

## To Assess The Effectiveness of Planned Teaching on Knowledge Regarding Newborn Care Among Primi Mothers

Switi Ashokrao Besekar

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**Author's Affiliations:** Clinical Instructor, Department of Child Health Nursing, Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha, Maharashtra 442004, India.

**Corresponding Author:** Switi Ashokrao Besekar, Clinical Instructor, Department of Child Health Nursing, Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha, Maharashtra 442004, India.

**E-mail:** switir21@gmail.com

### Abstract

Newborn period encompasses the first 4 weeks of extra-uterine life. It is an important link in the chain of events from conception to adulthood. The physical and mental well being of an individual depends on the correct management of events in perinatal period. Newborns need a special care and intensive monitoring and support during this critical period of adaptation. It is possible to increase perinatal survival and quality of human life through prompt and adequate management of newborn.<sup>1</sup> *Aim:* To assess the effectiveness of planned teaching on knowledge regarding newborn care among primi mothers. *Objectives:* • To assess the knowledge regarding newborn care among primi mothers. • To assess the effectiveness of planned teaching on knowledge regarding newborn care among primi mothers. • To associate the findings with selected demographic variables. *Material and Methods:* Research approach used for this study was an one group pretest and posttest design, Population was Primi mothers in the A.V.B.R. Hospital, Sawangi (M), total 60 samples were selected by using non-probability Convenient sampling technique. *Result:* The Pretest mean knowledge score was 6.22 and the post test mean knowledge score was 14.02. The tabulated 't' values was 2.00 (df=59) which is less than the calculated 't' i.e. 25.51 at 5% level of significance. Also the calculated 'p'=0.001 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that there is significant difference in knowledge score at pre and posttest of primi mothers regarding newborn care. *Conclusion:* The structure planned teaching programme on knowledge regarding newborn care among primi mothers was effective.

**Keywords:** Structured teaching programme; Newborn care; Primi mothers.

### Introduction

The birth of an infant is one of the most awe-inspiring and emotional events that can occur in one's lifetime. After 9 months of anticipation and preparation, the neonate arrives amid of flurry of excitement. Immediately after birth the newborn

must make rapid adjustment to successfully adapt to life outside the womb.<sup>2</sup>

Children are our future and our most precious resources. Health of the future children's depends on the nurturing practice adopted by the family. The first few days of life is a period of transition occurring all of a sudden from parasitic fetal



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life (intra uterine environment) to a completely independent (extra Uterine life). The process of birth and adaptation to the new surroundings depend upon number of adjustments on the part of the newborn baby especially.<sup>3</sup>

The first four weeks of life constitute the "neonatal period". The ideal basic needs for any new born includes breathing, warmth, cleanliness, and feeding mothers milk. Then all new born babies' requires essential new born care to minimize the illness and maximize their growth and development. Clearly, essential care of new born will help to prevent many newborn emergencies, example umbilical cord may be the most common source of neonatal sepsis and also of tetanus infection, and good cord care could dramatically reduce the risks of these serious conditions. Breast feeding has a significant protective effect against infections, early breast feeding and the baby kept close to the mother reduce the risk of hypothermia, as well as hypoglycemia.<sup>4</sup>

#### Objectives

- To assess the knowledge regarding newborn care among primi mothers.
- To assess the effectiveness of planned teaching on knowledge regarding newborn care among primi mothers.
- To associate the findings with selected demographic variables.

#### Hypothesis

$H_0$ : There is no significant difference between the pre test knowledge score and post test knowledge score regarding newborn care among primi mothers.

$H_1$ : There is a significant difference between the pre test knowledge score and post test knowledge score regarding newborn care among primi mothers.

*Assumption:* Primi mothers may have some knowledge regarding newborn care.

#### Material and Methods

Research approach used for this study was an evaluative approach with one group pretest and posttest design, Population was Primi mothers in the A.V.B.R. Hospital, Sawangi (M), total 60 samples were selected by using non-probability Convenient sampling technique.

#### Variable

*Independent Variable:* Planned teaching on knowledge regarding newborn care.

*Dependent Variable:* Knowledge of primi mothers regarding newborn care.

The *Inclusion Criteria* for selection of sample was Primi mothers, those who are available at time of time data collection and Those who could read write & understand Marathi.

*Exclusion Criteria* was primi mothers attended the any programme on similar topic.

The instrument used for data collection was structured questionnaire which consisted of 2 sections.

*Section I:* Demographic profile.

*Section II:* Knowledge questionnaire regarding newborn care.

#### Result

The analysis and interpretation of the findings are given in the following sections:

*Section 1:* Distribution of subjects with regards to their demographic variables.

*Section 2:* i) Assessment of pretest knowledge regarding newborn care among primi mothers.

ii) Assessment of posttest knowledge regarding newborn care among primi mothers.

*Section 3:* Evaluate the effectiveness of plan teaching program on knowledge regarding newborn care among primi mothers.

*Sections 4:* Association of the findings with selected demographic variables.

