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"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING PRECONCEPTION CARE AMONG THE ELIGIBLE WOMEN IN SELECTED VILLAGES OF SOUTH GUJARAT"

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ABSTRACT

Introduction: Putting one step towards to extend the family is the crucial stage of life to become a parent. When a couple is seen and counselled about pregnancy, its course and outcome well before the time of actual conception is called periconceptional counselling. Aim of the study: The aim of the study was to identify the effect of structured teaching program on knowledge regarding Preconception care among the eligible women in selected villages. **Objectives:** 1) To assess the pre-test level of knowledge regarding preconception care among the eligible women in selected village of south Gujarat. 2)To assess the effectiveness of structured teaching programmed on knowledge level regarding preconception care among the eligible women. 3) To find out the association between pre-test score of knowledge regarding preconception care among the eligible women in villages of South Gujarat with their selected socio demographic variable. **Method:** Quantitative Research Approach design is sub-division of pre-experimental research design. With one group pre-test post-test research design was adopted for this study. A total of 100 eligible women who were selected by Purposive sampling technique. Data was collected by using structured teaching program consisting of socio demographic variables and self-structured questionaries. **Results:** The overall mean percentage of knowledge in the pre-test was 10.41 with standard deviation 2.01. The overall mean percentage of knowledge in the post-test was 15.54 with standard deviation 1.7 with a positive mean difference 5.13. there is significant association between pre-test knowledge score of eligible women and selected socio demographic variables is accepted for age of the mother and education. **Interpretation and conclusion:** Results shows that post-test knowledge score is significantly higher than the pre-test score at $p < 0.05$ level of significance i.e., mean

difference is 5.13. There is significant improvement in knowledge of eligible women regarding pre-conception care.

INTRODUCTION

"There is a beauty in the insanity of parenthood"

Putting one step towards to extend the family is the crucial stage of life to become a parent. In this era, it's very difficult because of such reasons due to their life styles, dietary patterns etc which can have the deleterious health effects on women as well as baby.

When a couple is seen and counselled about pregnancy, its course and outcome well before the time of actual conception is called periconceptional counselling. to guarantee that a woman has a pregnancy that is healthy and safe for both the women and the unborn child. Organogenesis is starts to get develop in 1st trimester by the time women is seen first in the antenatal clinic, it is often too late to advice after first trimester because all the adverse factors have already begun to exert their effects.[1]

Preconception care is one of the preventive strategies in Maternal and New-born Health (MNH) as recommended by World Health Organization (WHO) and is considered to be feasible to both developed and developing worlds. Maternal and New-born Health (MNH) still remains a global health concern. WHO states that even where strong public health programme is in place across the life-course, they do not guarantee that women enter pregnancy in good health. Therefore, it is necessary that certain steps should be taken before conception or early in pregnancy to maximize positive health outcomes, hence provision of preconception care is highly recommended.[2]

PROBLEM STATEMENT

"A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Preconception Care Among the Eligible Women in Selected Villages of South Gujarat"

OBJECTIVES

▪ To assess the pre-test level of knowledge regarding preconception care among the eligible women in selected village of south Gujarat.

▪ To assess the effectiveness of structured teaching programmed on knowledge level regarding preconception care among the eligible women.

▪ To find out the association between pre-test score of knowledge regarding preconception care among the eligible women in villages of South Gujarat with their selected socio demographic variable.

OPERATIONAL DEFINITION

1.Assess In this study assess refers to the measured, organized, systematic and continuous process of collecting data from eligible women regarding pre-conception care.

2.Effectiveness In this study it refers to the extent to which the information in the structured teaching programmed has achieved the desired effect as expressed by gain in knowledge score.

3.Structure teaching program in this study it refers to the systematically planned and developed instructional programmed design the knowledge of eligible women regarding preconception care.

4.Knowledge In this study it refers to the responses given by eligible women on preconception care.

5.Preconception care in this study it refers to the providing knowledge to eligible women regarding preconception care its aims, purposes, components and benefits for better conception and prevent the early risks.

6.Eligible women in this study it refers to the eligible women who desired or planning for conception between the age of 18-35 years.

