

“Effectiveness of Health Awareness Program on knowledge regarding Postnatal Exercise among antenatal mothers attending Dhiraj Hospital, Piparia, Vadodara.”

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ABSTRACT

Background of the Study: Postnatal exercise is important during postpartum period, neglecting the mother doing postnatal exercise is the one of the factor contributing to the mother to develop. A major reason for the high mortality rate is lack of care at birth and less awareness about the postnatal exercise. In India most the mothers are not aware of postnatal exercise. It is the responsibility of the nurse to educate mothers regarding the postnatal exercise, which is an extended activity for promotion of maternal and child wellbeing.

Aims: The aim of the study was to enhance the knowledge regarding postnatal exercise among antenatal mother.

Material and Method: The study involves one group pre- test post-test pre experimental research design with non probability convenient sampling technique, 60 samples of antenatal mother was selected on the basis of inclusion and exclusion criteria. Quantitative approach was adopted to achieve the goal of the study. Structured knowledge questionnaire was used to assess the knowledge regarding postnatal exercise among antenatal mothers. In which firstly conducted the pre-test to assess the knowledge of the antenatal women and then after providing knowledge conducted post-test.

Result: Out of 60 antenatal mothers majority of having inadequate knowledge (70%) and only (30%) antenatal mother having moderate level of knowledge & none of having adequate knowledge regarding postnatal exercise. After providing health awareness programme (72%) of antenatal mother had adequate knowledge and (28%) moderate knowledge regarding postnatal exercise and none of them were in inadequate category. The mean post-test knowledge score (26.3), SD (3.193) & the mean percentage were (87.66%). Data shows there is significant difference between pre test and post test level of knowledge score.

Conclusion: It has been observed that there was inadequate knowledge of postnatal exercise among antenatal mothers. Study concluded that there was significant gain in knowledge score of antenatal mother after implementation of health awareness program.

Keywords: Assess, Effectiveness Knowledge, Postnatal Exercise, Postnatal Mother

Introduction

Regular exercise after pregnancy helps to improve postnatal recovery and return to pre pregnancy shape more quickly. Postnatal exercise offers a whole range of benefits for the mother. These exercises promote weight loss and restore muscle strength, improve mother's mood, relieve stress and postpartum depression.¹ However some women continue to experience problems related to child birth that will extend beyond the puerperium². Postnatal exercise offers a whole range of benefits for the mother to postnatal exercise will speed up the recovery process and build valuable strength, abdominal wall and transverse abdominal muscle exercise which is used in the treatment of back pain.³ Postnatal exercise is important during postpartum period, neglecting the mother doing postnatal exercise is the one of the factors contributing to the mother to develop.⁴

Hormonal changes occur gradually through the nine months of pregnancy, these are reversed in a matter of weeks during postpartum recovery of skeletal tissue, muscle and connective tissue, blood volume, cardiac output, body weight and posture are affected.⁵

The overall expectation is that by 6 weeks after delivery, all the systems in the woman's body will have recovered from the effects of pregnancy and return to their non-pregnant state.⁶

Methods

The present survey conducted using quantitative evaluative research approach with pre-experimental research design. Sample size was n=60. Convenient sampling technique was used

for data collection from 60 antenatal mothers belongs to Dhiraj Hospital of Vadodara city.

Data collection tools included two sections: socio-demographic, structured knowledge questionnaire. The questionnaire consists of 30 Knowledge regarding questions.

The total score is calculated by summing up the answers given to the questions and shows Adequate, moderate and inadequate level of knowledge among reproductive age group women.

Reliability of an instrument is the degree of consistency with which it measures the attribute it is supposed to measure In this study the reliability is determined by administrating the tool among 6 antenatal mothers from “Dhiraj hospital” Vadodara. The reliability of tool established by using split half method spearman brown prophecy formula ($r=0.86$) reliabilitytest.

Data were analysed using SPSS-22 software. Descriptive statistics (mean, standard deviation and chi-square) and inferential statistics (paired Z test, chi-square test) were used

Results

In the present study, highest percentage (48.3%) of antenatal mothers were in the age group of 18-23 years and lowest (20.0%) were in the group of 30-35 year and (31.7%) in the age group of 24-29years. highest percentage (73.30%) of mothers were hindu. And major (66.70%) of mothers were illiterate. In occupation of the mothers, majority of antenatal mothers were (33.3%) working in private sector, the highest percentage (36.70%) of mothers residing at urban. For type of family, maximum (75%) of antenatal mothers belongs to the joint family and (25%) of mothers belongs to the nuclear family.majority of mothers (33.3%) getting information from their relatives.25.0% are using any mediathe family income of antenatal mothers per month, a majority were having (55.00%) in the range of < 5000.no of children, a majority of mothers were having (45%).

