A Study To Assess Knowledge Regarding Newborn Care Among Primigravida Mothers Of Selected Areas Of Imphal East, Manipur.

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Abstract:
The birth of the baby is one of life's most wondrous moments. Neonate is the period between the ages of birth to 28th days of life. This comes under the infancy period. The first few weeks after delivery is the most critical time for newborns. Newborn care is extremely important for their development and overall health and wellness. Lack of knowledge regarding newborn care, and identification of risk factors can lead to an increase in neonatal mortality and morbidity rate.

Materials and Methods: *A descriptive cross-sectional study was conducted to assess the knowledge regarding newborn care among primigravida mothers of Takhel Awang Leikai, Imphal East, Manipur, 2022. Structured Interview Schedule to assess demographic data and knowledge regarding newborn care.*

Result: *Non-random purposive sampling techniques were used to collect the data. Most women, i.e. 46%, had moderate knowledge, 34% had adequate knowledge, and 20% had inadequate knowledge regarding newborn care among primigravida mothers. The study reveals a significant association between the respondent's age and educational status with the level of knowledge regarding newborn care among primigravida mothers.*

Conclusion: *The present study shows, there was moderate knowledge regarding newborn care among primigravidae mothers. In the current scenario, it is important to raise awareness about newborn care among expectant mothers and eligible couples by providing effective health education and similarly, emphasis on appropriate practice on newborn care may also be included in primary education. They need to be informed about the available services that help to*

Keywords: *Knowledge, Newborn Care, and Primigravida mothers.*

I.   Introduction:

A newborn infant, or neonate, is a child under 28 days of age. During these first 28 days of life, the child is at the highest risk of dying. Newborn care is of immense importance for the development and healthy life of a baby. The main purpose of newborn care is to identify any potential signs of illness or abnormalities early on and provide appropriate treatment. Newborn care mainly focuses on the place of delivery, good observation, general care, breastfeeding, warmth, comfort, baby bath, eye care, umbilical cord care, skin care, clothing, immunization, prevention from infection, bowel and bladder care, danger signs, etc. A healthy adult starts as a healthy infant, and all newborns require proper care to minimize illness support their growth and development and prevent from many potential emergencies.

Globally 2.3 million children died in the first 20 days of life in 2022. There are approximately 6500 newborn deaths every day, amounting to 47% of all child deaths under the age of 5 years. The world has made substantial progress in child survival since 1990. Moreover, the gains have reduced significantly since 2010, and 64 countries will fall short of meeting the Sustainable Development Goals target for neonatal mortality by 2030 unless urgent action is taken.

India's neonatal mortality rate (NMR) is 18 deaths per 1,000 live births. However, the NMR varies across the country, with some districts having more than twice the NMR of others within the same state. For example, Kerala and Tamil Nadu have low NMRs, while Odisha, Madhya Pradesh, and Uttar Pradesh have high NMRs. To meet the Sustainable Development Goals (SDG) target of 12/1,000 live births, India needs to reduce its NMR by 6.3% annually. common causes of neonatal mortality in India were Premature birth, low birth weight, Birth asphyxia, birth trauma, Neonatal infections, Congenital anomalies etc.

II. Objectives:

1. To assess knowledge regarding newborn care among primigravida mothers.
2. To find out the association between socio-demographic variables and levels of knowledge regarding newborn care among primigravida mothers.

Hypothesis:
There is a significant association between knowledge level and socio-demographic variables.

Need Of The Study:
There are approximately 6500 newborn deaths every day, amounting to 47% of all child deaths under the age of 5 years (WHO, 2022). Nearly 50 percent of all infant deaths occur during the neonatal period. Half of this death occurs in the first Seven days due to prematurity, neonatal tetanus, birth asphyxia, and infections, which can be prevented by proper and timely care of the newborn.

Variables Under The Study
Demographic Variables: Age, Educational level, occupation, Age of marriage, Duration of marriage, types of family, and Source of information.
Research Variables: Knowledge regarding newborn care.

III. Materials And Methods:

A descriptive cross-sectional study was conducted to assess the knowledge regarding newborn care among primigravida mothers of Takhel Awang Leikai, Imphal East, Manipur, 2022. A structured Interview Schedule was used to gather the information from 50 primigravida mothers using a non-random purposive sampling technique. The reliability of the tools was tested by using the Split half method with Spearman's Brown Prophecy formula and was found to be reliable at r (correlation coefficient) = 0.92.

Description of tool:
The instrument consists of three sections:
section 1- Structured Interview Schedule consists of 7 items to assess demographic data.
Section 2- Structured Interview Schedule which consists of 24 items to assess knowledge regarding newborn care. For each correct response, the score is given one; for every wrong response, the score is zero. So, the maximum score was 24.

