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Effectiveness of Selected Interventional Package on Knowledge, Morning Sickness and Quality of Life among Primigravida Mothers at Selected Settings, Tiruvannamalai

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Abstract: ***Background: Morning sickness is most common term used to describe the nausea with or without vomiting, which often comes during the first three months, known medically as Nausea and Vomiting of Pregnancy (NVP) Rachel libretto (2017). Objective: To assess the effectiveness of selected interventional package on knowledge, quality of life and morning sickness among primigravida mothers in selected settings, Tiruvannamalai. Methods: The research design was non-equivalent control group pre and post test design which comes under quasi experimental design. Non probability convenience samplingtechnique was used to select the primigravida mothers (30 in experimental group and 30 in control group). The score of knowledge was assessed by using structured interview, quality of life was assessed by using modified NVPQOL scale and morning sickness was assessed by five point rating scale. Results: On analysis comparisons of pre and post test score of knowledge, quality of life and morning sickness within experimental and control group. In experimental group, analysis on the pre test mean score of knowledge was 8.3 with SD ±3.44 and the post test mean score was 17.36 with SD±1.67. The calculated paired 't' test value was 11.07 which was found to be significant at p<0.001 level. In experimental group the pre test mean score of quality of lifewas 78.76 with SD±10.65 and the post test mean score was 40.3 with SD±8.37. The calculated paired 't' value was 15.56 which was found to be significant at p<0.001 level. In experimental group the pre test mean score of morning sickness was 78.66 with SD±7.9 and the post test mean score was 38.56 with SD±11.6. The calculated paired 't' value was 14.63 which was found to be significant at p<0.001 level. Conclusion: The present study concluded thatthe selected interventional package implemented in experimental group has shown a significant improvement in knowledge and quality of life and reduction in morning sickness, then the control group.***

Keywords: Morning sickness, Nausea and vomiting in pregnancy, Primigravida mothers, Invterventional package, Quality of life

1. Introduction

Pregnancy is a unique, exciting and often joyous time in a women's life, as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. Maternal physiological changes in pregnancy are the normal adaptations that a woman undergoes during pregnancy to better accommodate the embryo or foetus. During pregnancy, the woman undergoes many physiological changes, which are entirely normal included cardiovascular, hematologic metabolic, renal and respiratory changes that become very important. Morning sickness is most common term used to describe the nausea with or without vomiting, which often comes during the first three months, known medically as Nausea and Vomiting of Pregnancy (NVP) **Rachel libretto (2017).** It usually begins during 4-6 weeks of pregnancy and may continue until 14-16 weeks **WHO (2018).** Therefore, Researcher had interested to study about the level of knowledge, their quality of life and the effect of complimentary therapies (saltine crackers, peppermint tea, and acupressure) on morning sickness among primigravida mothers.

Statement of the Problem

A study to assess the effectiveness of selected interventional package on knowledge, quality of life and morning sickness among primigravida mothers in selected PHC, Tiruvannamalai.

Objectives

1) To assess the level of knowledge, quality of life and morning sickness in experimental and control group among primigravida mothers.
2) To compare the knowledge, quality of life and morning sickness within experimental and control group among primigravida mothers.
3) To compare the knowledge, quality of life and morning sickness between experimental and control group among primigravida mothers.
4) To correlate the knowledge, quality of life and morning sickness in experimental and control group among primigravida mothers.
5) To associate the mean difference score of knowledge, quality of life and morning sickness among primigravida mothers in experimental and control group with their selected demographic variables.

2. Research Methodology

Research approach: Quantitative research approach

Research design: Nonequivalent control group pre test and post test design was used in this study

Variables:

Independent variable: Selected interventional package includes structured teaching programme, counselling and

complimentary therapies (saltine crackers, peppermint tea and acupressure)

Dependent variables: Knowledge, quality of life and morning sickness.

Extraneous variables: Age in years, educational status, religion, occupation, work pattern, type of family, family monthly income, dietary pattern and gestational weeks, height of the mother and weight of the mother.

Setting of the study: The study was conducted in kizhpennathur block PHC and somasipadi PHC at Tiruvannamalai, Tamilnadu.

