

Effect of Self Instructional Module on Knowledge of Primigravida Mothers Regarding Newborn Care

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Abstract

India has made significant progress on reducing neonatal and infant mortality over the last few decades. Even then the proportion of neonatal mortality is still high in our country. India along with the world community is working hard to achieve the "Millennium Development goal" which deals with the reduction of child death. Hence, researcher felt need to improve knowledge of primigravida mothers regarding newborn care. The study was done using one group pre-test post-test research design on 60 primigravida mothers at Sawangi, Wardha. The findings of the study shows that in pre test almost all, except a few of primigravida mothers had lack of knowledge regarding newborn care. Whatever knowledge they possessed was acquired from mother, sister or doctor. After administration of SIM, there was a marked improvement in their knowledge.

Keywords: SIM; Knowledge; Newborn Care; Primigravida Mothers.

A neonatal period is a highly vulnerable time for an infant, who is completing many of the physiological adjustments for extra-uterine life. The high neonatal morbidity and mortality rates are due to the fragility of life during this period. In United States, of all the deaths occurring in the 1st year of life, 2/3rd are in the neonatal period.

Mother is a primary care taker of the child. She should have adequate knowledge regarding care of newborn. Specially primigravida mother possesses inadequate knowledge and are inexperienced which may affect the life of newborn. It may be simply; how to feed the child. One can educate the mother but the health education is only not sufficient to meet the required needs of primigravida and newborn. With her physiology of pregnancy changes, childbirth and newborn care, this is quite new for her. So she must

be supplied some written material which will help her to look after her newborn.

Nurses have to play an important role in promotion, prevention and care of maternal and child health in National Program like MCH, RCH, CSSM and NRHM to bring down the maternal along with child morbidity and mortality rates in the developing countries like India. Thus, the investigator selected the statement of problem on care of newborn.

Problem statement

To assess the effectiveness of self instructional module on knowledge of newborn care among primigravida mothers attending antenatal clinic in a selected hospital of Wardha.

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Research methodology

The study was done using one group pretest post test research design on 60 primigravida mothers at third trimester (between 32 – 36 weeks) attending antenatal clinic at AVBRH Sawangi (Meghe) Wardha.

Findings related to Level of knowledge score of primigravida women regarding newborn care in pre-test and post-test

- ❖ In pre-test in the area of care after birth, 23.33% of the sample had poor knowledge, 46.67% had average knowledge, 25% had satisfactory knowledge and 10% of the sample had excellent knowledge where as in the post-test it was improved to 1.67% of the sample having average knowledge, 6.67% having satisfactory knowledge and 91.67% having excellent knowledge after the administration of SIM.
- ❖ In the area of prevention of infection, in the pre-test 3.33% of the samples have poor knowledge, 26.66% had average knowledge, 60% had satisfactory knowledge and 10% had excellent knowledge. After administration of SIM, in the post-test, 31.67% of the sample had satisfactory knowledge and 68.33% had excellent knowledge.
- ❖ In the area of prevention of hypothermia, in the pre-test, 18.33% of the sample had poor

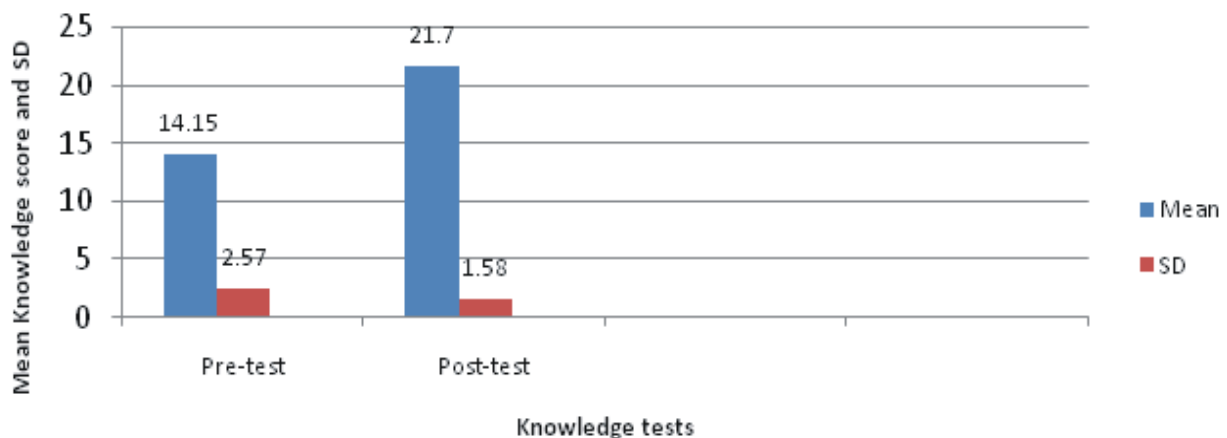
knowledge, 30% had average knowledge, 36.67% had satisfactory knowledge and 15% had excellent knowledge. After administration of SIM, in the posttest 6.67% of the sample had satisfactory knowledge and 93.33% had excellent knowledge.

- ❖ In the area of breast feeding and care of breasts, in the pretest, 25% of the sample had poor knowledge, 31.67% had average knowledge, 35% had satisfactory knowledge, 35% of the sample had satisfactory knowledge and 8.33% had excellent knowledge.
- ❖ In the area of immunization in pre-test, 18.33% samples have average knowledge, 61.67% had satisfactory knowledge, 20% had excellent knowledge. After administration of SIM, in the post-test 10% of the sample had average knowledge, 16.67% had satisfactory knowledge and 73.33% had excellent knowledge.

Result and conclusion

Overall mean percentage of pre-test knowledge score was 56% which shows average level and overall mean percentage of post-test knowledge score was 86.80% which is excellent. The calculated t- value was found to be significant at 0.05 level, on the analysis of responses in all area of knowledge found to be significant. This indicates SIM was effective.

Graph: Pre- test and post- test knowledge scores



The findings of the study shows that in pre test almost all, except a few of primigravida mothers had lack of knowledge regarding new born care. Whatever knowledge they had was acquired from mother, sister or doctor. After administration of SIM, there was a marked improvement in their knowledge.

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