

# A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge regarding Postnatal Exercises among Postnatal Mothers Admitted in Selected Hospital, Bareilly, U.P.

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**Abstract:** A pre-experimental study to assess the effectiveness of planned teaching programme on knowledge regarding postnatal exercises among postnatal mothers admitted in SRMS hospital, Bareilly. pre-experimental research design was used. 60 postnatal mothers who satisfied the inclusion and exclusion criteria were selected by non-probability convenience sampling for the study in SRMS, Hospital Bareilly. The level of knowledge was assessed using structured knowledge questionnaire. The pretest was conducted, intervention was implemented and post-test knowledge was assessed. Results revealed that comparing the overall mean pre-test knowledge score 6.3 (21%) and mean post-test knowledge score 17.5 (58%). The calculated 't' value i.e. 6.056 was higher than the table value 2.000995 at  $p=0.05$  level which is significant. There is no significant association between the mean pre-test knowledge score with the Age, Education, Occupation, Residence area, Previous knowledge and source of information as 'P' value is greater than 0.005 level of significance. Pretest and post-test knowledge score shows a difference and 't' calculated value is higher than tabulated value thus it shows that planned teaching programme was effective in improving the knowledge of postnatal mothers regarding postnatal exercise.

**Keywords:** Planned teaching programme, Postnatal mothers, Postnatal exercise, Knowledge

## 1. Introduction

Motherhood is one of life's greatest blessings. It is a privilege for a mother to deliver a baby; woman role gets completed after child birth.<sup>1</sup> Postnatal is the period beginning immediately after the birth of a child and extending for about six weeks. A more correct term would be postpartum period, as it refers to the mother and less frequently used is Puerperium.<sup>2</sup> Postpartum period is a phase which is painful for every Woman. It is important to assess the level of pain in every mother and to bring in the significance of Kegel exercises in daily practice.<sup>3</sup>

According to studies the exercising mothers, however lost as many as 18 pounds & 48% returned to their pre-pregnancy weight. The non-exercisers varied between a 10- pound loss and a 10-pound gain, with 21% at their pre- pregnancy weight.<sup>4</sup> Recommended postnatal exercise includes Kegels exercise, deep breathing exercise, abdominal crunches, pelvic floor exercise (lying down, sitting) neck exercise, hip exercise, and exercise for the lower abdominal muscles, gentle tummy exercise, brisk walking, exercising with your baby, leg and arm exercise. According to the National Family Health Survey (NFHS-3) only 42% of women reported receiving postnatal checkup after their recent birth and out of this one third received checkup with in the first two days after birth. Epidemiological studies suggest that child bearing contribute to development of obesity which is a risk factor for hypertension and diabetes mellitus.<sup>5</sup> Many research study shows that mothers are not aware regarding postnatal exercise due to lack of knowledge. So, this study

was conducted to improve the knowledge of mothers regarding postnatal exercise.

## 2. Literature

- 1) Literature related to assess the knowledge of postnatal mothers regarding post-natal exercise.
- 2) Literature related to benefits of postnatal exercise
- 3) Literature related to effectiveness of planned Teaching programme regarding post-natal exercises.

## 3. Methodology

The research design used in this study was pre experimental (one group pre test and post test) research design. The study was conducted in Shree Ram Murti Smarak Institute of Medical Science, Bareilly, U.P. 60 postnatal mothers were selected through convenient sampling technique. The study was explained to participants and consent was taken. The data was collected by self- structured knowledge questionnaire. The structured teaching programme was given. After STP the assessment of knowledge was assessed of postnatal mothers admitted in SRMS Hospital, Bareilly. The data were collected with the help of various tool consisting:

### Section A: Demographic variables

Age, Education, Occupation, Residence area, Previous Knowledge and Source of Information.

**Section B: Self structured Questionnaire** to assess the level of knowledge regarding postnatal exercises. The closed ended multiple choice questions were prepared after extensive literature review. There were 30 questions related to post natal exercises. Each questions had four alternatives among which only one was correct response.

The content validity of tools was ensured by giving the tool to expert in the field of nursing. Reliability of tools was established by split half method. The reliability of self structured knowledge questionnaire regarding postnatal exercises was  $r = 0.84$ .

#### 4. Result & Findings

**Table 1:** Comparison of pre test & post test knowledge score of postnatal mothers regarding postnatal exercises, N=60

Observation	Mean	Mean %	$\pm$ SD	Mean difference	t-value (p-value)
Pre-test	6.3	21%	$\pm 1.01$		6.056
Post- test	17.5	58%	$\pm 2.4$	11.2	(0.005)

df(59)= 2.000995 at 0.05 level of significance

The mean post-test knowledge score (17.5) of the was greater than the mean pre-test knowledge score (6.3) of the with the mean difference of 11.2

The calculated t value was (6.056) more than the table value t (60)2.001, hence there is significance difference in the mean post-test knowledge score which strongly indicates that planned teaching programme was effective to enhance the knowledge of postnatal mothers regarding postnatal exercise. So null hypothesis rejected and research hypothesis accepted.

#### 5. Discussion

The main aim of the study was to evaluate the effectiveness of structured teaching programme on knowledge regarding postnatal exercises among the postnatal mothers admitted in selected hospital Bareilly U.P.

The present study revealed that there was no significant association between knowledge score with their selected demographic variables of Age, Education, Occupation, Residence area, Previous knowledge and source of information. Significant difference between pretest and post-test knowledge level of postnatal mothers. The knowledge of postnatal mothers was improved after giving Structured teaching programme.

A supportive study was conducted by Nahida Saifi in to compare a pre- experimental study to assess the effectiveness of Planned Teaching Programme on Knowledge regarding Post-natal Exercises among Primipara mothers who have undergone caesarean section in The Lalla Ded Hospital of Kashmir.

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