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# A Study to Assess the Effect of PTP regarding ANC Exercise among Antenatal Mothers Attending Antenatal Clinic in Supane PHC, Karad Taluka

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**Abstract:** ***Background: Antenatal exercises , have been viewed as a reassuring sign of healthy pregnancy staying a active has lots of benefits both during your pregnancy and when it comes to giving birth . These exercises may be carried on with normal routine exercises. Objectives: 1) To assess effectiveness of planned teaching regarding antenatal exercise among antenatal mothers. 2) To assess knowledge of antenatal exercise among antenatal mothers. 3) To find out association between level of knowledge with selected demographic variables. Methodology: Purposive sampling method was used to select 30 antenatal mothers. A structured questionnaire was prepared for assessing the knowledge of the antenatal mothers. The tool consisted of two sections. Section- I included items seeking information on demographic profile, Section- II included items to assess knowledge of antenatal mothers regarding selected antenatal exercises. Result: Pre test mean knowledge score was 6.633 with standard deviation of 1.732, the post test mean knowledge score was 8.233 with standard deviation of 1.278. The paired't' test value was -6.240 with the degree of freedom is 29. Which showed statistical significance at p<0.0001. Conclusion: The planned teaching regarding antenatal exercises is effective.***

**Keywords:** Antenatal Exercises, Antenatal Mothers, Planned Teaching Programme, Effect

## 1. Introduction

A study compared exercising with non exercising women and found that women who exercise had significantly higher self esteem and lower rating for physical discomfort than those from the non exercising group. The study findings point to the importance of exercise during pregnancy. [2]

The main aims of the study were to investigate the effects of undertaking a regular exercise programme during and following pregnancy on physical well-being, pregnancy and birth outcomes. To have reduced risk of obesity, gestational diabetes, hypertension, and preeclampsia. [8]

## 2. Materials and Methods

The study was conduct on 30 antenatal mothers Attending Antenatal clinic in Supane PHC, Karad Taluka. A tool used for Data collection was Planned Questionnaire, An evaluative approach was used. Non probability purposive sampling technique was used.

**Results: Analysis and interpretation of the data was based on the projected objectives of the study viz.**

1) To assess effectiveness of planned teaching regarding antenatal exercise among antenatal mothers.
2) To assess knowledge of antenatal exercise among antenatal mothers.
3) To find out association between level of knowledge with selected demographic variables.

## 3. Organization of Study Findings

**Section I:** Demographic data (age, education, monthly income, Gender.)

**Section II:** Structured knowledge questionnaire on following broad aspects –

1) Information of antenatal exercises
2) Advantages of antenatal exercises
3) Precautions to be taken during antenatal exercises

**Section-I**

**Table 1:** Frequency and percentage distribution of demographic variables of subjects N=30

| *Sr. No.* | *Demographic Variable* | *F* | *%* |
|---|---|---|---|
| 1 | **Age in years** | | |
| | 18 to 30 years | 26 | 86.66 |
| | 31 to 40 years | 4 | 13.33 |
| 2 | **Gender** | | |
| | Female | 30 | 100 |
| 3 | **Education** | | |
| | Primary School | 6 | 20 |
| | Secondary school | 18 | 60 |
| | Graduate | 5 | 16.66 |
| | Illiterate | 1 | 3.33 |
| 4 | **Income** | | |
| | Below 3000/- | 9 | 30 |
| | 3000 to 6000 Rs | 8 | 26.66 |
| | 6000 to 9000 Rs | 7 | 23.33 |
| | Above 9000/- | 6 | 20 |

The data presented in table no.1 indicates that majority of the samples **(86.66%)** belongs to age group of 18 to 30 years. In terms of gender hundred percent **(100%)** were Females, Majority of the Educational status of subjects **(60%)** are Secondary School. Majority of the family subjects **(30%)** had monthly income below 3000.

