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A Study To Assess The Effects Of Structured Teaching Regarding Antenatal Exercises Among Antenatal Mothers Attending Antenatal Clinic In Selected Hospital In Indira Nagar, Lucknow.

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Abstract
Pregnancy Is A Time When A Woman Undergoes Various Physical And Emotional Changes. Weight Gain And Change In Body Posture Is One Among Them. With Demands Of Beauty Standards Of Society, A Woman Takes Lots Of Interest In Physical Fitness And Exercise Programme. In Most Communities, Fitness Centers Provide Classes For The Antenatal Mothers. Also, Childbirth Educator Helps With The Same.
Objective: *-To Assess The Effects Of Planned Teaching Regarding Antenatal Exercises Among Antenatal Mothers.*
Hypothesis: *- There Will Be No Significant Difference Of Knowledge After Giving Health Teaching To Antenatal Mothers.*
Methodology*: - Research Approach- Evaluative Research Approach Was Adopted.*
Method: - An Explorative Method Was Used By The Researcher.
Sample- Size: - The Sample Size Of 100 Antenatal Women Was Selected For This Study.
Sampling Technique: - A Non-Probability Convenient Sampling Technique Was Used.
Data Collection Tool: A Questionnaire Consisting Of Demographic Data And Question Related To Knowledge Assessment Was Made.
Result: -The Result Of The Study Conducted Shows That Before Administering The Structured Teaching Most (64%)Of The Women Had Knowledge About Antenatal Exercises, But Very Less Number Of Women (11%) Knew How To Perform These Exercises. Only A Little Number (41%) Of Women Were Aware Of The Benefits Of The Antenatal Exercises. After Structure Teaching, There Is A Significant Improvement In Their Knowledge (99%). The Knowledge Regarding Benefits Of The Exercise Increased From 41% To 99%. Minimum Knowledge Score Obtained By Antenatal Mothers Regarding Types Of Antenatal Exercises Were 43% And After Planned Teaching It Was Increased To 99%.The Mean Knowledge Score About Antenatal Exercise Obtained From Mothers In Pretest Was 4.43 And In Posttest It Was 16.98. The Difference Was Statistically Highly Significant At 0.01% Level With 'Z' Value Of -46.51.

Keywords: *-Antenatal, Mothers, Exercises, Structured Teaching Plan, Benefits.*

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I. INTRODUCTION

Pregnancy is one of the most beautiful phases in life of a woman. But with joy comes the anxiety and worry in mother regarding the gain in weight and change in posture. In our health and beauty conscious generation, there has been a surge of interest in physical fitness and exercise programme. Aware of the frustrations produced by the changing body, inability to have an active lifestyle and motivated to be physical fit for vaginal delivery, women have extended their pursuit of exercise and being fit and healthy during the pregnancy. Exercise physiology is a new field that explores the effects of exercises on pregnancy and the fetus.[1]

II. Need for the study

The antenatal exercises are safe and effective and need to be practiced regularly and increased gradually. Researchers showed that the women who practices yoga, breathing exercises and meditation every day for half an hour to one hour, they have various advantages like improved birth weight, decrease pre-term labor and decrease IUGR. Women who regularly practices antenatal pelvic floor muscles training have easier birthing process compared to other women, who do not.[2]

III. REVIEW OF LITERATURE

SnehalDharmadhikari (2020), conducted a study to assess the effects of PTP regarding ANC exercise among antenatal mothers attending antenatal clinic in Supane, PHC, Karad Taluka. 30 antenatal mothers were selected using purposive sampling technique. The pretest and posttest were conducted, before and after administering the planned health teaching. The result of the study shows that the pretest mean knowledge score was 6.633 with standard deviation of 1.732, while the posttest mean knowledge score was 8.233 with standard deviation of 1.278. the paired t-test value was -6.240 with the degree of freedom is 29., which shows statistical significance at P< 0.0001. The study concluded that the antenatal exercises were effective in pregnancy.[3]

Babarao and Walokar (2019) conducted a study to assess the effectiveness of planned teaching about knowledge regarding antenatal exercises, among primigravida mothers in selected hospital. Quasi experimental one group pretest post test design was used. 30 samples were taken using non-probability convenient sampling technique. The result of the study shows that pretest 25(83.33%) primigravida mothers had poor knowledge, 5 (16.67%) primigravida mothers have average knowledge and none of them has good knowledge. Whereas in posttest 3 (10%) primigravida mothers had poor knowledge. 17(56.67%) primigravida mothers had average knowledge and 10 (33.3%) primigravida mothers had good knowledge on antenatal exercises. It was concluded that planned teaching helped the primigravida mothers to improve their knowledge regarding antenatal exercises.[4]

IV. Objectives of the study

1. To assess the knowledge about the antenatal exercises among antenatal mothers.
2. To assess the effect of planned health teaching on knowledge gain about the antenatal exercises among antenatal mothers.
3. To find the relationship of the selected demographic variables (age, education, occupation, monthly income, parity, type of family) with knowledge about antenatal exercises among antenatal mothers.

