Research Designs selected for the study was one group pre-test design. The setting, community area at Meerut. The sample includes 60 primi gravida mothe and is selected by non-probability convenience sampling technique. Reliability of the tool was assessed by collecting data from 60 antenatal mothers who ares residing community area at Meerut, Attitude scale, structured knowledge questionier used to test the reliability of the tool.

I. INTRODUCTION

Nutritious diet is important for healthy pregnancy. Eating a healthy diet, balancing of carbohydrate, fats and proteins and fruits and vegetables ensures good health. “Healthy mothers and children are the real wealth of the society”. (WHO).Physiology changes at pregnancy by aggravated by under nutritional diet leading to nutrition deficiency state like anemia that can cause consequences both mothers and babies. Adequate nutritional diet before and during pregnancy has greater potential for a long term health impacts. Most of the additional nutrients that require at pregnancy can obtain by high quality of nutrients diet. It includes- Folic acid supplements in early period of pregnancy to decrease the the risk of neural tube defects. Pregnant women need more nutrients than the non pregnant women. These nutrients needs more determined by the stage of gestation for the fetal growth and development during the different state of pregnancy. Women need calories during pregnancy to build up her tissues, to build fat stores , to make breast milk and for growth of placenta and fetus. During first 6th months of pregnancy, most of the extra food is needed to build up the mothers tissue and storing fat. Only small amount is needed for the growth of fetus. During the last 3rd month of pregnancy, more extra food is needed for the growing and to build up the baby to store fat, iron and vitamin A. (Shanty gosh,2009) .Pregnancy is highly demanding period for nutrition. This period is taking care of the additional intake of nutrition food results in weight gain of 10-12kg during pregnancy. Fibre rich foods like whole grains , pulses, and water should be taken avoid constipation. Adequate nutrition before and during pregnancy had greater potential for a long term health impact. Pregnant women needed more of some nutrients than non pregnant women. During the first trimester the synthesis of fetal tissues places relatively few demands on nutrition of mothers. So it is necessary for antenatal mothers to adopt a practise of good food hygiene to minimize the food poisoning in pregnancy.

II. RESEARCH METHODOLOGY

The research methodology includes the steps undertaken to gathering and organizing the data collection that are research approach, research design, study setting, population undertaken study sample, sampling technique, criteria for selection of sample, development of demographic variable, description of tools for data collection and plan for data analysis.

3.1 Population and Sample

The target Population for the study was primigravida mothers residing in selected area of community at Meerut,. The samples were 60 primigravida mother residing in selected area of community at Meerut.

3.2. Data and the Source of Data

Formal administrative permission was taken from Pradhan of Village Balainy Distt Meerut. Final data was done from 08/07/2022 to30/07/2022. 60 antenatal mother were selected from Village Balainy by Non- Probability convenience sampling technique.

3.3Theoretical Framework

Variables of the study contains dependent variables. dependent variable was knowledge and Attitude regarding antenatal diet .Statistical tools and econometric models

The details of methodology is given as follow

3.4 descriptive and Inferential Statistics

Score were planned to be organized tabulated and analyzed by using the frequency distribution with descriptive statistics (mean, standard deviation and mean score percentage) and inferential statistics (chi square) which helped to assess knowledge and Attitude regarding antenatal diet

IV RESULT AND DISCUSSION

TABLE: 1.1

The frequency and percentage distribution of the antenatal mothers according to the age group

Slno	Demographic variable	Group	
		Frequency	Percentage
1	Age in years		
	(a) 18-24	44	73.3%
	(b) 25-28	16	26.6%

Out of 60 primigravida mothers with regard to age, majority were 44 (73.3%)were in the aged between 18-24 years, 16 (26.6%) were aged between 25-28 years.

TABLE: 1.2

The frequency and percentage distribution of the primigravida mothers according to the marital status

Sl no	Demographic variable	Group	
		Frequency	Percentage
2.	MARITAL STATUS		
	(a) Married	60	100%
	(b) Single	0	0%
	(c) Separated / Divorced	0	0%
	(d) Widowed	0	0%

Considering their marital status majority 60 (100%) were married, 0 (0%) were Single, Separated / Divorced, Widowed,

TABLE: 1.3

The frequency and percentage distribution of the antenatal mothers according to Educational status

Sl no	Demographic variable	Group	
		Frequency	Percentage
3.	EDUCATION		
	(a) No formal education	8	13.3%
	(b) Primary education	17	28.3%
	(c) Higher Secondary education	28	46.6%
	(d) College/university	7	11.6%

Considering their educational status majority 7 (11.6%) had degree/diploma, 28(46.6%) had higher secondary education, 17 (28.3%) had primary and minority had 8 (13.3%) had no formal education and there is nobody with post graduate or above.