Sample: The study sample comprises of primigravida mothers during first trimester with morning sickness who fulfill the sample selection criteria of the study.

Sample size: The sample size was 60 primigravida mothers (30 in experimental and 30 in control group).

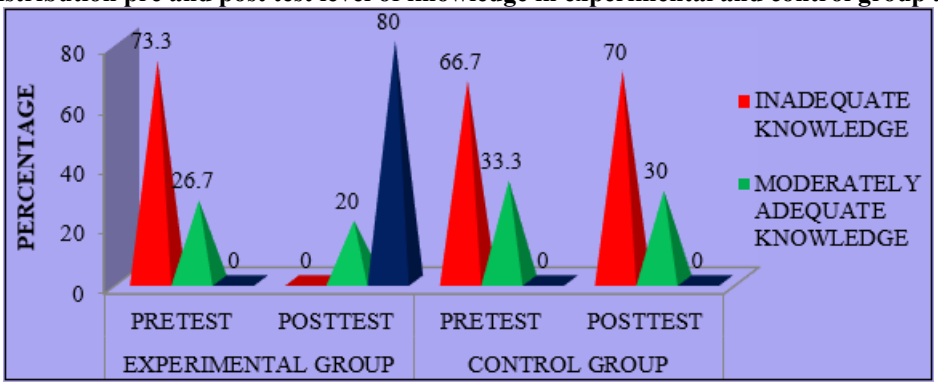
Sampling technique: Non probability Convenience sampling method used in this study.

Description of the Tool:

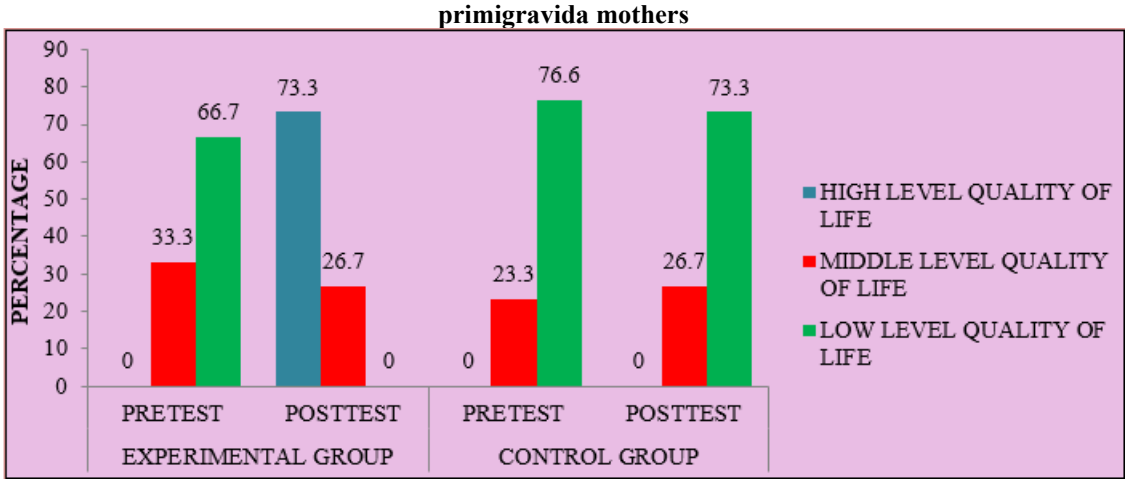
Level of knowledge, quality of life and morning sickness among primigravida motherswas assessed by using structured interview schedule, modified NVPQOL (Nausea and Vomiting of Pregnancy Quality of Life) scale and five pointrating scale respectively.

