

# A Study to Assess the Effectiveness of Plan Teaching Program on Knowledge Regarding New Born Care among Postnatal Mothers

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## **Abstract--**

**Background of the study:** *The new-born arrival is one of the most fabulous moments of life for the parents and family. Principally the mother is the primary person to take more responsibility to care the precious gift of the new born in order to reduce the mortality and morbidity. The global issue of Neonatal Mortality Rate is approximately more than 3.3 million in the world. According to World health organization, only five countries account for more than half of new born deaths viz., India, Nigeria, Pakistan, China and Democratic Republic of Congo. The 98% of neonatal mortalities occur in developing regions, 28% in the least developed countries. In India, out of 26 million babies born, around 0.75 million new born died in every year; it's highest for any country in the world. Among this 56 % occur mainly in Uttar Pradesh, Madhya Pradesh, Bihar, Rajasthan, Andhra Pradesh and Telangana.*

**Aim of the study:** *The present study aimed to assess the knowledge regarding new born care among postnatal mothers*

**Material and methods:** *In this study an evaluative research approach was pre-experimental one group pre testpost test research design, The sampling techniques was non probability convenience sampling used to collect the data from 40 samples of post natal mothers and data collection done by administrating the structured questionnaire. Description and inferential statistic was used to analysed the data such as Frequency, Percentage and chi-square test.*

**Results:** *In the pretest 28% samples were having inadequate level of knowledge, 72% samples were having Adequate level of knowledge, 00% samples were having Excellent level of knowledge regarding new born care. So, it revealed that they need the new born care knowledge to overcome the poor knowledge level. In the posttest 5% samples were having inadequate knowledge, 18% samples were having Adequate knowledge, 77% samples were having Excellent knowledge level for new born care. The chi square was used to identify association between selected demographic variable and level of knowledge at significant at 0.05 level. According to demographic*

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*variable of Age of mother, Education, Parity, Type of delivery, Age of child, Type of family, Weight of child were non-significant at 0.05 level of significance.*

**Conclusion:** *The purpose of the study was to evaluate the effectiveness of plan teaching programme among 40 postnatal mothers. The finding of the study concluded that majority of postnatal mothers were having inadequate level of knowledge. The plan teaching programme was effective among postnatal mothers in improving knowledge significant at 0.05 level regarding new born care.*

**Keywords---** *Knowledge, New Born Care, Post Natal Mothers.*

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## **I. INTRODUCTION**

Children are vital to the nation's present and future. Parents are usually committed to provide every advantaged possible to the children in their families, and to ensure that they are healthy and have the opportunities that they need to fulfil their potential. Healthy children are more likely to become healthy adults. Promotion of health today requires consideration of the overall status of children, not just identification and treatment of specific disease or injuries. Hence the care of children at birth plays a vital role<sup>1</sup>

Most of the neonates are born naturally and are normal. Although it is normal during the process of birth the baby has to face many physiological and environment changes. Neonatal period is the period until 28 days after birth. This is the most critical period of life. Many complications and may occur during this period if the neonate gets deprived of its vital needs. The neonate needs to adjust to extra-uterine life to maintain a normal physiology activity. Hence teaching the importance of new- born and infant care to mothers helps in preventing infections and disease with providing productive and fruitful life to new born who will be the citizens of tomorrow.<sup>2</sup>

## **II. MATERIAL & METHODS**

A quantitative research approach was used to assess the effectiveness of plan teaching programme, The pre experimental one group pre-test Post-test design was used, The independent variable in this study was plan teaching programme. The dependent variable in this study was knowledge regarding new-born care. Place of study was Dhiraj general hospital, Vadodara, Gujarat. Source of data for this study were postnatal mothers admitted in Dhiraj Hospital at waghodiya, Piparia, Vadodara. Population for this study was postnatal mothers in Dhiraj Hospital. There were 40 postnatal mothers considered as a samples as per the inclusive criteria. Non- Probability Purposive Sampling Technique was used for this study. To ensure content validity of the tool, the self structured questionnaire was send to 5 experts. The recommendation and suggestions of the experts were considered to modify the items of the tool as well as the content of self structured questionnaire. Structured knowledge questionnaire was used to assess knowledge of new born care. Demographic data which includes variables such as: Age of mother, Education, Parity, Type of delivery, Age of child, Type of family, Weight of child. The Structured knowledge questionnaire consists of a 30 questions regarding basic question related to New born care.

