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## ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING POSTNATAL EXERCISES AMONG POSTNATAL MOTHERS

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### ABSTRACT

A Quantitative approach, pre experimental one group pre test and post test design was chosen to assess the effectiveness of structured teaching programme regarding knowledge and attitude on postnatal exercises among postnatal mothers admitted in postnatal ward, Government Medical College Hospital, Azamgarh, UP. 60 postnatal mothers were selected by Non probability convenience sampling. The pre test level of knowledge and attitude on postnatal exercise among postnatal mothers was assessed by self administered questionnaire and five degree likert scale on the 1<sup>st</sup> day of delivery. 2<sup>nd</sup> day 30 minutes Structured teaching programme on postnatal exercises was given. Post assessment of knowledge with self administered questionnaire and attitude was assessed by 5 degree likert scale on 3<sup>rd</sup> day. Level of knowledge between pre and post test mean difference was 4.7,  $t$  value 17.66 which was highly significant at  $P < 0.001$  level. Level of attitude between pre and posttest mean difference was 14.03,  $t$  value 16.36 which was highly significant at  $P < 0.001$  level. Correlation between knowledge and attitude regarding postnatal exercises in pre test  $r$  value was 0.0639 in post test  $r$  value 0.5237 which was highly significant at  $P < 0.001$  level. There was no significant association between pre and post test level of knowledge and attitude with selected demographic variables. Postnatal mothers who undergone structured teaching programme had a statistically significant in level of knowledge and attitude.

**Key Words :** *Postnatal exercise, structured teaching programme, Postnatal mother.*



## **INTRODUCTION**

Child birth is a significant event in women's life. Postnatal is the period beginning immediately after the birth of a child and extending for about six weeks. The period following childbirth during which the body tissues, in particular the genital and the pelvic organs, return to the condition they were in pre-pregnancy. Post natal exercise is playing important role to keep fit physically and psychologically and also it helps to encourage drainage of lochia, encourage ante-version of the uterus, minimize the risk of deep venous thrombosis (DVT) contraction and relaxation of the pelvic floor muscles, Diminish respiratory and vascular complications, Minimize future prolapse and stress incontinence, prevent back ache and genital prolapse, including losing that extra body weight and getting fit and healthy. Recommended postnatal exercise includes: Kegels, Deep breathing, abdominal crunches, Pelvic floor exercise (lying down, sitting), Neck exercises, Hip exercises, Exercise for the lower abdominal muscles, Gentle tummy exercise, Brisk walking, Sit-ups, leg and arm exercise. Psychologically It will boost mother self-esteem and confidence by getting back in shape, give a shot of much-needed energy and help fight the baby blues and postnatal depression by combating any stress and anxiety mother may be feeling. Work out for at least 30 minutes of exercise - include exercises targeted at toning the muscles which was most affected by pregnancy. If the mother weren't active during pregnancy, start with a 15-minute program and gradually increase to 30 minutes. In India most the mothers are not aware of postnatal exercise. It is the responsibility of the nurse to educate mothers regarding the postnatal exercise, which is an extended activity for promotion of maternal and child well being.

## **STATEMENT OF THE PROBLEM:-**

A study to assess the effectiveness of structured teaching programme regarding knowledge and attitude on postnatal exercises among postnatal mothers admitted in postnatal ward, Government Medical College Hospital, Azamgarh, UP.



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**OBJECTIVES:-**

- 1) To assess the level of knowledge of postnatal mother regarding postnatal exercise.
- 2) To evaluate the effectiveness of structured teaching programme among postnatal mother.
- 3) To determine the relationship between knowledge and attitude on postnatal mother with socio-demographic variables
- 4) To associate the pre test and post test level of knowledge and attitude with selected demographic variables

**HYPOTHESES:-**

**H<sub>1</sub>:** There will be significant difference of level of knowledge between pre and post test among postnatal mothers.

**H<sub>2</sub>:** There will be significant difference of level of attitude between pre and post test among postnatal mothers.

**H<sub>3</sub>:** There will be significant correlation of level of knowledge and level of attitude in pre and post test among postnatal mothers.

**H<sub>4</sub>:-** There will be significant association between level of knowledge and selected demographic variables among postnatal mother.

**H<sub>5</sub>:-** There will be significant association between level of attitude and selected demographic variables among postnatal mother.



