



# EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE AND PRACTICE OF MANAGING COMMON DISCOMFORTS DURING PREGNANCY AMONG PRIMIGRAVIDA MOTHERS

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## ABSTRACT

Pregnancy is a creative and productive period in the life of a woman. It is one of the vital events, which needs special care from conception to postnatal period. Every mother wants to enjoy the nine months period with the baby inside her; the joyful experience of the pregnancy is not always joyful. Sometimes it is associated with problems of varying severity. Minor disorders are one among those problems, which causes discomfort to the mothers during pregnancy. Although such disorders are often termed as minor disorders they are far from minor for women who experience it. This study used one group pre-test post-test pre-experimental design and non-probability purposive sampling technique to select the samples. Data collected from 60 primigravida. Structured questionnaires were used to collect data regarding demographic variables of the respondents and knowledge and practice regarding managing common discomforts during pregnancy. Objectives of the study were to assess the pre-test and post-test knowledge level of primigravida mothers on managing common discomforts, to assess the pre-test and post-test practice of primigravida mothers on managing common discomforts and to associate the level of knowledge and practice on managing common discomforts among primigravida mothers with their selected demographic variables. Intervention was a self-instructional module (Informational Booklet) regarding managing of common discomforts during pregnancy. The results showed that the respondents gained knowledge and practice. After the teaching, the pre-test mean score of knowledge was 12.81 and post-test score was 16.08 and 12.768. The pre-test mean score of practice was 19.78 and post-test score was 23.81 and the value is 12.579. There is no association of the post-test knowledge and practice with the demographic variables. Conclusion : The result concludes that the self-instructional module on the managing of common discomforts during

pregnancy is useful to improve the knowledge and practice of the primi mothers.

## KEYWORDS

Self-instructional module, common discomforts during pregnancy, primi mothers

## INTRODUCTION

The anatomical, physiological and biochemical adaptations to pregnancy are profound. These changes that the female body undergoes during pregnancy begin soon after fertilization and continue throughout gestation. These changes occur in response to physiological stimuli provided by the fetus and placenta. These changes may be unpleasant as well as worrying but they are rarely a cause for alarm as most of these changes are usually normal. These so-called minor disorders or ailments of pregnancy can be troublesome on a day-to-day basis. Nevertheless, these minor ailments are considerably improved by offering a proper explanation and with simple treatments.

Many women experience minor ailments during pregnancy. These ailments should be treated properly as they may escalate and become life-threatening. Minor ailments may occur due to hormonal changes & accommodation changes of every system of the body. The mother needs knowledge to cope with the experience of pregnancy.

An important nursing responsibility during the prenatal period is educating the client regarding the discomforts that occur during pregnancy and the remedies to these will make them more comfortable. Another important aspect is counselling on the discomforts of pregnancy will help the pregnant women distinguish between a normal discomfort and a real problem in the pregnancy.

## NEED FOR THE STUDY

Pregnancy is a biological function and an integral part of the social and environmental activity, bringing joy to the mother and family. Most women are healthy during pregnancy and do not have serious health concerns. Mothers may have minor physical symptoms throughout their pregnancy that are considered normal pregnancy changes. It is important for mothers to be aware of symptoms.

An explorative descriptive study was conducted on maternal awareness of pregnancy normal and abnormal signs in two maternity centres in Jordan. The study revealed that the commonest complaints of the studied group during their pregnancy were nausea and vomiting, fatigue, back pain, heartburn and vaginal discharge. Out of 340 women, the most common complaints during the current pregnancy is leg cramps (75 women), followed by nausea and vomiting (56 women), only 3 women complained breast problems during current pregnancy. As regards management of the current complaints, relatively high percentages of mothers used home remedies to manage low back pain, nausea and vomiting, breast problems, and constipation (73.7%, 73.2%, 66.7% & 65.4%) respectively. The use of home remedies for these signs was high. The study recommended the need to include information about abnormal signs of pregnancy by health care providers, particularly the maternity nurses and midwives as a routine care during antenatal visits.