This chapter was deal with the analysis and interpretation of the data collected from the 40 sample of post-natal mothers through the structured questionnaire and checklist to the knowledge regarding to new born care among the post-natal mothers. The aim of analysis interpretation was to organize and give meaning to the data. The data were

organized according to the objectives of the study. The purpose of the analysis was to summarize, compare and test the proposed relationship and interpret findings. The collected data tabulated on the master-sheet and analyzed by using descriptive and inferential statistics.

Table I: Data on Level of Knowledge Regarding New Born Care among Post Natal Mothers

n=40

Sr no	Knowledge level	Pre-test		Post –test	
		F	P	F	P
1	Inadequate	11	28	02	5
2	Adequate	29	72	07	18
3	Excellent	00	00	31	77
<b>TOTAL</b>		<b>40</b>	<b>100</b>	<b>40</b>	<b>100</b>

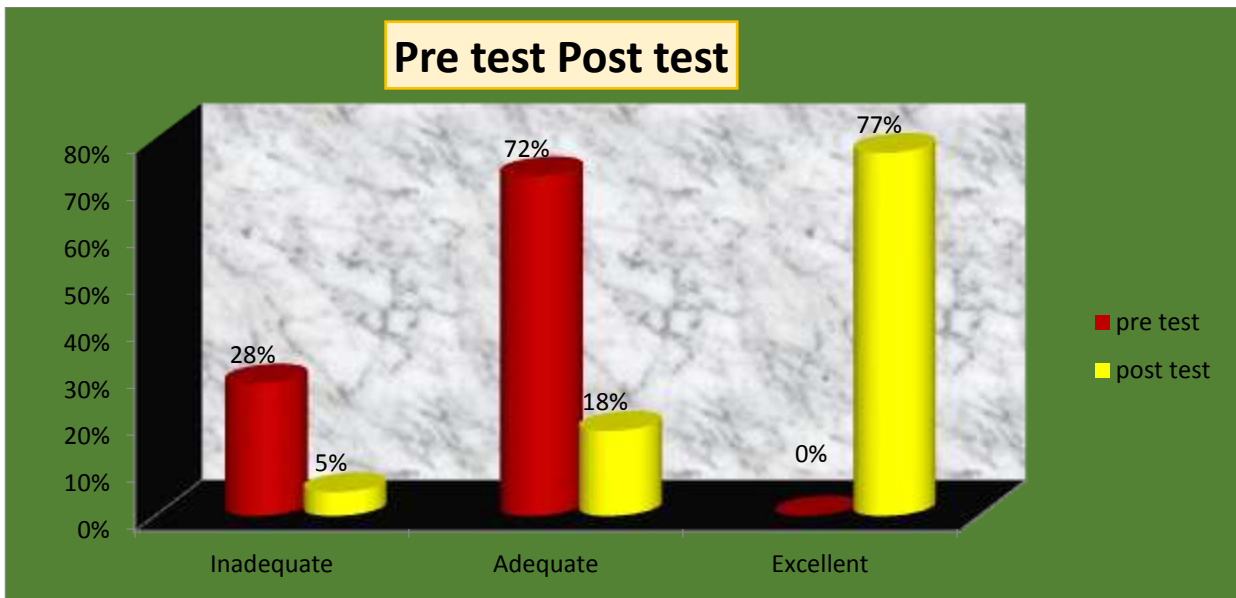


Table II: Analysed and Interpretation of Data on Association between Post-test Knowledge Score with Demographic Variables

