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**A STUDY TO ASSESS THE EFFECTIVENESS OF SELF-INSTRUCTIONAL
MODULE ON KNOWLEDGE REGARDING WARNING SIGNS OF
PREGNANCY AMONG PRIMIGRAVIDA MOTHERS IN SELECTED
RURAL AREA OF VADODARA**

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ABSTRACT

Background of the study: Knowledge regarding warning signs of pregnancy and its complications is profoundly important, for utilization of skilled care during delivery and in seeking emergency services. Lack of information regarding warning sign during pregnancy hinders mother ability to take part in safe motherhood initiatives. The first step to accept appropriate and timely referral to obstetric care is essential knowledge regarding sign of obstetric complications. **Objectives:** The aim of research study was to assess the level of knowledge regarding warning signs of pregnancy among primigravida mothers in selected rural area of Vadodara. **Materials and Method:** The data for main study collection was 110 primigravida mothers. Description of the tools refers to the explanation of the contain of the tool. The researcher used 30 knowledge questionnaires regarding warning signs of pregnancy and based on correct answers scoring is given. The tool used for present study is self-instructional module. Descriptive and inferential statistics were applied to analyze the data using SPSS-20 software. We use simple random sampling technique. The collected data was tabulated and analyzed using descriptive and inferential statistics. **Result:** In the pre-test mean score was 1.8545 and post-test mean score 2.5000. The post-test level of knowledge mean score is significantly greater than the pre-test knowledge mean score. The 't' value 12.271 is more than tabulated value at 0.05 level of significance. **Conclusion:**

According to the calculation of both pre-test and post-test score it indicates that there was improvement in knowledge level among primigravida mothers. Hence it indicates that self-instructional module was effective.

Keywords: warning signs, primigravida mothers, self-instructional module, effectiveness

INTRODUCTION:

During pregnancy mother undergoes physiological changes in order to nurture the developing fetus and to prepare the mother for labour and delivery. It is very important to differentiate between the normal physiological changes occurring in pregnancy as it will help to differentiate from the abnormal [1-5]. From the very first week of pregnancy, it is very important to take good care of yourself so that you can take care of your baby. Certain precautions should be taken and be aware of what you do and what you should not do, that may affect your baby. You are more likely to have a healthy birth if you maintain a healthy pregnancy [4-8]. Knowledge regarding warning signs of pregnancy and its complications is profoundly important, for utilization of skilled care during delivery and in seeking emergency services. Lack of information regarding warning signs during pregnancy hinders mother's ability to take part in safe motherhood initiatives. The first step to accept appropriate and timely referral to obstetric care is essential knowledge regarding signs of obstetric complications [9-15]. The most common danger signs during pregnancy which can increase the risk of maternal death are vaginal bleeding,

convulsion (or) fits, high fever, abdominal pain, severe headache, blurred vision, absence of fetal movement, gush of fluid from vagina, foul smelling vaginal discharge [16]. The aim of the research study was to assess the level of knowledge regarding warning signs of pregnancy among primigravida mothers in selected rural area of Vadodara.

MATERIALS AND METHOD

Quantitative evaluation approach was used in this study to determine effectiveness of self-instructional module on knowledge regarding warning signs of pregnancy in primigravida mothers. The design used in this study was one group Pretest-Posttest experimental Research design. Study setting was defined as physical location or place in which the research study was going to be conducted by the researcher. The setting of present study was selected rural area of Vadodara. There were 2 sections: Section – A This section includes socio-demographic variables such as age, religion, type of family, area of residence, family income, education that influence warning signs of pregnancy and Section – B Knowledge questionnaires were used to assess the knowledge regarding

warning signs of pregnancy in primigravida mother. This section-B contains multiple choice questions. The total score is 30. Each question has 4 options with one correct answer. Each correct response will carry

“one score” and “zero” for incorrect response according to predetermined key.

Interpretation:

The total score: 30

Interpretation	Score
Poor knowledge	0-10
Average knowledge	11-20
Good knowledge	21-30

RESULTS

Table 1 represent the frequency and percentage distribution of samples, according to their demographic characteristics. It was observed that among 110 mothers 74(67.27%) belonged to below 25 years, 27(24.54%) belonged to 26-30 years of age, 6(5.45%) belonged to 31-35 years, 3(2.12%) belonged to above 35 years in age. 62(56.36%) belonged to nuclear family, 48(43.63%) belonged to joint family. 87(79.09%) belonged to Hindu religion, 19(17.27%) belonged to Muslim religion, 4(3.63%) belonged to Christian religion. 97(88.18%) mothers are residence of rural area, 13(11.81%) are residence of urban area. 59(53.63%) of mothers are illiterate, 40(36.36%) mothers had completed primary education, 9(8.18%) mothers had completed secondary education, 2(1.81%) mothers are graduate and above. 18(16.36%) mothers family income was 500-1000 Rs/-, 45(40.90%) mothers family income was 1001-2000 Rs/-, 34(30.90%) mothers family income was

2001-2500 Rs/-, 13(11.81%) mothers family income was above 2500 Rs/-.

Table 2 shows that in pre-test 16(14.54%) samples were having poor knowledge, 94(85.45%) were having average knowledge, and 00(0.00%) were having good knowledge. In the post-test 00(0.00%) having poor knowledge, 55(50%) were having average knowledge, and 55(50%) were having good knowledge.