## STATEMENT OF THE PROBLEM

A study to assess the effectiveness of self-instructional module on knowledge and practice of managing common discomforts during pregnancy among primigravida.

## OBJECTIVES

- To assess the pre-test and post-test knowledge level of primigravida mothers on managing common discomforts during pregnancy
- To assess the pre-test and post-test practice of primigravida mothers on managing common discomforts during pregnancy
- To associate the level of knowledge and practice on managing common discomforts among primigravida mothers with their selected demographic characteristics.

## HYPOTHESIS

**H<sub>1</sub>:** There is a significant difference between pre-test and post-test knowledge and practice of primigravida mothers on managing common discomforts of pregnancy.

## ASSUMPTIONS

- Education will help to enhance the knowledge and practice of primigravidamothers regarding managing common discomforts of pregnancy.
- Primi mothers have lack of knowledge on managing common discomforts of pregnancy.

## METHODOLOGY

### RESEARCH DESIGN

The research design applied for this study was One Group Pre-test Post-test design

### VARIABLES OF THE STUDY

#### Independent Variable:

Self-instructional module regarding managing common discomforts during pregnancy

#### Dependent Variable:

Knowledge and practice regarding managing common discomforts during pregnancy

## POPULATION

The population included in this study were all primigravida mothers who attended the antenatal checkup

## SAMPLE SIZE

Sample size of the study was 60 primigravida mothers who attending outpatient department.

## SAMPLING TECHNIQUE

Non probability purposive sampling technique was adopted to select the samples for this study.

## SAMPLING CRITERIA INCLUSION CRITERIA

1. Women who are from 26 weeks to 32 weeks of gestation.
2. Women who are all available at the time of data collection.

## EXCLUSION CRITERIA

1. Primigravida women diagnosed as medical, surgical or obstetrical condition like gestational diabetes mellitus, pregnancy induced hypertension, etc.
2. Primigravida mothers who are aged below 15 years or above 35 years.