In this study, the total score was:

Levels of knowledge	Range of Score (in marks)	Score (in percentage)
Adequate Knowledge	19 -24	>75%,
Moderate Knowledge	13-18	50-75%
Inadequate Knowledge	0 - 12	<50%.

Section 3- Association between knowledge regarding newborn care and demographic variables.

Inclusion criteria:
➢ Primigravida antenatal mothers of (15 -49) years of age groups who are willing to participate in the study.

Exclusion criteria:
➢ Primigravida antenatal mothers who are not willing to participate in the study.
➢ Primigravida antenatal mothers whose babies are very ill.
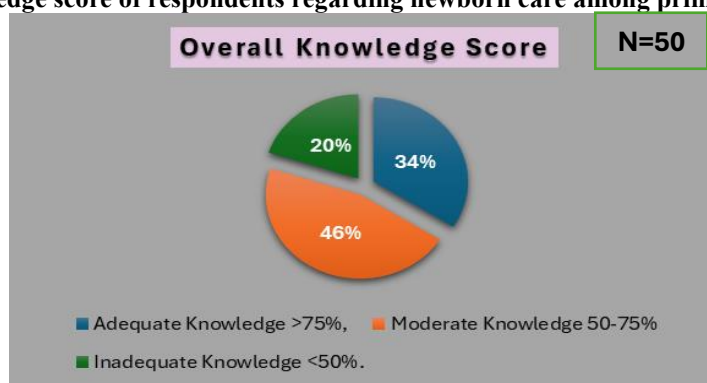➢ Primipara postnatal mothers.

Statistical Analysis
The collected data were organized, tabulated, analysed and interpreted through graphs and tables. Frequencies, percentages, mean, median, mode, and standard deviation for descriptive analysis and chi- square test for inferential statistics.

IV. Result:

The study was conducted among 50 primigravida mothers. Most of the respondents (82%) fall under (20-30) years of age, 28% were intermediate and above level of education, (58%) were housewives, (46%) got

married at (21-25) years of age, 80% had (0-2) years of married life, 60% belongs to joint family and 48% have got information from family members and friends.

Figure 1: knowledge score of respondents regarding newborn care among primigravida mothers.

Table 1: Overall mean, Mean Percentage, Range, SD, Median and Mode of knowledge regarding newborn care.

Mean	Mean Percentage	Range of Score	S.D	Median	Mode
15.98	66.58	6.22	2.99	17	19

Results of association between knowledge score and socio-demographic variables:

The study reveals that there is a significant association between the age and the educational status of the respondents with the knowledge level on newborn care as the λ^2 calculated value (15.3) for age and (14.75) for education is greater than the λ^2 table value (7.82) for age and (11.07) for education at (df) 3 and 5 respectively at P=0.005 significant level. Whereas there is no association between occupation, age of marriage, duration of marriage, types of family, and source of information.

V.   Discussion:

In the present study, the overall mean percentage of knowledge regarding newborn care is 66.58%. In a cross-sectional study to assess the primigravida mother's knowledge of newborn care as well as factors associated with poor knowledge in Puttalam district of Sri Lanka with a sample size of 446. The study reveals that 95% of primipara and unemployed women are more likely to have poor knowledge regarding newborn care.

The current study reveals that the majority 23 (46%) of respondents had moderate knowledge, 17 (34%) of respondents had adequate knowledge and 10 (20%) had inadequate knowledge.

VI.   Conclusion:

Education enlightens the darkness of the life through the public awareness, increases knowledge and brings change in the people's unhealthy practices. The major goal of nursing is to impart the knowledge and encourage healthy practices. In this study, total numbers of 50 Primigravidae were interviewed to assess the knowledge regarding newborn care at Takhel Awang Leikai, Imphal East, Manipur. The above study reveals that there is moderate knowledge regarding newborn care among primigravidae mothers. In the current scenario, it is crucial to raise awareness about newborn care among expectant mothers and eligible couples. They need to be informed about the available services such as institutional delivery, early initiation of breastfeeding, exclusive breastfeeding, warmth, comfort, baby bath, eye care, umbilical cord care, skin care, clothing, immunization, prevention from infection, bowel and bladder care, danger signs, etc These services can help reduce neonatal mortality and morbidity rates to some extent.

VII.   Recommendations:

Based on the findings of the present study, the following recommendations are stated-
1. A similar study can be undertaken with a large sample size to generalize the study.
2. A similar study can be undertaken to determine primigravida mothers' practices and attitudes.
3. A comparative study can be conducted among primigravida and multigravida mothers.
4. An experimental study can be used to assess the effectiveness of planned teaching programs on newborn care with different populations.
5. An exploratory study may be done to identify the lack of awareness and knowledge regarding newborn care.

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