"A Descriptive Study To Assess The Knowledge And Practice On Selected Aspects Of Postnatal Care Among Primi Gravid Mothers In Selected Hospitals Of Ludhiana, Punjab"

Ms. Kamaljeet Kaur[1], Dr. Sukhmanpreet Kaur[2]

[1]Ms. Kamaljeet Kaur, Research Scholar, Desh Bhagat University, Mandi Gobindgarh, Punjab.
[2]Dr. Sukhmanpreet Kaur, Associate Professor, Desh Bhagat University, Mandi Gobindgarh, Punjab.

Abstract

A descriptive approach was adopted for the study. Through the Purposive sampling technique, a total of 120 primi gravid mothers were selected. Data collection is followed by the analysis and interpretation of data, where collected data are analysed and interpreted by study objectives. The collected data was analysed based on the objectives of the study using descriptive and inferential statistics i.e., mean percentage, standard deviation, Karl Pearson's Correlation coefficient ANOVA test, and 't' test. Results were drawn based on the findings of the study out of 120 primi gravid mothers maximum 62(51.6%) mothers had good knowledge followed by 43(35.8%) had average knowledge and 8(6.6%) had poor knowledge scores. Only 7 (5.83%) had excellent knowledge scores on selected aspects of postnatal care. Out of 120 maximum number of 118 (98.3%) primi gravid mothers had a satisfactory level of practice and only 2(1.6%) primi gravid mothers had an unsatisfactory level of practice on selected aspects of postnatal care.

Introduction

Motherhood is a beautiful experience where the mother safely delivers a child. it is the magic of creation. care must be given to ensure safe childbirth. the mother has a right to get proper medical care and treatment. labor is a natural process, which all pregnant women have to undergo. The health of women represents the health of the country they come from. Women are the primary caretakers, first educators, bearers, and nurturers of the next generation. Safe motherhood can only be reached if complete care is given to mothers.

OBJECTIVES

➢ To assess the knowledge on selected aspects of postnatal care among primi gravid mothers.

➢ To assess the practice on selected aspects of postnatal care among primi gravid mothers.

➢ To find out the relationship between knowledge and practice on selected aspects of postnatal care among primi gravid mothers.

> To assess the relationship between knowledge on selected aspects of postnatal care among primi gravid mothers with selected demographic variables that are age (in years), educational status, occupational status, religion, type of family, area of residence, monthly family income (in Rs), and source of information.

> To assess the relationship between practice of primi gravid mothers on selected aspects of postnatal care with selected demographic variables that are age (in years), educational status, occupational status, religion, type of family, area of residence, monthly family income (in Rs), and source of information.

> To prepare guidelines regarding aspects of postnatal care among primi gravid mothers.

Methodology

A descriptive research design and quantitative non experimental research approach was used for the present study to assess the knowledge and practice on selected aspects of 120 primi gravid mothers in selected civil hospital Jagraon, Punjab. The tool used had 3 sections. Section A: Demographic variables. Section B: Assessment of self-structured knowledge questionnaire 4 subareas on selected aspects of postnatal care among primi gravid mothers. Section C: Assessment of self-structured practice checklist 15 statements. Data collection is followed by the analysis and interpretation of data, where collected data are analysed and interpreted in accordance with study objectives. Ethical permission was taken from Institute. The collected data was analyzed based on the objectives of the study using descriptive and inferential statistics.

Findings of the study

Findings related to sample characteristics of primi gravid mothers

Data shows that maximum number of primi gravid mothers 37(30.8%) were ≤21 years of age as followed by 34(28.3%) were in age group of 22-24 years. Majority of primi gravid mothers 33(27.50%) were educated upto the 1st to 5th standard as followed by 32(26.67%) were educated up to 11th to 12th standard. Data depict that maximum number of primi gravid mothers 44(36.67%) were belonged to religion Sikh, 32(26.6%) were Muslim, 27(22.5%) were Hindu. maximum number of primi gravid mothers 63(52.5%) were belonged to nuclear family as followed by 57(47.5%) who were belonged to joint families. maximum number of primi gravid mothers 62(51.67%) were from rural area and remaining 58(48.33%) were from urban area. Majority of 37(30.8%) primi gravid mothers had monthly family income between Rs. 10001-15000 as followed by 33(27.5%) had income between Rs. 5001 to 10000. maximum number of primi gravid mothers 42(35%) were got the information regarding aspects of postnatal care from electronic media, as followed by 30(25%) from friends & relatives.

