

# A Study to Assess the Effectiveness of Structured Teaching Programme On Knowledge Regarding Self Care Management Among Primi Postnatal Mothers at Selected Maternity Hospital, Bangalore

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## Abstract

**Introduction:** Postnatal period is very important for every delivered mother. care during postnatal period plays crucial thing to manage her routine activities and for reducing the disease and death rate. The objective of the study was **Objective 1.** To assess the pretest scores of knowledge regarding self-care management among Primi postnatal mothers.**2.** To assess the post test score scores of knowledge regarding self-care management among Primi postnatal mothers.**3.** To compare pretest and posttest knowledge scores regarding self-care management among primi postnatal mothers.**4.** To find out the association between the pretest and post test scores of knowledge regarding self-care management with selected demographic variables.

**Research Design:** pre experimental one group pre-test and post-test only design. **Research setting:** - selected maternity hospital, Bangalore **Population:** -Postnatal mother who have admitted and delivered baby at selected hospital. **Sample size:** 60 samples knowledge questionnaire was used for this study.

**Results:** The pretest knowledge score ranged from 2-18 with mean 8.966, the mean percentage of pretest knowledge score was 15% with standard deviation 3.5115, and it indicates that the subjects were having inadequate knowledge about self-care management. The mean posttest knowledge score subject was 19.783 with SD 5.89346 and the mean percentage was 32.971%. It indicates that the subject had adequate knowledge on self-care management after teaching program. **Conclusion:** the study concludes that structured teaching programme is effective for postnatal mother to improve the knowledge on self-care management. The Calculated Chi – Square value 3.84 ( $p < 0.05$ ) valuable less than table value.

## 1. Introduction

During pregnancy, every woman or mother wants to enjoy the amazing experience of pregnancy and after delivery, the mother feels compelled to provide the infant with adequate nourishment. A primigravida is a woman who is experiencing her first pregnancy. The postpartum period is that begins after childbirth, which is usually thought to last for six weeks, but it can be broken into three separate but sequential phases that last for six to twelve weeks, followed by a delayed phase that lasts for up to six months. Care of self and the baby is the important aspect for reducing the morbidity and mortality rate in postnatal Period.

### Need for study:

The transition into motherhood is fraught with difficulties for women. childbirth, the woman experiences physiological and psychological shifts in her body as the reproductive system returns to its pre-pregnancy condition. But postpartum women may be in danger of death or other factors like blood loss, delivery trauma, infection, or exhaustion. Therefore, sufficient education is necessary to meet the demands of postnatal mothers in order for them to cope with changes throughout the postnatal period. According to World Health Organization (WHO), Worldwide, every minute of every day, one women dies off pregnancy related complications, nearly 6 lakh women dies each year, of these 99 percentage of death occurs in developing countries. In India, every 5 minutes, one women dies from complications related to the pregnancy and child birth. This adds up to a total of 1,21,000 women per year. (WHO)The maternal mortality estimates were The very high level of maternal mortality over 500 maternal death per 1,00,000 live Births are generally associated with perineal sepsis .Perineal area is conducive to the growth of pathogenic organisms. If much attention is not given to the mothers during her postnatal period, from harmful practices mother may get infection like sepsis which leads to increase in maternal mortality rate.

The World Health Organization (WHO) ad American College of Obstetricians and Gynecologists (ACOG) emphasize the importance of postnatal care, including self-care management. This study will provide valuable insights into postnatal mothers' knowledge levels and perceptions, informing strategies to promote healthy behaviors and outcomes.

### Objective

1. To assess the pretest scores of knowledge regarding self-care management among Primi postnatal mothers.
2. To assess the post test score scores of knowledge regarding self-care management among Primi postnatal mothers.
3. To compare pretest and posttest knowledge scores regarding self-care management among primi postnatal mothers.
4. To find out the association between the pretest scores of knowledge regarding self-care management with selected demographic variables.

