



# An Exploratory Study To Assess The Knowledge Of Antenatal Care Among Pregnant Women Attending Antenatal OPD In Selected Hospital Of Indore In The Year 2020-21”

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*Abstract:* The knowledge regarding antenatal care among the pregnant mothers is well established. The present study was conducted to assess the level of knowledge regarding antenatal care among pregnant women. A total of 60 samples were selected as the participants through non probability purposive sampling. Consent for the participation was taken from the participants and self-structured questionnaire was used for data collection. The findings of the study revealed that the majority of mothers 81% is having excellent knowledge score, 17% having good knowledge score and 2% having adequate knowledge score and 0% having inadequate knowledge score.

*Index Terms* - Knowledge , Antenatal Care , Pregnant Women.

## Introduction

Women pregnant for the first time are confronted with symptom that would be considered abnormal in the non-pregnant state, much of the prenatal care requested by such women is prompted by the need for explanation of the causes of minor disorder and for advise on way to relieve the discomfort nurses can do much to allay a first time mother anxiety about such symptom by telling her about them in advance using terminology that the women can understood such women who understood physical discomfort of pregnancy are less able to become very anxious about their health in addition to understanding the rationale for treatment promotes their participation in their care .pregnancy is a creation and productive period in the life of women .it is one of the physiologic vital events, which needs special care from the conception to, postnatal period, every mother wants to enjoy the nine-month period with the baby inside her womb. The mothers joyful experience of the pregnancy is not going to be always but sometime it is associated with problem of some minor ailments that may present among mother which causes discomfort to the mother during pregnancy to them. (D C DUTTA)

Promotion of maternal and child health has been one of the most important components of the family welfare program of the government of India and the national population policy 2000. One of the most important components of antenatal care is to offer information and advice to women about pregnancy related complications. Antenatal care can also play a critical role in preparing a woman and her family for birth by establishing confidence between the woman and her health care provider and by individualizing promotional health messages. Antenatal care is considered essential for the health of both the mother and the child, it is important to analyse the possible factors contributing to its utilization. The purpose of the study is to identify the knowledge of pregnant women regarding different aspects of antenatal care such as diet, antenatal check-up, immunization, adequate sleep and rest, exercise, hygiene, breast care, breastfeeding, the health problem and complications of pregnancy to make recommendations to enhance the knowledge of antenatal care by improving the delivery of antenatal services. It is a status if the knowledge is adequate. Effective antenatal care can improve the health of the mother and give her a chance to deliver a healthy baby. Regular monitoring during pregnancy can help detect complications at an early stage before they become life-threatening emergencies. However, one must realize that even the most effective scanning tool currently available, one cannot predict which will develop pregnancy related complications hence, all pregnant women need special care.

### 3.1 Population and Sample

Population is the entire aggregation of all the units in which a researcher is interested. Population is the set of people or entities to which the results of a research are to be generalized. (S K. SHARMA, 2011) The entire set of individuals or objects having some common characteristics selected for a research study. In the present study, the population was pregnant women attending antenatal OPD between the age group of 20-30 years. In the present study, non-probability purposive sampling techniques were used. The sample consists of 60 pregnant women attending antenatal OPD in a selected hospital of Indore.

### 3.2 Data and Sources of Data

Informed consent was taken from the respondents prior to data collection. The investigators collected data from 60 pregnant women attending antenatal OPD in a selected hospital of Indore. The purpose of the study was explained to the respondent. Confidentiality was maintained. The self-structured questionnaire for assessing the knowledge of antenatal care among pregnant women attending antenatal OPD with socio-demographic was given to 60 pregnant women. The average time taken to interview each subject was 10-15 minutes. The investigator terminated the data collection process by thanking the respondent for the participation and co-operation.

### 3.3 Theoretical framework

Variables are qualities, properties or characteristics of persons, things, or situations that change or vary and are manipulated or measured in research. (S K SHARMA, 2011)

Independent variables are variables that are purposely manipulated or changed by the researcher. In the present study, independent variables are age, education, occupation and family income.

Dependent variables are the outcome and the variables for which we calculate statistics. In the present study, we assess the knowledge regarding antenatal care among pregnant women.

## RESEARCH METHODOLOGY

Research methodology is concerned with problem-solving, historical research, and evaluation of research. It includes the collection, assembling and examination of available data. Making assumptions about the data, testing the assumption, and developing practical applications from the laws or principles that have been derived from the verification of the assumption.