**Section-II**

**Pre-Test:** Association between knowledge regarding ANC exercises with the demographic variables. N=30

| *Sr. No.* | *Demographic Variable* | *F* | *%* | *Chi-square* | *Df* | *P-value* |
|---|---|---|---|---|---|---|
| 1 | **Age in years** | | | | | |
| | 18 to 30 years | 26 | 86.66 | 1.885 | 1 | 0.169(NS) |
| | 31 to 40 years | 4 | 13.33 | | | |
| 2 | **Education** | | | | | |
| | Primary School | 6 | 20 | 0.5357 | 2 | 0.765(NS) |
| | Secondary school | 18 | 60 | | | |
| | Graduate | 5 | 16.66 | | | |
| | Illiterate | 1 | 3.33 | | | |
| 3 | **Income** | | | | | |
| | Below 3000/- | 9 | 30 | 0.6234 | 3 | 0.891(NS) |
| | 3000 to 6000 Rs | 8 | 26.66 | | | |
| | 6000 to 9000 Rs | 7 | 23.33 | | | |
| | Above 9000/- | 6 | 20 | | | |

**Post-Test:** Association between knowledge regarding ANC exercises with the demographic variables. N=30

| *Sr. No.* | *Demographic Variable* | *F* | *%* | *Chi-square* | *Df* | *P-value* |
|---|---|---|---|---|---|---|
| 1 | **Age in years** | | | | | |
| | 18 to 30 years | 26 | 86.66 | 0.7101 | 1 | 0.399(NS) |
| | 31 to 40 years | 4 | 13.33 | | | |
| 2 | **Education** | | | | | |
| | Primary School | 6 | 20 | 10.288 | 3 | **0.016 (S)** |
| | Secondary school | 18 | 60 | | | |
| | Graduate | 5 | 16.66 | | | |
| | Illiterate | 1 | 3.33 | | | |
| 3 | **Income** | | | | | |
| | Below 3000/- | 9 | 30 | 1.755 | 3 | 0.624 (NS) |
| | 3000 to 6000 Rs | 8 | 26.66 | | | |
| | 6000 to 9000 Rs | 7 | 23.33 | | | |
| | Above 9000/- | 6 | 20 | | | |

Calculated value "$\chi^2$" shows that in there was statistically significant association between **Education (P< 0.016)** level of significance regarding ANC Exercise in the Antenatal Mothers. Therefore, Education plays an important role in lack of knowledge regarding ANC exercise in the Antenatal Mothers.

## 4. Discussion

In the present study conclude Pre test mean knowledge score was **6.633** with standard deviation of **1.732,** the post test mean knowledge score was 8.233 with standard deviation of **1.278.** The Paired 't' test value was **6.240**which showing that Planned Teaching Programme was Effective. The above findings were supported by a similar cross sectional study was done by **Norwegian Institute of Public Health** Participants were **18,865** primiparous women and data were collected by self-completed questionnaires. The results of women who performed pelvic floor muscle training less than once per week, **7.2%** sustained a third-degree or fourth-degree laceration compared with **6.3%** of women who performed pelvic floor muscle training at least three times per week.

**An observational study was conducted regarding the effects of recommended levels of physical activity on pregnancy outcomes in America.** A sample of **44 healthy antenatal mothers** was taken as active and inactive mothers. Active mothers who engaged **≥30** minutes of moderate physical activity per day had significantly better fitness and lower sleeping heart rate compared to the inactive. The result showed duration of second stage of labour was 88 and 146 minutes in the active v/s inactive mothers **(p=0.05).** Crude odds ratio of operative delivery in the inactive v/s active was **3.7 (95% CI, 0.87-16.08).** Birth weight, maternal weight gain and parity adjusted odds ratio was **7.6 (95% CI, 1.23-45.8).** The study concluded that active mothers had better outcome while compared to inactive mothers. [13]

**The study was conducted to evaluative research approach with quasi- experimental Pre-test and Post-test control group design adopted.** The study includes **60** antenatal mothers who were selected as sample by non-probability purposive sampling technique in selected hospitals. post-test mean percentage of knowledge and attitude was higher **(88% and 83.2%)** in experimental group than in control group **(37.86% and 54.6%)** respectively, where 't' value were knowledge **(t=26.67 at p<0.001)** and attitude **(t=16.32 at p<0.001).** The finding signifies that the structured teaching programme was effective to enhance the knowledge and to mould attitude of antenatal mothers. [15]

## 5. Conclusion

The samples had a highly significant gain in knowledge after planned teaching. Hence, the planned teaching programme with demonstration of antenatal exercises is an effective method for educating the antenatal mothers. In

each hospital antenatal clinic antenatal mother should be aware about antenatal exercises and to practice during antenatal period.

## References

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