ASSUMPTIONS

- Eligible women will have some knowledge regarding preconception care
- The degree of knowledge will vary from women to women

DELIMITATION

- Eligible women from selected villages of south Gujarat
- This study is limited to the eligible women present during data collection
- This study is limited to the eligible women present during data collection.
- This study is limited to 4 weeks of data collection

HYPOTHESIS

H1: There is a significant difference between Pre-test & post-test knowledge score regarding preconception care among the eligible women in selected village of South Gujarat at the level of ≤0.05.

H2: There is a significant Association between pre-test knowledge score regarding preconception care among the women with selected socio demographical variables in selected village of South Gujarat at the level of ≤0.05.

RESEARCH METHODOLOGY

REASERCH APPROACH: Quantitative research approach

RESEARCH DESIGN: Pre-Experimental (One Group Pre-Test Post-Test)

VARIABLES:

Independent Variable: Structured teaching programme

Dependent Variable: Eligible women

Socio Demographic Variables: Age, education, occupation, type of family, previous knowledge and source of information.

RESEARCH SETTING: The study was conducted in village of Ghej and maliyadhara.

POPULATION AND SAMPLE:

POPULATION: Eligible women at Ghej and maliyadhara.

SAMPLE: 100 eligible women

SAMPLING TECHNIQUE: Purposive Sampling Technique.

DESCRIPTION OF TOOL:

1. SECTION-A: SOCIO DEMOGRAPHIC DATA

It consists of selected socio demographic variable like age, education, occupation, type of family, previous knowledge and source of knowledge.

2. SECTION-B: STRUCTURED QUESTIONNAIRES

It consists of 20 structured questionnaires related to knowledge regarding preconception care among eligible women.

SCORING KEY

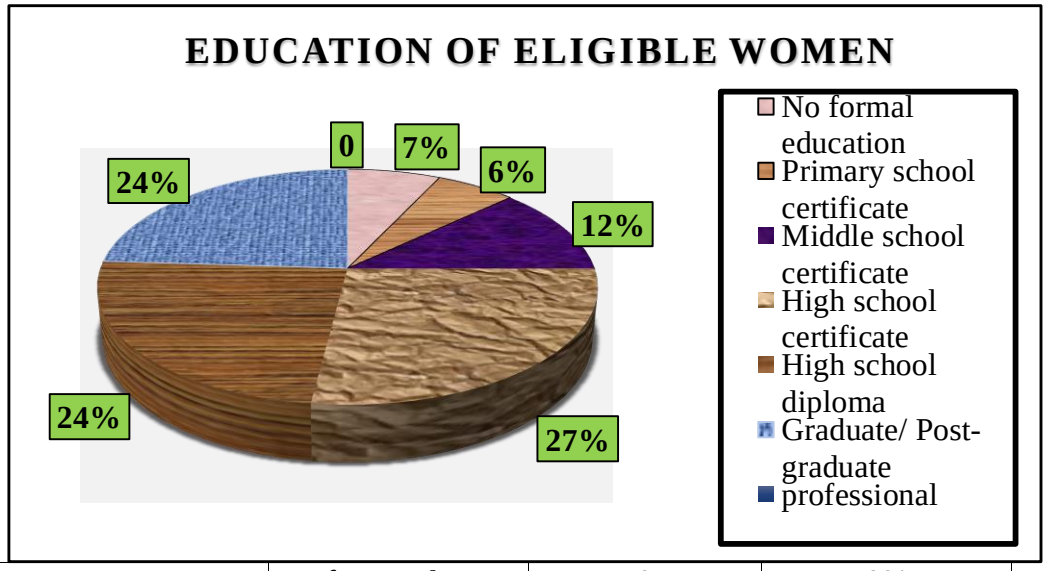
SCORE	LEVEL OF KNOWLEDGE
<50%	Inadequate knowledge
50-75%	Moderately adequate knowledge
>75%	Adequate knowledge