Assumption: - The study assumes that antenatal mothers are more receptive to learning about antenatal exercises.

Hypothesis

$H_{0:}$ There will be no significant difference of knowledge after giving health teaching to antenatal mothers.

V. METHOD AND METHODOLOGY

Research approach: -Evaluative research approach.

Research design: - evaluative pretest and posttest research design.

Setting of the study: - the study was conducted in three antenatal clinics (Bal Mahila Chikitsalaya) located in Indira Nagar, Lucknow.

Sampling Technique: - a non-probability convenient purposive sampling technique was used to select 100 antenatal mothers, who have met the designated criteria.

Data collection tools: -

Section A: - 10 items list seeking demographic data of the participating subjects.

Section B: - A self-structured questionnaire was developed and used for the data collection regarding antenatal exercises.

Section C: - Structured teaching programme including information of antenatal exercises e.g. advantages, types and precautions during exercises.

Conduction of study: - Before conducting main study, a pilot study was conducted at Kashi maternity clinic and IVF center at Indira Nagar from 10th to 30th Dec 2021 on 10 selected antenatal mothers. After obtaining the formal permission from the authorities of the selected hospitals and taking their ethical clearance, the final studies were conducted at three Bal MahilaChikitsalaya, located at Indira Nagar, from 20th Jan to 28th Feb 2022. On day 1 (after obtaining the consent of the subjects) a pre test was administered followed by the health teaching regarding antenatal exercises. Subjects were called for a follow up on the 7th day and redemonstrations and posttest was given. The duration of data collection for each sample was 20-25min.

VI. RESULTS

Table 4.1: -Maximum and minimum knowledge scores obtained by antenatal mothers in pre and post test

Sr. No.	Areas	Maximum scores		Minimum scores	
		Pre	Post	Pre	Post
1	Information of antenatal exercises	54	99	34	95
2	Advantages of antenatal exercises	50	99	41	91
3	Types of antenatal exercises	42	99	43	97
4	Precautions of antenatal	44	87	41	97

	exercises				

Table 4.1 shows that 54% mothers knew the information of antenatal exercises which increased 95% after planned teaching. Advantages of antenatal exercises knew by 50% mothers which increased 91% after planned teaching. The types of antenatal exercises knew by 42% mothers which increased 97% after planned teaching. The Precautions to be taken during antenatal exercises knew by 44% mothers which increased 97% after planned teaching. After the planned teaching there is significant change in the knowledge score.

Table 4.2: - Mean knowledge scores about antenatal exercises

Knowledge Score	Mean	Mean Difference	SD	'z' Value	P Value
Pre Test	4.43	12.55	2.67	-46.51	0.000
Post Test	16.98		2.27		

The table 4.2 shows that the mean knowledge scores difference is 12.55. This difference was statistically highly significant at 0.01% level with 'z' value of –46.51. The above data gives sufficient evidence to conclude that mothers who have received planned teaching on antenatal exercises had higher mean knowledge scores in post-test than in pre-test. Hence, we reject null hypothesis and accept research hypothesis. It can be concluded that, the planned teaching on antenatal exercises is proved to be effective in delivering the knowledge and awareness.

Table 4.3: -Relationship between knowledge score and selected **demographic characteristics**

Selected characteristics	**Chi square**	**Degrees of freedom**	**Table Value**
1. AGE IN YRS.	12.37	3	7.82
15-20			
21-25			
26-30			
30-35			
2. EDUCATION	80.08	3	7.82
scholar			
Higher secondary			
Graduate			
Post Graduate			
3. OCCUPATION	21.83	2	5.99
Non working			
working			
4. MONTHLY INCOME IN RS.	28.99	3	7.82
1,000-5,000			
5,000-10,000			
10,000-15,000			
15,000-20,000			
5. PARITY	17.51	3	7.82
P0			
P1			
P2			
P3			

The table 4.3 shows that Statistical analysis shows significant association between personal characteristics except type of family. If calculated value of Chi-square > table value then we reject the hypothesis of independence of attributes under consideration at 0.05% level of significance. It is noted that knowledge score is associated with the personal characteristics i.e. age, education, occupation, income, parity but is not associated with the type family to which the mothers belongs.

