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**EFFECTIVENESS OF LABOR ADMISSION EDUCATIONAL  
PROGRAM AMONG PRIMIGRAVIDA MOTHERS**

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**ABSTRACT**

**BACKGROUND:** Most of the Indian women who are illiterate are unaware about physiological changes during pregnancy and during labor, especially at the first conception and suffers psychologically which in turn affect the gynaecological health of antenatal mother's childbirth and pregnancy is a physical and emotional experience. She needs to develop healthy attitude towards pregnancy so that she might have a safe and emotionally satisfying experience of labor and a rapid recovery both mentally and physically in the puerperium.

**AIMS:** The main aim of the study is to assess the level of education among primigravida mothers regarding labor & its coping strategies.

**OBJECTIVE OF THE STUDY**

- To assess the level of education among primigravida mothers regarding labor& its coping strategies.
- To assess the effectiveness of labor admission education program among primigravida mothers

**METHODS AND MATERIALS:**

The data for main study was collected from 100 primigravida mothers. A quantitative

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research approach with Experimental research design. samples were selected by using non probability convenient sampling technique. Self- structured questions was used to assess the level of knowledge about child birth process. Descriptive and inferential statics were applied to analyzed the data.

**RESULTS:** The collected data were tabulated and analysed by using descriptive and inferential statistics. From the demographic variables, 8 variables were significant. Among 100 primigravida mother most of the mother were having adequately knowledge about labor at the time of admission

**CONCLUSION:** The overall 44% primigravida mother having adequate knowledge about labor.

**Keywords:** Effectiveness, Labor, Labor admission educational programme, Primipara mother

### INTRODUCTION:

“To witness the birth of a child is our best opportunity to experience the meaning of the word miracle”.

-Paul carves<sup>1</sup>.

Unfortunately, most of the Indian women who are illiterate are unaware about physiological changes during pregnancy and during labor, especially at the first conception and suffers psychologically which in turn affect the gynaecological health of antenatal mother's childbirth and pregnancy is a physical and emotional experience.<sup>2</sup> She needs to develop healthy attitude towards pregnancy so that she might have a safe and emotionally satisfying experience of labor and a rapid recovery both mentally and physically in the puerperium.<sup>3</sup>

The choice of childbirth education rests with the expectant family. The nurse can assist the couple in selecting a program

suited to their individual needs by providing information a childbirth classes. Having fantasies about pregnancy and motherhood, when confronted with the reality, many of them doubt their ability to cope with this great event in their lives. Influenced by family, friends and relatives, they get prepared in different ways as they approach the experience of childbirth.<sup>4</sup> Level of knowledge related to labour process among primigravida a study regarding to assess the level of knowledge related to labour among primigravida mother in selected hospitals of Punjab and Haryana” the study findings show that there is an association between the level of knowledge and education, occupation and source of information.<sup>5</sup>

Primigravida mothers of age group between 18-35 years and 34 -40 weeks gestation

period were selected for the study. An unstructured tool is developed for assessing the knowledge regarding the process of normal labor among primi mother. An unstructured tool is developed for assessing the knowledge regarding the process of normal labor among primi mother<sup>6</sup> Demographic data of the sample which include personal data of the mothers i.e. Age, religion, educational status, occupation, income, type of family, support during delivery and information regarding the process of normal labor. Second, consist of questions for assessing the knowledgeregarding the process of normal labor among primi mothers<sup>7</sup>

#### **MATERIALS AND METHODS**

A Quantitative research method was used for this study. The design of the study was Experimental research design. Study conducted in selected hospital of Vadodara include Dhiraj General Hospital. The samples were primi mothers who admitted for labor. The samples were selected by using non-probability convenient sampling method. Total number of samples were 100. The tools used for data collection were divided in to two sections. Section – I detail of primigravida mother. Section – II Various Domains to assess Knowledge and coping strategies among primigravida Mothers.

