

THE EFFECTIVENESS OF COMMUNITY EDUCATION ON ANTENATAL CARE AMONG PREGNANT WOMEN

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ABSTRACT

BACKGROUND OF THE STUDY: Antenatal care means “care before birth”. Antenatal care aims to monitor and promote the well being of a mother and her developing baby. Specific exercise and posters can help the pregnant women to adopt the physical changes in her body during the childbearing year. They will help to ease the minor aches and pain during pregnancy and may also help to prevent longer-term post partum problems.

AIMS: The effectiveness of community education on antenatal care among pregnant women is the aim of the study.

MATERIAL AND METHOD: In this study conducted pre experimental study in which 60 pregnant women of rural area were participated. Data were collected using Self administered knowledge questionnaire tool. The collected data was tabulated and analyzed by using descriptive and inferential statistics

RESULTS: The collected data was tabulated and analysed using descriptive and inferential statistics. In the pre-test mean score was 14.22 ± 4.041 and post-test means score was 22.24 ± 4.769 . The post-test level of knowledge mean score is significantly graters than the pre-test knowledge mean score. The ‘t’ calculated value 9.082 is more than tabulated value 2.56 (Significant at 5% level).

CONCLUSION: The ‘t’ test was computed between pre-test and post-test score indicate that there was improvement the level of knowledge among pregnant women. Hence it incanted that community education on antenatal care was effective.

KEYWORD: *effectiveness, community education, antenatal care, pregnant women.*

INTRODUCTION

Every year more than 200 million women become pregnant (WHO 1997). Pregnancy is considered to be a normal psychological state as per the scientific view.¹ Antenatal care refers to the care that is given to an expectant mother from the time the conception is confirmed until the beginning of labour in addition to monitoring the progress of the pregnancy.² The aim of antenatal health education is to create awareness among expectant mothers and motivate them to monitor their health status to promote the well being of both mother and fetus.³ The outcome of the good antenatal care should be a healthy mother and a healthy baby and avoidance of maternal and perinatal mortality and morbidity.⁴ that pregnancy is a normal physiological event. Knowing a woman is pregnant is the beginning of care in pregnancy.⁵

Pregnancy is a period of great anabolic activity when the most rapid growth takes place. It is a condition in which the fetal growth is accompanied by extensive changes in maternal body composition and metabolism.⁶ The antenatal diet during pregnancy should be adequate to provide the maintenance of maternal health, the need of the growing fetus.⁷ According to WHO the prevalence rate of anemia in pregnancy in south east of Asia is around 56%. In India incidence of anemia pregnancy has been noted as high as 40-80%.⁸

MATERIAL AND METHOD:

The research design of the study was pre experimental one group pre test post test research design, the research project was conducted at rural areas of Vadodara The participants included in this study were 60 antenatal mother and sample of the study is selected by using non probability sampling technique according to inclusion criteria and as per availability of sample. Researcher used self administered knowledge questionnaire to assess the knowledge level regarding antenatal care. After obtaining formal approval from the concerning authority, informed consent form were taken from the samples ,the investigator personally collected the demographic data and filled questions The tool consisted two sections: **Tool-1-** Demographic Questionnaire:- A six item were used to collect the sample characteristics includes, Age. Education, occupation, religion, monthly income, type of family. **Tool-2-** 25 Self Structured knowledge questionnaire on antenatal care.

FINDINGS:

Demographic variables of pregnant women:

Regarding age of pregnant mothers, out of 60, majority (33) of them they are falling under 23-28 age group category, followed by 12 & 10 samples in 28-33 yrs & 18-23 age category respectively and only 6 samples were from 33-38 age group category

34% of mothers out of 60 were having primary education, whereas 28% samples were not had any formal education. Regarding occupation, majority (46%) of them were housewives. As well as majority of them were Hindu. 40 samples were living in nuclear family and remaining 20 were living in joint family.

Effectiveness of community education on knowledge regarding antenatal care among pregnant women **n=60**

<i>Level of Knowledge</i>	<i>Pre-test</i>		<i>Post test</i>	
	<i>Frequency</i>	<i>Percentage (%)</i>	<i>Frequency</i>	<i>Percentage (%)</i>
Very poor	00	00	00	00
Poor	8	13.33	00	00
Average	49	81.66	25	41.66
Good	3	5	30	50
Very good	00	00	5	8.33
Total	60	100.0	60	100.0

Above tabulated data shows that in pre test, out of 60 samples, 8 were having poor, 49 were having average, 3 of them having good and none of them having very good knowledge regarding antenatal care. Whereas in post test 25 of them had average, 30 of them had good and 5 of them gained in v good category of knowledge.

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<i>Variables</i>	<i>Mean</i>	<i>Mean difference</i>	<i>Std. Deviation</i>	<i>t-value</i>
Pre-test	12.55		1.826	9.487*

Knowledge	Post-test	16.25	3.700	2.433	Df= 59 P= 3.2342
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Above tabulated data depicts that there was gain in post test mean knowledge score. The collected data was tabulated and analysed using descriptive and inferential statistics. In the pre-test mean score was 14.22 ± 4.041 and post-test means score was 22.24 ± 4.769 . The post-test level of knowledge mean score is significantly graters than the pre-test knowledge mean score. The 't' calculated value 9.082 is more than tabulated value 9.082.

DISCUSSION:

Present study shows that, majority of antenatal mothers were having inadequate knowledge regarding antenatal care and to give community educational programme was found effective in improving the knowledge regarding antenatal care among pregnant women, this same type of study was done by Kamau⁹ conducted a study at Coimbatore on knowledge, attitude, practices of antenatal care in which revealed that 57% of antenatal mother had inadequate knowledge on general information, 57% of antenatal mother had lower attitude and 67% of antenatal mothers had inappropriate practices and concluded that giving education and making awareness is essential among antenatal mothers.

CONCLUSION :

In present study, the 't' test was computed between pre-test and post-test score indicate that there was improvement the level of knowledge among pregnant women. Hence it indented that community education on antenatal care was effective.

Ethical approval

Since the study involved human subjects, a formal ethical approval received from institutional ethical committee.

Conflict of interest

The authors declare no conflict of interest.

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