### Hypothesis

**H<sub>1</sub>:** There will be a knowledge regarding self-care management among primi postnatal mother.

**H<sub>2</sub>:** There will be significant association with selected demographic variables.

## Research methodology

**Research Design:** The research design selected for this study was pre experimental one group pre-test and post-test only design. **Research setting:** - selected maternity hospital, Bangalore

**Population:** -Postnatal mother who have admitted and delivered baby at selected hospital.

**Sample size:** The sample of the study consist of 60 samples. **Inclusion criteria:** Primi postnatal mother -  
---Who are in the age group of 18 to 45 years, who are available at the time of data collection, Who are willing to participate in the study. **Exclusion criteria:** Who are not speaking Kannada, English, who are having preexisting medical condition. **Selection and development of tool:-**In the present study knowledge questionnaire was used. Section -A: Demographic data consisted of items related to demographic data of the subjects as age, residency, education, occupation, family, religion, language, income mode of delivery, health issues. Section -B: Knowledge questionnaire consisted of 30 items on knowledge regarding self-care management among primi postnatal mother. Each item of the schedule has one correct answer will be given 1 marks and the total score of knowledge schedule are 30. **Scoring of the items:** Each correct answer was given a score of one marks and wrong answer was given zero (0) score. The respondents are classified based on level of knowledge as: Adequate knowledge=21-30 Moderate knowledge= 11-20 Inadequate knowledge=0-10

**Content validity of the tool:** The prepared tool along with objectives of the study or lesson plan on self-care management of primi postnatal mothers. The suggestion given by them where incorporate and the tool was modified. The final tool is modified and finalized based on the suggestions of the experts and guide.

## Procedure for data collection

- Permission from the concerned authority:** Formal permission was obtained from authority
- Consent from subject:** Informed voluntary consent is obtained from its sample. The data obtained was analyzed based on the objectives of the study using descriptive and inferential statistics.

## Statistical analysis of data includes:

Frequencies and percentages to be used for analysis of demographic characteristics. Calculation of mean, median, and standard deviation mean percentage, for knowledge score. Paired “t” test for assessing effectiveness of planned teaching programme. Application of chi- square test to find the association between demographic variables and knowledge scores.

### SECTION – A (DEMOGRAPHIC DATA)

TABLE – 1: - DISTRIBUTION OF SUBJECTS

CATEGORIES	FREQUENCY	(%)
<b>Age in year</b>		
18-25 year	27	45%
26-33 year	29	48.3%
34-41 year	4	6.7%
40-45 year	-	-
<b>Residency</b>		

Urban	35	58.3 %
Rural	25	41.7 %
<b>Education</b>		
Illiterate	-	-
Primary school	6	10 %
Secondary school	32	53.3 %
Graduate	22	36.7 %
<b>Occupation</b>		
House wife	40	66.6%
Govt. job	-	-
Private job	10	16.7 %
Others	10	16.7%
<b>Type of Family</b>		
Nuclear	43	71.7 %
Joint	17	28.3 %
<b>Religion</b>		
Hindu	38	63.3 %
Muslim	19	31.7 %
Christian	3	5%
Others	-	-
<b>Language</b>		
English	20	33.3 %
Kannada	40	66.7 %
Total	60	100%
<b>Income</b>		
<Rs.5000 /month	-	-
Rs,5000-7000/month	-	-
Rs,8000-10000/month	23	38.3 %
>Rs,10000/month	37	61.7%
<b>Mode of delivery</b>		
NVD with Episiotomy	60	100 %
NVD without Episiotomy	-	-

Any other	-	-
<b>Health issues</b>		
No issues	60	100 %

**Table 1: the table represents that demographic variables of subjects, majority of the subjects belongs to** according to age in the group 27(45 %) are in the age group of 18 to 25 years. Followed by 29 (48.3%) in age group of 26 to 33, 4 (6.7%) are in the age group of 34 to 41 years. it shows that most of the mother 35 (58.3%) belongs to urban area and 25 (41.7%) of mothers belongs to rural area

