

## Effectiveness of Ante Natal Care on Knowledge and Attitude among Primigravid Women

Prof V. Hemavathy, Principal, V. Yasodha, Assistant professor

Department of mental health nursing, Sree Balaji College of nursing, NO: 7 works road, chrompet, chennai, Bharath University

Department of community health nursing, Sree Balaji college of nursing, NO: 7 works road, chrompet, chennai, Bharath University

---

**Abstract:** The study was conducted to evaluate the effectiveness of antenatal care on knowledge and attitude among primigravid women a study was conducted at mylai balaji nagar at Chennai. Quasi experimental design was used to evaluate the effect of structured teaching module knowledge and attitude on the antenatal care. A simple random sampling method was used to select the sample from Mylai Balaji nagar area. Purposive sampling technique was used to select 60 samples for this study.

**Key words:** Effectiveness, antenatal, knowledge, attitude, primigravida.

---

### I. Introduction:

A women's health directly influences the health and development of a child pregnancy is a normal physiological phenomenon. Antenatal care refers to the care that is given to an expected mother from the time that conception is conformed until the beginning of labour in addition to monitor the progress of pregnancy. Ratnaboli (2010) evaluated the surveys of patterns, attitude and general effect of exercise during pregnancy. Ross (2010) evaluate the influence of exercise on maternal and perinatal outcome in a lowrisk primigravida with bladder neck mobility. Selvaraj (2010) revealed the association between maternal nutrition and birth anthropometry in mother – infant pairs.

### Objectives

- To assess the pretest knowledge and attitude on antenatal care among primigravid women before structured teaching programme.
- To evaluate the knowledge and attitude on antenatal care among primigravid women after structured teaching programme.
- To associate the demographic variables with the knowledge and attitude on antenatal care among primigravid women.
- To correlate knowledge and attitude regarding antenatal care among primigravid women.

### II. Materials and Methods

A quasi experimental research design was chosen to evaluate the effectiveness of ante natal care on knowledge and attitude among primigravid women. we have chosen an 60 primigravid women up to 36 weeks of pregnancy. Quasi experimental design was used to evaluate the effect of structured teaching module knowledge and attitude on the antenatal care. A simple random sampling method was used to select the sample from Mylai Balaji nagar area. Purposive sampling technique was used to select 60 samples for this study.

Knowledge score was classified as

Adequate knowledge - 76-100%

Moderately adequate knowledge – 51-75%

Inadequate knowledge – 50% and below

Highly positive attitude – 81-100%

Positive attitude – 61-80%

Neutral - 41-60%

Negative - 21-40%

Highly negative -1-20%

**Ring key:** <50% Inadequate knowledge; >51-74% moderately adequate; >75% adequate knowledge.

### III. Result and discussion

The study was done to assess the effectiveness of the structural teaching module regarding antenatal care on knowledge and attitude among primigravid women in my Balaji nagar. In pre test of 60 sample, 49

(82%) of the primigravid women had inadequate knowledge and 11 (18%) had moderately adequate knowledge. The post test knowledge 17 (28%) had moderately adequate knowledge and 43 (72%) had adequate knowledge. Attitude out of 60 primigravid women in pretest none of the mothers had highly positive attitude, only one (1.7%) mother had positive attitude, 25 (41.7%) mothers had neutral attitude 34 (55.6%) mothers had negative attitude. Post test out of 60 (100%) all the mothers had highly positive attitude and none of the mothers had positive neutral, negative and highly negative attitude. It was found there is no significant difference in the level of knowledge and attitude on antenatal care after structured teaching programme.

**Demographic variables of primigravid women**

**Table-1** shows the frequency and percentage distribution of demographic variables among 60 primigravid women 23 (38%) primigravid women were in the age group of below 20 yrs and 25 (42%) were 22-30 yrs and 12 (20%) primigravid women were in the age group of 31-40 yrs. Regarding religious status 31 (52%) women were hindus and 11 (18%) Muslim and 18 (30%) primigravid women were Christian and (0%) of others. Regarding occupation 20 (33%) primigravid women were house wives and 16 (27%) were working in daily wages and 10 (17%) were self employed, 8 (13%) were private employee and 6 (10%) were govt. employee. Regarding gestational age in week of the primigravid women 18 (30%) were below 12-20 weeks and 10 (17%) 25-28 weeks and 32 (53%) were below 28 weeks.