RESULTS

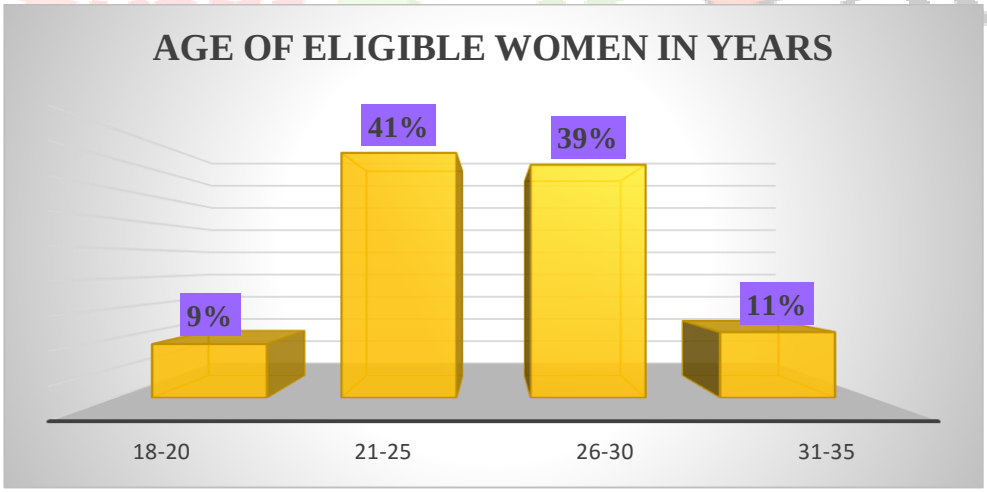
SECTION I: SOCIO DEMOGRAPHIC PROFILE OF ELIGIBLE WOMEN

TABLE-2 Frequency and percentage distribution of socio demographic variables of eligible women N=100

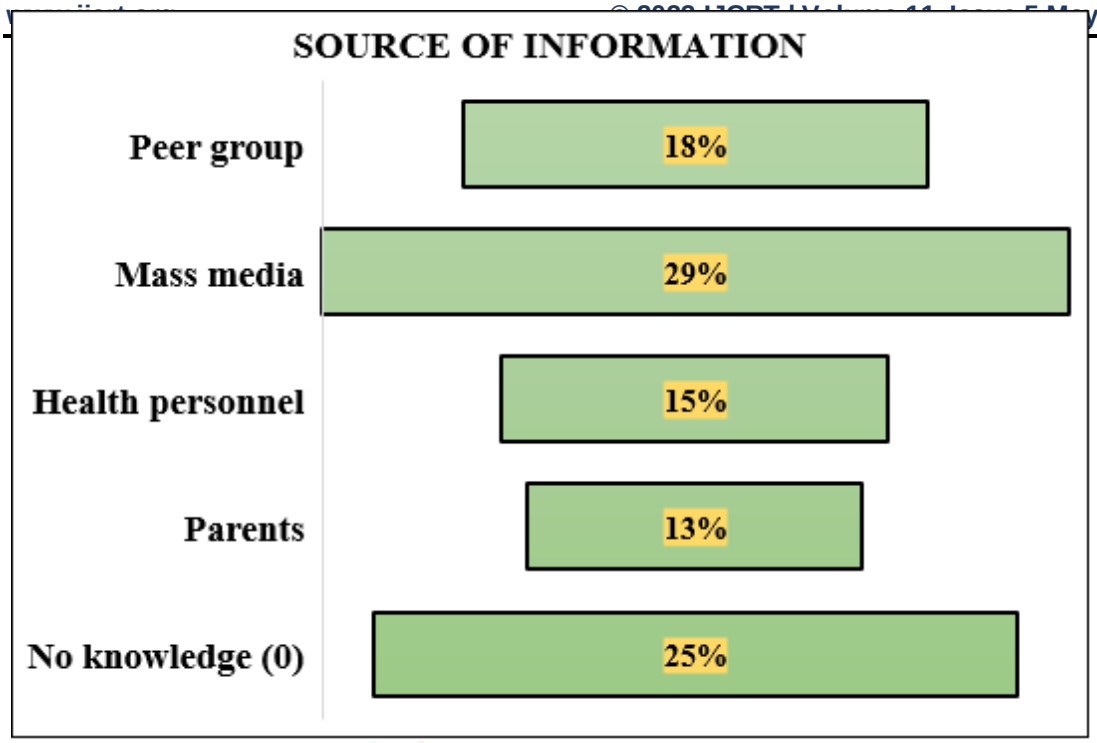
SOCIO DEMOGRAPHIC VARIABLES	CATEGORY	FREQUENCY	PERCENTAGE
Age of women in years	18-20	9	9%
	21-25	41	41%
	26-30	39	39%
	31-35	11	11%
Education	No formal education	7	7%
	Primary school certificate	6	6%
	Middle school certificate	12	12%
	High school certificate	27	27%
	High school diploma	24	24%
	Graduate/ Post-graduate	24	24%
	professional	0	0
Occupation of women	Unemployment	20	20%
	Unskilled worker	14	14%
	Semi-skilled worker	23	23%
	Skilled worker	4	4%
	Clerical, famer, shop owner	23	23%
	Semi professional	16	16%

