



## “A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE REGARDING ANTENATAL EXERCISE AMONG ANTENATAL MOTHERS IN SELECTED HOSPITALS OF KHEDA DISTRICT.”

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### ABSTRACT

The investigators conducted a study to assess the effectiveness of planned teaching programme on knowledge and practice regarding antenatal exercise among antenatal mother in selected hospital of kheda district.” The main objectives of the study were: (1) To assess the knowledge before administration of planned teaching programme. (2) To assess the knowledge after administration of planned teaching programme on antenatal exercise. (3) To find out the association of post-test knowledge of antenatal mothers on antenatal exercises with selected socio-demographic variables. (4) To assess the effectiveness of planned teaching programme on antenatal exercise. A Quasi experimental research approach was used with One group Pre-Test- Post- Test-Only Design. Quantitative Research approach was used for data collection and research design was made. The number of sample were 60. The sample are antenatal mothers. Convenient sampling technique was to be used for data collection. Data collected by objective type test (MCQ). Validity was assessed by 7 experts. The data obtained was analyzed in terms of the objectives of study using description and informal statistics. The plan for data analysis is as follows. Organization for data in master sheet. Frequencies and percentage to be used for analysis of demographic data. Calculation of mean, standard deviation of pretest and posttest score and ‘t’ test. The data will be analyzed by descriptive statistics such as Mean, Standard deviation, Frequency, Percentage.

**KEYWORDS:** SD, DF, TV

### INTRODUCTION:-

“No matter your age, you always need your mother”

-Vicki Reece

Health is important to each and every one of us. Everyone needs to be healthy and not only physically but also mentally and psychologically. The health of any given individuals will determine how he or she functions. The purpose of this writing is to inform people on the importance of their health. As it usually said, “Health is Wealth” so, each and everyone has the right and responsibility to a healthy life style. However, have a healthy life and remain will be almost impossible without awareness in individual and communities.<sup>1</sup>

During child bearing year, from conception through postpartum recovery, a woman’s undergoes extensive changes which frequently necessitate many adaptations. And hormonal changes occur gradually throughout the 9 months of pregnancy, and these are reversed in a matter of weeks during postpartum recovery. Skeletal tissue, muscle and connective tissue, blood volume, cardiac output, body weight, and posture are affected.<sup>2</sup>

She might be worried about having a caesarean section. She might even worry about dying. These concerns are common. If

you find that you are unable to relax because of worries, try to find a time each day to reflect on and acknowledge them. Call it your "worry time." You are Try different exercises. The antenatal period is a time of physical preparation of birth and parenthood. Becoming a parent is a time of intense learning both for parent and for those close to them. The prenatal period provides a unique opportunity for nurses and other members of the health care team to influence family health. during this period, essentially healthy women seek regular care and guidance. The primary aim of antenatal care is to achieve healthy mother and a healthy baby at the end of a pregnancy.<sup>3</sup>

## NEED OF THE STUDY

Exercise during pregnancy has benefits not just for expectant mothers but also for their growing baby. Sutter health says that antenatal exercise can relief back pain, get women ready for labour by improving muscle strength and flexibility and improve energy level. And it will be the best to continue with the familiar activities rather than begin new types of exercise and the women should listen to her body when exercise and stop if it she feels uncomfortable, fatigue or unwell.<sup>5</sup>

Current medical practice recommends that pregnant women should most assuredly engage in some short of exercise regimen while pregnant. Regular exercise during pregnancy can improve health, reduce the risk of excess weight gain and back pain, and it may make delivery easier. Moderate exercise during pregnancy may give a new-born healthier start. Exercise at any time can improve heart health and stamina, boost mood and energy levels, enhance sleep and improve muscle strength. A well-chosen exercise programme can help the same benefits during pregnancy. It is important to discuss any changes in exercise habits with a health care provider. To make sure you do the right kind for exercise at the right stage of pregnancy.<sup>6</sup>

## OBJECTIVES

1. To assess the knowledge before administration of planned teaching programme.
2. To assess the knowledge after administration of planned teaching programme on antenatal exercise.
3. To find out the association of post-test knowledge of antenatal mothers on antenatal exercises with selected socio-demographic variables.
4. To assess the effectiveness of planned teaching programme on antenatal exercise.

## HYPOTHESES

- **H<sub>1</sub>:** The mean post test score of antenatal mother will be significantly higher than the mean pre-test know score regarding antenatal exercise at 0.05 level of significant after administration of planned teaching programme.
- **H<sub>2</sub>:** There is significant association with knowledge of selected demographic variables at 0.05 level of significance.

## MATERIAL AND METHODS

- ❖ **Research approach:** Quantitative approach.
- ❖ **Research design:** quasi-experimental research approach ,one group pre test and post test design
- ❖ **Target population:** The population includes selected antenatal mothers in selected hospital of Kheda district.
- ❖ **Sampling technique:** The investigator adopted convenient sampling technique to select sample.
- ❖ **Sample size:** 60 sample collected from selected Hospital in Kheda district.
- ❖ **Data collection tool :** A structured knowledge questionnaire was prepared to assess the knowledge of antenatal mothers on antenatal exercise. A planned teaching programme was prepared to improve knowledge of antenatal mothers.
- ❖ **Data analysis:** Descriptive statistics and Inferential statistics.

## MAJOR FINDINGS OF THE STUDY

### Findings related to demographic variables of samples

The data were analyzed and interpreted in terms of objective of study. After the analysis of the data major findings were are follows:

- According to age of 22(36.66%) samples were in age group of 18-22 years, 29(48.33%) samples were in age group of 23-27 years, 08(13.33%) samples were in age group of 28-32 years, 01(1.68%) samples were in age group in >32 years.
- As regard of education 43(71.66%) samples having primary education, 13(21.66%) samples having secondary education, 0(0%) samples having graduation and post graduation education. 04(6.68%) samples having illiterate.
- Regarding occupation 58(96.66%) samples were housewife, 02(3.34%) samples were doing job.
- According to gestational age 23(38.33%) sample having 1-12 week of gestational age, 32(53.33%) sample having 13-24 week of gestational age,

5(8.34%) sample having 25-32 week of gestational age.

