

A Study to Assess the Effectiveness of Computer Assisted Teaching Programme on Knowledge Regarding Antenatal Exercises among Primi Mothers at Primary Health Center Tambaram

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Abstract: A woman in her role as a mother forms the backbone of the family. Childbirth is a biological function, which maintains the family continuum. In this study, the discussion of the result of the data analyzed based on the objective of the study. Problem statement was "A study to assess the effectiveness of computer assisted teaching programme on knowledge regarding antenatal exercises among primi mothers at Primary Health Center Tambaram". Analysis revealed It shows that the pretest mean score of knowledge regarding antenatal exercises among primi gravida mothers was 8.53 ± 2.48 and the post test mean score was 17.58 ± 1.62 . The pretest mean percentage was 42.7% and the post test mean percentage was 87.9%. The mean improvement score was 9.05 and mean improvement percentage score was 45.2. The calculated paired 't' test value of $t = 25.359$ was found to be statistically highly significant at $p < 0.001$ level. These findings indicated that Computer Assisted Teaching on knowledge regarding antenatal exercises administered to the primi gravida mothers was found to be effective and the post test level of knowledge significantly improved among them in the post test. The study revealed that the knowledge regarding antenatal exercises was highly significant after administering Computer Assisted Teaching Programme. Findings showed that the computer assisted teaching programme was effective in increasing the knowledge among primi gravida mothers regarding antenatal exercises. This Computer Assisted Teaching Programme played an important role in improving the knowledge of primi gravida mothers. The result showed that there is a significant difference between pre test and post test knowledge scores. Computer assisted teaching programme will help the primi mothers to improve their knowledge regarding antenatal exercises.

1. Introduction

"Those who do not find time for exercise will have to find time for illness".

- Earl of Derby

Pregnancy is a beautiful experience which can be made more enjoyable with little care. Pregnancy is the state of carrying foetus inside the uterus by a woman from conception to birth. It is normal physiological phenomenon which needs love and care. Antenatal period begins with conception and continues to birth. Antenatal care is essential until the birth of the baby. It aims at the promotion and maintenance of physical and mental health of the mother during pregnancy, labour and puerperium. It also has the objective of preparing the mother for labour, puerperium and child care. It also helps to diagnose the abnormalities early and save the life and improve health of mother and baby. Antenatal care focuses on well balanced diet, rest & sleep, personal hygiene, antenatal checkups and antenatal exercises.

Statement of the Problem

A study to assess the effectiveness of computer assisted teaching programme on knowledge regarding antenatal exercises among primi mothers at Primary Health Center Tambaram.

Objectives

- To assess the pretest and post test level of knowledge of primi gravida mothers regarding antenatal exercises.

- To assess the effectiveness of computer assisted teaching programme on knowledge of primi gravida mother regarding antenatal exercises.
- To associate the overall mean improvement level of knowledge of primi gravida mothers on antenatal exercise with selected demographic variables.

Hypothesis

- H1** There is a significant difference between pre and post test level of knowledge regarding antenatal exercises among primi gravida mothers.
- H2** There is a significant association of post test level of knowledge with selected demographic variables regarding antenatal exercises among primi gravida mothers.

Delimitation

The data collection period will be 6 weeks.

2. Research Methodology

The research approach chosen for the study was Quantitative approach. The research Design - pre experimental design The research design chosen for the present study was one group pretest and posttest design. Observations were made before and after giving adequate explanation of antenatal exercises among Primi Gravida Mothers. The sampling technique is purposive sampling technique. The tool was validated by 6 experts in the field of nursing, medical and biostatistics and their suggestions was incorporated in the study.

Method of data collection

Inclusion criteria:

- 1) Primi mothers who are willing to participate in the study.
- 2) Primi mothers who are able to understand tamil or english.

Exclusive criteria:

- 1) Primi mothers who are at risk registered.
- 2) Primi mothers who are not willing to practicing antenatal exercises.
- 3) 9 Development and description of the tool

The tool is developed after extensive review of literature from various text book, journals, internet search and discussion and guidance from the experts in the field of nursing, department of obstetrics and gynecology and physiotherapist

Description of the tool

The tool consists of two sections

Section A - It includes the demographic data and selected variables which are age, education, religion, types of family, socioeconomic status, obstetric score, gestational weeks and previous source of information.

Section B-Consist structured questionnaire it including Knowledge items regarding types of antenatal exercises.

3. Result

The findings of the study were grouped and analyzed under the following sessions.

Section A: Description of the demographic variables of the primi gravida mothers.

Section B: Assessment of pretest and post test level of knowledge regarding antenatal exercises among primi gravida mothers.

Section C: Effectiveness of Computer Assisted Teaching on knowledge regarding antenatal exercises among primi gravida mothers.

Section D: Association of post test level of knowledge with demographic variables.

Section A: Description of the demographic variables of the primi gravida mothers.

