



**“A STUDY TO ASSESS THE KNOWLEDGE AND PERCEPTION
REGARDING KANGAROO MOTHER CARE AMONG ANTE-NATAL
MOTHERS ADMITTED IN PUBLIC HOSPITALS; IN VIEW TO
DEVELOP THE KNOWLEDGE BY VIDEO ASSISTING AND SELF-
INSTRUCTION ON KANGAROO MOTHER CARE”**

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Abstract

Kangaroo Mother Care (KMC) is a beneficial method of caring for premature infants, promoting bonding and improving health outcomes. This study aims to assess the knowledge and perceptions of KMC among antenatal mothers in public hospitals, and to evaluate the effectiveness of video-assisted self-instruction in enhancing their understanding of KMC. A pre-post intervention design will be employed, where participants will undergo educational sessions using instructional videos followed by self-instructional modules. Data will be collected using a structured questionnaire before and after the intervention to assess changes in knowledge and perception. Findings will contribute to understanding the impact of educational interventions on maternal knowledge and readiness to practice KMC.

Keywords:

Kangaroo Mother Care, preterm infants, antenatal mothers, educational intervention, video-assisted self-instruction

Introduction

Kangaroo Mother Care (KMC) is a cost-effective method for caring for preterm infants, emphasizing skin-to-skin contact between mother and baby. Despite its proven benefits, awareness and practice of KMC among antenatal mothers in public hospitals are often inadequate. This study aims to assess the existing knowledge and perceptions regarding KMC among antenatal mothers and to evaluate the effectiveness of video-assisted self-instruction in improving their understanding and readiness to practice KMC.

Background of the study

India has one of the highest rates of preterm births globally, with approximately 3.5 million pre-term births occurring annually. These pre-term infants are at a higher risk of mortality and morbidity. Antenatal mothers often seek care in public hospitals, which may face resource constraints including limited staff, infrastructure and educational materials. The government of India has recognised the importance of KMC and has implemented 'warriors' initiatives to promote its uptake across the country. However, the effectiveness of these initiatives at the grass roots level particularly in public hospitals, needs to be evaluated.

Objectives:

1. To assess the pre-existing knowledge and perception of ante-natal mothers regarding kangaroo mother care.
2. To determine the association between the level of knowledge and perception.
3. To check the post-test score difference among ante-natal mothers admitted in public hospitals.

Hypothesis

H₁: There will be a significant difference between pre-test and post-test score regarding knowledge and perception among ante-natal mothers regarding kangaroo mother care.

H₂: There will be significant association between pre-test and post-test score regarding knowledge and perception among ante-natal mothers regarding kangaroo mother care.

Methodology

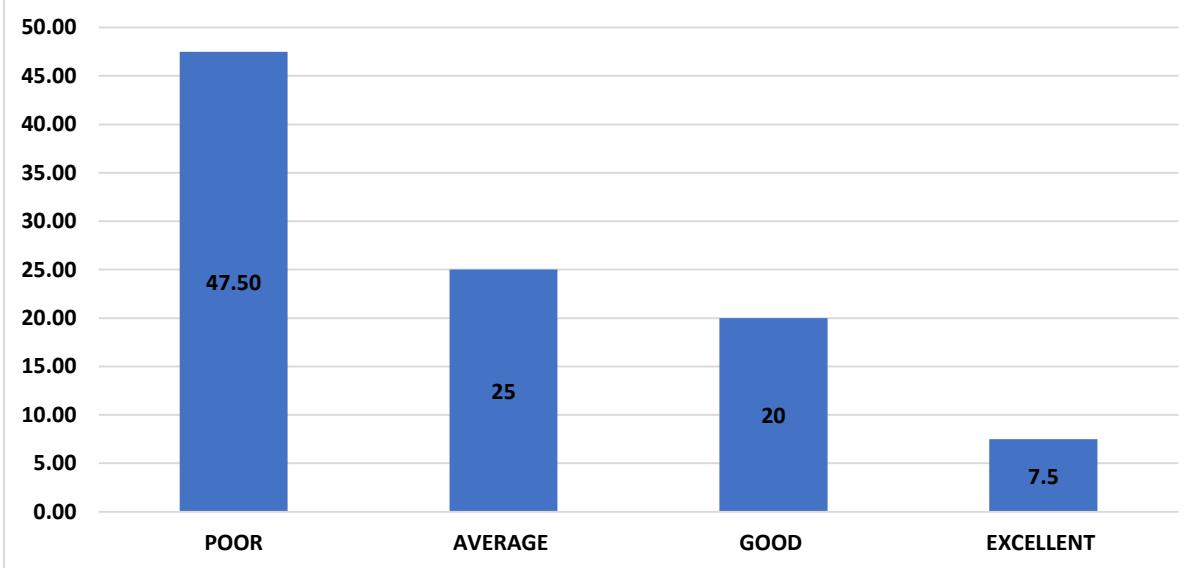
The researcher adopted quantitative research approach and pre-experimental research design was used. The study consists of 40 ante-natal mothers who were admitted in selected public hospitals of Indore. The researcher prepared two sets of questionnaire one to collect the demographic information of the samples and the other include a set of 14 items questionnaire to determine the knowledge and perception regarding kangaroo mother care (KMC). Data collected using a structured questionnaire and analysed using descriptive and inferential statistics.

