International Journal of Trend in Scientific Research and Development (IJTSRD)
Volume 8 Issue 3, May-June 2024 Available Online: www.ijtsrd.com e-ISSN: 2456 – 6470

Effectiveness of STP on Knowledge Regarding Postnatal Care among Antenatal Women

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ABSTRACT

This present study was done under the topic "A study to assess the effectiveness of STP on knowledge regarding post-natal care among antenatal women at selected antenatal clinics of Gwalior." The aim of the study is to identify the Effectiveness of STP on knowledge regarding post-natal care among antenatal women visiting selected antenatal clinics of Gwalior, M.P. Objective of the study was to assess the pretest knowledge regarding post-natal care among antenatal women, to assess the effectiveness of STP on post-natal care, to find out an association between pretest knowledge regarding post-natal care among antenatal women with their selected demographic variables, to find out an association between post-test knowledge regarding post-natal care among antenatal women with their selected demographic variables. The research approach adopted for this study is quantitative research approach. The research design adopted for this study was one group pretest post-test design. The data was collected through the tool which is prepared by the investigator. The sample consists of 30 antenatal women visiting at selected antenatal clinics of Gwalior. The tool has two parts. Section – I: Socio Demographic data, Section – II: Questionnaire on knowledge regarding post-natal care among antenatal women. The Findings of the study revealed that Most of the participants belongs to the age group of 30 years and above 33%, most of the samples are Hindus 43%, most of the participant had primary education 36%, 40% are homemakers, 56% belongs to joint family most of the samples got information regarding postnatal complication from mass media 30%, 43% participants had monthly income of more than 20000 Rs. Study revealed that in pretest mean score was 6,36, standard deviation 1.85 and range 6, in post-test mean score was 15.7, standard deviation 2 and range 7. Study revealed that in pretest most of the participant had poor knowledge regarding post-natal care 24, 06 samples had average knowledge and nobody had good knowledge. and after administering structured teaching program on post-natal care most of the sample obtained average knowledge 19 and 11 sample obtained good knowledge and nobody had poor knowledge regarding post-natal care. Since the obtained value of t test is 8.23 is greater than the table value of 1.68, Structured teaching programme was effective. Chi square test used to find out the association between selected demographic variables of participants with pretest knowledge regarding post-natal care. Since majority of demographic variables had no association with pretest knowledge regarding post-natal care null hypothesis was accepted and research hypothesis was rejected except sources of information regarding postnatal care. Means there is no significant association between pretest knowledge level regarding postnatal care with the selected demographic variables of antenatal women. Chi square test used to find out the association between selected demographic variables of participants with post-test knowledge regarding post-natal care. Since majority of demographic variables had no association with pretest knowledge regarding post-natal care null hypothesis was accepted and research hypothesis was rejected. It means there is no significant association between post-test knowledge score regarding post-natal care among antenatal women with selected demographic variables'.

KEYWORDS: *Knowledge, Post Natal Care, Antenatal Women, Antenatal Clinic, Gwalior*

How to cite this paper: Alveera Baseer | Dr. Prof Mrs. Mini Anil | Dr. Raj Amit Singh Gurjar "Effectiveness of STP on Knowledge Regarding Postnatal Care among Antenatal Women" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-3, June 2024, pp.1029-1034, URL: www.ijtsrd.com/papers/ijtsrd66043.pdf

IJTSRD66043

NEED FOR THE STUDY

The WHO estimates that an approximate 830 women die every day worldwide due to preventable causes related to pregnancy and childbirth. Pregnancy and childbirth are often addressed as a normal phenomenon, and the complications also tend to be unnoticed. Skilled care before, during, and after childbirth can save the lives of women and newborn babies. Recommended care during pregnancy is received only by half of the pregnant women worldwide. Even though assisted and institutional deliveries are on the rise, there is still an estimated one million women annually who deliver in the absence of a skilled birth attendant also.

Maternal mortality is higher in women living in rural areas and among poorer communities. Young adolescents face a higher risk of complications and death as a result of pregnancy than other women. Skilled care before, during and after childbirth can save the lives of women and newborn babies. Only a small proportion of women in developing countries-less than 30% receive adequate postpartum care. In very poor countries and regions as few as 5% of who receive such care. A large proportion of maternal deaths occur during the first 6 weeks after delivery, and postpartum care might help to prevent many of these deaths. In developed countries, 90% of new mothers receive postpartum care.

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STATEMENT OF THE PROBLEM

A study to assess the effectiveness of STP on knowledge regarding post-natal care among antenatal women at selected antenatal clinics of Gwalior.

