



# A quasi experimental study to assess the effectiveness of structured teaching programme on knowledge regarding Antenatal care among primigravida mothers at the selected primary health centre of district Fatehgarh Sahib, Punjab.

Prabhjot Singh<sup>1</sup>, Dr. K. Thavamani<sup>2</sup>

<sup>1</sup>Prabhjot Singh, Ph. D Scholar, Desh Bhagat University, Mandi Gobindgarh, Punjab.

<sup>2</sup>Dr. K. Thavamani, M. Sc (N), Ph. D, Desh Bhagat University, Mandi Gobindgarh, Punjab.

## Abstract

The quasi experimental research study conducted to assess the effectiveness of structured teaching programme on knowledge regarding antenatal care among primigravida mothers at the selected primary health centre of district Fatehgarh Sahib, Punjab. Non- probability convenient sampling technique is used to collect the data from primigravida mothers. The findings of the study are were based on the objectives of the study to assess the level of knowledge of antenatal care among primigravida mothers. There was significant increase in mean post test score after the structured teaching program among primi mothers. Selected factors such as age, education, occupation, type of family, spouse education, income, source of information did make no difference in the mean difference on post test score among primigravida mothers. Structured teaching program significantly increase the knowledge on selected aspect of antenatal care among primigravida mothers.

## Introduction

Pregnancy and Child birth are special events in women`s live and indeed in the lives of their families. This can be a time of great hope and joyful anticipation. The primary aim of antenatal care is to achieve, at the end of pregnancy, a healthy mother and healthy baby. Pregnancy requires specialized care generally agreed to preventive activity. Antenatal care is the systemic medical supervision of women during pregnancy. The aim is to preserve the physiological aspect of pregnancy and labour and to prevent or detect, as early as possible, all that is pathological. Early diagnosis during pregnancy can prevent maternal ill-health, injury, maternal mortality, foetal death, infant mortality and morbidity. 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. 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 the complication at an early stage before they become life – threatening emergency. However, one must realize that even the most effective scanning tools currently available, one cannot predict which will develop pregnancy related complication. Hence, every pregnant women needs special care.

### **Objectives of the study:**

- To assess the pre-test knowledge regarding antenatal care among primary gravida mothers.
- To compare the knowledge score on antenatal care before and after STP.
- To test the association between post-test knowledge.

### **Methodology**

The quasi experimental research study was conducted among the primary gravida mothers at Selected PHC, of district Fatehgarh. The selection of sample was on the availability of primary gravida mothers. The sample size was be 60. The Target accessible of the study includes the primary mothers who attended antenatal visit at Selected PHC and who met the criteria that the researcher established for a study. The primary gravida mothers (60) who fulfilling the inclusion criteria was selected by non- probability convenient sampling technique. In sampling criteria, the researcher specifies the character the population under the study by detailing the inclusion and exclusion criteria. The inclusion criteria characterizes that each sample element must possess to be include in the sample. Exclusion criteria the characteristics that could confirm the result of the study; therefore, such participants and the excluded for the study data has been collected within 10 days' time period of the month of May 2021.

**Findings of the Study:** Major Findings are:

#### **Findings related to sample characteristics of infertile women:**

Regarding age majority of antenatal mothers 35 (58.3%) belongs to 21-25 years and least 12(20%) belongs to the age group 25-30 years. Regarding bread winner of family of 41 (68.3%) belongs to husband and least 19 (31.7%) belongs to the father in law. Regarding spouse education of majority 38 (63.3%) belongs to secondary school and least 10(16.7%) belongs to the illiterate. Regarding income majority 36 (16%) belongs to below 50,000/year and least 8 (13.3%) belongs to the above 50,000/year.

