



A STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON PERINEAL CARE AMONG THE POST NATAL MOTHERS IN SELECTED HOSPITALS OF MORADABAD

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Abstract

Background

Proper perineal care is necessary for healing in perineal area after delivery . It is important that a woman understands how to correctly care for her perineum after childbirth before leaving the hospital.

Objective-

Aim of the present study is to develop and evaluate the effectiveness of a Planned Teaching Programme on effectiveness of perineal care among post natal mothers

Methods

The conceptual Model for this study is based on System Model. Research design of An evaluative approach was used to evaluate the effectiveness of PTP through the difference between the pre test and post test score of postnatal mothers regarding perineal care ,the research study conducted was pre-experimental study and Sample size taken was 50, Convenient sampling technique was used. Then, the data was subjected and analysed by descriptive and inferential statistics. Descriptive statistics include frequency, mean, median, mean percentage, median, standard deviation was used to explain the demographic variables and to compute the level of knowledge, and inferential statistics include t-test and chi-square.

Results

The average knowledge score in 50 samples in pre-test is 12.64. The average knowledge score in 50 samples in post-test is 16.76. Reliability was calculated and came to be 0.96. The Chi square value was calculated and found to be 50.6. Highly significant difference was between pre-test and post test scores demographic variables of post natal mothers. ($p > 0.005$) was been found.

Introduction

After the birth of their child, many women worry about caring for their perineal area while it heals. Childbirth is a very traumatic event for a woman's body, often resulting in reduced strength in pelvic floor muscles, a torn or cut perineum, and even haemorrhoids. Proper perineal care can make these problems more manageable and help to encourage healing. Proper perineal care is necessary for healing. It is important that a woman understands how to correctly care for her perineum after childbirth before leaving the hospital.

Statement Of Problem

A Study To Evaluate The Effectiveness Of Planned Teaching Programme On Perineal Care Among The Post Natal Mothers In Selected Hospitals Of Moradabad

OBJECTIVES

- To assess the pre test and post test knowledge score of mother regarding perineal care among the post natal mothers.
- To develop and administer tool to assess knowledge regarding perineal care among the post natal mothers.
- To find out the effectiveness of the planned teaching programme on perineal care among post natal mother.
- To find out the association of pre-test score and post test score regarding perineal care with selected demographic variables.

Methodology

Research design of An evaluative approach was used to evaluate the effectiveness of PTP through the difference between the pre test and post test score of postnatal mothers regarding perineal care ,the research study conducted was pre-experimental study and Sample size taken was 50, Convenient sampling technique was used. Then, the data was subjected and analysed by descriptive and inferential statistics. Descriptive statistics include frequency, mean, median, mean percentage, median, standard

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SNO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE (%)
1	AGE 20-25 26-30 30-35	25 15 10	50% 30% 20%
2	RESIDENCE AREA URBAN RURAL	10 40	20% 80%
3	OCCUPATION House wife Daily wages Self employee Govt.employee Private job	35 5 4 4 2	70% 10% 8% 8% 4%
4	TYPE OF FAMILY Joint Nuclear	30 20	60% 40%
5	MONTHLY INCOME Below 3000 3001-5000 5001-10000 Above10001	15 25 5 5	30% 50% 10% 10%
6	RELIGION Hindu Muslims Christians Sikh	20 25 2 3	40% 50% 4% 6%
7	EDUCATIONAL STATUS Illiterate Higher secondary Senior Secondary Graduate Others	26 11 09 3 01	52% 22% 18% 6% 2%
8	PARITY Primi para Multi para	45 05	90% 10%

Result

The average knowledge score in 50 samples in pre-test is 12.64. The average knowledge score in 50 samples in post-test is 16.76. Reliability was calculated and came to be 0.96. The Chi square value was calculated and found to be 50.6. Highly significant difference was between pre-test and post test scores demographic variables of post natal mothers. ($p > 0.005$) was been found.

Conclusion

After giving planned teaching programme knowledge among post mothers increased. The average knowledge score in 50 samples in pre-test is 12.64. The average knowledge score in 50 samples in post-test is 16.76

