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Research Paper...

EFFECTIVENESS OF STRUCTURED TEACHING

PROGRAM ON POSTNATAL EXERCISES

AMONG CAESAREAN MOTHERS

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Abstract

Postnatal exercises are necessary to bring the stretched abdominal and pelvic muscles back to normal as quickly as possible. Many of the postnatal mothers may be concerned about returning to their pre-pregnancy weight and shape. Therefore, a quasi experimental study with one group pretest-posttest design was used to find out the effectiveness of structured teaching program on postnatal exercises among caesarean mothers in selected hospitals at Kanyakumari District. A sample of 30 postnatal mothers was selected using purposive sampling technique. The finding of mean post-test knowledge score (31) was higher than the mean pre-test knowledge score (16.4) and the obtained 't' value (18.1) was significant at 0.05 level. Mean post-test attitude score (43.8) was higher than the mean pre-test attitude score (18.5) and the obtained 't' value (33.6) was significant at 0.05 level. The study revealed that, structured teaching program was effective in increasing the knowledge and attitude of caesarean mothers regarding postnatal exercises.

Keywords: Effectiveness, Structured teaching program, Post-natal exercises, Caesarean mothers.

Background

Body image is the feminine symbol for the women and during the first year after childbirth it is a great concern of their femininity. The desire to lose weight and tone muscles in the postpartum period is common concern after childbirth in today's society (Nayyar, 2006)¹.

In most countries, the rates of caesarean section range between 15-35%. It is the commonest operation performed worldwide. The WHO recommends an ideal caesarean section rate of 10-15%. Postnatal exercises are to be commenced early in the puerperium. Early ambulation is encouraged immediately after caesarean section.

The Australian Bureau of Statistics (ABS, 1998/1999) found that only 16%-42% of childbearing women (15-44 years of age) engage in a sufficient amount of physical activity for health maintenance. (Balakrishnan, 2007)²

Need for the Study and Literature Review

Most of the postnatal mothers never bother about the

postnatal exercises and the benefits of doing it. Because of this lack of knowledge and awareness, backache, urinary incontinence, sub involution of uterus, flabby abdomen, muscle weakness, etc arise. Exercise strengthens the body muscles. So, a full daily routine exercise should be continued at home for at least three months. The exercise helps for toning up of the abdominal, perineal and the back muscles (Daftary, 1998)³.

Yi-Li Ko, et.al.(2008)⁴ conducted a study on effects of postpartum exercise program on fatigue and depression during "doing-the-month" period in a maternity center in Taiwan. A low-intensity exercise program was specifically designed and administered to 31 subjects in the study's intervention group. Another 30 subjects (the control group) followed a traditional, non-physically active postpartum care regimen. Those in the intervention group were required to participate in at least 6 exercise program sessions during their one month postpartum