**Table 1:** Percentage wise distribution of nursing student's according to their demographic variables.

S. N.	Demographic Variables	Frequency	Percentage (%)
1	<b>Age</b>		
	21-23 Years	5	8.33%
	24-26 Years	12	20%
	27-29 Years	33	55%
	30 and above Years	10	16.66%
2	<b>Education</b>		
	Illiterate	12	20%
	Primary education	28	46.66%
	Higher secondary education	20	33.33%
	Graduation	00	00 %
3	<b>Occupation</b>		
	Housewife	22	36.66%

S. N.	Demographic Variables	Frequency	Percentage (%)
	Private employee	26	43.33%
	Daily wages	12	20%
	Government employee	00	00%
4	<b>Types of Family</b>		
	Nuclear family	42	70%
	Joint family	18	30%
5	<b>Residency</b>		
	Rural	38	63.33%
	Urban	22	36.66%

**Table 2:** Assessment of pretest knowledge regarding newborn care among primi mothers. n=60

Level of Knowledge Score	Percentage Score	Pretest Knowledge	
		Frequency	Percentage
Poor (1-5)	0-25%	15	25%
Average (6-10)	26-50%	45	75%
Good (11-15)	51-75%	00	00
Excellent (16-20)	76-100%	00	00
Minimum score			1
Maximum score			9
Mean score			6.22 ±1.78

The above table no. 2 shows that 15(25%) of sample were having poor level of knowledge and 45(75%) of sample were having average level of knowledge. Minimum score was 1 and maximum score was 9. Mean score was 6.22 ±1.78

**Table 3:** Assessment of posttest knowledge regarding newborn care among primi mothers. n=60

Level of Knowledge Score	Percentage Score	Pretest Knowledge	
		Frequency	Percentage
Poor (1-5)	0-25%	0	0%
Average (6-10)	26-50%	0	0%
Good (11-15)	51-75%	47	78.34%
Excellent (16-20)	76-100%	13	21.66%
Minimum score			11
Maximum score			18
Mean score			14.02 ± 1.57

The above table no. 3 shows that 78.33% (47) primi mother have good knowledge of newborn care, 21.66% (13) primi mother have excellent knowledge of newborn care. The minimum score was 11 and maximum was 18 and the mean knowledge score was 14.02 ± 1.57.

**Table 4:** Evaluate the effectiveness of plan teaching program on knowledge regarding newborn care among primi mothers. n=60

Overall	Mean	Std. Deviation	t-value	p-value
Pretest	6.22	1.78	25.51	0.001
Posttest	14.02	1.57		S <sub>p</sub> <0.05

Table no. 4 shows the comparison of knowledge scores in pre and posttest of primi mothers regarding newborn care. The mean knowledge score in the pretest was 6.22 ±1.78 and the posttest knowledge score was 14.02 ±1.57. The tabulated values was 2.00 (df=59) which is less than the calculated i.e. 25.51 at 5% level of significance. Also the calculated 'p'=0.001 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that there is significant difference in knowledge score at pre and posttest of primi mothers regarding newborn care.. Hence it is statistically interpreted that the planned teaching regarding newborn care among primi mother was effective. Thus the H<sub>1</sub> is accepted.

*Sections 4:* Association of the findings with selected demographic variables.

There was association between the occupation of samples and the knowledge score. There was no association found between age (in years), education, types of family and residence.

## Discussion

The result of present study shows that The mean knowledge score in the pretest was 6.22 ±1.78 and the posttest knowledge score was 14.02 ±1.57. The tabulated values was 2.00 (df=59) which is less than the calculated i.e. 25.51 at 5% level of significance. Also the calculated 'p'=0.001 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that there is significant difference in knowledge score at pre and posttest of primi mothers regarding newborn care.. Hence it is statistically interpreted that the planned teaching regarding newborn care among primi mother was effective.

The study was supported by Quasi-Experimental with One group pretestposttest design study The pretest, showed that, 23(77%) were had average knowledge, followed by 4(13%) were had below average knowledge and 3(10%) were had above average knowledge regarding newborn care. In post-test, 16(53%) were had average knowledge and 14(47%) had above average knowledge none of them had below average knowledge regarding newborn care. The pre test mean was 15.2 and standard deviation was 3.75. And the post test mean was 20.6 and standard deviation was 2.7. The calculated value was greater than table value. So, it is significant at p<0.05. The study showed that there was a significant difference in the knowledge level after STP.<sup>5</sup>

A study was conducted to assess the effectiveness of Neonatal care package on knowledge and practice among primi gravid mothers. The findings revealed that the pretest mean score of knowledge was 7.68 with SD 2.27, whereas in the post test mean score of knowledge was 10.21 with S.D 1.88 and the post test mean score of practice was 33.83 with S.D 3.82. In level of practice handwashing is only 37% adequate practice after giving demonstration. The calculated paired t value =7.826 was found to be statistically significant at  $p < 0.001$  level and calculated r value =0.4 shows a positive correlation. This clearly indicates that when the knowledge on neonatal care among primi gravid mothers increases their practice level also increases. The findings proved that Neonatal care package was very effective and had a significant effect on knowledge and practice regarding neonatal care.<sup>6</sup>

### Conclusion

The structure planned teaching programme on knowledge regarding newborn care among primi mothers was effective. Since, mother plays a vital

role in newborn care, they should have necessary knowledge in all the aspects of newborn care, thereby the complications and mortality related to newborn can be effectively prevented.

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