



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE OF THE ANTENATAL MOTHERS REGARDING ANTENATAL EXERCISE IN THE SELECTED HOSPITAL OF KHANNA, DISTRICT LUDHIANA, PUNJAB

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ABSTRACT

A convenient sampling was used to perform a descriptive research study at Civil Hospital Khanna District Ludhiana. The study's objective was to evaluate the antenatal moms' knowledge of antenatal exercise. In all, two instruments were employed to gather information from fifty-five expectant women at Civil Hospital Khanna District, Ludhiana. Results: Out of the 55 pregnant women in total, 53 percent had insufficient information of prenatal exercise, and the remaining 47 percent had a reasonable degree of understanding. These are the findings of the current study. Moreover, the mean proportion of expectant moms' awareness of prenatal exercise is 4.60; the median is 4.00 with a standard deviation of 1.31, and the mean percentage is 38.33%.

INTRODUCTION

"The first time a tiny heartbeat is heard and a playful kick serves as a reminder that she is never alone, a mother's joy begins when new life is stirring inside." - Joyce Armor

Health is a fundamental human right and essential for a high-quality existence. It's a global societal aim and a significant social investment. Indicators such as death rate, infant mortality rate, and life expectancy provide valuable insights into an individual's and a community's health profile. The antenatal period is a time of physical preparation for birth and parenthood. During this time, women benefit greatly from antenatal exercises, such as transverse exercises, pelvic tilting, pelvic floor exercises, breathing exercises, walking, and aerobics. These exercises help women adapt to the changes in their bodies, cope with labor, and ease delivery. Strengthening the pelvic muscles also facilitates childbirth and prevents post-delivery urinary problems.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of antenatal mothers regarding antenatal exercises.
2. To find the association of knowledge of antenatal mothers regarding antenatal exercise with selected socio demographic variables.

MATERIALS AND METHODS

In order to evaluate the knowledge of antenatal moms on antenatal exercise, a descriptive research design was deemed acceptable for the current study. The study's sample was chosen using the convenient sampling approach. At Civil Hospital Khanna District Ludhiana, data from 55 prenatal moms were gathered using a total of two instruments. The results of this study showed that, of the 55 expectant moms who participated in the study, 53% had insufficient awareness about prenatal exercise, and the remaining 47% had a moderate degree of understanding. moreover, and Pregnant women's mean knowledge of prenatal exercise is 4.60; the median is 4.00 with a standard deviation of 1.31, and the mean percentage is 38.33%.

RESULTS

SECTION A-DESCRIPTION OF DEMOGRAPHIC DATA

The data collected from 55 prenatal moms who visit the OPD of Civil Hospital Khanna District Ludhiana is analyzed and interpreted in this part. The gathered data were analyzed in accordance with the goals and coded in an Excel master sheet. Figures and tables are used to display the descriptive and inferential statistics that were used to analyze the primary data in this study. Since analysis and interpretation rely on the study's purpose and underlying assumptions, it is important to keep them in mind. The gathered information was coded, arranged, and analyzed using inferential and descriptive statistics. It was then examined in accordance with the study's goals under the category that follows.

SECTION-A Socio- demographic profile

Table 1 Frequency and Percentage Distribution of Socio Demographic Characteristics of Antenatal Mothers

N=55

Socio-demographic Variables	Options	Frequency	Percentage
Age in year	20-24years	27	49
	25-29years	19	35
	30-34years	9	16
	Above34years	0	0
Education	Middle	10	18
	Matric	11	20
	Secondary	15	27
	Graduation	4	7
	Illiterate	15	27
Occupation	Job	5	9
	Unemployed	12	22
	Labour	16	29
	Others	22	40

Type of Family	Joint	17	31
	Nuclear	38	69
Residence	Rural	26	47
	Urban	29	53
Source of Information	Newspaper	19	35
	Magazine	4	7
	Television	32	58
	Mass Media	0	0

Table1: The study depicts the socio-demographic characteristics of antenatal mothers at Civil Hospital Khanna, District Ludhiana, Punjab. It shows that the majority of the mothers were aged 20-24 years (49%), followed by 25-29 years (36%), and a few were in the age group of 30-34 years (16%). 27% of the mothers were illiterate, 27% had secondary education, and 20% had completed matriculation. In terms of occupation, 40% had other types of jobs, with laborers forming the largest group (29%). Most of the mothers (69%) lived in nuclear families. Furthermore, 53% of the mothers resided in urban areas, while 47% lived in rural areas. Television was the primary source of information for 58% of the mothers, followed by newspapers (35%) and magazines (7%).