OBJECTIVE OF THE STUDY

1. To assess the pretest knowledge regarding post-natal care among antenatal women.
2. To assess the effectiveness of STP on post-natal care
3. To find out an association between pretest knowledge regarding post-natal care among antenatal women with their selected demographic variables.
4. To find out an association between post-test knowledge regarding post-natal care among antenatal women with their selected demographic variables.

HYPOTHESES

H0:- There is no significant difference between pretest and post-test knowledge score among antenatal mothers regarding post-natal care.

H1:- There is a significant difference between pretest and post-test knowledge score among antenatal mothers regarding post-natal care.

HO:- There is no significant association between pretest knowledge level regarding post-natal are with selected demographic variables.

H2:- There is a significant association between pretest knowledge level regarding post-natal care with selected demographic variables.

H0:- There is no significant association between post-test knowledge regarding post-natal care with selected demographic variables.

H3:- There is a significant association between post-test knowledge regarding post-natal care with selected demographic variables.

Material and method:-

Research approach and design:- Quantitative approach with one group pretest post-test experimental design.

Setting of the study:- Antenatal clinic at Gwalior, M.P.

Study population:- Antenatal mother who are attending antenatal clinic.

Accessible population:- Antenatal mother who are attending selected antenatal clinics of Gwalior, M.P

Sample size:- 30

Sampling technique:- Non Probability sampling, convenient sampling technique.

Inclusive criteria:

INCLUSION CRITERIA

1. Antenatal women who are willing to participate in the study.
2. Antenatal women attending antenatal clinic.
3. Antenatal-women those who can understand Hindi.

EXCLUSION CRITERIA

1. Antenatal -women who are not willing to participate in the study.
2. Antenatal -women who are not available at the time of study.

Variable under the study:

Independent variables:- In this study the structured teaching program on knowledge regarding post-natal care among antenatal women was the independent variables.

Dependent variable - In this study the research variables are knowledge regarding postnatal care among antenatal women attending selected antenatal clinic of Gwalior.

Demographic variables - The demographic variables are age in year, religion, educational status, occupational status, type of family, monthly income. of antenatal women.

Description of Tools

The tool is divided into section A and B, **Section A:** Socio-demographic variable, **Section B:** Structured knowledge questionnaire regarding post-natal care. **Section A:** This part consists of 6 items necessary to obtain demographic data of the research samples such as age,in years, religion, educational status, occupational status, type of family, monthly income. **Section B:** This part consists of **24** knowledge questionnaires to assess the knowledge regarding postnatal care among antenatal woman.

Data collection procedure: -

Primarily permission was obtained from selected antenatal clinic of Gwalior, Madhya Pradesh. After getting permission, written consent was obtained from the antenatal women, to participate in the study. The data was collected on 15/8/2022 to 30/9/2022. Prior to data collection consent was obtained from the respondent and confidentiality was assured. The responses from the participants were collected using a self-structured knowledge questionnaire. A total of 30 antenatal women were selected. The data collection process was terminated after expressing thanks to the antenatal women for their participation and cooperation.

LIMITATIONS

1. The study is limited to 30 antenatal women.
2. The study is limited to those people who are interested to participate in the study.
3. The study is limited to 4 weeks.
4. The study is limited to selected antenatal clinics only.

Analysis and interpretation of data

Section I:- Base line characteristics of participants.

Table 1:- Baseline characteristics of the participants

Sl.no	Demographic variables	frequency	percentage
1.	**Age in year**		
	18-21 years	05	16
	22-25 years	07	23
	26-29 years	08	26
	30 years and above	10	33
2.	**Religion**		
	Hindu	13	43
	Muslim	12	40
	Christian	05	16
	others	00	00
4.	**Educational status**		
	No formal education	05	16
	Primary education	11	36
	Secondary education	09	32
	Graduation and above	05	16
5.	**Occupational status**		
	Un employed	06	20
	Unskilled trainer	01	3.33
	Skilled trainer	08	26
	Home maker	12	40
	professional	03	10
5.	**Type of family**		
	joint	17	56
	nuclear	13	43

6.	**Source of information** No information	08	26
	Family members	07	23
	Mass media	09	30
	Health care professional	06	20
7.	**Monthly income** <=7000	05	16
	7001-20000	12	40
	20001 and above	13	43

Section II:- Mean, standard deviation and Range of data of participants

Table no 2:- Mean, standard deviation and range of participant based on pretest and post-test knowledge score regarding postnatal care.

	mean	Standard deviation	range
Pretest	6.36	1.84	6
Post-test	15.7	2	7

Section III:- Analyze the effectiveness of STP on postnatal care

To analyze the effectiveness of STP on post-natal care the investigator constructed the hypotheses

H0:- There is no significant difference between pretest and post-test knowledge score among antenatal mothers regarding post-natal care.

