



\* Vanita Kujur M.Sc. (N),

\*\* Soney Toppo, M.Sc. (N),

\*\*\* Varsha Hariharan, M.Sc. (N)

## Research Paper...

# DO THE MOTHERS HAVE KNOWLEDGE REGARDING ANTENATAL CARE, INTRANATAL CARE AND POSTNATAL CARE?

*\*Lecturer, V.V.M. College of Nursing, Bhopal (M.P.), Mob: 9424885679*

*\*\* Asso. Prof. Choithram College of Nurisng, Mob: 8120358654 Email: soneytoppo@gmail.com*

### Abstract

Knowledge about childbirth and parenting has historically been gained informally from other women, mainly family members, and through practical experience of assisting with child-rearing in extended families. Women do not have a realistic understanding of the burden of parenthood, or the changes in lifestyle and relationships that come with it. Therefore, a pre-experimental study to assess the effectiveness of antenatal educational package (AEP) through booklet on knowledge regarding antenatal, intranatal and postnatal care and labor outcome among primi antenatal mothers at selected hospitals of Indore was done. The study approach was pre-experimental with one group pre test post test research design. Purposive sampling technique was done to select 60 primi antenatal mothers in their third trimester attending antenatal clinic and admitted in selected hospitals of Indore fulfilling the inclusion criteria. Data was collected with interview schedule to assess the knowledge & labor outcome assessment. Findings of the study revealed that the computed chi-square values between the pre-test knowledge scores and the socio demographic variables like educational status, type of family and information regarding antenatal educational package was found statistically significant with chi-square values of 28.52, 34.37 and 6.76 respectively at  $p \leq 0.05$ . Hence  $H_1$ , i.e. there is significant association between the knowledge score and selected socio demographic variables among the primi antenatal mothers at the level of  $p \leq 0.05$  was accepted. The mean post test knowledge score 22.40 was higher than mean pre test knowledge score 15.01. The computed 't' value ( $t_{59} = 9.902$ ) was higher at the level of  $p \leq 0.001$ . The results also revealed that antenatal educational package regarding antenatal, intra natal and postnatal care among the antenatal mothers was effective and brought about the excellent changes in their level of knowledge. An informational booklet was economic and more useful to disseminate the knowledge and with the objective of recalling the information to the antenatal mothers and their family members.

**Keywords:** Antenatal Educational Package (AEP), primi antenatal mothers, effectiveness, knowledge, Assessment of Labour Outcome.

### Background

Pregnancy is the most beautiful phase in a women's life. It brings about emotional and physiological changes. But it also poses extra demands on the body. Having a baby is a wonderful thing; of course it is also an occasion of change in your life. When a woman becomes pregnant, she is very aware that a new life is growing within her for the next nine months. Millions of women give birth to healthy babies every day. On the other hand, one often hears of

women who have miscarriages, or who give birth to stillborn children or children with birth defects. This acts as a constant reminder of just how fragile and delicate the process from conception to childbirth is. It is a long road with pit falls at every turn. While most women negotiate the path to motherhood successfully, always at the back of their minds runs the thought that things can go wrong if they are not careful (**American journal, 2008**)<sup>1</sup>.

Pregnant women in general and first-time mothers in