- Regarding religion 34(56.66%) samples were Hindu, 23(38.33%) samples were Muslim, 03(5.1%) were Christian, 0(0%) samples were Others.
- According to food habit 20(33.34%) samples were vegetarian, 0(0%) samples were non vegetarian. And 40(66.66%) samples were both.
- The standard deviation of knowledge in pre test is 8.85 which is lower than standard deviation of post test score is 8.23

**Findings related to analysis and interpretation of the data collected to assess knowledge on antenatal exercise and its effectiveness.**

**ANALYSIS AND INTERPRETATION OF THE DATA COLLECTED TO ASSESS KNOWLEDGE ON ANTENATAL EXERCISE AND ITS EFFECTIVENESS**

**TABLE**

**Area wise mean, mean percentage, mean difference, mean percentage difference of pre-test & post-test knowledge**

SR NO.	AREA	MAX SCORE	PRE-TEST		POST-TEST		MEAN DIFFERENCE	MEAN FREQUENCY (%) DIFFERENCE
			Mean score	Mean Frequency (%)	Mean score	Mean Frequency (%)		
1	Introduction	3	1.73	57.66%	2.56	85.33%	0.83	27.67%
2	Types	5	2.08	41.6%	3.75	75%	1.67	33.4%
3	Benefits	10	4.03	40.3%	7.4	74%	3.37	33.7%
4	Precaution	06	3.18	53%	4.25	70.66%	1.07	17.66%
5	Complication	1	0.15	0.15	0.53	53%	0.38	38%
	<b>TOTAL</b>	<b>25</b>	<b>11.17</b>	<b>192.71%</b>	<b>18.49</b>	<b>357.99%</b>	<b>7.32</b>	<b>150.43</b>

This table shows the mean pre-test knowledge score of area related to introduction was 1.73(57.66%) and the mean post-test knowledge score was 2.56(85.33%) with mean difference 0.83(27.67%). The mean pre-test knowledge score of area related to types was 2.08(41.6%) and post test knowledge was 3.75(75%) with mean difference 1.67(33.4%). The mean pre-test knowledge score of area related to benefits 4.03(40.3%) and the mean post test knowledge 7.4(74%) with mean difference 1.67(33.4%). The mean pre test level of knowledge score of area related to precaution is 3.18(53%) and post test knowledge 4.25(70.66%) with mean difference 1.07(17.66%). The mean pre test knowledge score of area related to complication 0.15(15%) and post test knowledge score 0.53(53%) with mean difference 0.38(38%).

**Findings related to Mean, mean difference, standard deviation, and 't' test of pre test and post test knowledge score of samples on antenatal exercises and its effectiveness.**

It indicates the mean 26.8 that is score obtained before exposure of planned teaching programme and mean score 44.4 that is obtained after administration of planned teaching programme. The mean difference in knowledge score suggesting the knowledge gain by sample. It is evident from above table that the mean post test knowledge score is higher than mean pre test score of sample exposed to planned teaching programme. The calculated 't' value (9.94) is significantly higher than the tabulated value (5.99). There for the null hypothesis is rejected at 0.05% level of significance. That means planned teaching programme is effective on antenatal mothers.

Findings related to Association between pre test level of knowledge of antenatal exercise and its effectiveness with their selected socio demographic variables.

Demographical Variable		Pre – test level of knowledge regarding antenatal exercise						T O T A L	D f	$\chi^2$	TV	Significance
		Poor		Average		Good						
		F	%	F	%	F	%					
Age	18-32	3	13.6	18	81.8	1	4.5	22	6	1.99	12.59	significant
	23-27	2	6.89	26	89.6	1	3.44	29				
	28-32	1	12.5	06	75	1	12.5	8				
	>32	0	0	1	100	0	0	1				
Education	Primary	4	8.89	39	84.7	3	6.42	46	6	2.98	12.59	significant
	Secondary	2	18.1	9	81.8	0	0	11				
	Graduate	0	0	0	0	0	0	0				
	Illiterate	0	0	3	100	0	0	3				
Occupation	House wife	5	8.62	2	3.44	51	87.9	58	2	2.68	5.99	significant
	Job	1	50	0	0	1	50	2				
Gestational	1-12 week	3	13.0	20	86.9	0	0	23	4	44.15	9.49	Not significant
	13-24 week	2	6.25	3	9.37	27	84.3	32				
	25-37 week	1	20	4	80	0	0	5				
Religion	Hindu	5	14.2	2	5.71	28	80	35	6	43.4	12.59	Not significant
	Muslim	1	4.54	20	90.9	1	4.54	22				
	Christian	1	33.3	2	66.6	0	0	3				
	Other	0	0	0	0	0	0	0				
Food-Habit	Vegetarian	1	5.26	17	89.4	1	5.26	19	4	44.56	9.49	Not significant
	Non-veg.	0	0	0	0	0	0	0				
	Both	5	12.1	2	4.87	34	82.9	41				

## Conclusion

The chapter deals with the analysis and interpretation of the data collected from 60 samples. Descriptive and inferential statistics methods were used to analysis the data. The mean post-test knowledge score was higher than mean pre-test knowledge score. Significance of the difference between pre-test and post-test knowledge was statistically tested using paired 't' test and it was found significant.

Hence it was proved that the planned teaching programme was effective in increasing knowledge of antenatal mothers in selected hospital of Kheda district.

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