**Table 1: Assessment of Antenatal Care**

N=60

Knowledge Score on Antenatal Care	Mean	SD	Mean Difference	Table Value "t"	P(>0.05)
Pre test	9.38	3.289	18.583	41.132	0.00 Significant
Post test	27.96	1.517			

Table: 1 inferred that there was greatest influence on mean difference in post test knowledge on Antenatal care and background variables among primigravida mothers, structured teaching program was independently effective to increase the knowledge on Antenatal care of primigravida mothers.

### Association between antenatal care among primary gravida mothers with selected demographical variables

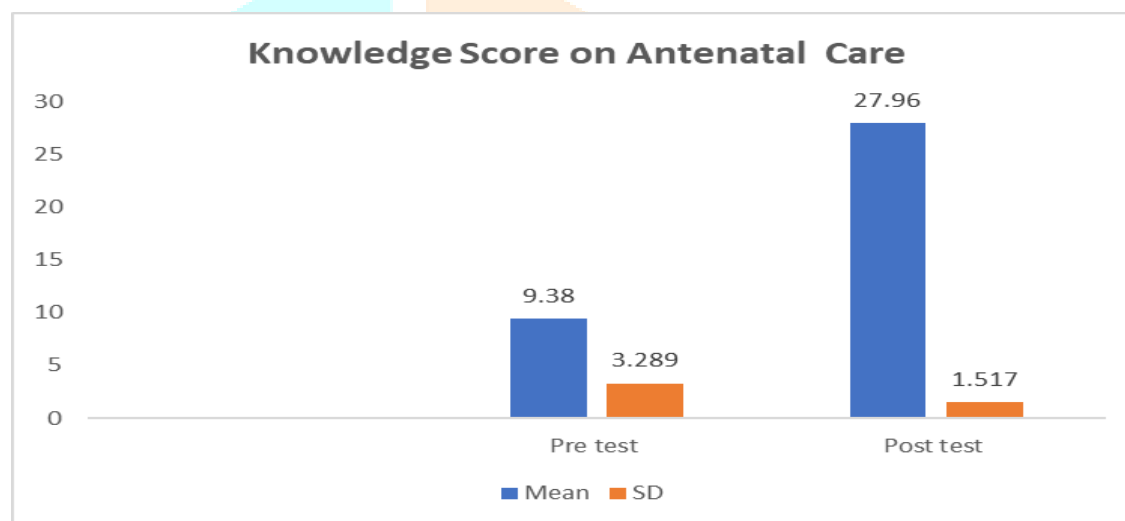
**Fig 1: Bar Diagram showing level of stress**

Figure: 1 there is a significant association found between antenatal care among primary gravida mothers and selected demographical variables.

## DISCUSSION

R.J. Yadav (2011) conducted a study to assess the status of antenatal care among pregnant women in India. In that study 89% of the pregnant women availed antenatal visits of which 62% had received three or more ANC visits. The study revealed that the literacy of women is the key to improve antenatal care of pregnant women. Hence efforts should be made to have information, Education and Communication (IEC) activities targeted to educate the mothers especially in rural areas.

B. Moller, (2013) Conducted a study of antenatal care at village level in rural in Tanzania among 707 women delivered in the study period. Ninety five percent of the antenatal records were available. Anemia, malaria and anticipated obstetric problems were the utmost frequent reasons for interventions. Among the women from the area who were delivered in hospital, 90% had been referred there. No relationship was found between the number of antenatal visits and the pregnancy outcome, but prenatal mortality was correlated to a low birth weight. Even with a mean attendance rate of six visits and full coverage by antenatal care maternal and prenatal mortality remains high.

## LIMITATION OF STUDY

The study sample was confined only to the primary gravida mothers. Only women's who fulfil the inclusion criteria are included in this study, there are several limitations of this study. This study considered only women who are primary gravida mothers. Future analysis to determine the relationship between demographic characteristics.

## CONCLUSION

Structured teaching program significantly increases the knowledge on antenatal care among primigravida mother. So, in future nurses can prepare an effective structured teaching program to reduce the maternal mortality rate.

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