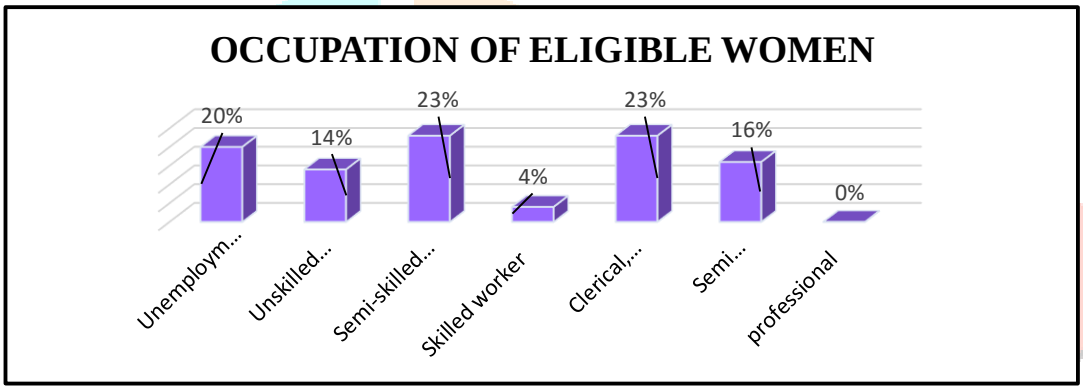


	professional	0	0%
Type of family	Nuclear family	57	57%
	Joint family	31	31%
	Extended	12	12%
Previous knowledge about preconception care	Yes	74	74%
	No	26	26%
If yes, specify	Peer group	18	18%
	Mass media	29	29%
	Health personnel	15	15%
	Parents	13	13%
	No knowledge (0)	25	25%