Sr No	Variable	Inadequate	Adequate	Excellent	$\chi^2$	df	Level of significant at 0.05 level
1.	<b>Age of mother</b>						
	a) 21-25	0	3	12	3.357	4	NS
	b) 26-30	2	2	13			
	c) 30-33	0	2	6			
	d) 34 & above	0	0	0			
2.	<b>Education</b>						
	a) Illiterate	1	2	12	1.986	4	NS
	b) 1 <sup>st</sup> – 10 <sup>th</sup>	1	5	15			

	c)Higher Secondary	0	0	4			
	d)Graduation& above						
3.	<b>Parity</b>						
	a)First delivery	0	1	10	3.604	6	NS
	b)Second delivery	2	4	13			
	c)Third delivery	0	2	7			
	d)Fourth delivery& above	0	0	1			
4.	<b>Type of delivery</b>						
	a)Vaginal delivery	2	3	20	6.442	4	NS
	b)Instrumental delivery	0	3	11			
	c)LSCS	0	1	0			
	d)Forceps delivery						
5.	<b>Age of child</b>						
	a)1-3 days	1	2	7	1.356	6	NS
	b)4-7 days	1	3	16			
	c)8-14 days	0	1	5			
	d)15-21 days	0	1	3			
6.	<b>Type of family</b>						
	a)Nuclear	2	1	11	7.438	4	NS
	b)Joint family	0	4	18			
	c)Simple parents	0	2	2			
	d)Both a& b	0	0	0			
7.	<b>Weight of child</b>						
	a)Less than 2 kg				1.605	4	NS
	b)2.1-2.5 kg	0	2	6			
	c)2.6-3.0 kg	2	4	19			
	d)3.1-3.5 kg	0	1	6			
	e)above 3.6 kg						

Above table shows that there was no significant association between demographic variables and level of knowledge regarding new born care among the mothers.

### III. RESULTS

In the pre test 11(28%) samples were having inadequate knowledge, 29(72%) samples were having Adequate knowledge, 00 (00%) samples were having Excellent knowledge level for new born care. So, it revealed that they need the new born care knowledge to overcome the poor knowledge level. In the post test 2(5%) samples were having inadequate knowledge, 7(18%) samples were having Adequate knowledge, 31 (77%) samples were having Excellent knowledge level for new born care. There was no significant association found between demographic variable and knowledge regarding new born care among mothers.

#### **IV. DISCUSSION**

A descriptive designed was adopted for analysed data in this research study. Non probability convenience sampling technique was used in practice. The data was collected from 40 respondents by using structured knowledge questionnaires. The first section was the demographic data, which had 7 part : Age of mother, Education, Parity, Type of delivery, Age of child, Type of family, Weight of child. The finding showed that the majority of participants 17 (42%) were about 26-29 year of age of mothers, maximum number of postnatal mothers 21 (52%) education were 1<sup>st</sup> – 10<sup>th</sup>std, most of 19 (47%) sample's parity status were belongs to secondary delivery, utmost number of 25 (63%) sample's type of delivery were vaginal delivery, The majority of 25(50%) sample's were in age of 4-7 days, most of 22 (55%) sample's type of family were joint family and the majority of 25 (63%) sample's weight of child were 2.1 – 2.5 kg.

#### **V. CONCLUSION**

This study present the conclusions drawn, implication and recommendation of the present study. The focus of this study to evaluate “A study to assess effectiveness of plan teaching programme on knowledge regarding new born care among postnatal mothers in Dhiraj Hospital at waghodiya, piparia, Vadodara”. This study involved data collection using descriptive design and non-probability purposive sampling technique method. The size of sampling was 40 according to inclusion and exclusion criteria. The data was interpreted by suitable and appropriate statistical method and the chapter deal with conclusion that in the post test Majority of postnatal mothers 5% were having inadequate level of knowledge, 07 18% were having adequate level of knowledge,77%Excellent level of knowledge on new born care. There was no significant association between demographic variable and knowledge regarding new born care among the mothers.

#### ***Ethical Clearance***

Ethical clearance was obtained from the Institutional Ethical Committee (SVIEC) and willingness was obtained from the subject before data collected.

#### ***Sources of Funding***

Researchers were bearing all the expenses related to this research

#### ***Conflict of Interest***

There was no any conflict of interest.

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