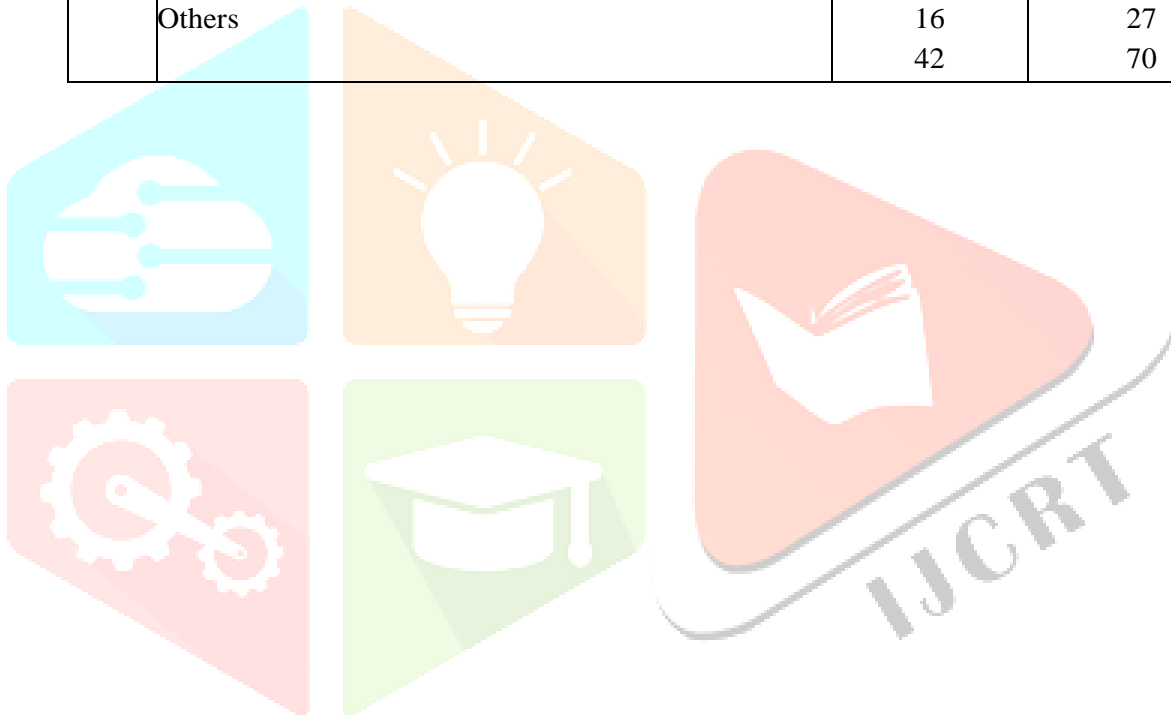
## DESCRIPTION OF DEMOGRAPHIC CHARACTERISTICS OF MOTHERS

**Table-1: Distribution of demographic characteristics of mothers**

(N=60)

S.N	Characteristics	Frequency(f)	Percentage (%)
1.	<b>Age</b>		
	18 ± 22	8	13
	23 ± 27	37	62
	28 ± 32	10	17
	33 and above	5	8
2.	<b>Month Of Current Pregnancy</b>		
	4 ± 6 month	39	65
	7 ± 9 month	21	35
3.	<b>Religion</b>		
	Hindu	47	78
	Christian	10	17
	Muslim	3	5
4.	<b>Educational Status</b>		
	Primary education	0	0
	Higher secondary Graduate and above	8	13
		52	87

5.	<b>Occupation</b> Private employee Government employee Housewife	16 5 39	27 8 65
6.	<b>Type Of Family</b> Joint family Nuclear family	52 8	87 13
7.	<b>Previous Knowledge</b> Yes No	13 47	22 78
8.	<b>Source Of Information</b> Mass media Health personnel Others	2 16 42	3 27 70



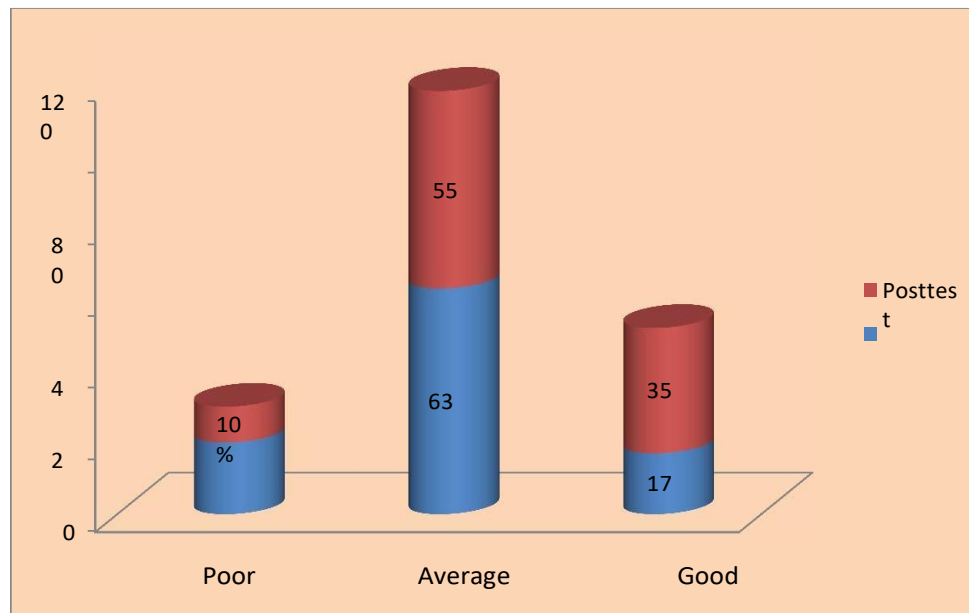
**SECTION ±B****DESCRIPTION OF KNOWLEDGE AND PRACTICE OF MOTHERS REGARDING MANAGING COMMON DISCOMFORTS****Table-2: Distribution of Pretest Knowledge Scores of mothers regarding managing common discomforts during pregnancy**

