Effectiveness of Planned Teaching Program on Knowledge and Reducing Anxiety about Labour among Primigravida Mothers at MCH Centre, Tirupati

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Abstract

Objectives: To assess the knowledge and anxiety level about labour among primigravida by conducting pretest, To evaluate the effectiveness of planned teaching program on knowledge and reducing anxiety about labour among primigravida and to find out the association between post test knowledge and anxiety about labour among primigravida mothers with their selected demographic variables. *Methodology:* Pre experimental one group pre test and post test design was adopted for fifty primigravida mothers who were selected by purposive sampling technique at MCH Centre, Tirupati, to evaluate the effectiveness of planned teaching program on labour and methods to reduce anxiety by structured questionnaire and beck anxiety scale. Structured interview schedule and tool was used for data collection. *Results:* In pre test out of 50 primigravida mothers 49(98%) had inadequate knowledge and 1(2%) had moderate knowledge about labour where as 4(8%) had moderate anxiety and 46(92%) had extreme anxiety and in post test 42(84%) had moderate knowledge and 8(16%) had adequate knowledge about labour where as 41(82%) where as had low anxiety and 9(18%) had moderate anxiety after planned teaching program. *Conclusion:* The present study revealed that primigravida mothers have inadequate knowledge and extreme anxiety about labour and after planned teaching program knowledge improved and anxiety reduced among primigravida mothers.

Keywords: Primigravida Mothers; Planned Teaching Program; Anxiety.

Introduction

Child birth is one of the most memorable and rewarding event of a couples life. No matter how often a women gives birth, each experiences is an intimate and unique celebration of life [1].

Childbirth is an exciting and potentially stressful time, and guided imagery can be very helpful in reducing anxiety and stress associated with labour and delivery, preparing the mothers for childbirth process wills helps easier and natural childbirth. This makes reducing complications and enhancing the enjoyment of this special event [2].

Pregnancy and the transition to parenthood involve major psychological and social changes in future parents. In India, most mothers have poor knowledge of antenatal and intra natal care available to them. Fear related to pregnancy and childbirth is common, A variable number of 20% to 78% of pregnant women report fear associated with the pregnancy and childbirth. Fear can be more common and more intense in nulliparous than in parous women. Limited knowledge to the Primi gravida

mothers about labour increase her anxiety. Since it is a first exposure to the mothers, the changes that take place in her body will create anxiety and fear. Fear of labour pain is strongly associated with the fear of pain in general and previous complicated childbirth or inadequate pain relief are the most common reasons for requesting CS among parous women [3].

Methodology

Pre experimental one group pre test and post test design was adopted for fifty primigravida mothers who were selected by purposive sampling technique at MCH Centre, Tirupati . Reliability and validity of the tool was established. A formal written permission was obtained from the health officer of municipal corporation, Tirupathi. Data was collected through interview technique. After explaining about the study, selected primigravida mothers taken to separate room where interview was

done. Investigator made the mothers to sit comfortably and obtained their consent. Pre assessment data was collected from 50 primigravida mothers by using socio demographic variables (age, educational status, occupation, income, type of family, religion, marital life, residence, period of gestation, no of antenatal checkups, source of information about labour and anxiety), 30 structured questionnaire related to knowledge about labour and beck anxiety scale(21 items). Structured teaching programme on labour and methods to reduce anxiety. Post assessment data was collected one week after the implementation of teaching strategies by using the same tool used for pre test.

Results

Effectiveness planned teaching program on labour and methods to reduce anxiety among primigravida mothers between pre and post test.

	Pre Test			Post Test			t-value	p-value	Significance
	Mean	N	SD	Mean	N	SD			
Level of Knowledge Score	10.52	50	2.401	20.50	50	2.082	32.089	0.00	**
Level of Anxiety Score	43.16	50	5.867	18.12	50	3.311	28.169	0.00	**

**-significant 0.01 level
*-significant 0.05 level

The above tables shows that t-value was 32.089, hence it indicates there is a significant improvement in knowledge about labour at $p<0.01$ level and t-value was 28.169, hence it indicates is a significant reduction of anxiety about labour at $p<0.01$ level. So the above results showed that there is significant difference in pre test and post test knowledge and anxiety scores among primigravida mothers. So H_1 hypothesis was accepted.

Major Findings of the Study

• In pre test out of 50 primigravida mothers 49(98%) had inadequate knowledge and 1(2%) had moderate knowledge about labour where as 4(8%) had moderate anxiety and 46(92%) had extreme anxiety

• In post test 42(84%) had moderate knowledge and 8(16%) had adequate knowledge about labour where as 41(82%) where as had low anxiety and 9(18%) had moderate anxiety after planned teaching programme.

• In pre test mean knowledge is 10.52, standard deviation is 2.401 and post test mean knowledge is 43.16, standard deviation is 5.867 and pre test

mean anxiety is 20.50, standard deviation is 2.082 and post test mean knowledge is 18.12, standard deviation is 3.31, the p-value was 0.00 hence research hypothesis is accepted. It evidences that the planned teaching programme is significantly effective in improving knowledge and reduced anxiety among primigravida mothers.

• The researcher that there was significant association between the pre test level of knowledge and anxiety with selected demographic variables such as mothers religion, period of gestation and marital life are significant at $p<0.01$ level and age are significant at $p<0.05$ level.

• The association of post test knowledge and anxiety scores of subjects with demographic variables such as age, education, occupation, religion, marital life, residence, number of antenatal checkups and source of information at $p<0.01$ level and period of gestation are significant at $p< 0.05$. hence the research hypothesis H_2 stated that there will be significant association between pre test and post test knowledge and anxiety scores about labour

M. Sreevani et. al. / Effectiveness of Planned Teaching Program on Knowledge and Reducing Anxiety about Labour among Primigravida Mothers at MCH Centre, Tirupati

19

among primigravida mothers with their selected demographic variables was accepted.

Conclusion

The present study revealed that primigravida mothers have inadequate knowledge and extreme anxiety about labour and after planned teaching programme knowledge improved and anxiety reduced among primigravida mothers.

Nursing Research

- The study reveals that there is a need for extensive research to find out behaviour modification after teaching programme.

- Various methods may be used to strengthen the knowledge and reducing anxiety about labour among primigravida mothers by researchers.

- There is a great need for nursing research in the area of primigravida mother's education particularly on labour and methods to reduce anxiety.

Limitations

The study is limited to primigravida mothers, who are,

- Willing to participate.
- Primigravida mothers attending MCH centre.
- Speak and understand telugu.
- Present during data collection period.
- Not associated with psychological problems.

Recommendations

- On the basis of findings, the following recommendations have been made for further study.

- The study can be replicated on larger samples, there by findings can be generalized for a large group.

- Similar study could be conducted to develop a health education pamphlet on labour and methods to reduce anxiety.

- A comparative study conducted between primigravida mothers and multigravida mothers.

- particularly on labour and methods to reduce anxiety.

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