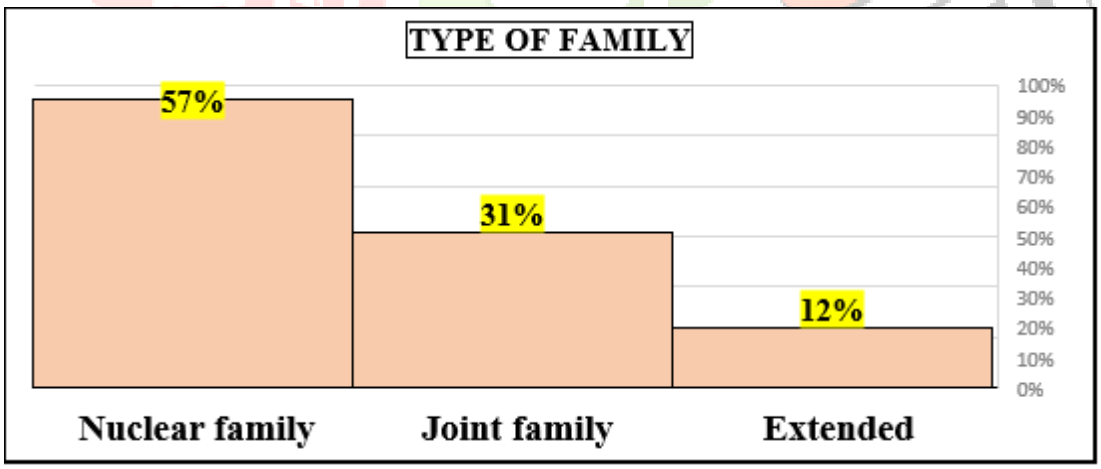


GRAPH-1 DISTRIBUTION OF AGE IN YEARS

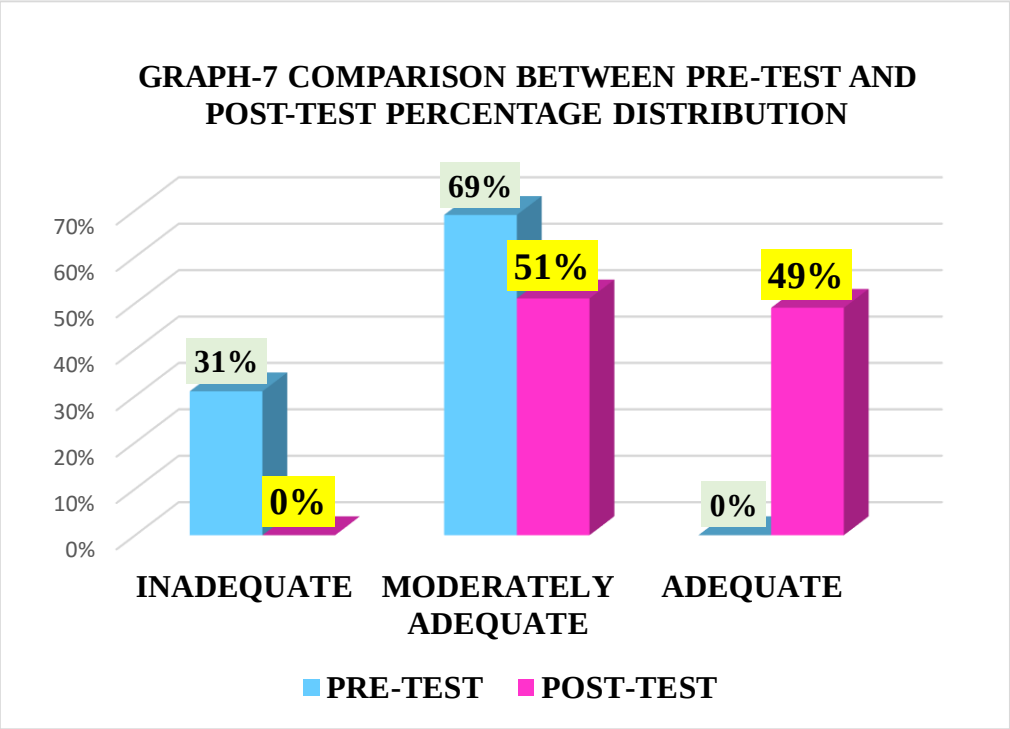


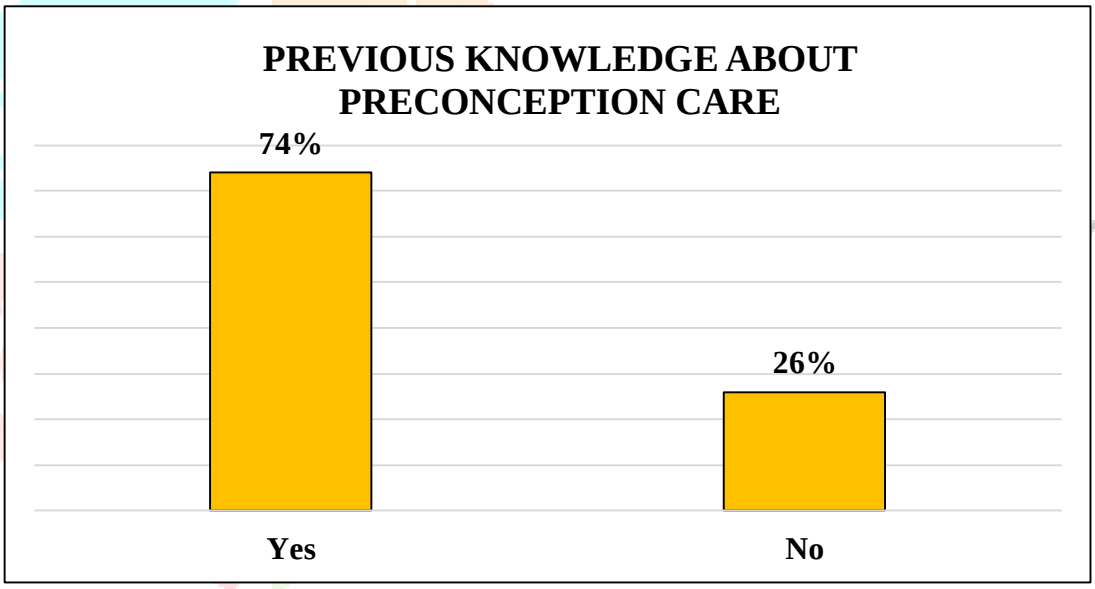


GRAPH-3 DISTRIBUTION OF THE SUBJECTS ACCORDING TO THE OCCUPATION OF THE ELIGIBLE WOMEN



GRAPH-4 DISTRIBUTION OF THE SUBJECTS ACCORDING TO THE TYPE OF FAMILY OF THE ELIGIBLE WOMEN





GRAPH:6 FREQUENCY DISTRIBUTION OF SOURCE OF INFORMATION

TABLE 4: Comparison of pre-test and post-test percentage distribution of level of knowledge of eligible women regarding pre conception care.