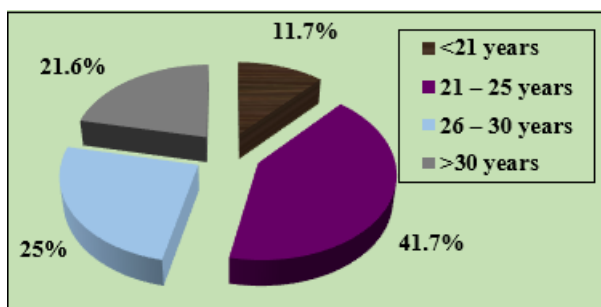


Figure 1: Percentage distribution of age of primi gravida mothers (N=60)

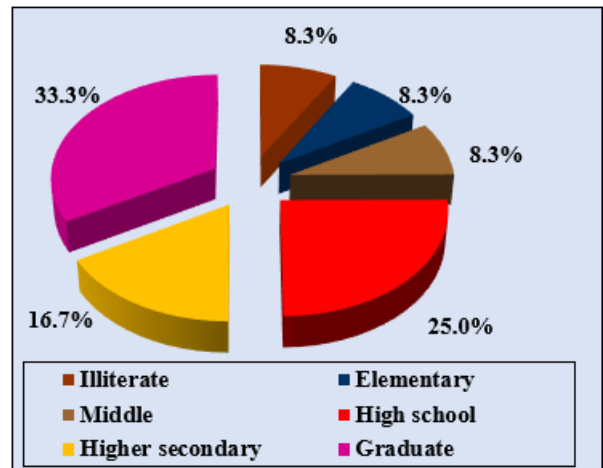


Figure 2: Percentage distribution of education of primi gravida mothers (N=60)

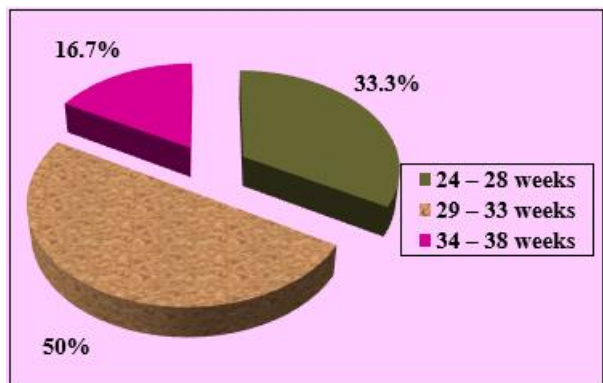


Figure 3: Percentage distribution of gestational age of primi gravida mothers (N=60)

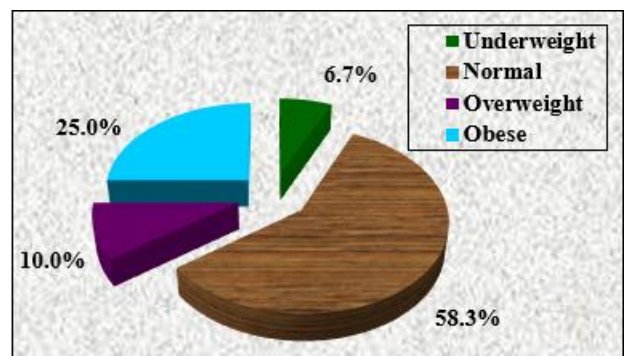


Figure 4: Percentage distribution of BMI of primi gravida mothers (N=60)

Section B: Assessment of pretest and post test level of knowledge regarding antenatal exercises among primi gravida mothers.

Table 1: Frequency and percentage distribution of pretest and post test level of knowledge regarding antenatal exercises among primi gravida mothers, N = 60

| Knowledge | Inadequate (1 – 10) | | Moderately Adequate (11 – 15) | | Adequate (16 – 20) | |
|-----------|---------------------|-------|-------------------------------|-------|--------------------|-------|
| | No. | % | No. | % | No. | % |
| Pretest | 49 | 81.67 | 11 | 18.33 | 0 | 0 |
| Post Test | 0 | 0 | 5 | 8.33 | 55 | 91.67 |

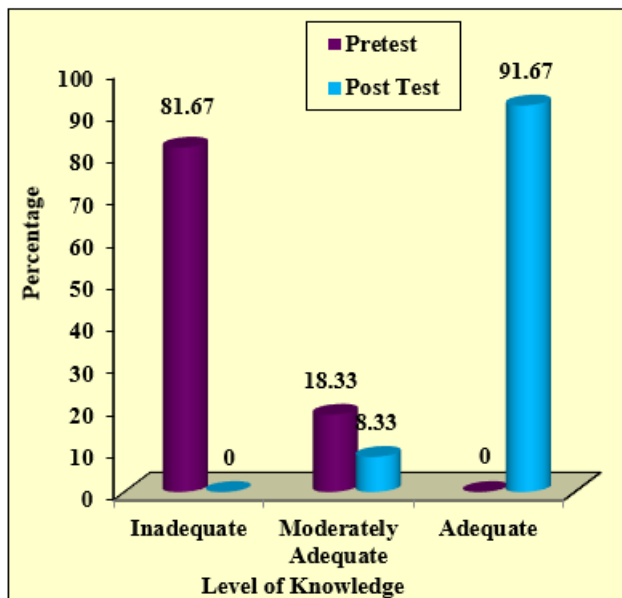


Figure 5: Percentage distribution of pretest and post test level of knowledge regarding antenatal exercises among primi gravida mothers. (N = 60)

Section C: Effectiveness of Computer Assisted Teaching on knowledge regarding antenatal exercises among primi gravida mothers.

