



EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING ANTENATAL DIET AMONG PRIMIGRAVIDA AND MULTIGRAVIDA MOTHERS

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ABSTRACT This research study was undertaken to assess the effectiveness of a planned teaching program on knowledge regarding antenatal diet among primigravida and multigravida mothers attending antenatal clinics in SAIMS Hospital of Indore City (M.P.). The target population consists of antenatal mothers of the Indore city, sample size is 40, and the convenient sampling technique was used. Demographic variables were used. The overall mean of pre-test knowledge scores on Antenatal Diet among primigravida and multigravida mothers was found 8.95 and the overall mean of post-test score was found on Antenatal Diet among primigravida and multigravida mothers was 10.9 and enhancement in the mean percentage knowledge score was found to be highly significant at 57.5% level for all the aspects under study. There was no significant association of pretest knowledge score and any selected socio-demographic variables.

KEYWORDS : knowledge of the antenatal mother about antenatal diet.

INTRODUCTION

Antenatal diet is the food which is taken by a mother at the time of pregnancy. A good food intake and optimum maternal nutrition is essential for a pregnancy. Women in the first three months of pregnancy are important as most of the physical and mental growth of the baby takes place during this time. Nutrition plays an important role to have a healthy pregnancy. Pregnancy happens to be the most demanding period of a woman's life; hence eating a balanced diet becomes all the more important.

Adequate nutrition before and during pregnancy has greater potential for a long-term health impact than it does at any other time. Maternal health is a complex, influenced by various genetic, social and economic factors, infection and environment condition, many of which may affect the foetal growth, physiological adaptation result in improved utilization of nutrients either through increased metabolism.

A woman who has been well nourished before conception begins her pregnancy with a reserve of several nutrients so that the needs of the growing fetus can be met without affecting her health. Infants who are well nourished in the womb, have an enhanced chance of entering life in good physical and mental health. The effect of under nutrition during reproduction will vary depending upon the nutrients involved, the length of time it is lacking and the stage of gestation at which it occurs. A woman whose diet is adequate before pregnancy is usually able to bear a full-term viable infant, without extensive modification of her diet. Mother's diet should produce adequate nutrients so that maternal stores do not get depleted. Sufficient milk to nurse her child after birth, the nutritional demands are highly increased in adolescent mothers.

OBJECTIVE OF THE STUDY

- To assess the pre-test knowledge score of antenatal diet among primigravida and multigravida mothers
- To assess the post-test knowledge score of antenatal diet among primigravida and multigravida mothers after administration of a planned teaching program.
- To assess the effectiveness of a planned teaching program regarding knowledge of antenatal diet among antenatal mothers.

RESEARCH HYPOTHESES

At the level of significance $P \leq 0.05$

H1- There will be a significant association between pretest knowledge score and selected demographic variables.

H2- There will be no significant association between pretest knowledge score and selected demographic variables.

METHODOLOGY

An evaluative approach was used for the study, and a research design of one group pre-test post-test evaluative design was adopted. The target population consists of antenatal mothers of Indore city. The sample size included in the study were 40 antenatal mothers. They were chosen by non-probability convenient sampling technique. They were given a self-structured observational checklist to give their response to assess the knowledge regarding antenatal diet.

RESULTS

The overall mean of pre-test knowledge scores on Antenatal Diet among primigravida and multigravida mothers was found 8.95 and the overall mean of post-test score was found on Antenatal Diet among primigravida and multigravida mothers was 10.9 and enhancement in the mean percentage knowledge score was found to be highly significant at 57.5% level for all the aspects under study. There was no significant association of pretest knowledge score and any selected socio-demographic variables.

Table No:02 Frequency And Percentage Distribution Of Selected Demographic Variables Of Nursing Students.

S. NO.	Demographic Variables	NO	Percentage
1	Age in Years		
	a. 20-25	20	50.0
	b. 26-30	16	40.0
	c. 31-35	3	8.0
2	d. 36-40	1	2.0
	Religion		
	a. Hindu	35	87.5
	b. Muslim	4	10.0
3	c. Christian	0	0.0
	d. Others	1	2.5
	Education		
	a. Not educated	2	5.0
4	b. Secondary	13	32.5
	c. Higher secondary	17	42.5
	d. graduate	8	20.0
	No. of pregnancy		
5	a. 1 st pregnancy	11	27.5
	b. 2 nd pregnancy	22	55.0
	c. 3 rd pregnancy	6	15.0
	d. 4 th pregnancy	1	2.5
6	Occupation		
	a. Labour	2	5.0
	b. Self employed	3	7.5
	c. House wife	30	75.0
7	d. Salary employed	5	12.5

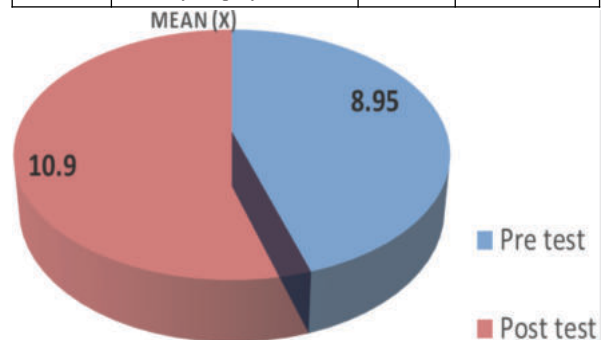


Figure 1.1 Comparison Between Pre-test And Post Test Knowledge

Table 2 Comparison Between Pre-test And Post Test Knowledge

Knowledge Score	Mean (X)	S.D.	Std. error of mean	Degree of Freedom	t Value	Significance
Pre test	8.95	4.12	0.21213	39	-12.814	P<0.001
Post test	10.9	2.20	0.212132			

CONCLUSION

After the detailed analysis, this study leads to the following conclusion. Data presented shows that 16 antenatal mothers have poor knowledge regarding the antenatal diet, 23 antenatal mothers have average knowledge and only 1 antenatal mother have good knowledge regarding antenatal diet. After the implementation of planned teaching program, there is significant increase in knowledge of the mothers regarding antenatal diet which is calculated by “t” test and the result was good. There was significant association between knowledge regarding antenatal diet, age of antenatal mothers religion, monthly income, education status, occupation. Hypothesis H2 made by the investigator shows that there is significant increase of knowledge of the mothers regarding antenatal diet.

Limitations

1. Antenatal Mothers who are attending SAIMS Hospital in Indore.
2. Mothers who are willing to participate in this study.
3. Mothers who are available at the time of study.

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