

# A Study to Assess the Knowledge Attitude and Practice regarding Postnatal Care among Primi Mothers

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## 1. Introduction

*The small bundle of joy will soon be in the mothers arm-the mother who has been anxiety For nine months, surely deserve nothing , but the very best*

- Swami Vivekananda

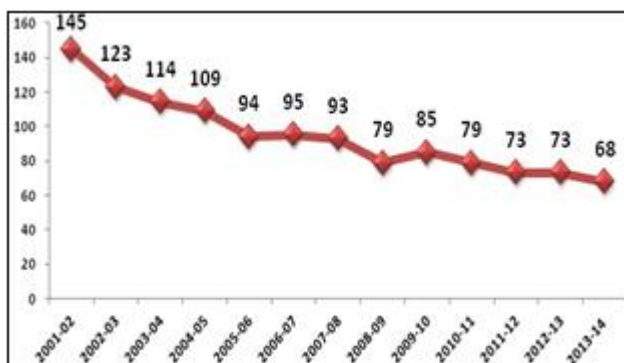
Motherhood is a beautiful experience where by the mother safely delivers a child. It is the magic of creation. Care must be given to ensure safe child birth. The mother has a right to get proper medical care and treatment. Labor is a natural process, which all pregnant women have to undergo. Women are the primary care taker, first education, bearers and natures of the next generation. Safe motherhood can only be reached if complete care is given to mothers. It is the comprehensive or total care that can be offered to women.

The post partum period or puerperium (from the Latin pure, "child" and par ere "to bring forth") refer to the six week period after child birth. (Adelepillitheri 2004)

## 2. Need for the Study

The world health organization (WHO) estimates that 150 million deliveries occur annually.

- Worldwide, every minute of every day, one women dies off pregnancy related complications, nearly 6 lakhs women dies each year, of these 99 percentage of death occurs in developing countries.
- In India the maternal mortality rate is 167 per 100,000 live birth as per the record on January 3<sup>rd</sup> 2018
- In Tamilnadu the maternal mortality rate is 68 per 100,000 live births as per the year 2014



## 3. Literature Review

Subbalakshmi.G.et al. (2012) has found that the mothers belonging to rural areas are not feeding Colostrum to their babies compared to urban mothers.

DonaMurray (2012) has found out that foods containing galactogogue substances enhances lactation

Morved (2012) had done a prospective comparative study regarding pelvic floor exercise and found out that there was significant improvement in pelvic floor muscle strength.

The investigator during her interaction with the postnatal mother in the maternity centers at the time of her postings has observed that the mother were ignorant regarding knowledge about postnatal care. The postnatal mothers have been confined to bed for a long period of time and was unaware about the exercises. They were not able to know about the importance of colostrum feeding and few postnatal mothers did not feed colostrum.

Considering the above factors the investigator developed a genuine interest and felt the need of conducting the study on knowledge, attitude and knowledge on practice regarding postnatal care among Primi mothers which will be of importance for educating them to modify their knowledge and action towards postnatal care.

### Statement of the Problem

A study to assess the Knowledge, Attitude and Knowledge on Practice regarding postnatal care (diet, breast feeding, personal hygiene, postnatal exercises, new born care and temporary methods of family planning)among Primi mothers by Self instruction module and Video assisted teaching programme at selected Hospital, in Coimbatore.

### Objectives

- To assess the knowledge, attitude and knowledge on practice regarding postnatal care among Primi mothers
- To educate the mothers through self instruction module and video assisted teaching programme regarding postnatal care.
- To reassess the knowledge, attitude and knowledge on practice regarding postnatal care among Primi mothers.
- To find out the correlation between knowledge, attitude and knowledge on practice scores regarding postnatal care among Primi mothers.

- e) To associate the knowledge, attitude and knowledge on practice scores regarding postnatal care with their selected demographic variables.