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Section -II

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Objective -1: To assess the knowledge on selected aspects of postnatal care among primi gravid mothers

Table -1 Frequency and percentage distribution level of knowledge on selected aspects of postnatal care among primi gravid mothers.

			N=120	
		Knowledge score		
Level of knowledge	Score	Percentage criteria	n	%
Excellent	≥23	≥76	7	5.83
Good	15-22	50.00-73.33	62	51.6
Average	08-14	26.66-46.66	43	35.8
Poor	≤7	≤23.33	8	6.6

Maximum Knowledge Score=30
Minimum Knowledge Score=0

Table 1 depicts that maximum 62 (51.6%) primi gravid mothers had good knowledge as followed by 43(35.8%) had average knowledge and 8(6.6%) had poor knowledge score. Only 7 (5.83%) had excellent knowledge scores regarding selected aspects of postnatal care.
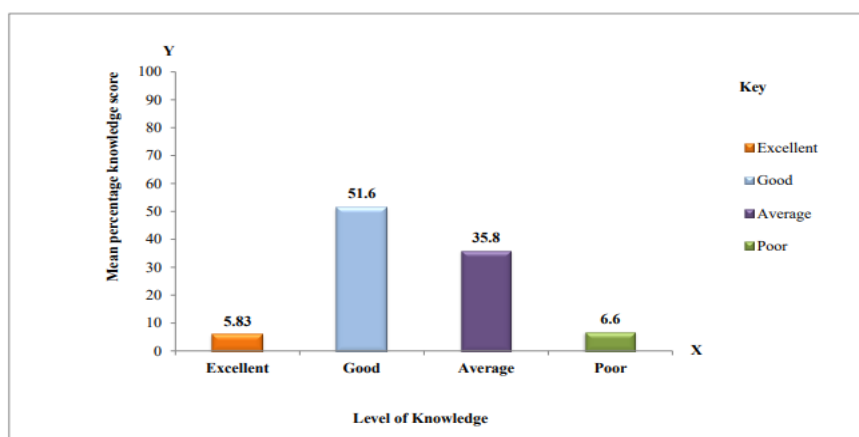

Fig 1: Frequency and percentage distribution of level of knowledge on selected aspects of postnatal care among primi gravid mothers

Objective 2: To assess the practice on selected aspects of postnatal care among primi gravid mothers.

Table -2 Frequency and percentage distribution of levels of practice on selected aspects of postnatal care among primi gravid mothers.

			N=120
		Practice score	
Levels of practice	Score	N	%
Satisfactory	≥8	118	≥98.33
Unsatisfactory	≤7	2	≤ 1.66

Maximum practice Score=15
Minimum practice Score=0

Fig. 2 shows that maximum number of 118 (98.3%) primi gravid mothers had satisfactory level of practice and only 2(1.6%) primi gravid mothers had unsatisfactory level of practice on selected aspects of postnatal care.

SECTION -III

Objective 3: To find out the relationship between knowledge and practice on selected aspects of postnatal care among primi gravid mothers.

TABLE 3: Relationship between knowledge and practice on selected aspects of postnatal care among primi gravid mothers.

N=120

Relationship	Mean	SD	t
Knowledge	24.83	2.61	
			0.259[*]
Practice	47.73	3.68	

Maximum Knowledge Score=30	**Maximum practice score=15**
Minimum Knowledge Score=0	**Minimum practice score=0**

SECTION -IV

OBJECTIVE 4: To assess the relationship between the practice of primi gravid mothers on selected aspects of postnatal care with selected demographic variables that are age (in years), educational status, occupational status, religion, type of family, area of residence, monthly family income (in Rs), and source of information.

This study identified that primi gravid mother's knowledge was found statistically significant at (p<0.05) level i:e educational status, religion, area of residence and source of information but age (in years), occupational status, type of family and monthly family income (in Rs) were found statistically Non-significant at (p<0.05) level but area of residence, monthly family income (in Rs) and source of information was found statistically Non-significant at (p<0.05) level.