Table 1: Comparison between pre test and post test score of knowledge among antenatal mothers regarding postnatal exercise.N=60

Knowledge Aspect	Pre-Test			Post-Test			T-Value	Sig.
	Mean	Mean %	Sd	Mean	Mean %	Sd		
Introduction	2.80	46.6%	1.20	5.68	94.6%	.624	15.916	S
Indication And Contraindication	2.78	39.7%	1.50	5.91	84.42%	.849	14.015	S
General Instructions	1.56	31.2%	1.33	4.13	82.6%	.700	12.782	S
Types Of Postnatal Exercise	2.10	17.5%	1.02	10.58	88.16%	1.02	25.725	S
Overall Score	9.24	135%	5.05	26.3	349.78 %	3.19 3	68.438	S

In above table shows the Comparison between pre test and post test score of knowledge among antenatal mothers regarding postnatal exercise. The introduction aspect had mean (2.80) with sd. (1.20) & mean percentage (46.6%), indication and contra indication with item had mean (2.78)with sd. (1.50) & mean percentage (39.7%), general instruction had mean(1.56),sd. (1.33) & mean percentage (31.2%), types of postnatal exercise with the mean (2.10), sd. (1.02), mean percentage (17.5%)the overall mean score is 9.24, standard deviationis (5.05) and mean score percentage is (30.8%).

Distribution of overall mean, mean difference, SD between pre test and post test knowledge score of samples

Table 2: Comparison of pre test and post test knowledge score of antenatal mother

N=60

Variable	Pre Test	Mean	Mean Difference	Std. Deviation	t- Value
Knowledge Regarding Postnatal Exercise	Pre-Test	9.24	17.06	5.05	68.438
	Post-Test	26.3		3.193	

It is evident from the above table; overall pre test mean of knowledge score was (9.24). After providing health awareness programme it has increased up to (26.3). The mean difference between pre test and post test is (17.06) which show the positive impact of the study. Pre-test standard deviation score was (5.05) while after giving health awareness programme the standard deviation score for same attribute was decreased up to(3.193) which shows the effectiveness of health teaching programme. The calculated “t” value (68.438) is greater than the tabulated “t” value at 0.05 level. Data shows there is significant difference between pre test and post test level of knowledge score

Discussion

This study is carried out to assess the effectiveness of health awareness program on knowledge regarding postnatal exercise among antenatal mothers with the aim of the study to enhance the knowledge regarding postnatal exercise among antenatal mother. The result shows that majority of mothers were having inadequate level of knowledge. The health teaching programme was effective among mothers improving knowledge significant at 0.05 level regarding postnatal exercise , generals measures and types of exercise the health awareness programme is effective to increase the knowledge of respondent and another finding reveals there is association between pre test knowledge score with demographic variable of age, education, & source of information. After providing health awareness programme (72%) of antenatal mother had adequate knowledge and (28%) moderate knowledge regarding postnatal exercise and none of them were in inadequate category. the mean post -test knowledge score (26.3), SD (3.193) & the mean percentage

were (87.66%). The calculated “t” value of is (68.438), which is more than tabulated t value with Df- 2 at 0.05 level of significance. Hence, it shows significance increase in the post test score knowledge regarding postnatal exercise after providing health awareness programme.

A similar study was conducted by Ms. Shelin Christie on the topic of the study is effectiveness of planned teaching programme on knowledge regarding postnatal exercises among postnatal mothers admitted in selected hospitals of Vadodara. The aim of study was to improve the knowledge regarding postnatal exercise among postnatal women with the use of plan teaching. The post test mean knowledge score is significantly greater than the pre-test mean knowledge score. The study result shows that there is significant difference in the pre-test knowledge score and post test knowledge score regarding postnatal exercise among postnatal mothers. The calculated t value is 32.855 which is much higher than the tabulated „t” = 2.00 at 5% level of significance. This study revealed that the planned teaching programme was effective in improving the knowledge regarding postnatal exercises among the postnatal mother of selected hospital of Vadodara.

Conclusion

The findings of the study concluded that majority of mothers were having inadequate level of knowledge. It is found that post-test knowledge was higher than the pre-test score. So, it indicate effective outcome of health awareness programme (HAP) on postnatal exercise among antenatal mothers. Study concluded that there was significant gain in knowledge score of antenatal mother after implementation of health awareness program.

Ethical approval:

There are humans are involves hence, a formal ethical approval is required which is received from Sumandeep Vidyapeeth institutional ethical committee.

Informed Consent:

Informed consent was obtained from participants and assured for anonymity.

Declaration of Interest:

The author declares that there is no financial and personal relationship with other people and organizations.

Conflict of Interest:

The authors have declared no conflict of interest.

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