Shows the distribution of mothers by education majority of the mothers belongs to secondary school 32 (53.3%) and graduate 22 (36.7%), and primary school 6(10%). the distribution of mothers according to the occupational status majority of the mothers 40 (66.6%) are house wife while 10(16.7%) of the mothers are each of the group private or others job

The distribution of the mothers by type family in the group majority of the mothers are nuclear 43 (71.7%) followed by joint 17(28.3%). mothers by religion in the group majority of the mothers are Hindu 38 ( 63.3%) Followed by Muslim 19 (31.7%) and Christians 3(5%). the distribution of mothers by language majority of the mothers 40 (66.7%) are Kannada and 20 (33.3%) are English. the distributions of mothers by monthly income in rupees in the study maximum 37 (61.7%) have more than Rs, 10000/month followed by 23 (38.3%) having Rs.8000 to 10000/month. Distribution of mothers by mode of delivery majority of mothers 60 (100%) are NVD with Episiotomy. the distribution of mothers by health issues majority of the mothers 60(100%) are having no issues.

## SECTION B: PRETEST KNOWLEDGE SCORE OF PRIMI POSTNATAL MOTHER

Range, Mean, Median, Standard deviation and mean percentage of pretest knowledge score.

N=60.

ASPECT	RANGE	MEAN	MEDIAN	SD	MEAN %
Pretest Knowledge Scores	2-18	8.966	9	3.5115	15%

The data present in table 2 shows that the pretest knowledge score ranged from 2-18 with mean 8.966, the mean percentage of pretest knowledge score was 15% with standard deviation 3.5115, and it indicates that the subjects were having inadequate knowledge about self-care management.

## SECTION C: POSTTEST KNOWLEDGE SCORE OF PRIMI POSTNATAL MOTHER

Range, Mean, Median, SD and Mean percentage of posttest knowledge score.

N=60

ASPECT	RANGE	MEAN	MEDIAN	SD	MEAN %
Posttest Knowledge	7-29	19.783	20.5	5.89346	32.971%

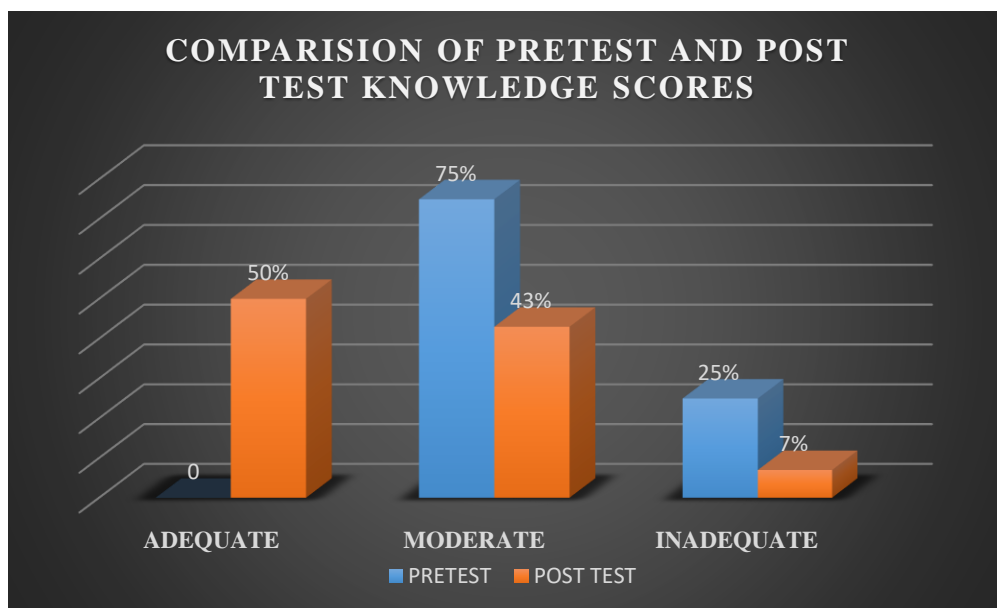
The data presented in table no.3 shows that the mean posttest knowledge score subject was 19.783 with SD 5.89346 and the mean percentage was 32.971%. It indicates that the subject had adequate knowledge on self-care management after teaching program.

