

A Quasi Experimental Study on Effectiveness of Planned Teaching Program on Knowledge regarding Preconception Care among Senior College Girls at Selected Colleges

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Abstract: A study was conducted to evaluate the effectiveness of planned teaching program on knowledge regarding preconception care among senior college girls at smt. Rajmati Nemgonda PatilKannya Mahavidyalaya, Sangli, among 100 girls who were selected by using non probability purposive sampling technique. The demographic variables Religion, type of family, dietary pattern have statistically significant association with knowledge regarding preconception care. There was gain in knowledge scores after administration of planned teaching program.

Keywords: Preconception care, senior college girls, planned teaching program and knowledge

1. Introduction

Preconception health care is an important aspect. It is a care given to women before pregnancy to manage conditions and behavior which could be a risk to women and the baby.¹ Preconception health looks at factors that can affect a fetus or infant.² These include factors such as nutrition, hazards of smoking, alcohol, radiation, work place hazards, noxious substances, genetic counseling.¹ The key to promote preconception health is to combine the best medical care, healthy behavior, strong support and safe environment at home and at work.³

1.1 Title of the Study

“A quasi experimental study on effectiveness of planned teaching program on knowledge regarding preconception care among senior college girls at selected colleges.”

1.2 Objectives of the Study

- To assess the existing knowledge regarding preconception care among senior college girls at selected colleges.
- To evaluate effectiveness of planned teaching program on preconception care among senior college girls at selected colleges.
- To find out the association between pre-test knowledge scores with selected demographic variables among senior college girls in selected colleges.

2. Need for Study

A systematic review and meta-analysis of study was conducted on effect of preconception care and the risk of congenital anomalies in the offspring of women with diabetes mellitus. A meta-analysis of published studies of preconception care in women with diabetes mellitus was done. In nine studies; the risk for major and minor anomalies was also lower among women who received preconception

care. The study revealed that the pooled rate of major anomalies was lower among preconception care recipients (2.1%) than non-recipients (6.5%) and outpatient preconception care probably reduces the risk of major congenital anomalies among the offspring of women with presentational diabetes mellitus. Hence, the investigator felt the need for assessing the level of preconception care among senior college girls. Investigator also realized that there is an immense need for conducting planned teaching program on preconception care and also to enhance the knowledge of senior college girls regarding preconception care.³

2.1 Hypothesis

H₀- There will be no any significant difference between pre-test and post-test knowledge score regarding preconception care among senior college girls.

H₁- There will be significant difference between pretest and posttest knowledge scores regarding preconception care among senior college girls.

H₃- There will be significant between pre-test and post-test knowledge scores with selected demographic variables among senior college girls.

3. Methodology

The study was conducted using one group pretest and posttest, quasi experimental design.

Accessible population, non-probability purposive sampling technique was adopted for this study. From this population 100 senior colleges were selected as subject of the study.

4. Result

Section I: Information on demographic variables of responds containing five items

The data on sample characteristics revealed that, the majority of subjects 69(69%) were Hindu religion and minimum 0(0%) subjects were Christian religion. The

majority of subjects were 91(91%) belong to joint family and minimum 3(3%) belongs to broken family. Majority of subjects 58(58%) were consume mixed type of diet while minimum 42(42%) subjects were consume vegetarian diet. Majority of subjects 91(91%) having source of knowledge through TV and newspaper while minimum 9(9%) attending conference

Section II: Findings on knowledge score regarding preconception care among senior college girls.

Table 1: Mean and standard deviation of knowledge scores regarding preconception care among senior college girls.

N=100

Areas of analysis	Mean	Median	Standard deviation
Pretest (x)	7.95	8	1.75
Posttest(y)	12.92	13	1.78
Difference	5.3	5	0.28

Table no.1 reveal that overall pretest mean knowledge score is 7.95 whereas posttest mean knowledge score had increased to 12.92,after administration of planned teaching program

Table 2: Frequency and percentage distribution of pretest and posttest knowledge scores of knowledge regarding preconception care among senior college girls, n=100

Knowledge score	pretest		posttest	
	frequency	percentage	frequency	percentage
Good knowledge score(15-25)	0	0%	26	26%
Average score (12-14)	6	6%	54	54%
Poor knowledge score(0-11)	94	94%	20	20%

Table no.2 reveals that I pretest majority of subjects 94(94%) had poor knowledge, 6(6%) had average knowledge, and none had good knowledge score whereas in pretest majority of subjects 54(54%) had average knowledge, 26(26%) had good knowledge and 20(20%) had poor knowledge score.

Section III: evaluation of the effectiveness of planned teaching program on knowledge regarding preconception care among senior college girls.

The mean posttest knowledge scores of Senior College girls were significantly higher than their mean pretest knowledge scores at 0.05 level of significance.

Table 3: Mean difference (d), standard error and paired 't' value of knowledge score of senior college girls

Mean difference	Standard error	Paired 't' value	
		Calculated value	Table value
5	2.34	32.55	2.26

*(P<0.005)

Table no.3 reveals that calculated paired't' value (32.55) is greater than tabulated value.

Hence H_1 accepted, thus indicates that the gain in knowledge score is statistically significant at $p < 0.05$ levels. Therefore, the PTP knowledge regarding preconception care is effective to improve the knowledge among senior college girls.

Section IV: Data describing association between pretest knowledge scores and selected demographic variables.

Demographic variables	Good	Average	Poor	Calculated value	Table value	df
1. Region						
• Hindu	0	4	65	3.278	3.182 (s)	3
• Muslim	0	0	15			
• Christian	0	0	00			
• Other	0	3	13			
2. Type of family						
• Joint family	0	5	86	1307	4.303 (s)	2
• Nuclear family	0	2	6			
• Broken	0	0	3			
3. Source of information						
• TV Newspaper	0	7	84	1112	12.71 (s)	1
• Conference	0	0	9			

S= Significant .NS= Non significant

Thus finding of the table reveals that the demographic variables with pretest knowledge score of senior college girls was significantly associated.

The demographic variable religion with computed y value 3,278 at df 3 shows an association with pretest knowledge score at 0.05 level of significance. The demographic variable type of family with computed y value at 1307 at df 2 shows an association with pretest knowledge scores at 0.05 level of significance.

The demographic variable source of information with computed y value 1112 at df shows an association with pretest knowledge scores at 0.05 level of significance .thus H_2 was accepted.

H_2 - there will be a statistically significance between pretest knowledge scores with demographic variable at 0.05 level of significance.

4. Recommendation for Further Study

- a) The study can be replicated a large sample to validate the findings of the present study.
- b) A study can be carried out to evaluate the efficiency if various teaching strategies like self-instructional module, computer assisted instruction on preconception care.

5. Conclusion

Study concluded that, there was gain in knowledge scores administration of planned teaching program. The demographic variables religions, type of family, dietary pattern have statistically significant association with knowledge regarding preconception care.

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