TABLE: 1.4

The frequency and percentage distribution of the antenatal mothers according to Gestational age

Slno	Demographic variable	Group	
		Frequency	Percentage
4.	GESTATIONAL AGE		
	(a) >6 weeks	11	18.3%
	(b) 6-12 weeks	25	41.6%
	(c) 13-24 weeks	20	33.3%
	(d)25-40 weeks	3	5%

Considering their Gestational majority were 25 (41.6%) Between 6-12 weeks , 20(33.3%) between 13-24 weeks ,minority were 11 (18.3%) between >6 weeks , 3(5%) between 25-40 weeks.

TABLE: 1.5

The frequency and percentage distribution of the antenatal mothers according to Gestational age

Slno	Demographic variable	Group	
		Frequency	Percentage
5.	OCCUPATION		
	(a) Home maker	47	78.3%
	(b) Part time employment	2	3.3%
	(c) Formal employment	3	3.3%
	(d) Self employment	8	13.3%

Considering their Occupational majority were 47 (78.3%) were Home maker , 8(13.3% were self employment ,Minority were 3 (3.3%) were Formal employment , 2 (3.3%) .

TABLE: 1.6

The frequency and percentage distribution of the antenatal mothers according to Monthly income

Sl no	Demographic variable	Group	
		Frequency	Percentage
6.	MONTHLY INCOME		
	(a) 5000	9	15%
	(b) 5000-10000	14	23.3%
	(c) 10000-15000	14	23.3%
	(d) 15000-20000	23	38.3%
	No source of information	1	1.67%

Considering the per capita monthly income of the subjects majority were 23 (38.3%) were between 15000-20000 /month, 14(23.3%) between 10000-15000 Rs/month, 14(23.3%) between 5000-10000, 9(15%) 5000 and minority were 1(1.67%) had No source of income.

SECTION-II

Table-2.1:

This section reveals the level of knowledge of Primigravida mothers regarding antenatal diets .

Level of knowledge	FREQUENCY	PERCENTAGE
Inadequate knowledge	21	35%
Moderate knowledge	33	55%
Adequate knowledge	6	10%
Total	60	100%

This table indicates the frequency and percentage distribution of Primigravida mother's level of knowledge in pretest. Majority of 33(55%) had moderate knowledge regarding antenatal diets . 21(35%) Primigravida mothers had Inadequate knowledge regarding antenatal diets . Minority of 6(10%) had Adequate knowledge regarding antenatal diets.

Table-2.2

This Table reveals the level of knowledge of Primigravida mothers regarding antenatal diets .. mean score for level of knowledge and the standard deviation

Variables	Maximum score	Mean	SD
Frequency distribution of the knowledge and attitude regarding antenatal diet among primigravida mothers with their selected demographic variables.	438	7.3	2.69

n=60 This table shows that mean score for level of knowledge was 438 , Mean was 7.3 and the standard deviation was 2.69.

SECTION-III

Table-3.1

This section reveals the level of attitude of Primigravida mothers regarding antenatal diets ..

Level of knowledge	FREQUENCY	PERCENTAGE
Negative attitude	1	1.6%
Moderate attitude	57	95%
Positive attitude	2	3.3%
Total	60	100%

This table indicates the frequency and percentage distribution of Primigravida mother's level of attitude regarding antenatal diets . Majority of 57(95%) had moderate attitude regarding antenatal diets . 2(3.3%) Primigravida mothers had Positive attitude regarding antenatal diets . Minority of 1(1.6%) had Negative attitude regarding antenatal diets.

SECTION-IV

This section deals with the association between knowledge with their selected socio demographic variable. There is association between the level of knowledge among primigravida mothers regarding antenatal diet with their selected demographical variables. The Chi square calculated of educational status (25.1) is greater than table value (9.49) at 0.05% significance which indicates that there was an association between the educational status and demographical variables. Other Chi square calculated value of demographical variables was found smaller chi square test value 0.05% of significance and shows that there was no significance association between the level of knowledge among primigravida mothers regarding antenatal diet and selected demographical variables

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