## SECTION D: COMPARISION OF PRETEST AND POSTTEST KNOWLEDGE SCORE WITH FREQUENCY AND PERCENTAGE.

N=60

GRADE	PRE TEST		POST TEST	
	F	%	F	%
Adequate knowledge	0	0	30	50
Moderate knowledge	15	75%	26	43
Inadequate knowledge	45	25%	4	7

Data in the table 4 shows that most of subjects had adequate knowledge in the post test where only subjects had an adequate pretest knowledge regarding self-care management. This indicate that a teaching method was effective in increasing the knowledge of subjects regarding self-care management.



**FIG: 1 SHOWS THAT COMPARISON OF PRETEST AND POSTTEST KNOWLEDGE SCORES.**

**TABLE 5: EFFECTIVENESS OF PLANNED TEACHING PROGRAM BY PAIRED T TEST.**

Mean, median, mean differences and “t” value of pretest and posttest knowledge scores of subjects

Mean knowledge		Mean Difference	Median		SD Difference	“t” value
Pre Test	Post test		Pre test	Post test		
8.966	19.783	10.817	9	20.5	2.38196	13.4376

Max score- 30

t<sub>59</sub> = 2

It is evident from the data presented in table. 6 that calculated “t” value 13.4376 was greater than the table value t<sub>59</sub> = 2 at 0.05 at level of significantly. The mean difference between per test and posttest knowledge score was a true difference. This indicate that the teaching method was significantly effective in increasing the knowledge of primi postnatal mothers regarding self-care management.

## SECTION E: ASSOCIATION BETWEEN THE PRE TEST AND POST TEST KNOWLEDGE SCORES WITH SELECTED DEMOGRAPHIC VARIABLES.

**Table No.6:** Chi square test showing the association between pretest and posttest knowledge score with selected demographic characteristics of subjects.

N =60 (P<0.05)

VARIABLES	PRE TEST				Significance
	Above median	Below median	Degree of freedom	X <sup>2</sup>	
Age	14	16	1	7.7647	Not Significant
18-25					
26-41	20	10	1	0.1939	Not Significant
Residency					
Urban	19	16			
Rural	15	10	1	0.7128	Significant
Education					
Primary and secondary school	18	14			
Graduate	16	12	1	0.2048	Not Significant
Type of family					
Nuclear	19	13			
Joint	15	13	1	0.1286	Not Significant
Language					
English	2	1			



Kannada	32	25			
Income < 10,000/ month	4	1	1	1.2094	Not Significant
>10000/ month	30	25			

The data was presented in the table no: 6 shows the association between pretest knowledge score with the selected demographic variables. The chi square test was used to identify the association. Chi-Square had no association with the subjects as, residency, education, occupation, type of family, religion, language, income, mode of delivery, health issues. And only associated with the subjects is Age of demographic variables. The Calculated Chi – Square value 3.84 ( $p < 0.05$ ) valuable less than table value.

## Summary

This chapter has deal with analysis & interpretation of the result of the study. Both descriptive & inferential statistics were employed, to analysis the data, the data analysis was carried out on the basis of objectives & hypothesis of the study frequency & percentage were used to analyze the demographic characteristics, paired “t” test was used to find the effectiveness of teaching method. Association of knowledge with selected demographic variable was calculated using Chi – Square test.

## Conclusion

The Calculated Chi – Square value 3.84 ( $p < 0.05$ ) valuable less than table value. Hence stated hypothesis  $H_1$  is accepted. And there is associated with the demographic variables of Age and stated hypothesis  $H_2$  is accepted.

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