

**Research article****A study to assess the effectiveness of planned teaching on knowledge regarding minor ailments during antenatal period among primi gravida mothers in selected hospitals of Sangli city, Maharashtra, India****Archana Rohit Dhanawade**

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**Abstract**

Pregnancy is creative and productive period in the life of a woman. There are some common problems that a woman might experience during pregnancy and because they are not threatening their life, they are called minor. There is high incidence of minor ill health in the population. **Aim:** To assess the existing knowledge regarding minor ailments during antenatal period, To evaluate the effectiveness of planned health teaching regarding minor ailments during antenatal period, To compare the result with selected demographical variables. **Methods:** The research design was quasi experimental. The data was collected with the structured questionnaire; samples were 60 antenatal mothers attending ANC OPD. **Result:** pre-test mean was 1.74 and post-test 2.13. This differences was statistically significant as p value 0.000 level with 't' value of -9.527. In educational status 25 women's have acquired primary education, 24 of the women have acquired secondary knowledge, and 10 of the women have acquired graduate degree and only 1 woman. In the area wise distribution most (42) of the women belong from the urban areas while (18) of the women are from rural areas. **Conclusion:** Planned teaching program is effective to improve knowledge of women regarding minor ailments. A finding of the study shows that after conducting planned teaching programmed there was increase in the knowledge regarding minor ailments and its management during antenatal period among primi gravida mothers. Statistically it was found that there is highly significant difference in pre-test and post-test scores. So hypothesis  $H_1$  was accepted.

**Key words:** Minor ailments, Planned teaching programmed, Post-test scores, Pregnancy, Pre-test scores, Quasi experimental

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**1. Introduction**

Pregnancy is creative and productive period in the life of a woman. It is one of the vital events, which needs special care from conception to postnatal period. Every mother wants to enjoy nine month period with the baby inside her; the joyful experience of pregnancy is not always joyful [1-4].

There are some common problems that a woman might experience during pregnancy and because they are not threatening their life, they are called minor [3, 4].

There is high incidence of minor ill health in the population. Minor ailments are part of normal everyday experience for us all, particularly: backache, cough and cold, headaches and migraine, toothache, indigestion,

skin problems, allergy and respiratory problems. Most of them are not dangerous, just a normal part of pregnancy [5, 6]. But, it is good to be able to spot systems of anything fast. The good news is that lot of them can be alleviated using some simple remedies and proper explanation. Fortunately, most of these discomforts will go away as pregnancy progresses and some women's might not feel any discomfort at all if women have been pregnant before, she might feel differently this time around. Just as each woman is different, so is each pregnancy [7-10].

A study on minor acute illness during pregnancy suggests that despite being non-life threatening, the high prevalence of these conditions has a major effect on

productivity and may have profound impact on the lives of pregnant women and their families.

Minor ailments are common during pregnancy and non-pharmacological therapies should be considered as the first line treatment, if appropriate. However, medication may be required to ensure the well-being of the mother and prevent secondary adverse effects to the fetus [1, 4].

In India the morbidity among women may also increase with or without medication. Good understanding of both traditional and modern medical views will go along the way in minimizing her disorders associated with pregnancy.

The objective of the study was to assess the existing knowledge regarding minor ailments during antenatal period. To evaluate the effectiveness of planned health teaching regarding minor ailments during antenatal period. To compared the result with selected demographical variables.

## 2. Material and method

The study population consist of ANC mothers attending antenatal clinics, who gave consent to participate in the study were included. Total sample size was 60.

### Data collection

A formal permission was obtained from hospital superintendent and written consent was obtained from antenatal mothers. The pretest was conducted and purpose of the study was explained to antenatal mothers and confidentiality of their response was assured. After pretest planned teaching programmed was administered to the antenatal mothers and post test was conducted.

### Statistical analysis

The data analysis was planning to include descriptive inferential statistics. Items related to background variable would be analyzed in terms of frequency and percentage, analysis of assessment was done by frequency, percentage, mean, median and standard deviation.

## 3. Result

In age status there are no mothers below the age of 18years, 46 mothers aged between the ranges of 18-24, 14 mothers were within the age group of 25-32. There are no mothers aging above 32 shown in Table 1.

From this data it is understood that women's are more conscious about the normal reproduction age, no any mother found in the high risk age group.

Table No 1: Frequency and percentage distributions of selected demographic variables

n = 60			
SN	Sample characteristics	Frequency	%
1	Age		
	below 18	0	0
	18-24	46	76.66
	25-32	14	23.33
	above 32	0	0
	Total	60	100
2	Education		
	primary	25	41.66
	secondary	24	40
	under graduate	10	16.66
	graduate	01	1.66
	Total	60	100
3	Address		
	rural	18	30
	urban	42	70
	Total	60	100
4	Knowledge		
	yes	19	31.66
	no	41	68.33
	Total	60	100

Table 1 shows that the highest percentage of 76.66% in age between 18-24 years. 41.66% Maximum education in primary teaching approached. Frequency and demographic variables in highest in urban area. 68.33% they don't have knowledge.