#### **RESULT:**

**Table 1** shows that the frequency and percentage distribution of primigravida mother's based on that demographic characteristics ; it was found that in 60% belong to the age group of 18-22 years, 31% belong to age group 23-27, 8% for 28-32 and 1% of 33-37 years of age group, 0% belongs to 38-40 years Of age group, 97% of the respondents belong to Hindu religion & 3% of them belong to Muslim religion, 15% of the respondents belong to rural & 85% of them belong to urban, 30% respondents were educated up to primary, 45% were educated up to secondary education, 13% were graduated & 12% were illiterate, 54% of respondents are housewives, 23% are in labor worker, 18% are doing job and 5% of them are not working, 28% of respondents are living in nuclear and, 72% are in joint family, 64% of respondents are earning <10,000/rs, 27% are earning 10,000-20,000/rs, 5% are earning 20,000-30,000/rs and 4% of them are earning >30,000/rs, 12% of respondents are in week of gestation, 42% are in week of gestation, 36% are in week of gestation and 10% of them are in week of gestation.

#### **ANALYSIS OF DATA TO FIND ASSOCIATION BETWEEN POST TEST KNOWLEDGE AND DEMOGRAPHIC VARIABLES**

This section deals with the finding of the association between knowledge and attitude scores with selected socio-demographic

variables age, gender, habitat, education, employment status, type of family, family income and week of gestation when

delivered on effectiveness of labor admission education by the help of chi square formula (**Table 2**).

**Table 1: Frequency and Percentage Description of Samples according to their Demographic Characteristic**

Sr. No	VARIABLE	FREQUENCY	PERCENTAGE
1)	AGE		
	A) 18-22 Yr	60	60%
	B) 23-27 Yr	31	31%
	C) 28-32 Yr	8	8%
	D) 33-37 Yr	1	1%
	E) 38-40 Yr	0	0%
	TOTAL	100	100%
2)	RELIGION		
	A) HINDU	97	97%
	B) MUSLIM	3	3%
	C) CHRISTIAN	0	0%
	D) OTHERS	0	0%
	TOTAL	100	100%
3)	HABITAT		
	A) RURAL	15	15%
	B) URBAN	85	85%
	TOTAL	100	100%
4)	EDUCATION		
	A) ILLITERATE	12	12%
	B) SECONDARY	45	45%
	C) ELEMMENTARY	30	30%
	D) DEGREE & MORE	13	13%
	TOTAL	100	100%
5)	EMPLOYMENT STATUS		
	A) HOUSE WIFE	54	54%
	B) LABOR WORKER	23	23%
	C) JOB	18	18%
	D) NOT WORKING	5	5%
	TOTAL	100	100%
6)	TYPE OF FAMILY		
	A) NUCLEAR	28	28%
	B) JOINT	72	72%
	TOTAL	100	100%
7)	FAMILY INCOME		
	A) <10,000/rs	64	64%
	B) 10,000-20,000/rs	27	27%
	C) 20,000-30,000/rs	5	5%
	D) >30,000/rs	4	4%
	TOTAL	100	100%
8)	WEEK OF GESTATION WHEN DELIVERED		
	A) 37 <sup>th</sup> week	12	12%
	B) 38 <sup>th</sup> week	42	42%
	C) 39 <sup>th</sup> week	36	36%
	D) 40 <sup>th</sup> week	10	10%
	TOTAL	100	100%

Table 2: Association of demographic variables with posttest knowledge score

Sr. No.	Characteristic	Frequency	Level of knowledge				Degree of freedom	Chi square x2	Table value	Sig nificant
			1	2	3	4				
1	AGE IN YEAR									
A	18-22	60	0	2	42	16	5	8.3179	16	0.05
B	23-27	31	0	5	9	17				
C	28-32	8	0	1	2	5				
D	33-37	1	0	0	0	1				
E	38-40	0	0	0	0	0				
	TOTAL	100	0	8	53	39				
2	GENDER									
A	HINDU	97	0	9		37	5	2.15	17	0.05
B	MUSLIM	3	0	1		1				
	Total	100	0	10		38				
3	HABITAT									
A	RURAL	15	0	1	9	5	5	1.78	18	0.05
B	URBAN	85	0	5	45	35				
	TOTAL	100	0	6	54	40				
4	EDUCATION									
A	ILLITRATE	12	0	6	6	0	5	3.09	18	0.05
B	Secondary	45	0	0	24	21				
C	ELEMMENTAR Y	30	0	0	15	15				
D	DEGREE & MORE	13	0	0	11	2				
	Total	100	0	6	56	38				
5	EMPLOYMENT STATUS									
A	HOUSE WIFE	54	0	2	21	10	5	3.09	18	0.05
B	LABOR WORKER	23	0	0	12	10				
C	JOB	18	0	1	5	4				
D	NOT WORKING	5	0	3	18	14				
	Total	100	0	6	56	38				
6	TYPES OF FAMILY									
A	NUCLEAR						5	3.09	18	0.05
B	JOINT									
	Total									
7	FAMILY INCOME									
A	<10,000/rs	64	0	6	53	34	5	3.09	18	0.05
B	10,000-20,000/rs	27	0	0	3	17				
C	20,000-30,000/rs	5	0	0	3	39				
D	>30,000/rs	4	0	0	6	56				
	TOTAL	100	0	6	55	39				
8	WEEK OF GESTATION WHEN DELIVERED									
A	37 <sup>th</sup> week	12	0	2	21	10	5	3.09	18	0.05
B	38 <sup>th</sup> week	42	0	0	12	10				
C	39 <sup>th</sup> week	36	0	1	5	4				
D	40 <sup>th</sup> week	10	0	3	18	14				
	TOTAL	100	0	6	56	38				