N = 100

SOCIO DEMOGRAPHIC VARIABLES	CATEGORY	TOTAL SCORE			DF n-1	CHI-SQUARE	INFERENCE
		>M	M	<M			
Age of women in years	18-20	3	1	5	12.59	13.66	**Significant**
	21-25	15	7	19			
	26-30	13	8	18			
	31-35	0	5	6			
Education	No formal education	0	4	3	21.03	25.18	**Significant**
	Primary school certificate	5	1	0			
	Middle school certificate	2	1	9			
	High school certificate	4	8	15			
	High school diploma	9	4	11			
	Graduate/ Post-graduate	11	3	10			
	professional	0	0	0			
Occupation of women	Unemployment	6	6	8	21.03	12.4	Not Significant
	Unskilled worker	1	5	8			
	Semi-skilled worker	6	3	14			
	Skilled worker	3	0	1			
	Clerical, famer, shop owner	9	5	9			
	Semi professional	6	2	8			
	professional	0	0	0			
Type of family	Nuclear family	14	11	32	9.49	3.88	Not Significant
	Joint family	12	7	12			
	Extended	5	3	4			
Previous knowledge about preconception care	Yes	24	15	35	0.28	5.99	Not Significant
	No	7	6	13			
If yes, specify	Peer group	6	1	11	15.51	4.3	Not Significant
	Mass media	8	8	13			
	Health personnel	6	3	6			
	Parents	4	3	6			
	No knowledge (0)	7	6	12			

SECTION IV – ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE REGARDING PRE CONCEPTION-CARE AMONG ELIGIBLE WOMEN WITH SELECTED SOCIO DEMOGRAPHICAL VARIABLES

DISCUSSION

A total 100 eligible women who met the sampling criteria were selected by purposive sampling technique. The data were gathered by structured questionaries tool to assess the knowledge regarding pre-conception care.

In this present study majority of the subjects are belongs to age group 21-25 years (41%) and 24(24%) subjects are graduates, Majority of subjects occupation is semi-skilled worker and Clerical, famer, shop owner (23%), 57(57%) subjects are from nuclear family, 74(74%) subjects have knowledge regarding preconception care where majority of 29(29%) knowledge from mass media.

The present study shows that the mean difference of pre-test post-test knowledge score is 5.13 with 't' calculated value is 9.9 at df 99, 0.05. df value is 1.66, It reveals the effectiveness of STP.

In the present study maximum subjects 100(31%) are having inadequate knowledge & 100(0%) adequate knowledge in aspects of benefits of preconception care. After post-test 100(51%) have moderately adequate knowledge & 100(49%) have adequate knowledge.

In this present study shows the significant association of age, education, occupation, type of family, previous knowledge about pre-conception care, if yes specify the source of knowledge. In this present study subjects who participated that age group chi-square 13.66(calculated value) df is 6 (12.59 table value), education 25.18 (calculated value) df is 12 (21.03 table value), occupation 12.4(calculated value) df is 12 (21.03 table value), type of family 3.88(calculated value) df is 4 (9.49 table value), previous knowledge regarding pre-conception care5.99(calculated value) df is 2 (0.28table value), if yes specify the source 4.3(calculated value) df is 8 (15.51table value).

CONCLUSION

One group pre-test post-test research design, quantitative research approach, study was conducted on a sample of 100 eligible women through purposive sampling technique using structured teaching programme. The data collection of periods is 4 weeks from 25/04/2022 to 21/05/2022 at selected areas of south Gujarat to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Preconception Care Among the Eligible Women in Selected Villages of South Gujarat. The study reveal that the structured teaching programme is improving the knowledge regarding pre-conception care in selected villages of South Gujarat.

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