Table 3 shows that, the analysis of association of selected demographic variables with post-test knowledge level of warning signs of pregnancy. Regarding warning signs of pregnancy using chi square test revealed that there was significant association between post-test knowledge level of warning signs of pregnancy with the variable such as mother education. Because the obtained value was more than the table value at 0.05 level of significance. So, the research hypothesis H_2 was accepted.

Table 4 shows that the pre-test and post-test knowledge level mean was 1.8545 and 2.5000, the mean difference was 110,

standard deviation of pre-test was 0.35417 and standard deviation of post-test was 0.50229, standard error mean of pre-test was 0.03377 and standard error mean of post-test was 0.04789, the obtained 't' value was

12.271, so it was highly significant at 0.05 level and shows that the self-instructional module was effective. So, the research hypothesis H₁ was accepted.

Table 1: Frequency and percentage distribution of samples according to their demographic variables (N = 110)

Sr. no.	Demographic data	Categories	Frequency	Percentage
1.	Age in year	Below 25 years	74	67.27
		26-30 years	27	24.54
		31-35 years	06	5.45
		Above 35 years	03	2.72
2.	Type of family	Nuclear family	62	56.36
		Joint family	48	43.63
3.	Religion	Hindu	87	79.09
		Muslim	19	17.27
		Christian	04	3.63
		Others	00	0.00
4.	Area of residence	Rural	97	88.18
		Urban	13	11.81
5.	Education status	Illiterate	59	53.63
		Primary education	40	36.36
		Secondary education	09	8.18
		Graduate and above	02	1.81
6.	Family income	500-1000 Rs/-	18	16.36
		1001-2000 Rs/-	45	40.90
		2001-2500 Rs/-	34	30.90
		Above 2500 Rs/-	13	11.81

Table 2: Data on level of knowledge regarding warning signs in pregnancy among primigravida mother (N = 110)

Sr no	Knowledge level	Pre test		Post test	
		F	P	F	P
1	Poor Knowledge	16	14.54%	00	0.00
2	Average Knowledge	94	85.45%	55	50%
3	Good knowledge	00	0.00%	55	50%
Total		110	100%	110	100

Table 3: Data on association between post-test knowledge score with demographic variables (N = 110)

Sr. No	Demographic data	Categories	Poor	Average	Good	Total	Chi-square X ²	Df	Level of significance at 0.05 level
1	Age in years	Below 25	0	38	36	74	3.091 ^a	3	NS
		26 to 30	0	14	13	27			
		31 to 35	0	03	03	06			
		Above 35	0	0	03	03			
2	Type of family	Nuclear	0	25	37	62	5.323 ^a	1	NS
		Joint	0	30	18	48			
3	Religion	Hindu	0	45	42	87	1.156 ^a	2	NS
		Muslim	0	09	10	19			
		Christian	0	01	03	04			
		Others	0	0	0	00			
4	Area of residence	Rural	0	50	47	97	.785 ^a	1	NS
		Urban	0	05	08	13			
5	Education status	Illiterate	0	33	26	59	4.731 ^a	3	S
		Primary education	0	17	23	40			

		Secondary education	0	03	06	09			
		Graduate and above	0	02	0	02			
6	Family income	500-1000	0	09	09	18	2.225 ^a	3	NS
		1001-2000	0	19	26	45			
		2001-2500	0	20	14	34			
		Above 2500	0	07	06	13			

Table 4: Data on effectiveness of the self-instructional module on level of knowledge regarding warning signs of pregnancy among primigravida mother (N = 110)

Aspect	Mean	Mean difference	Std. Deviation	Std. Error Mean	"t"-value
Pre test	1.8545	110	0.35417	0.03377	12.271
Post Test	2.5000	110	0.50229	0.04789	

DISCUSSION

The present study was conducted to evaluate the effectiveness of self-instructional module on knowledge regarding warning signs of pregnancy among primigravida mothers in selected rural area of Vadodara. In order to achieve the objective of study, an interventional design was adopted. Simple random sampling technique was used in practice. The data was collected for 110 respondents by using self-structured knowledge questionnaires. The finding of the study has been discussed with reference to the objective, hypothesis, and with the finding of others studies. In the pre-test 16 (14.54%) samples were having poor knowledge, 94 (85.45%) samples were having average knowledge, 0 (0.00%) samples were having good knowledge level. Paired-t test was used to identify association between selected demographic variable and level of knowledge. Results shows that the pre-test and post-test knowledge mean was 1.8545 and 2.5000, the mean difference was 110, standard deviation of pre-test was

0.35417 and standard deviation of post-test was 0.50229, standard error mean of pre-test was 0.03377 and standard error mean of post-test was 0.04789, the obtained 't' value was 12.271, so it was highly significant at 0.05 level and shows that the self-instructional module was effective. So, the research hypothesis H₁ was accepted. The chi square was used to identify association between selected demographic variable and level of knowledge. Regarding warning signs of pregnancy using chi square test reveal that there was significant association relationship between post-test knowledge level of warning signs of pregnancy with the variables such as mother education. Because the obtained value was more than the table value at 0.05 level of significance

CONCLUSION

The present study conducted that there was an improvement in the level of knowledge among primigravida mothers in selected rural area of Vadodara.

CONSENT:

As per international standard or university standard, Participants written consent had collected and preserved by the author(s)

ETHICAL APPROVAL

The study was approved from ethical committee of Sumandeep Vidyapeeth institutional ethics committee and ethical approval number is SVIEC/ON/Nurs/SRP/21133.

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