## **RESEARCH METHODOLOGY**

**Research approach**  
**Quantitative approach**

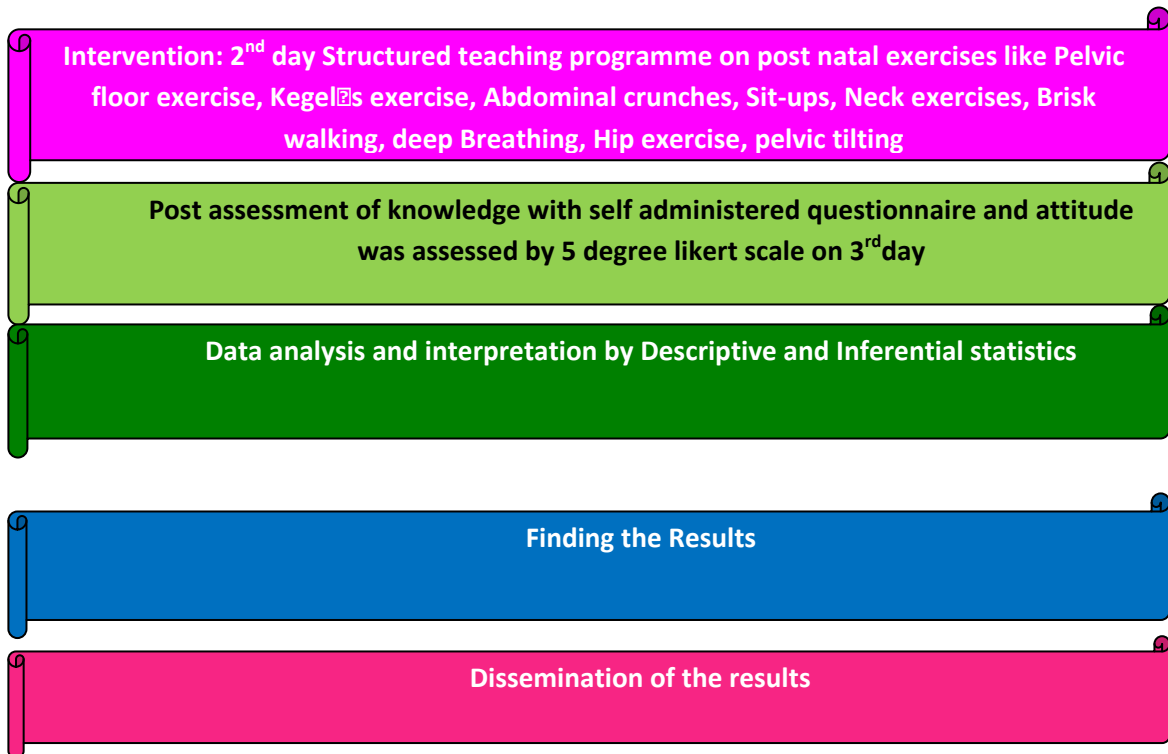
**Research design**  
**Pre experimental design One group Pre and Post test DesignE=O1xO2**

**Settings Post natal ward, Government Medical College Hospital, Azamgarh, UP**

**Population Target population :Post natal mothers with 1<sup>st</sup> day of normal vaginal delivery Accessible population :Post natal mothers admitted in post natal ward at Government Medical College Hospital**

**Pre assessment of knowledge with self administered questionnaire and attitude was assessed by 5 degree likert scalc on 1<sup>st</sup> day of normal delivery**

**Sample- Post natal mothers admitted in post natal ward at Govt Medical College Hospital who fulfilled inclusion criteria.Sampling Technique : Non Probability, Convenience Sampling**



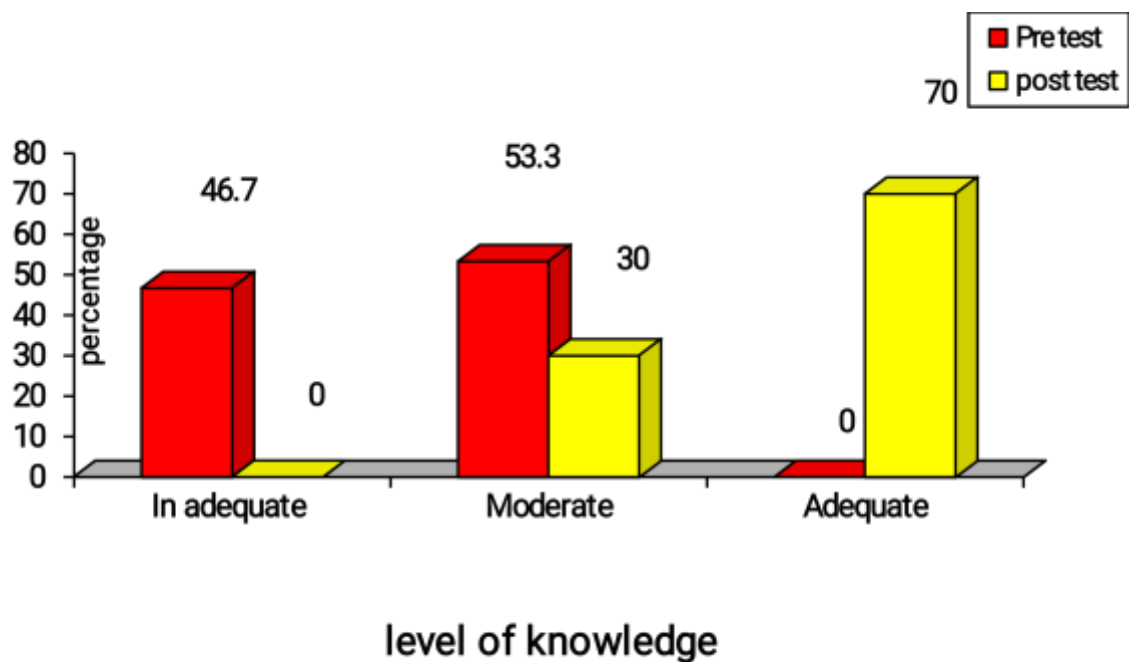
### Results and Discussion:

Majority of the post natal mothers (43.3%) belonged to the age group of 21-25 years. Age at marriage of post natal mothers were in higher proportion of 22-25 in group was (48%). 33.3% of post natal mothers completed their primary education. In this group most of the post natal mothers occupation were house wife (48.3). 33.3% of the postnatal mothers family income were from 6001 -10000 per month. In family status 46.7% were nuclear family. Living place 38.3% were from village. 50% postnatal mothers were collected their sources of information from television regarding post natal exercise. In this study 70% of participants are belongs to Hindu religion. Most of the Post natal mothers that is 51.7% got their family support from husband. In pre test knowledge on postnatal exercises among postnatal mother's overall mean was 6.41, SD



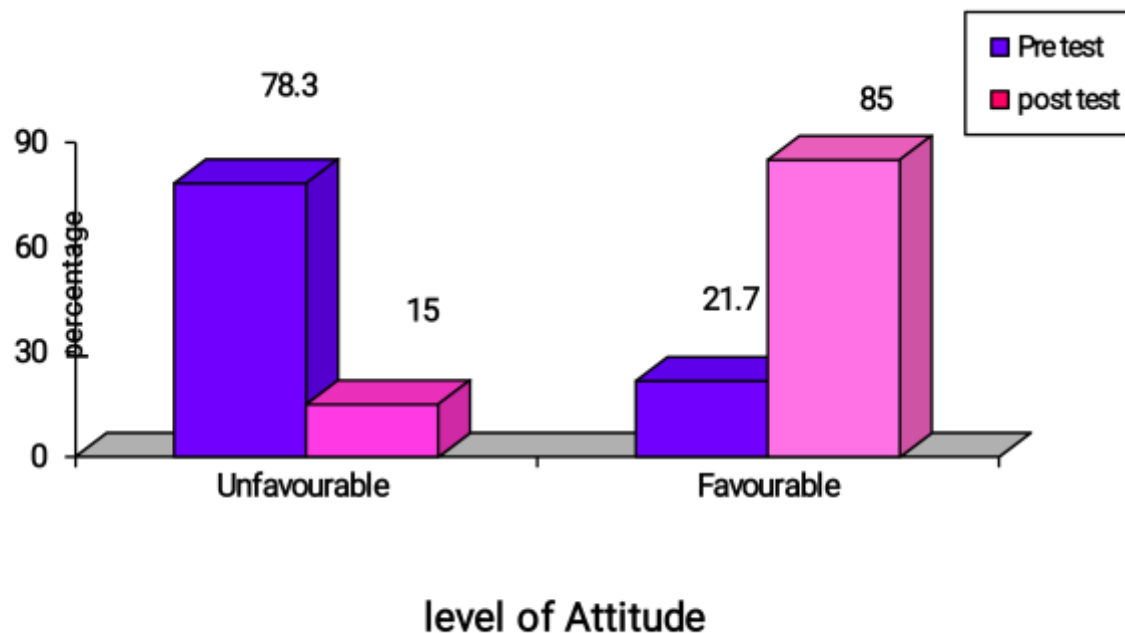
1.84, mean% 43. Where as in Post test mean 11.11, SD 1.4, mean% 74. Pre test scores of attitude on postnatal exercise overall mean was 20.9, SD 3.35, mean% 42. Where as in Post test mean 34.97, SD 6.94, mean% 70 according to their data.

