Effect Of Self Instructional Module On Knowledge Regarding Antenatal Care Among Primigravida Mothers Coming To Selected Hospital Of Wardha City.

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Abstract: The study was conducted to assess the knowledge of primigravida mothers regarding antenatal care and to evaluate the effect of self-Instructional Module among control and experimental groups. The objectives included assessing pre- and post-test knowledge, comparing the effect of self-Instructional Module, and finding The findings show that in pretest scores, 3% having poor knowledge, 64% subjects having average knowledge, 27% of subjects having good knowledge and 6% having very good level of knowledge. However in post test scores 53% of subjects having excellent knowledge, 31% having very good knowledge, 14% having good knowledge and 2% of subjects having average knowledge. Hence it was statistically interpreted that post- test knowledge score is higher than the pretest knowledge score. Mean standard deviation and mean percentage values were compared and paired 't' test was applied at 5% level of significance. The calculated 't' values are much higher than the tabulated value at 5% level of significance for overall knowledge score of primigravida mothers , which is statistically acceptable level of significance. Hence it is statistically interpreted that self-instructional module on overall knowledge regarding antenatal care among primigravida mothers was effective. Thus, the H1 is accepted.

I. INTRODUCTION

Preparing for pregnancy in a positive set up towards an exciting outcome will enhance the wellbeing of family. For giving birth to a healthy baby, the mother has to take care of herself during pregnancy. In that way she can provide good care to the baby which is inside her womb. Antenatal care, the care a woman receives throughout her pregnancy, helps to ensure the better outcome of pregnancy. The traditional approach to antenatal care, which is based on European models developed in the early 1900s, assumes that more is better in care for pregnant woman. Frequent routine visit is the norm, and women are classified by risk category to determine their chances of complications and the level of care they need. Antenatal care refers to the care given to an expectant mother from the time the conception is confirmed until the beginning of labor. It includes monitoring the progress of pregnancy providing appropriate support to the women and her family and providing information to which will assist them to make sensible choices.

Problem statement

Effect of self-instructional module on knowledge regarding antenatal care among primigravida mothers coming to selected hospital of Wardha city.

Objectives:

Primary objective:

- To find out the effect of self-instructional module on knowledge regarding antenatal care among primigravida mothers coming to selected hospital of Wardha city.

Secondary objectives:

- To assesses the knowledge regarding antenatal care among the primi-gravida mothers.
- To assess the effectiveness of self-instructional module on knowledge regarding antenatal care among primi gravida mothers.
- To associate the knowledge regarding the antenatal care with their selected demographic variables.

Hypothesis

Ho1- There is no significant difference between pre-test and post-test knowledge scores of primigravida mothers of behavioral problem in children in control and experimental group

Ho2- There is no significant difference between post-test knowledge scores of parents in control and experimental group regarding prevention of behavioral problems in children

Ho3- There is no significant association between post-test knowledge scores and selected demographic variables of parents in experimental group.

II REVIEW OF LITERATURE

1) LITERATURE REVIEW RELATED TO KNOWLEDGE OF PRIMI GRAVIDA MOTHERS REGARDING ANTENATAL CARE.

2) LITERATURE REVIEW RELATED TO PARTICIPATION OF PRIMI GRAVIDA MOTHERS IN ANTENATAL CARE

3) LITERATURE REVIEW RELATED TO EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE

III RESEARCH APPROACH

This approach was selected because the aim of this research study was to evaluate the effectiveness of self-instructional module on knowledge regarding antenatal care for improving the knowledge of primi gravida mother in selected hospital of Wardha city. With this approach it would be possible to describe the knowledge of primi gravida mother regarding antenatal care.

RESEARCH DESIGN

pre-experimental one group pretest posttest design will be used to assess the effect of self-instructional module on knowledge regarding antenatal care among primigravida mothers coming to selected hospital of Wardha city.

Secondary objectives:

Population and Sample

POPULATION

Target population: primi gravida mother to whom study finding are generalize will be the target population

Accessible population: primi gravida mother those who are available for proposed study shall be accessible population

SAMPLING

Sample: primi gravida mother of selected hospital shall be the samples of proposed study

Sampling technique: The investigator has randomly selected t areas from selected hospital. However, convenient sampling technique was used to draw 100 primi gravida mother in selected hospital, Maharashtra.