VII. DISUSSION

Analysis of the data related to basic information of antenatal mothers regarding antenatal exercises

Findings of section-II (knowledge assessment) shows that most (64%) of the samples knew about antenatal exercises during pregnancy is needed but very few (11%) knew how to perform the antenatal exercises and (14%) knew about benefits of antenatal exercises. After the planned teaching there is significant improvement in the knowledge. All of the samples said that antenatal exercises knew to them and benefited during pregnancy. During pregnancy 38% samples had backache and 35% samples had leg cramps.

The findings show that the mean knowledge scores about antenatal exercises obtained from mothers in pretest was 4.43 and in post-test 16.98. This difference was statistically highly significant at 0.01% level with 'z' value of –46.51. The above data gives sufficient evidence to conclude that mothers who have received planned teaching on antenatal exercises had higher mean knowledge scores in post-test than in pre-test. Hence, we reject null hypothesis and accept research hypothesis. It can be concluded that, the planned teaching on antenatal exercises is proved to be effective in delivering the knowledge and awareness. [5]

SitotAregash, Workye Hailey (2020) conducted a cross sectional study to assess the knowledge, attitude and practice towards antenatal exercises among pregnant women, attending care at health centers of Mekelle, Tigray Region, Ethiopia. 255 pregnant women were selected to conduct the study. The result of the study shows that 51%, 56% and 16.6% participants had good knowledge, positive attitude and practice towards antenatal exercise respectively. Among those 38.8%, 45.9% and 49.8% were expressed as antenatal exercises can decrease back pain, prevents excessive weight gain and increase energy and stamina during pregnancy respectively.[6]

Palani, Shanthi A et al (2021) conducted a descriptive study to assess the knowledge and practice on antenatal exercises among antenatal mothers. 50 pregnant mothers were selected for the study. Self-structured questionnaire was administered to collect the data. The result shows that most of the researcher subject (59.6%) have good knowledge about the various antenatal exercises.

VIII. Conclusion

The planned teaching on antenatal exercises found to be effective in increasing the knowledge in antenatal mothers. The samples had a highly significant gain in knowledge after the planned teaching program. Age group of 21-25 years showed a gain in knowledge in all the content areas of planned teaching. Primipara mothers interested to gain in knowledge in all areas of planned teaching. The planned teaching on antenatal exercises found to be effective in enhancing the knowledge in antenatal mothers. Planned teaching in the form of demonstration of antenatal exercises is an effective method of educating the antenatal mothers.

IX. Implications

The findings of the study have implications for nursing practice, nursing education, nursing administration nursing research and Public education.

X. Nursing practice:

The nurse working in hospital setting both in inpatient and outpatient services, play an important role in educating antenatal mothers about antenatal exercises. They can carry out health education both on one to one basis ad in groups in varied settings. The nurse can teach the antenatal mothers to assess minor aliments in pregnancy like leg cramps, backache and urinary incontinence and encourage for practicing antenatal exercises. Antenatal classes should be conducted by the trained midwives for antenatal mothers. Demonstrations of antenatal exercises are the best method to teach mothers during pregnancy. Informative planned health educational sessions should be conducted which cost less and more effective, it will provide sound and comprehensive knowledge to mothers. Nurses can provide health education and counseling to promote awareness about antenatal exercises in antenatal clinics.

Nursing Education:

Nursing education must emphasize on preventive aspect. The basic training of nurses in India includes teaching of certain units related to pregnancy and labor outcome should update as a part of the course in obstetric nursing.

Nursing Administration:

There is a genuine need for continuing education for nurses, particularly for those who are working in hospital departments dealing with antenatal mothers. In India at present, short-term education courses are conducted at times for practicing nurses.Nursing personnel should be motivated to devote their time for development of educational material such as posters, pamphlets, planned teaching and booklets on antenatal exercises.

Nursing Research: -

There is a need for extensive and intensive nursing research in this area so that strategies for educating mothers on the management of pregnancy and preventing its complications. The nurse researcher should be able to conduct the research on various aspects of awareness about antenatal exercises and management and prevention of complication in labor, so as to generate more scientific data. Findings of this will provide baseline

data about management of pregnancy, and strategies adopted to educate antenatal mothers about antenatal exercises, prevention of complications and it can be used for further research.

XI. Recommendations

Keeping in view the findings of the study, the following recommendations are made:

1. A comparative study can be done between Rural & Urban antenatal mothers regarding antenatal exercises.
2. A study can be conducted to assess the knowledge, attitudes and practices of antenatal mothers regarding antenatal exercises.
3. A study may be conducted to evaluate the effectiveness of planned health teaching versus other methods of health teaching on the similar problem.
4. A similar study can be done on a larger sample as very few nursing studies have been conducted in India for assessing knowledge of antenatal mothers regarding antenatal exercises.
5. A study can be done on association between various demographic variables, which were significant on larger samples.

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