#### 4. Research Methodology

The research design was pre experimental one group pre test, post test design was adopted in the study. In the present study a pre test was administered by means of questionnaire method depicted as O<sub>1</sub> and then a planned teaching programme was delivered depicted as X, and a post test was conducted by using the same questionnaire depicted as O<sub>2</sub>. The study was conducted among 500 primi mothers who have been admitted for normal delivery at Primary health center Kovilpalayam and Maternity Centers, Coimbatore according to their .

##### Inclusion Criteria

- Primi mothers
- Mothers who are willing to participate in the study
- Mothers who are having normal delivery
- Mothers who are communicating and writing freely in Tamil

##### Exclusion Criteria

- Multi mothers
- Postnatal mothers who have undergone LSCS, Forceps and Vacuum delivery
- High risk mothers
- Mothers who are selected for pilot study
- Medical and nursing personnel mothers

##### Description of Tool

The researcher have developed an interview schedule after reviewing the literature and considering the opinion of medical and nursing subject experts, to measure the knowledge, attitude and knowledge on practice regarding selected aspects of postnatal care among Primi mothers.

##### Part - A Distribution of Demographic Variables

It includes the sample numbers, age of the sample, educational status, type of family, area of residence, occupational status of the mother, family income, religion dietary pattern of mother and source of information regarding postnatal care

##### Part - B Questions Regarding Knowledge

It consists of 80 multiple choice questions related to assess the knowledge of Primi mothers regarding various aspects of postnatal care. (Diet, breast feeding, personal hygiene, postnatal exercises, new born care and temporary methods of family planning)

##### Interpretation of the Questionnaire

Each question had one correct answer and was given score of one mark, for wrong answer a score of zero was given. The total score allotted for this section was 80.

##### Part - C Questions Regarding Attitude

It consists of 32 statements related to Primi mothers attitude towards selected aspects of postnatal care (diet, breast feeding, personal hygiene, postnatal exercises, new born

care and temporary methods of family planning) on the basis of likert scale.

##### Interpretation of the Questionnaire

A maximum score of 5 was allotted for “strongly agree”, 4 for “mildly agree”, 3 for “neutral”, 2 for “mildly” disagree and 1 for “strongly disagree”

##### Part - D Questions Regarding Practice

It consists of 49 Yes or no questions to assess the practice of Primi mother regarding selected aspects of postnatal care (diet, breast feeding, personal hygiene, postnatal exercises, new born care and temporary methods of family planning)

##### Interpretation of the Questionnaire

Each Yes answer carries “1” mark and No answer carries “0” mark

##### Testing of the Tool

##### Content Validity

The interview schedule was given to ten experts specialized in Obstetrics and Gynecology, the researcher met the expert for clarifications in various aspects of the research tool. Some modifications were made according to the expert suggestions.

##### Pilot Study

The pilot study was conducted among 50 postnatal mothers who had been admitted for safe confinement at primary health center, Coimbatore. Permission was obtained from the Medical officer. The investigator identified the mother that fulfilled the inclusion criteria.

The mothers were explained about the purpose of the study in a compassionate manner and necessary precautions were taken to provide privacy and confidentiality.

Pretest was conducted by administering questions and conducting interview schedule to assess the knowledge, attitude and knowledge on practice regarding various aspects of postnatal care among Primi mothers.

On the same day the mothers were educated regarding breast feeding, postnatal diet, personal hygiene, postnatal exercises, newborn care and temporary method of family planning methods with the help of flash cards, pamphlets, demonstration and video assisted teaching programme for 45 mins. Each day the mothers were observed, and after 7 days post test was conducted by using the same questionnaire to find out the effectiveness.

##### Data Analysis

Data was analyzed by using descriptive statistics and inferential statistics.

#### 5. Results

- 1) The Pre test mean score on Knowledge regarding Postnatal Diet among mothers was 3 and Post test was 9.6 and obtained “t value” was 22.5 at 49 degree of freedom were significant at 0.05 levels.