Table 2: Comparison of pretest and post test scores of knowledge regarding antenatal exercises among primi gravida mothers

| Knowledge | Mean | Mean % | SD | Mean Improvement Score & % | Paired 't' test Value |
|-----------|-------|--------|------|----------------------------|--------------------------------|
| Pretest | 8.53 | 42.7% | 2.48 | 9.05 (45.2%) | t = 25.359 p = 0.0001, S*** |
| Post Test | 17.58 | 87.9% | 1.62 | | |

***p<0.001, S – Significant

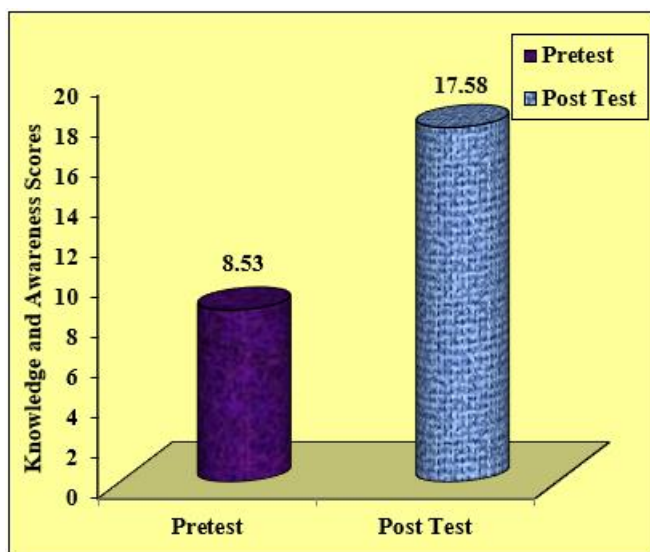


Figure 6: Comparison of pretest and post test scores of knowledge regarding antenatal exercise among primi gravida mothers (N = 60)

4. Discussion

This chapter discusses in detail about the findings of the study interpreted from the statistical analysis, in accordance with the objectives of the study and further discussion will illustrate the fulfilment of objective by the study findings. The purpose of the study was to to assess the effectiveness of computer assisted teaching programme on knowledge regarding antenatal exercises among primi gravida mothers at Primary Health Center at Tambaram.

The study findings were supported by descriptive study conducted by Snehal Dharmadhikari (2021) to assess the Effect of Antenatal Exercise among Antenatal Mothers Attending Antenatal Clinic in Supane PHC, KaradTaluka 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. Methodology: Purposive sampling method was used to select 30 antenatal mothers. A structured questionnaire was prepared for assessing the knowledge of the antenatal mothers. 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? test value was - 6.240 with the degree of freedom is 29. Which showed statistical significance at p<0.0001. The planned teaching regarding antenatal exercises is effective.

The study findings were supported by another study conducted by Bharati Satish Weljale (2017) was conducted study to the assess effectiveness of planned teaching regarding antenatal exercises among antenatal mothers. Purposive sampling method was used to select 100 antenatal mothers. A structured questionnaire was prepared for assessing the knowledge of the antenatal mothers. The finding shows that the mean knowledge scores about antenatal exercises obtained from mothers in pretest was 4.43 and in post - test 16.98. The study concluded that planned teaching regarding antenatal exercises is effective in improving the knowledge of antenatal mothers regarding antenatal exercises.

The third objective was to associate the overall mean improvement level of knowledge of primi mothers on antenatal exercise with selected demographic variables.

Table 4 depicts the association of post test level of knowledge regarding antenatal exercises among primi gravida mothers with their selected demographic variables.

The table 4 depicts that the demographic variable BMI ($\chi^2=8.883, p=0.031$) had shown association with post test level of knowledge regarding antenatal exercise among primi gravida mothers at p<0.05 level and the other demographic variables had shown statistically significant association with post test level of knowledge regarding antenatal exercise among primi gravida mothers.

Thus, the hypothesis H2 stated earlier that “There is a significant association of post test level of knowledge with selected demographic variables” was accepted for the

demographic variable BMI and not accepted for all other demographic variables.

5. Conclusion

The study was to assess the knowledge regarding antenatal exercise among primi gravida mothers.

The objective of the study is to determine the effectiveness of Computer Assisted Teaching Programme regarding antenatal exercises among primi gravida mothers. The result showed that there is a significant difference between pre test and post test knowledge scores.