(N=60)

S.N	Knowledge	Pretest	
		Frequency (f)	Percentage (%)
1	Poor	12	20
2	Average	38	63
3	Good	10	17

**Table-3: Distribution of Posttest Knowledge Scores of mothers regarding managing common discomforts during pregnancy**  
(N=60)

S.N	Knowledge	Posttest	
		Frequency (f)	Percentage (%)
1	Poor	6	10
2	Average	33	55
3	Good	21	35



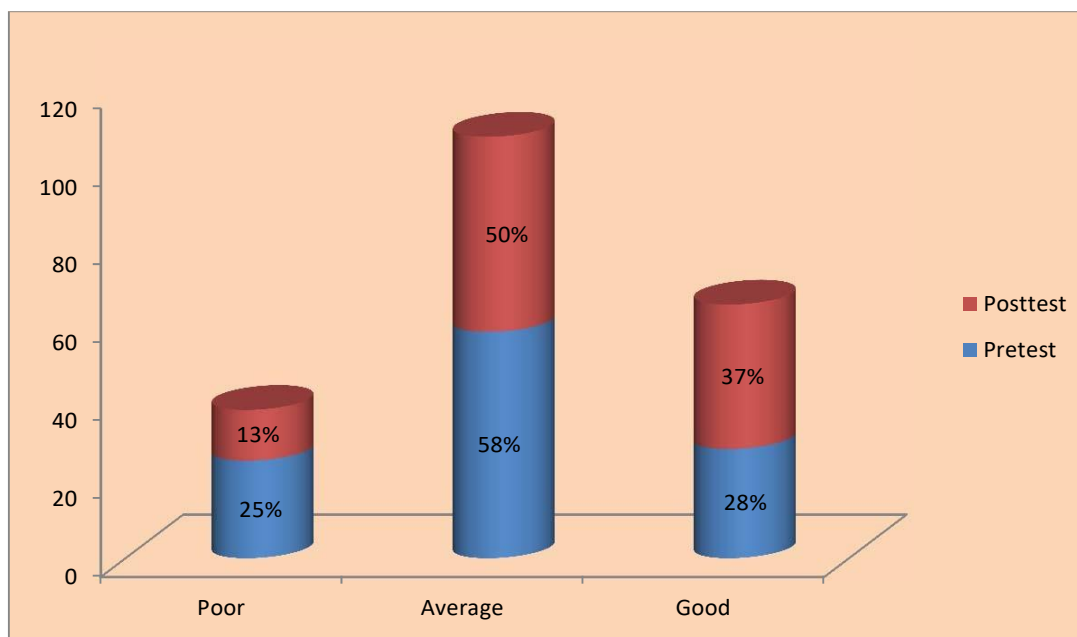
### Distribution of mothers according to Pretest and Posttest Knowledge Scores regarding managing common discomforts during pregnancy

**Table-4: Distribution of Pretest Practice Scores of mothers regarding managing common discomforts during pregnancy (N=60)**

S.N	Practice	Pretest	
		Frequency (f)	Percentage (%)
1	Poor	15	25
2	Average	35	58
3	Good	17	28

**Table-5: Distribution of Posttest Practice Scores of mothers regarding managing common discomforts during pregnancy (N= 60)**

S.N	Practice	Posttest	
		Frequency (f)	Percentage (%)
1	Poor	8	13
2	Average	30	50
3	Good	22	37



**Distribution of mothers according to Pretest and Posttest Practice Scores regarding managing common discomforts during pregnancy**