- 2) The Pre test mean score on Knowledge regarding Breast Feeding among mothers was 5.2 and Post test was 14 and obtained "t value" was 28 at 49 degree of freedom were significant at 0.05 levels.
- 3) The Pre Test mean score on Knowledge regarding postnatal exercises among mothers was 5.3 and Post test was 17 and obtained "t value" was 32 at 49 degree of freedom were significant at 0.05 levels.
- 4) The Pre Test mean score on Knowledge regarding Personal Hygiene among mothers was 1.9 and Post test was 5.2 and obtained "t value" was 24 at 49 degree of freedom were significant at 0.05 levels.
- 5) The Pre Test mean score on Knowledge regarding New Born care among mothers was 3.5 and Post test was 10.7 and obtained "t value" was 24 at 49 degree of freedom were significant at 0.05 levels.
- 6) The Pre Test mean score on Knowledge regarding Temporary methods of family planning among mothers was 4.1 and Post test was 13 and obtained "t value" was 26 at 49 degree of freedom were significant at 0.05 levels.
- 7) With regard to level of Attitude regarding Postnatal diet among mothers the Pre Test mean score was 0.3 and Post test was 1.1 and obtained "t value" was 10 at 49 degree of freedom were significant at 0.05 level.
- 8) With regard to level of Attitude regarding Breast Feeding among mothers the Pre Test mean score was 0.5 and Post test was 1.2 and obtained "t value" was 12 at 49 degree of freedom were significant at 0.05 level.
- 9) With regard to level of Attitude regarding Post natal exercise among mothers the Pre Test mean score was 0.4 and Post test was 1 and obtained "t value" was 11 at 49 degree of freedom were significant at 0.05 level.
- 10) With regard to level of Attitude regarding Personal Hygiene among mothers the Pre Test mean score was 0.4 and Post test was 1 and obtained "t value" was 11 at 49 degree of freedom were significant at 0.05 level.
- 11) With regard to level of Attitude regarding New Born care among mothers the Pre Test mean score was 0.8 and Post test was 2 and obtained "t value" was 14 at 49 degree of freedom were significant at 0.05 level.
- 12) With regard to level of Attitude regarding temporary family planning methods among mothers the Pre Test mean score was 0.7 and Post test was 1.4 and obtained "t value" was 14 at 49 degree of freedom were significant at 0.05 level.
- 13) . With regard to Knowledge On Practice Regarding Postnatal Diet among mothers the Pre Test mean score was 1 and Post test was 4 and obtained "t value" was 18.5 at 49 degree of freedom were significant at 0.05 levels.
- 14) With regard to Knowledge on Practice regarding Breast Feeding among mothers the Pre Test mean score was 0.5 and Post test was 4.2 and obtained "t value" was 14 at 49 degree of freedom were significant at 0.05 levels
- 15) With regard to Knowledge on Practice regarding Postnatal exercises among mothers the Pre Test mean score was 0.8 and Post test was 8.3 and obtained "t value" was 16 at 49 degree of freedom were significant at 0.05 levels.
- 16) With regard to Knowledge on Practice regarding Personal Hygiene among mothers the Pre Test mean score was 1.5 and Post test was 4 and obtained "t value" was 15 at 49 degree of freedom were significant at 0.05 levels. .
- 17) With regard to Knowledge on Practice regarding New Born Care among mothers the Pre Test mean score was 1.7 and Post test was 3.8 and obtained "t value" was 12 at 49 degree of freedom were significant at 0.05 levels.
- 18) With regard to Knowledge on Practice regarding Temporary methods of family planning among mothers the Pre Test mean score was 0.6 and Post test was 3.2 and obtained "t value" was 14 at 49 degree of freedom were significant at 0.05 levels.
- 19) There is a positive correlation between knowledge, attitude and knowledge on practice regarding postnatal care among mothers
- 20) There is a significant association between educational status, area of living, and type of diet with knowledge, attitude and knowledge on practice regarding post natal care among mothers.

## 6. Conclusion

- 1) The educative measure shows that there was a significant improvement in knowledge regarding various aspects of postnatal care among mothers.
- 2) The mothers had a positive attitude regarding various aspects of postnatal care and practiced in their day to day activities.

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