H1:- There is a significant difference between pretest and post-test knowledge score among antenatal mothers regarding post-natal care.

Table no 3:- Knowledge level of participant based on the category

Knowledge level	Poor knowledge	Average knowledge	Good knowledge	t test value
Pretest	24	06	00	8.23
Post-test	0	19	11	

t test used to find out the effectiveness of STP on post-natal care.

Since the obtained t test value is 8.23, is greater than the table value of 1.68, Structured teaching program was effective. I.e. hypotheses 1 was accepted.

Section IV:- Chi-square test to find out the association between selected demographic variables of participants with pretest knowledge regarding post-natal care.

HO:- There is no significant association between pretest knowledge level regarding post-natal are with selected demographic variables.

H2:- There is a significant association between pretest knowledge level regarding post-natal care with selected demographic variables.

Table no 4:- Chi square test used to find out the association between selected demographic variables of participants with pretest knowledge regarding post-natal care.

Sl.no	Demographic variables	Knowledge level		Obtained value	Table value	interference
		<= mean	>mean			
1.	**Age in year** 18-21 years	4	1	1.47	7.81	NS
	22-25 years	5	2			
	26-29 years	4	4			
	30 years and above	6	4			
2.	**Religion** Hindu	10	03	2.32	7.81	NS
	Muslim	07	05			
	Christian	02	03			
	others	00	00			

3.	**Educational status** No formal education	05	00	3.57	7.81	NS
	Primary education	06	05			
	Secondary education	05	04			
	Graduation and above	03	02			
4.	**Occupational status** Un employed	04	02	4.04	9.48	NS
	Unskilled trainer	07	01			
	Skilled trainer	01	00			
	Home maker	06	06			
	professional	01	02			
5.	**Type of family** Joint	12	05	0.92	3.84	NS
	Nuclear	07	06			
6.	**Source of information** No information	08	00	15.18	7.81	S
	Family members	05	02			
	Mass media	06	03			
	Heallth care professional	00	06			
7.	**Monthly income** <=7000	04	01	3.03	5.99	NS
	7001-20000	09	03			
	20001 and above	06	07			

Table value 1=3.84, 2=5.99, 3= 7.81, 4=9.48

Since majority of demographic variables had no association with pretest knowledge regarding post-natal care null hypothesis was accepted and research hypothesis was rejected except sources of information regarding postnatal care. It means there is no significant association between pretest knowledge score with selected demographic variables

Section V:- Chi square test to find-out the association between selected demographic variables of participants with post-test knowledge regarding post-natal care.

H0:- There is no significant association between post-test knowledge regarding post-natal care with selected demographic variables.

H3:- There is a significant association between post-test knowledge regarding post-natal care with selected demographic variables.

Table no 5:- chi square test used to find-out the association between selected demographic variables of participants with post-test knowledge regarding post-natal care.

Sl. no	Demographic variables	Knowledge level		Obtained value	Table value	interference
		<= mean	>mean			
1.	**Age in year** 18-21 years	03	05	0.59	7.81	NS
	22-25 years	03	07			
	26-29 years	04	08			
	30 years and above	04	10			
2.	**Religion** Hindu	09	04	5.06	7.81	NS
	Muslim	04	08			
	Christian	01	04			
	others	00	00			

3.	**Educational status** No formal education	03	02	2.68	7.81	NS
	Primary education	03	08			
	Secondary education	05	04			
	Graduation and above	03	02			
4.	**Occupational status** Un employed	03	03	6.23	9.48	NS
	Unskilled trainer	06	02			
	Skilled trainer	00	01			
	Home maker	03	09			
	professional	02	01			
5.	**Type of family** Joint	10	07	2.30	3.84	NS
	Nuclear	04	09			
6.	**Source of information** No information	04	04	2.89	7.81	S
	Family members	05	02			
	Mass media	03	06			
	Heallth care professional	02	04			
7.	**Monthly income** <=7000	03	02	2.34	5.99	NS
	7001-20000	07	05			
	20001 and above	04	09			

Table value 1=3.84, 2=5.99, 3= 7.81, 4=9.48

Since majority of demographic variables had no association with pretest knowledge regarding post-natal care null hypothesis was accepted and research hypothesis was rejected. It means there is no significant association between post-test knowledge score regarding post-natal care with the selected demographic variables of antenatal mother

Conclusion: -

The findings of the study recommended for the further approaches to assess and improve the knowledge regarding post-natal care among antenatal women. The present study proved the necessity of the education program in providing knowledge, attitude, and practice regarding post-natal care.

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