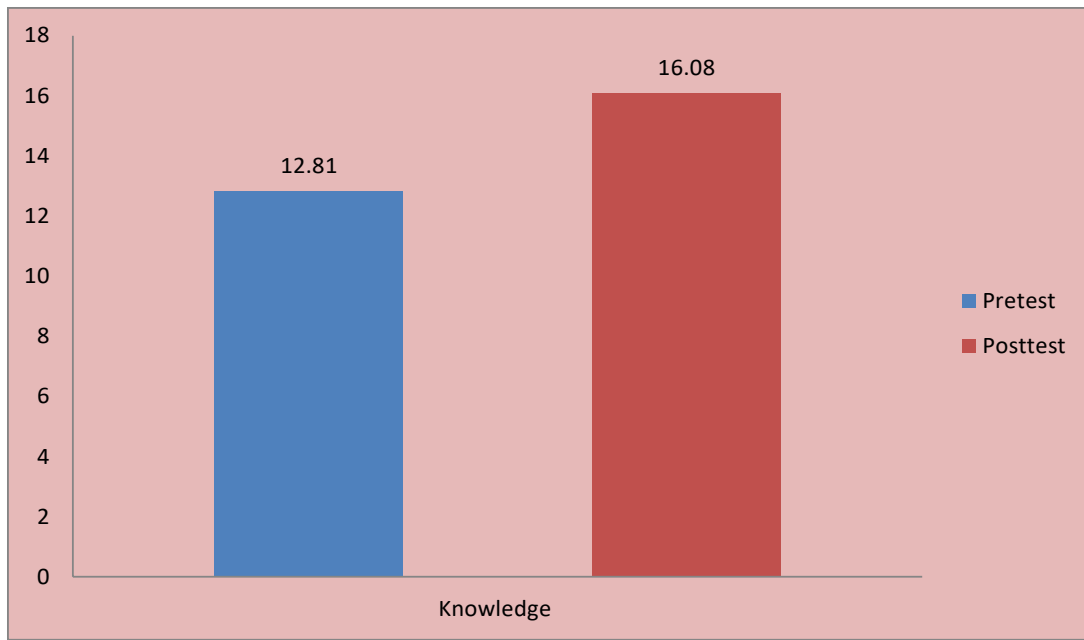
**Section C**

**Table 6: Comparison of the mean pre test and post test knowledge scores of themothers on managing common discomforts during pregnancy**

Sl. No.	Knowledgetest	Mean	SD	
1.	Pre test	12.81	3.49	12.768*
2.	Post test	16.08	3.75	

\*P<0.05 level





### Comparison of the mean pre-test and post-test knowledge scores of mothers regarding the managing common discomforts

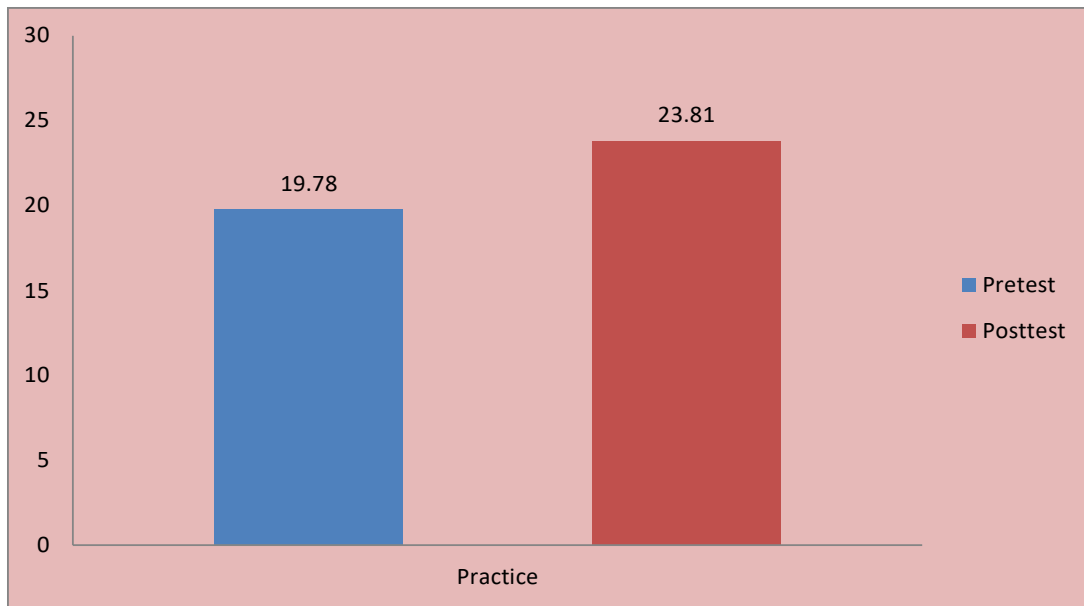
**Table 7: Comparison of the mean pretest and posttest practice scores of the mother on managing common discomforts during pregnancy**