3. Results and Discussion

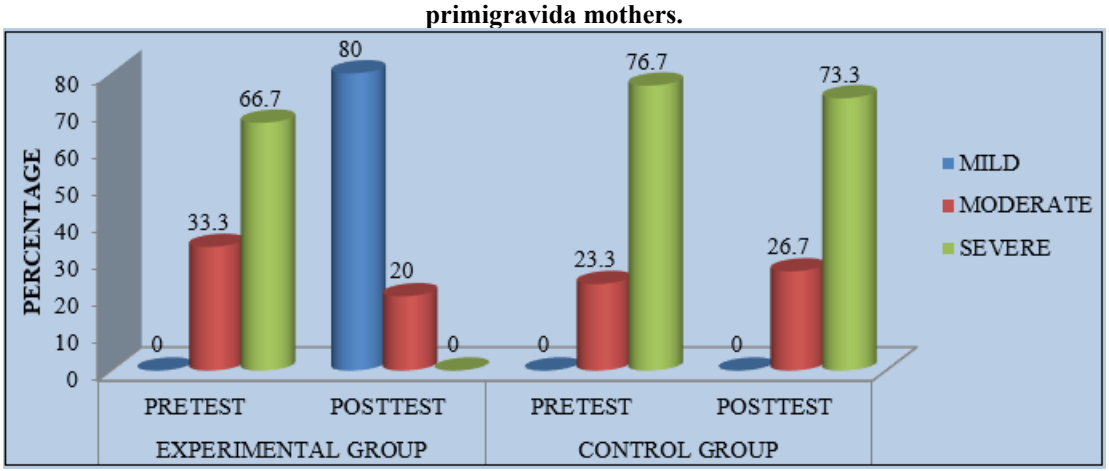
Percentage distribution pre and post test level of knowledge in experimental and control group among adults



Percentage distribution of pre and post test level of quality of life in experimental and control groupamong primigravida mothers



Percentage distribution of pre and post test level of morning sickness in experimental and control group among primigravida mothers.



Comparison of knowledge, quality of life and morning sickness within experimental and control groupamong primigravida mothers

Assessment	Group	Pretest		Post test		Paired 't'test
		Mean	SD	Mean	SD	
Knowledge	Experimental group	8.3	3.44	17.36	1.67	t=11.07, S***
	Control group	7.8	3.18	8.2	2.83	t=0.51, NS
Quality of life	Experimental group	78.76	10.65	40.3	8.37	t = -15.56, S***
	Control group	78.73	10.42	78.63	9.2	t=0.03, NS
Morning sickness	Experimental group	78.66	7.9	38.56	11.6	t= - 14.63, S***
	Control group	78.76	10.65	40.3	8.37	t = -15.56, S***

S* - Significant at p<0.001, NS - Non significant at p<0.05 level.**

Comparison of knowledge, quality of life and morning sickness between experimental and control group among primigravida mothers

The comparison of the post test score of knowledge among primigravida mothers between experimental and control group revealed that the calculated unpaired value t = 15.26 was found to be statistically highly significant at p<0.001 level.The comparison of the post test score of quality of life among primigravida mothers between experimental and control group revealed that the calculated unpaired value t = 40.3 was found to be statistically highly significant at p<0.001 level.The comparison of the post test score of morning sickness among primigravida mothers between experimental and control group revealed that the calculated unpaired value t = 14.94 was found to be statistically highly significant at p<0.001 level.The above finding indicates that there was difference in the post test score of knowledge, quality of life and morning sickness between the groups, this clearly shows that the implementation of IEC package had a statistically highly significant improvement in the post test score of knowledge, quality of life and morning sickness in the experimental group than the control group

Correlation of level of knowledge, quality of life and morning sickness in experimental and control group among primigravida mothers.

In experimental group, the post test knowledge and quality of life r value is r = 0.54 moderately positive correlation, quality of life and morning sickness r value = r = 0.56 shows a moderate positive correlation and knowledge and morning sickness r value is r = -0.612 shows a moderate negative correlation. Hence the critical value was r=0.5974 at p<0.01 level which found to be high significant correlation between the post test score of knowledge, quality of life and morning sickness in experimental group. The findings revealed that there was statistically highly significant difference in the score of knowledge, quality of life and morning sickness among primigravida mothers after implementation of selected interventional package.

4. Conclusion

The present study assessed the effectiveness of selected interventional package on knowledge, quality of life and morning sickness among primigravida mothers in selected settings at Tiruvannamalai. The study findings concluded that there was a statistically highly significant difference in the score of knowledge, quality of life and morning sickness after implementation of selected interventional package and this proved to be an effective.

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Ethical approval and consent to participate

The study was approved by the intuition ethical committee and informed consents were received from all participants.

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