Data and Sources of Data

After obtaining a formal permission, the investigator has fixed the date and time for data collection. According to tentative schedule, the investigator has visited the area and collected data from 23.11.2014 to 29.11.2014 Pre-test- The investigator has conducted pretest among pre-experimental one group pretest posttest design will be used to assess the effect of self-instructional module on knowledge regarding antenatal care among primigravida mothers.

PLAN FOR DATA ANALYSIS

Collected data from primigravida mothers was planned to analyze by using descriptive and inferential statistics.

The descriptive statistics includes; percentage, mean, mean percentage and standard deviation. The inferential statistics includes; t test and Chi-square test using SPSS software. However, the tabulated data were planned to analyze underfollowing heading –

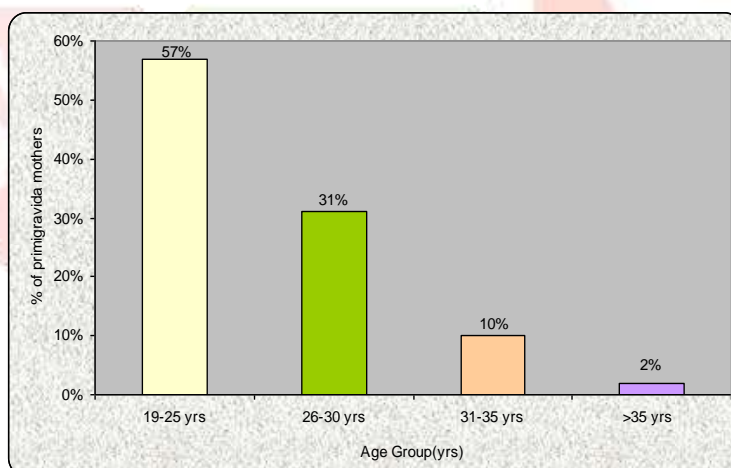**SECTION – I**: Distribution of primi gravida mothers with regards to demographic variables.

SECTION – II: Assessment of knowledge regarding antenatal care among the primi gravida mothers coming to selected hospitals of Wardha city.
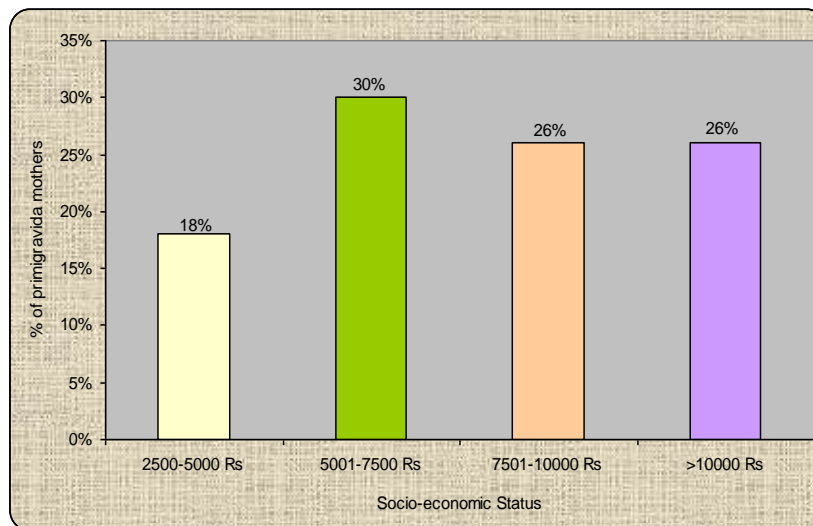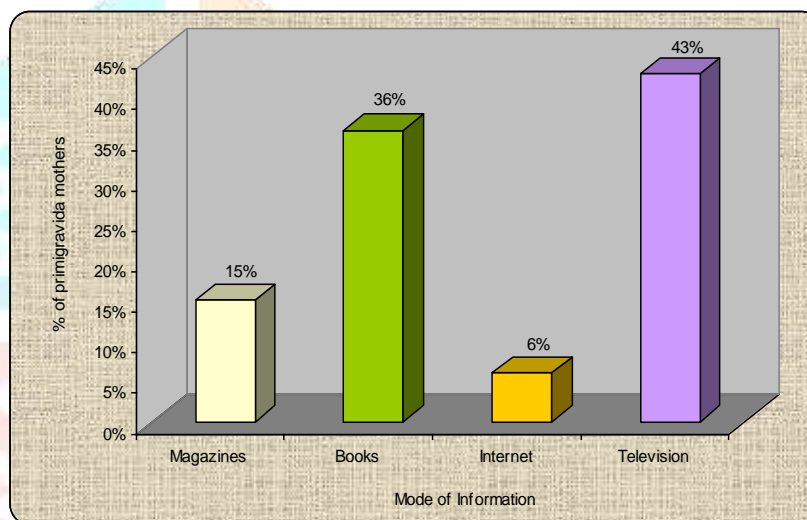
SECTION – III: Effectiveness of self instructional module on knowledge regarding antenatal care among primi gravida mothers coming to selected hospitals of Wardha city.