Sl. No.	Practicetest	Mean	SD
1.	Pretest	19.78	6.07
2.	Posttest	23.81	6.11

\*P < 0.05 level

The value 12.579 for the mean difference between the pre-test and post-test practice scores of the respondents on the management of common discomforts during pregnancy is significant at 0.05 level of significance at (df 59). This means there is a significant improvement in the practice of primi mothers in management of common discomforts during pregnancy.

It shows that the mean pre-test value increased from 19.78 to post-test value 23.81 which shows the effectiveness of the self-instructional module.



Comparison of the mean per-test and post-test practice scores of mothers regarding the managing common discomforts

#### SECTION D

#### ASSOCIATION OF DEMOGRAPHIC CHARACTERISTICS OF MOTHERS WITH THEIR POST TEST KNOWLEDGE REGARDING MANAGING COMMON DISCOMFORTS

S.N	Characteristics	F	df	$\chi^2$
1.	<b>Age</b>			0.353(NS)
	18 ± 22	8	3	
	23 ± 27	37		
	28 ± 32	10		
33 and above	5			
2.	<b>Month Of Current Pregnancy</b>		1	0.316(NS)
	4 ± 6 month	39		
	7 ± 9 month	21		
3.	<b>Religion</b>		2	0.144(NS)
	Hindu Christian	47		
	Muslim	10 3		
4.	<b>Educational Status</b>		1	1.741(NS)
	Primary education	0		
	Higher secondary	8		
	Graduate and above	52		
5.	<b>Occupation</b>		2	0.988(NS)
	Private employee	16		
	Government employee	5		
	Housewife	39		

6.	<b>Type Of Family</b> Joint family Nuclear family	52 8	1	0.304(NS)
7.	<b>Previous Knowledge</b> YesNo	13 47	1	0,152(NS)
8.	<b>Source Of Information</b> Mass media Health personnel Others	2 16 42	2	0.451(NS)

P&lt;0.05

S = significant

NS = not significant

**Table 8: clearly shows that the post-test knowledge of the mothers do not have an association with the demographic characteristics**



## SECTION E

## ASSOCIATION OF DEMOGRAPHIC CHARACTERISTICS OF MOTHERS WITH THEIR POST TEST PRACTICE REGARDING MANAGING COMMON DISCOMFORTS

S.N	Characteristics	F	Df	$\chi^2$
1.	<b>Age</b> 18 ± 22 23 ± 27 28 ± 32 33 and above	8 37 10 5		30.411 (NS)
2.	<b>Month Of Current Pregnancy</b> 4 ± 6 month 7 ± 9 month	39 21		10.623 (NS)
3.	<b>Religion</b> Hindu Christian Muslim	47 10 3		20.686 (NS)
4.	<b>Educational Status</b> Primary education Higher secondary Graduate and above	0 8 52		10.839 (NS)
5.	<b>Occupation</b> Private employee Government employee Housewife	16 5 39		20.893 (NS)
6.	<b>Type Of Family</b> Joint family Nuclear family	52 8		10.240 (NS)
7.	<b>Previous Knowledge</b> Yes No	13 47		10.653 (NS)
8.	<b>Source Of Information</b> Mass media Health personnel Others	2 16 42		20.477 (NS)

P&lt;0.05

S = significant

NS = not significant

## CONCLUSION

✓ The study revealed that there is inadequate knowledge and practice regarding managing minor disorders during pregnancy among primi mothers.

✓ The study proved that there is a significant improvement in the knowledge and practice level of primi mothers after the self-instructional module.

✓ The study proved that there is no significant association between the knowledge and practice level and selected demographic characteristics.

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