**Figure1 : Percentage wise distribution to assess the effectiveness of structured teaching programme regarding knowledge on postnatal exercises among postnatal mothers**





**Figure2: Percentage wise distribution to assess the effectiveness of structured teaching programme regarding attitude on postnatal exercises among postnatal mothers**



**Table-1: Paired t-test was found between pre and post test to assess the effectiveness of structured teaching programme regarding knowledge on postnatal exercises n= 60**

| Level of knowledge | pre test |      | post test |      | Mean difference | t-value | P-value    |
|--------------------|----------|------|-----------|------|-----------------|---------|------------|
|                    | Mean     | SD   | Mean      | SD   |                 |         |            |
| Overall            | 6.41     | 1.84 | 11.11     | 1.40 | 4.7             | 17.66   | P<0.001*** |

\*-P<0.05,significant and \*\*-P<0.01 &\*\*\*-P<0.001, Highly significant



**Table-2: Paired t-test was found between pre and post test to assess the effectiveness of structured teaching programme regarding attitude on postnatal exercises n= 60**

| Level of attitude | pre test |      | post test |      | Mean difference | t-value | P-value    |
|-------------------|----------|------|-----------|------|-----------------|---------|------------|
|                   | Mean     | SD   | Mean      | SD   |                 |         |            |
| <b>Overall</b>    | 20.9     | 3.35 | 34.97     | 6.94 | 14.03           | 16.36   | P<0.001*** |

\*-P<0.05,significant and \*\*-P<0.01 &\*\*\*-P<0.001, Highly significant

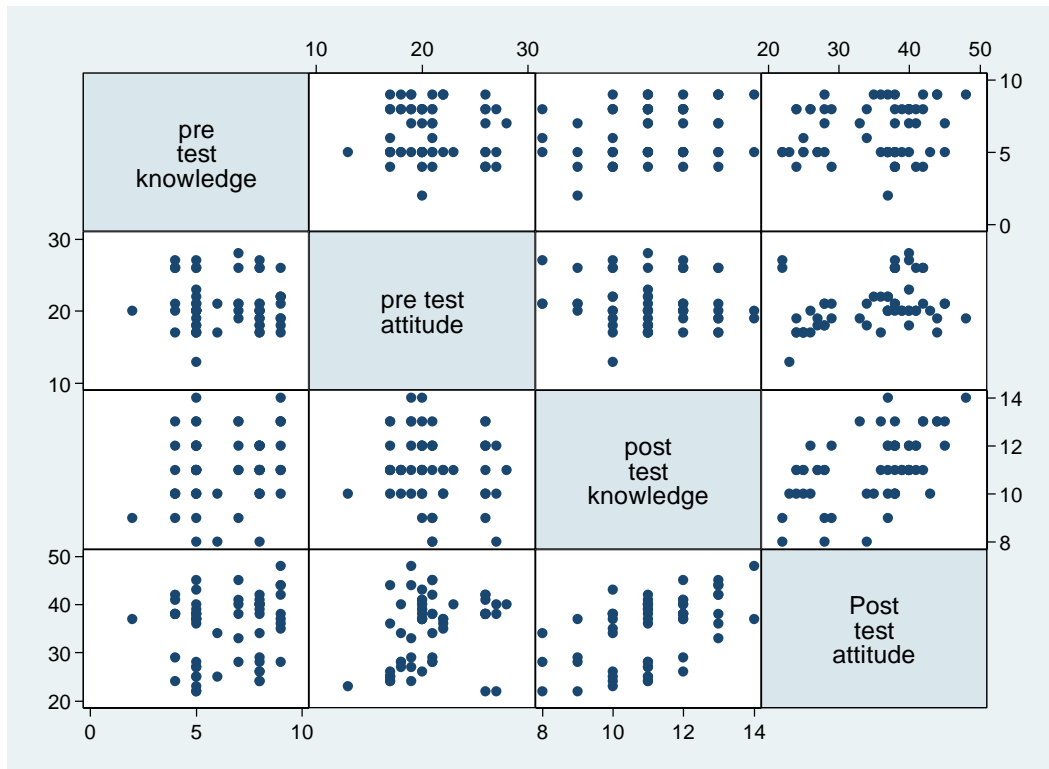
**Table-3:Correlation between knowledge and attitude regarding postnatal exercises among postnatal mothers n= 60**

| Variables                     | Pre test                           | Post test                            |
|-------------------------------|------------------------------------|--------------------------------------|
|                               | r <sup>2</sup> value<br>p-value    | r <sup>2</sup> -value<br>p-value     |
| <b>Knowledge and attitude</b> | r <sup>2</sup> =-0.0639<br>p=0.627 | r <sup>2</sup> =0.5237<br>p<0.001*** |





**Figure 3: Scatter diagram showing relation between knowledge and attitude regarding postnatal exercises among postnatal mothers**





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