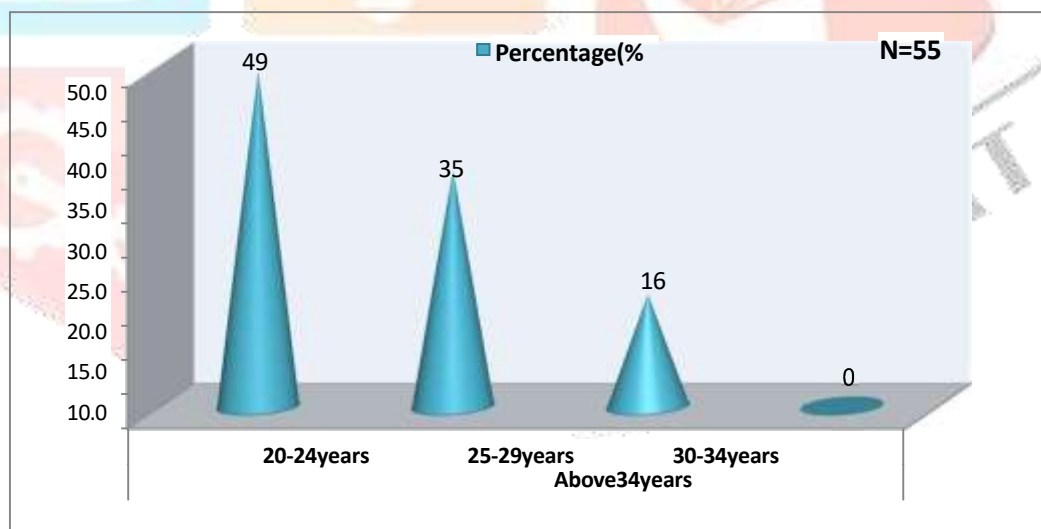


Figure 1: Frequency and Percentage Distribution of Age of Antenatal Mother

SECTION-B

Objective1-To assess the knowledge of antenatal mothers regarding antenatal exercises

Table 2 Frequency and Percentage Distribution of level of knowledge of Antenatal Mothers Regarding Antenatal Exercise

N=55

Level of Knowledge	Frequency (f)	Percentage (%)
Adequate	0	0
Moderate	26	47
Inadequate	29	53

Maximum Score=12

Minimum=0

Table 2 depicts level of knowledge of antenatal mothers regarding antenatal exercise at Civil Hospital Khanna, District Ludhiana. The total numbers of antenatal mothers were 55 out of which (53%) were having inadequate knowledge and the remaining (47%) antenatal mothers were having moderate level of knowledge regarding antenatal exercise.

Table 3 Mean, Median and Standard deviation of Knowledge of Antenatal Mothers Regarding Antenatal Exercises

N=55

Variable	Mean	Median	S.D.	Mean%
Knowledge	4.60	4.00	1.31	38.33

Table 3 depicts that Mean of knowledge among antenatal mothers regarding antenatal exercise is 4.60; Median is 4.00 with Standard Deviation 1.31 which is later followed by 38.33% of mean percentage. Hence, it is concluded that knowledge of antenatal mothers regarding antenatal exercises were 38.33.

DISCUSSION

The study's major findings are related to the demographics of the respondents and their awareness of antenatal care. The majority of respondents were between 20-24 years old, 27% of antenatal mothers were illiterate, and 40% had other types of occupations. Most respondents were from urban areas. Additionally, 46% were aware of antenatal classes, with 72% being multiparous.

The present study findings indicate that the out of 55 antenatal mothers were (53%) were having inadequate knowledge and the remaining (47%) antenatal mothers were having moderate level of knowledge regarding antenatal exercise. These findings were consistent with findings of Wijesiri wardana W S, Gunawardena NS conducted a descriptive cross sectional study on knowledge, attitude and practices regarding antenatal exercises among pregnant mothers attending De Soyza Maternity Hospital Colombo. The findings reveal that knowledge regarding antenatal exercises was 'poor' among a majority (72.7%,

n=80). Only 6.4 % (n=7) and 5.5% (n=6) knew the importance of pelvic floor strengthening exercises and its technique, respectively.

The present study findings indicate revealed that there was no significant association found with selected socio demographic variables such as age of mothers, education, occupation, type of family and residence except source of information ($p \leq 0.005$) statistically significant.

These findings were supported with LeneAH, Haakstad and Kari Bo findings of conducted a randomized controlled trial on exercises in pregnant women and birth weight. The purpose result shown that there was statistically significant difference between groups in mean birth weight, low birth weight (2500g) or macrosomia (4000g).

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