



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING ANTENATAL DIET AMONG PRIMI-GRAVIDA MOTHERS WHO ARE ATTENDING ANTENATAL OPD FOR THEIR ROUTINE EXAMINATION IN SELECTED CIVIL HOSPITAL, ABOHAR (PUNJAB)"

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Abstract

A quantitative research approach and non-experimental descriptive research design were used to assess the knowledge regarding antenatal diet among 40 primigravida mothers who are attending antenatal OPD for their routine examination in a selected civil hospital, Abohar were selected by convenience sampling technique. Demographic variables comprise age, Education Qualification, Type of Food habit, Religion, Family income per month (Rs), Gestational Age, Occupation, and Source of information. A Structured questionnaire was prepared to assess the knowledge regarding antenatal diet among primigravida mothers. Findings of the study revealed that A study on primigravida mothers' knowledge of antenatal diet found that 65.0% had average knowledge, 25.0% had good knowledge, and 10.0% had very good knowledge. The highest mean score was 19.55% for ages 28-32, and the lowest was 15.80% for ages 23-27. Illiterate mothers had the highest educational score (21.25%), while secondary education mothers had the lowest (14.58%). No significant associations were found with food habits, religion, or family income. The first trimester had the highest mean score for gestational age (20.80%), and the highest information source score was from print media (21.00%), and the lowest from health personnel (16.58%).

Key words: knowledge, antenatal diet, primi-gravida mothers, antenatal opd, routine examination

Introduction

A balanced diet is essential for maintaining the health and wellbeing of both the mother and the unborn child throughout pregnancy, since the fetus experiences a critical period of fast growth and development. Primigravida moms, who are pregnant for the first time, may have special dietary requirements and issues. Supporting fetal growth, avoiding problems, and fostering a successful pregnancy all depend on a nutritious prenatal diet. Many primi-gravida moms do not have enough information or direction on the best food habits to follow throughout pregnancy, despite its significance. To guarantee that primigravida moms get the nutrients they need for a successful pregnancy, this emphasizes the need to raise their knowledge and educating them about prenatal nutrition.

Objectives of the study:

- To assess the knowledge regarding diet during pregnancy among antenatal women.
- To find an association between knowledge regarding antenatal diet among primigravida mothers and their selected demographic variables.
- To prepare and distribute guidelines related to the antenatal diet.

Methodology:

Convenience sampling was used to select 40 primigravida mothers who were attending antenatal OPD for their routine examination at a chosen civil hospital in Abohar. The study employed a quantitative research approach and a non-experimental descriptive research design to evaluate the mothers' knowledge of antenatal diet. The following demographic factors are included: age, education level, food habits, religion, monthly family income (Rs), gestational age, occupation, and research source. The investigation anticipated the availability of the study subjects, familiarity with setting, cooperation from the authorities, and feasibility of in this study the population were primigravida mothers who are attending antenatal OPD. The sample size consists of 40 primigravida mothers who were fulfilling the inclusion criteria. The data was collected by using convenience sampling technique. The group included only those study subjects who were present at the time of data collection and were willing to participate in the study.

Findings of the Study: Major Findings are:

Section A: Finding related to Frequency and percentage distribution of subjects according to socio-demographic variables.

The age distribution of the 40 participants shows that the largest group (37.5%) is aged 23–27 years, followed by 28–32 years (27.5%). Most participants are under 33, highlighting the study's demographic. The educational background of the 40 study participants shows that 37.5% completed primary education, 30% secondary education, 20% were illiterate or had basic literacy, and 12.5% held graduate degrees or higher, indicating a predominance of basic to moderate education levels among respondents. The *"Food Habit"* table shows that 47.5% of participants are vegetarians, 45.0% are non-vegetarians, and 7.5% have mixed dietary preferences. This indicates a fairly balanced split between vegetarian and non-vegetarian habits among the respondents. The study sample consisted of 40 participants, equally divided between two religious groups, with 50.0% identifying as Hindu and 50.0% as Sikh. This balanced representation highlights the inclusivity of both religious communities within the study. The *"Family income"* section shows that 50.0% of participants earn below Rs. 10,000 per month, with 30.0% earning between Rs. 10,001 and Rs. 20,000. This highlights that a significant portion of the study population comes from lower-income households. The *"Gestational Age"* table shows that the majority of participants (52.5%) were in their second trimester, followed by 37.5% in their first trimester and 10.0% in their third trimester. This indicates that most respondents were in the early to mid-stages of pregnancy. The *"Occupation"* table indicates that 50% of the participants are housewives, while 35% are engaged in labor-related work, with only 15% holding formal jobs. This highlights the predominance of informal or domestic roles among the participants in the study. The *"Source of Information"* table shows that 47.5% of participants relied on health personnel, and 32.5% consulted family members, highlighting the key role of these sources in educating primigravida mothers about antenatal diet.

Section B: Frequency and percentage distribution of level of knowledge among Primi-gravida mothers

This section reveals that the frequency and percentage distribution of Primi-gravida mother according to their level of knowledge regarding antenatal diet. Majority (65.0%) of mothers had average knowledge, (25.0%) of mothers had good knowledge, (10.0%) had very good knowledge regarding antenatal diet among Primi-gravida mothers.

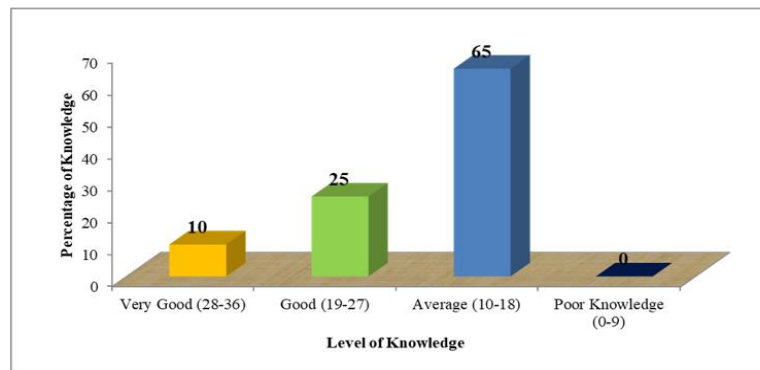


Figure 1: Frequency and percentage distribution of level of knowledge regarding antenatal diet among primigravida mothers.

Section C: To determine the association of knowledge regarding antenatal OPD with their sociodemographic variables.

The Knowledge of antenatal diet among primigravida mothers varies, with the highest mean score of 19.55% in the 28-32 age group and 21.25% among illiterate mothers. Food habits and religion showed no significant differences, while family income revealed no correlation. The first trimester had the highest score at 20.80%, and print media ranked highest in knowledge source at 21.00%.

LIMITATION OF STUDY

The study sample was confined only to the Primigravida mothers. Only 40 Primigravida mothers who fulfil the inclusion criteria are included in this study, there are several limitations of this study. Future analysis to determine the relationship between demographic characteristics.

CONCLUSION

After the detailed analysis, this study leads to the following conclusion: -

From the data collection, it is concluded that 10% (4) Very Good knowledge, 25% (10) were good knowledge, 65.0% (26) were average knowledge and only 00.00% (0) poor knowledge.

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