

To Assess the Knowledge Regarding Importance of Birth Spacing among Post Natal Primi Mothers in the Selected Hospitals

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Abstract: **Background:** When a woman does not wait at least 18 months between pregnancies, there is an increased risk of having a poor birth outcome (such as a premature birth or a low birth weight baby). These conditions can threaten the health of the child and the mother. **Objective:** To assess the knowledge regarding importance of birth spacing among postnatal primi mothers in selected hospitals. To associate between knowledge score of post natal primi mothers with selected demographic variables. **Material and method:** -The study was conducted in selected hospital. Descriptive research approach was used in this study. 60 post natal primi mothers were selected for the study. Structured knowledge questionnaire were used to collect the data. Inclusion criteria were postnatal primi mother who are able to write and read English, Hindi or Marathi, Postnatal primi mothers who are willing to participate in the study and all post natal primi mother who are available at the time of data collection. Exclusion criteria is Postnatal primi mothers who has post natal complication. The reliability of questionnaire was done by Guttman Split Half Coefficient. **Result:** The post natal primi mother (21.66%) had poor level of knowledge, (51.66%) had average level of knowledge, (23.33%) had good level of knowledge score, (3.33%) had very good level of knowledge. The minimum score was 2 and the maximum score was 10. The mean score was 5.10 ± 2.297 with a mean percentage score 34.

Keywords: Birth spacing, Post natal Primi mothers)

1. Introduction

Birth Spacing is the practice of waiting between pregnancies. A woman's body needs to rest following pregnancy. After having a baby, it is a good idea to wait at least 18 months before getting pregnant again to maintain the best health for her body and her children. The 18-month rest period is called "birth spacing." When the time between pregnancies is less than 18 months, woman body may not be ready to have a healthy baby.

There are a number of methods women and men may choose to avoid an unplanned pregnancy during healthy birth spacing. They may choose to avoid having sex during the fertile days of a woman's cycle (such as a Calendar or Rhythm Method). They may choose a barrier method of birth control to keep the male's sperm from the woman's egg (such as a male condom, female condom, diaphragm or shield). A woman may choose a medication or hormonal method (such as the pill, injectables, patch, implants or ring). Each method varies in degree of effectiveness. All of these methods are reversible and allow the woman to resume trying to get pregnant after the healthy 18-month birth spacing period.¹

Optimal birth spacing is the interval between births that provide the greatest health, social and economical benefits for a family. Couples who space their births 3 to 5 years apart increase their children's chances of survival, and mothers are more likely to survive.⁷ It also reduces abortions and unwanted pregnancies, improves children's health, nutrition and

development, increases equity among community members and helps to preserve the environment. Women should wait for at least 2 years after giving birth before trying to become pregnant again. Birth spacing allows the mother to recover physically and emotionally before she becomes pregnant again and faces the demands of another pregnancy, birth, breast feeding and child care.^{2,3,4}

2. Problem Statement

To assess the knowledge regarding importance of birth spacing among postnatal primi mothers in selected hospitals.

3. Objectives

- 1) To assess the knowledge regarding importance of birth spacing among postnatal primi mothers in selected hospitals.
- 2) To associate between knowledge score of post natal primi mothers with selected demographic variables.

4. Methodology

- 1) **Research approach:** Descriptive approach
- 2) **Research design:** Non experimental descriptive design.
- 3) **Setting of the study:** The study was conducted in post natal ward in selected hospitals
- 4) **Sample:** Post natal primi mothers
- 5) **Sample size :** 60 postnatal primi mothers

- 6) **Sampling technique:** Non probability convenience sampling
- 7) **Tool:** Structured knowledge questioners including demographic variables will be used for the study.

5. Sampling Criteria

Inclusion criteria

- 1) Postnatal primi mothers who are able to write and read English, Hindi or Marathi
- 2) Postnatal primi mothers who are willing to participate in the study
- 3) All post natal primi mothers who are available at the time of data collection.

Exclusion criteria

- 4) Postnatal primi mothers who has post natal complication.