SECTION – IV: As per Anova test Association between post-test knowledge score on antenatal care among primi gravida mothers coming to selected hospitals of Wardha city.

IV. ANALYSIS AND INTERPRETATION

Graph 1: Percentage wise distribution of primi-gravida mothers according to their age(yrs)

Graph 2: Percentage wise distribution of primi-gravid mothers according to their socio-economic status

Graph 3: Percentage wise distribution of primi-gravida mothers according to their mode of information

4.1 Pre-test knowledge score

Table 1: Assessment with level of pre-test knowledge score

Level of knowledge score	Percentage score	Post Test	
		Frequency	Percentage
Poor	0-19%	0	0
Average	20-39%	2	2
Good	40-59%	14	14
Very Good	60-79%	31	31
Excellent	≥80%	53	53
Minimum score	7		
Maximum score	22		
Mean score	17.13 ± 3.29		
Mean %	77.86 ± 14.99		

Table 1- shows that in post test 1(2%) of the primi gravida mothers coming to selected hospitals of Wardha city were having average knowledge, 14% of them had good, 31% had very good and 53% of them had excellent level of knowledge score, Minimum knowledge score was 7 and maximum was 22, the mean score for the posttest was 17.13±3.29 with a mean percentage score of 77.86±14.99.

Table 2: Assessment with level of posttest knowledge score

Level of knowledge score	Percentage score	Knowledge Score	
		Pre Test	Post Test
Poor	0-19%	3	0
Average	20-39%	64	2
Good	40-59%	27	14
Very Good	60-79%	6	31
Excellent	≥80%	0	53
Minimum score		3	7
Maximum score		17	22
Mean score		8.03 ± 2.61	17.13 ± 3.29
Mean %		36.50 ± 11.88	77.86 ± 14.99

Table 2 shows that in pre test 3(3%) of the primi gravida mothers from selected hospitals of Wardha city were having poor knowledge, 64% of them had average, 27% had good and 6% of them had very good level of knowledge score. Minimum knowledge score was 3 and maximum was 17, the mean score for the pretest was 8.03 ± 2.61 with a mean percentage score of 36.50 ± 11.88 whereas in post test 1(2%) of the primi gravida mothers coming to selected hospitals of Wardha city were having average knowledge, 14% of them had good, 31% had very good and 53% of them had excellent level of knowledge score, Minimum knowledge score was 7 and maximum was 22, the mean score for the posttest was 17.13±3.29 with a mean percentage score of 77.86±14.99.

Table 3 : significance of difference between pre and post test overall knowledge score of primi gravida mothers coming to selected hospitals of wardha city

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre Test	8.03	2.61	9.10±4.39	20.71	0.000 S,p<0.05
Post Test	17.13	3.29			

Table 3 shows the the comparison of pretest and post test knowledge scores of primi gravida mothers coming to selected hospitals of Wardha city in relation to knowledge regarding antenatal mothers. Mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. 1.98. The calculated 't' value are much higher than the tabulated value at 5% level of significance for overall knowledge score which is statistically acceptable level of significance. Hence it is statistically interpreted that effect of self-instructional module on knowledge regarding antenatal care among primigravida mothers coming to selected hospital of Wardha city was effective.

CONCLUSION

From the findings of primigravida mother study, it was concluded that the demo- graphic variables of primigravida mothers in pre-experimental one group pretest posttest were more or less similar, revealing both the groups had similar characteristics. Percentage of knowledge and the mean scores of primigravida mother were more or less similar in both the groups before intervention. However, after an intervention, the percentage of knowledge and the mean scores of primigravida mother were significantly increased in

experimental group. There was a significant difference between pre-test and post-test knowledge scores in experimental group. And, there was also a significant difference between the post tests of experimental group. Thus, it was concluded that teaching through self-instructional module on knowledge regarding antenatal care was effective among primigravida mothers mothers coming to selected hospital of Wardha city.

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