Results

The results indicated that a significant portion of the participants had limited knowledge about KMC prior to the study. However, after receiving information during their hospital stay, there was a noticeable improvement in their understanding and perception of KMC.

The findings of the study shows that **47.50 %** had poor, **25%** had average, **20%** had good and **7.5%** had excellent knowledge and perception regarding KMC among selected 40 ante-natal mothers.

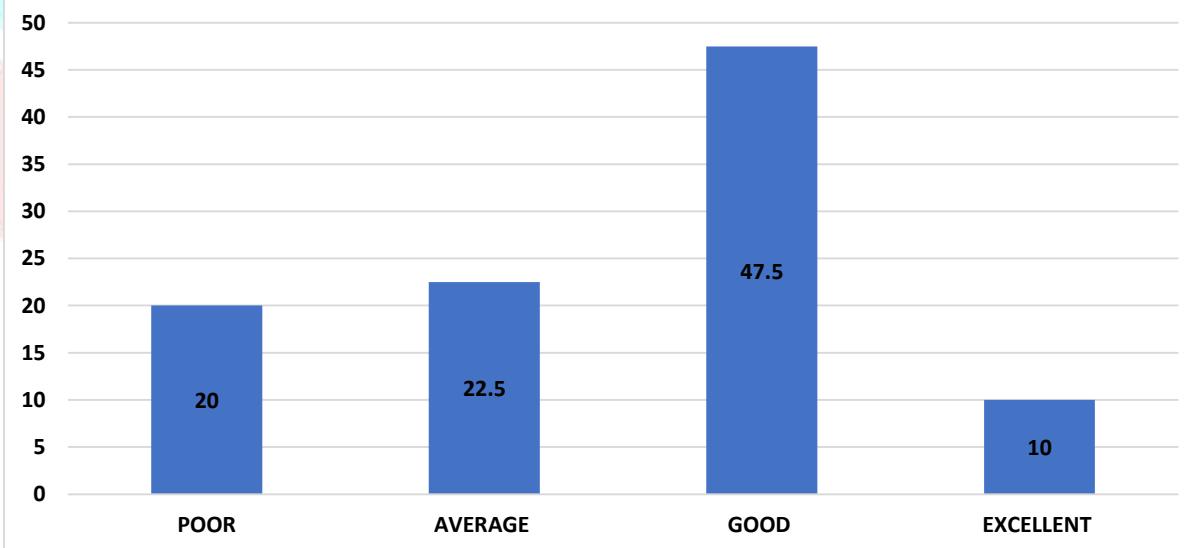
PRE-TEST SCORE



Pre-test score scale

The findings of the study shows that **20%** had poor, **22.5%** had average, **47.5%** had good and **10%** had excellent knowledge and perception regarding KMC among selected 40 antenatal mothers.

POST-TEST SCORE



Post-test score scale

Interpretation

Pre-test	Post-test	T-test
Mean \pm SD	Mean \pm SD	
6 ± 1.414213562	8.3 ± 3.535533906	3.615E-06

Discussion

Findings from this study will provide insights into the effectiveness of video-assisted self-instruction in enhancing maternal knowledge and perceptions regarding KMC. Implications for antenatal care practices and strategies for promoting KMC adoption in public hospital settings will be discussed.

Conclusion

Promoting Kangaroo Mother Care (KMC) among antenatal mothers is crucial for improving neonatal health outcomes, especially in resource-limited settings. This study aims to contribute evidence on the impact of educational interventions in enhancing maternal knowledge and readiness to practice KMC, thereby supporting efforts to integrate KMC into routine antenatal care services.