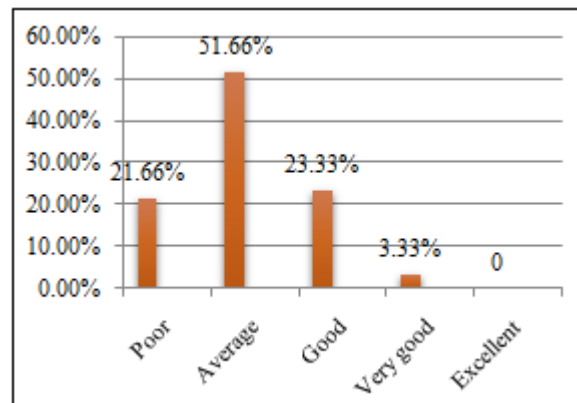
6. Result

The present study has been taken up to assess the knowledge regarding importance of birth spacing among post natal primi mothers in selected hospitals. Analysis and interpretation is based on the objectives of the study. A structured questionnaire to collect knowledge was used for data collection. The analysis was done with the help of inferential and descriptive statistics.

Table 1: Knowledge score regarding importance of birthspacing, n=60

Level of knowledge score	Score	Percentage score	Knowledge score	
			Frequency	Percentage
Poor	1-3	0-20%	13	21.66%
Average	4-6	21-40%	31	51.66%
Good	7-9	41-60%	14	23.33%
Very good	10-12	61-80%	2	3.33%
Excellent	13-15	81-100%	0	0
Minimum score	2			
Maximum score	10			
Mean score	5.10 ± 2.297			
Mean percentage	34			

The above table shows that (21.66%) had poor level of knowledge, (51.66%) were having average level of knowledge and (23.33%) were having good level of knowledge score and (3.33%) were having very good level of knowledge and (0%) were having excellent knowledge level. The minimum score was 2 and the maximum score was 10, the mean score for the test was 5.10 ± 2.297 and mean percentage of knowledge was 34.



Graph 1: Knowledge score of postnatal primi mothers regarding importance of birth spacing

7. Discussion

The major overall percentage shows that some of mothers had poor knowledge (21.66%), majority of mothers had average knowledge (51.66%), some mothers had good knowledge (23.33%), some mothers had very good knowledge (3.33%) and non of the mother had excellent knowledge (0%). The minimum score was 2 and the maximum score was 10, the mean score for the test was 5.10 ± 2.297 and mean percentage of knowledge was 34. So it is concluded that post natal primi mothers have knowledge regarding importance of birth spacing.

Another research regarding importance of birth spacing was conducted by J. Karpagam & D. Shangeetha. A study to evaluate the effectiveness of teaching programmed for importance of birth spacing among primi post natal mothers. An evaluate approach with one group pre test post test design was used for the study. 60 samples were selected using purposive sampling method. The present study was conducted in PSG Hospitals Coimbatore. The collected data were analyzed using descriptive and inferential statistics. A significant difference between pre test and post test knowledge was found ($t = 27.94$, $p < 0.05$). The study findings showed that educational programmed has been an effective method of increasing the knowledge of the mothers. There was significant association between the level of knowledge and demographic variables such as age, educational status and type of family and there was no significant association between the level of knowledge and demographic variables such as religion and Occupation.⁵

8. Conclusion

In this study from detail analysis it shows that majority of 31(51.66%) of post natal primi mothers were having average level of knowledge score, 13(21.66%) had poor knowledge score, 14(23.33%) of them good knowledge score, 2(3.33%) had very good knowledge score and none of them had excellent knowledge score and only type of family have significant association with demographic variable. There were no significant associations between knowledge score with age

of mother, education of mother, religion of mother, occupation of mother and family income, respectively.

9. Recommendations

A similar study can be undertaken for large sample to generalize the findings.

- A comparative study can be carried out on the knowledge regarding importance of birth spacing among post natal primi mothers in urban and rural community.
- A similar study can be conducted on the effectiveness of self instructional module regarding importance of birth spacing among post natal primi mothers.
- A similar study can be conducted on the effectiveness of planned teaching regarding importance of birth spacing among primi mother.

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