**Mean and standard deviation for the knowledge of the primigravid in the pre test and the post test.**

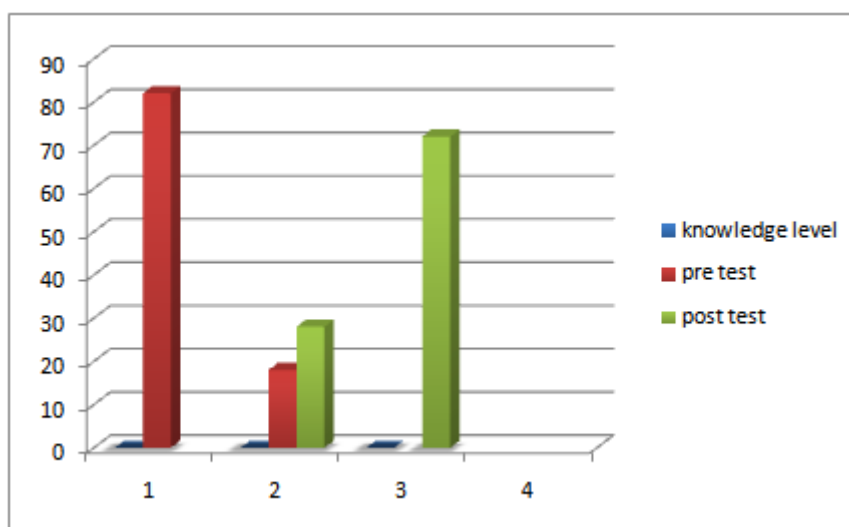
N=60

s. no	Primigravid women	mean	Standard deviation	Paired 't' value
1.	Pre test	35.3	4.5	***21.9
2.	Post test	85.2	5.3	

Table -1 shows the mean and standard deviation of pretest and post test knowledge. The overall mean score of 35.3 with standard deviation 4.5 was obtained in the pre test. In the post test over all mean score of 85.2 with standard deviation of 5.3 was obtained in the post test regarding knowledge of the primigravid women on antenatal care. The improvement score by comparing pretest and post test level of knowledge. The overall score knowledge improvement mean score of 50.1 with standard deviation 0.8

**Table-2: Comparison between pre test and post test score on knowledge level of primigravid mothers on antenatal care.** N=180

s. no	primigravid	pretest		post test	
		number	%	number	%
1.	Inadequate (0-49%)	49	82	-	-
2.	Moderate (50-74%)	11	18	17	28
3.	Adequate (75-100%)	-	-	43	72
<b>Total</b>		60	100	60	100



Among 60 primigravid mothers most of them 82% had adequate knowledge. In the pre test and 17(28%) had moderately adequate, and 43(72%) had adequate knowledge in the post test.

#### **IV. Conclusion**

The present study was to evaluate the effectiveness of antenatal care on knowledge and attitude among primigravid women. The knowledge of primigravid women on ante natal care was adequate. So educating the ante natal mother regarding antenatal care will help prevent the maternal and infant mortality rate. It promotes the healthy baby.

#### **Bibliography:**

- [1]. Archana Sinha (2007), Nutrition and women's Health,"Health for the Millions, P42-44
- [2]. Bonnet, V. Ruth et.al.,(1993) ,"Myles text book of midwives", (12<sup>th</sup> Ed.) English Language Book Society, Churchill living Stoney
- [3]. Betty R. Sweet. (2009), "Essentials of maternity Nursing", (12<sup>th</sup>
- [4]. Ed) London: W.B .Saunders Company.
- [5]. Kalra S,(2006),Nutrition during pregnancy and lactation" Journal of Obstetrics@Gynecolog Vol .7,No
- [6]. Land, G.H."Stockbaver ", American Journal Of Public Health, Vol.83, No.8, P.1121
- [7]. Michael (2007) :Tetanus Toxoid Coverage as an indicator of serological protection against neonatal tetanus" Bulletin of the world health organization.
- [8]. Mittal S.(2010),"Emergency Contraception A randomized Controlled trail of Levonorgestral Versus Yuzpe Regimen Indian experience," Journal of Obstetric &Gynecology of india,Vol.52,No.2.
- [9]. Ratnaboli@ chakravarthy (2009),"Ultra low does oral contraceptives in Indian women" journal of obstetric and gynecology of India ,Vol.5 ,No.6..
- [10]. Sapre,S(2010),"Anemia-a most preventable course of maternal mortality, "Journal of Obstetric @Gynecology of india,vol.51,no 6
- [11]. Selvaqraj, Lucy,"An Investigation of Beliefs",Customs@trational related to dietary practices of prenatal @postnatal mother 19,11.