## INDICATE

1-INADEQUATE KNOWLEDGE
2-MILDLY INADEQUATE KNOWLEDGE
3-MODERATELY INADEQUATE KNOWLEDGE
4-ADEQUATE KNOWLEDGE

**DISCUSSION:**

The aim of the study was “**Effectiveness of Labor admission educational program among primigravida mothers**”

The methodology of the study was one group pre-test post-test experimental research design. The setting of the study was Dhiraj Hospital of Vadodara district, Gujarat. The sample size was 100. Non probability convenience sampling technique was used to select the samples.

The data collection tools were used were demographic variables, self-structured questionnaire to assess the knowledge score. The content validity and reliability was established for all the tools.

During the period of the collection the data was collected by the tool, which has been already prepared by the investigator. The finding of the study has been discussed in terms of objectives and hypothesis state for the study.

**FINDINGS OF THE STUDY AND DISCUSSION:**

- 60% belong to the age group of 18-22 years, 31% belong to age group 23-27, 8% for 28-32 and 1% of 33-37 years of age group, 0% belongs to 38-40 years of age group
- 97% of the respondents belong to Hindu religion & 3% of them belong to Muslim religion.

- 15% of the respondents belong to rural & 85% of them belong to urban.
- 30% respondents were educated up to primary, 45% were educated up to secondary education, 13% were graduated & 12% were illiterate.
- 54% of respondents are housewives, 23% are in labor worker, 18% are doing job and 5% of them are not working
- 28% of respondents are living in nuclear and, 72% are in joint family.
- 64% of respondents are earning <10,000/rs, 27% are earning 10,000-20,000/rs, 5% are earning 20,000-30,000/rs and 4% of them are earning >30,000/rs
- 12% of respondents are in week of gestation, 42% are in week of gestation, 36% are in week of gestation and 10% of them are in week of gestation.

**CONCLUSION:**

This study presents the conclusions drawn, implications, limitations, and delimitations and the recommendations of the study, the focus of the study

**“Effectiveness of labor admission education program among primigravida mother”**

The study undertaken was “Effectiveness of labor admission education program among primigravida mother”. The study involved one group pre-test and post-test using pre-experimental design, with using non probability convenience sampling technique method. The size of the sample was 100 and selection of the sample was done according to inclusion and exclusion criteria. The admitted primigravida mother completed the self-structured questionnaire in pre-test, post-test was conducted after the teaching. Effectiveness was assessed by analysis of pre-test & post-test knowledge score & ‘t’ value in both groups. The data was interpreted by suitable and appropriate statistical method. This chapter deals with the following conclusions.

- 30% of the respondents had mildly inadequate knowledge & 49% had moderately inadequate knowledge about labor Admission Education Program Among Primigravida Mother.
- 56% of them have moderately inadequate knowledge and 36% of them have adequate knowledge about labor admission education.
- The chi-square was used to determine the association between pre-test & selected demographic variables. Among the demographic variables shows significant

association between the level of knowledge and selected variables like age were having significant association at the level of 0.05 and others were non-significant habitat, employment status, type of family, family income habitat, and others. Among all the demographic variables previous knowledge and source of information were having non-significant association at the level of 0.05.

**ETHICAL CLEARANCE:** As the study conducted on humans, approval from institutional ethical committee was obtained before commencement of the study.

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