In educational status 25 women's have acquired primary education, 24 of the women have acquired secondary knowledge, and 10 of the women have acquired graduate degree and only 1 woman. In the area vise distribution most (42) of the women belong from the urban areas while (18) of the women are from rural areas

As per the above data the mothers are curious of their health and prefer the urban areas for treatment as 30% of mothers prefer to take treatment from the advance medical services in urban areas.

Information about minor ailments to the primi gravida mothers, in which it is found that 19 samples have some information about the minor ailments while 41 samples are not having any knowledge or information about minor ailments.

Table No 2: Analysis of data related to knowledge of mothers and effect of planned teaching regarding minor ailments.

Test	Mean	Mean difference	SD	"t" Value	P value
Pre-test	1.74	6.31	0.503	-9.527	0.000
Post-test	2.13	13.83	0.343		

Table 2 data indicates antenatal mothers who have received planned teaching on minor ailments had higher mean knowledge scores in post- test than in pre-test .it can be concluded that ,the structured teaching on minor ailments has provided to be effective in delivering the knowledge . So null hypothesis is rejected and alternative hypothesis is accepted

The Table 2 show that the mean knowledge scores about minor ailments of prime gravida mothers in pre-test was 1.74 and post-test 2.13. This differences was statistically significant at p value 0.000 level with 't' value of -9.527 result.

Table No 3: Comparison of pre and post scores of knowledge

Score	Category	n=60			
		pre test		post test	
		No	(%)	No	(%)
<35%	Poor	32	55.3	00	00
35% - 75%	Average	28	46.7	52	86.7
>75%	Good	00	00	08	13.3
Total		60	100	60	100

Table 3 data states that the antenatal mothers have gained knowledge about the minor ailments after the planned teaching. Most of the score is average and good; no mother has scored below 35%.

#### 4. Discussion

A study on minor acute illness during pregnancy suggests that despite being non-life threatening, the high prevalence of these conditions has a major effect on productivity and may have profound impact on the lives of pregnant women and their families. So the researchers felt the need to do research on antenatal mother's knowledge regarding minor ailments which is essential for safe guard for antenatal mother's health [11-13].

The main aim of the study was to evaluate existing knowledge regarding minor ailments and its management during antenatal period among primi gravida mothers in selected hospital of Sangli city Maharashtra, India."

In Age status, we take the sample whose age is in between 19-20 yrs 60 primi gravida mothers. In short equal number of primi gravida mothers selected from the various hospitals.

In information regarding minor ailments and its management during antenatal period among primi gravida mothers 31.66% have information about minor ailments and its management and 68.33% did not have any information about minor ailments and its management [14].

The sources of information, minimum gained information about minor ailments and its management during antenatal period among primi gravida mothers from their newspapers and magazines and maximum

gained information from their relatives and health professionals [15-17].

#### Conclusion

The findings of the present study have been discussed as per the objectives of the study. A finding of the study shows that after conducting planned teaching programmed there was increase in the knowledge regarding minor ailments and its management during antenatal period among primi gravida mothers. And statistically it was found that there is highly significant difference in pre-test and post-test scores. So hypothesis  $H_1$  was accepted.

#### Implications

##### Nursing Practices

Today society demands a greater accountability and increase efficiency and effectiveness from health care centers. Nursing care is no more task oriented, fragmented care, but it demands a comprehensive and holistic care. So we should take measures to improve their knowledge and skills through in service education, incidental teachings in the clinical.

##### Nursing Education

Education is the key to the development of excellence in nursing practice. Education faces tremendous challenge in keeping pace with the changes in nursing practice to maintain its high quality. The findings of the study indicate that emphasis should be placed in nursing curriculum about the minor ailments and its management during antenatal period among primi gravida mothers.

As a member of health team it will help in training of nursing student so that the future nurses themselves will become knowledgeable and can help themselves and to others.

##### Nursing Administration

Our rapid changing world made necessary for us as nurses to increase knowledge and skills concerning patient care. The study was important implication for nursing administration at various levels by planning and organize in-service educational programme for nurses to abreast the knowledge about minor ailments and its management during antenatal period among primi gravida mothers.

##### Nursing Research

No profession can exist without research to develop its body of knowledge to test its strategies. The health care environment is dynamic and more demanding. There is a need to promote research based practice and the use of evaluation methods to measure outcome and document

the quality and cost effective care as nursing moves an independent professional practice mode.

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### Ethical approval

The formal permission obtained from dean and medical superintendent to conduct a research study in institution. Written consent was obtained from antenatal mothers. Explained objectives of the study and assured about their privacy.

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