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### 3.4 Statistical tools and econometric models

Raw data was collected in entered in a master sheet for the statistical analysis it was interpreted using descriptive and inferential statistical the data finding have been organized and presented under following section:

- SECTION 1: Frequency and percentage distribution of antenatal mothers according socio demographic variable.
- SECTION 2: Frequency and percentage distribution of statements of knowledge questions among antenatal mothers.
- SECTION 3: Frequency and percentage distribution of knowledge of primi gravida mothers regarding antenatal care.

The finding of the study revealed that out of 60 samples

#### Frequency and percentage distribution of antenatal mothers according socio demographic variable

- Among 29(48.3%) Antenatal pregnant mother were in the age group 20- 23years. 14(23.3%) were in the age group of 24-26years and 17(28.3%) to the age of 27 -30years.
- Antenatal mothers were in the Age of marriage group. The Majority of antenatal mother 40(66.6%) were in the age group of 18-2years and 15(25%) were in the age group of 21-24 years. And least of 5(8.3%) belong to the age group Above 25years.
- Among Antenatal mothers' occupation Majority of antenatal mother 56(93.3%) belong to housewife 3(15%) belong to private job and least to 1(1.6%) belong to government job.
- Among the participants of antenatal mother s education 2(3.3%) were illiterate and 3(5%) were primary education and half of the mothers 41(68.3%) were secondary education and 14(23.3%) were graduated Mothers.
- Among the participants of antenatal mothers gestational age group 9(15%) were in the gestational age 22-25 week, 26(43.3%) were in the gestational age 26-30week ,17(28.3%) was 31-35week and 8(13.3%) were in the gestational age Above 35week of antenatal mothers.
- Among Antenatal mothers' occupation Majority of antenatal mothers56(93.3%) belongs to housewife ,3(15%) belongs to private job and least to1(1.6%) belongs to government job.
- Among family Income of antenatal mothers 2(3.3%) belongs to below5000, 2(3.3%) belongs to between 5000-7000.,1(1.6%) belongs to between 7000-10000 and majority of antenatal mother 55(91.6%) belongs to Above.

#### Frequency and percentage distribution of statement of Question

- The antenatal check-up necessity 34(56.6%) mothers Strongly Agree and 00(0%) mothers Strongly Disagree.
- The antenatal visit 37(61.6%) mothers Strongly Agree and 00(0%) mothers Strongly Disagree.
- The antenatal booking 39(65%) mothers Strongly Agree and 02(3.3%) mothers Strongly Disagree.
- Self-treatment during any health emergency 42(70%) mothers Strongly Agree and 01(1.6%) mothers Somewhat Disagree.
- Is importance of Inj. TT doses 44(73.3%) mothers Strongly Agree and 00(0%) mothers Strongly Disagree
- Supplementation of Iron and Folic acid 48(80%) mothers Strongly Agree and 00(0%) mothers Strongly Disagree.

- Among undergo USG check-up 44(73.3%) mothers Strongly Agree and 00(0%) mothers Strongly Disagree.
- The blood screening 44(73.3%) mothers Strongly Agree and 01(1.6%) mothers Strongly Disagree.
- Is counselling related to screening results 41(68.3%) mothers Strongly Agree and 00(0%) mothers Somewhat Disagree.
- They should change in dietary habits 42(70%) mothers Strongly Agree and 01(1.6%) mothers Strongly Disagree.
- The blood pressure check-up's 42(70%) mothers Strongly Agree and 01(1.6%) mothers Strongly Disagree.
- Is counselling for childbirth 48(80%) mothers Strongly Agree and 01(1.6%) mothers Strongly Disagree.
- The comparison that home delivery is better than hospital delivery
- 30(50%) mothers Strongly Disagree and 03(5%) mothers Somewhat Disagree.
- That smoking doesn't cause any harm to foetus 36(60%) mothers Strongly Disagree and 01(1.6%) mothers Strongly Disagree.
- That alcohol consumption good for foetus 39(65%) mother strongly disagree and 1(1.6%) mother somewhat disagree

### **Frequency and percentage distribution of knowledge of primi gravida mother regarding antenatal care**

Regarding percentage distribution of knowledge score of primi gravida mothers regarding the antenatal care. It shows that 2% primi gravida mother had Adequate knowledge score, 17% had good knowledge score and 81% had Excellent knowledge score.

### **CONCLUSION**

After the detailed analysis, the study leads to the following conclusion that the majority of antenatal mothers 81% having excellent knowledge score, 17% having good knowledge score, 2% having adequate knowledge score and 0% having inadequate knowledge score. We as health worker assessed the knowledge regarding antenatal care in those pregnant mothers who are primi gravida, low socio-economic status, low education level. In today's scenario there is a major role of lifestyle modification i.e., education occupation, and socio-economic status.

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