Discussion

Findings related to objective 1- To assess the knowledge on selected aspects of postnatal care among primi gravid mothers.

- Out of 120 primi gravid mothers maximum 62(51.6%) mothers had good knowledge as followed by 43(35.8%) had average knowledge and 8(6.6%) had poor knowledge score. Only 7 (5.83%) had excellent knowledge score on selected aspects of postnatal care.
- Primi gravid mothers had highest mean percentage knowledge score on selected aspects of postnatal care was found in the area of postnatal diet (89.3%) followed by in the area of personal hygiene (87.3%), (83.5%) in the area of breast feeding and the lowest mean knowledge score (77.3%) were found in the area of postnatal exercise.

Findings related to objective 2- To assess the practice on selected aspects of postnatal care among primi gravid mothers.

- Out of 120 maximum number of 118 (98.3%) primi gravid mothers had satisfactory level of practice and only 2(1.6%) primi gravid mothers had unsatisfactory level of practice on selected aspects of postnatal care.

Findings related to objective 3- To find out the relationship between knowledge and practice on selected aspects of postnatal care among primi gravid mothers.

- Primi gravid had positive correlation between knowledge and practice on selected aspects of postnatal care.

OBJECTIVE 4: To assess the relationship between knowledge on selected aspects of postnatal care among primi gravid mothers with selected demographic variables that are age (in years), educational status, occupational status, religion, type of family, area of residence, monthly family income (in Rs), and source of information.

Data shows that a maximum mean knowledge score of 25.5 on selected aspects of postnatal care was obtained by those primi gravid mothers who were between 22-24 years old and ≥28 years. maximum mean knowledge score of 25.35 on selected aspects of postnatal care was obtained by primi gravid mothers who were studied up to 1st to 5th standard and 24.50 by those who were educated up to 11th to 12th standard. maximum mean knowledge score on selected aspects of postnatal care 25.42 was found among those primi gravid mothers who were self-employed. Data shows that maximum mean knowledge score 27.70 was found by those primi gravid mothers who belonged to Hindu religion, maximum mean knowledge score 24.83 was obtained by those primi gravid mothers who were from nuclear families, maximum mean knowledge score 2491 was found among primi gravid mothers who lived in rural area and 24.71 among those primi gravid mothers who lived in urban areas, results shows that maximum mean knowledge score 25.11 was obtained on selected aspects of postnatal care by those primi gravid mothers who had monthly family income between Rs.10001-15000, maximum mean knowledge score 25.38 was obtained by those primi gravid mothers who gained information from electronic media.

Findings related to the objective- 5: To assess the relationship between practice on selected aspects of postnatal care among primi gravid mothers with selected demographic variables that are age (in years), educational status, occupational status, religion, type of family, area of residence, monthly family income (in Rs), and source of information.

Data shows that majority of mean practice score 12.95 was obtained by those primi gravid mothers who were ≥28 years of age, maximum mean practice score 12.35 was obtained by primi gravid mothers those were educated up to 1st to 5th standard, maximum mean practice score 12.39 on selected aspects of postnatal care was found among those primi gravid mothers who were private employed, maximum mean practice score 13.26 regarding selected aspects of postnatal care was found among those primi gravid mothers who belonged to Muslim religion, data depict that maximum mean practice score 12.93 on selected aspects of postnatal care was obtained by those primi gravid mothers who belonged to nuclear families, maximum mean practice score 12.93 on selected aspects of postnatal care was obtained by those primi gravid mothers who lived in rural area, maximum mean practice score 13.00 was found among who had monthly family income ≥15001, data depict that maximum mean practice score 12.91 was obtained by those primi gravid mothers who gained information from health professionals.

DELIMITATIONS

- The study is limited to primi gravida mothers only.
- The study is limited to 120 primi gravid mothers from selected hospitals of Ludhiana Punjab.

Conclusion

This chapter dealt with the statistical analysis and interpretation of data. The objectives of the study were attained through various statistical method and interpretation. The sample characteristics were dealt with frequency and percentage. Descriptive statistics was used to find mean and standard deviation. It was concluded that maximum primi gravid mothers had good knowledge on selected aspects of postnatal care.

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