

**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HOME REMEDIES TO REDUCE THE MINOR AILMENTS DURING FIRST TRIMESTER OF PREGNANCY AMONG ANTENATAL MOTHERS IN SELECTED COMMUNITY AREA BANGALORE**Priyanka H. M.<sup>1\*</sup> and Dr. Lalitha H.<sup>2</sup><sup>1</sup>Obtained Master of Science In Nursing from Sri Sharada Nursing College Uttarahalli, Bangalore 560061.<sup>1</sup>Employed As An Assistant Professor, Ikon Nursing College, 33 Bheemanahalli, B M Road, Ramanagara District, Bidadi Hobli – 562109.<sup>2</sup>Guide, Sri Sharada Nursing College Uttarahalli, Bangalore 560061.

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**ABSTRACT**

Pregnancy is a wonderful milestone in the life of a woman. It is the origin of human life. Pregnancy is a time of physical and hormonal changes and of emotional and psychological preparation for motherhood. 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. A pre experimental one group pre-test and post-test design is used 60 first Trimester antenatal mothers were selected by using purposive sampling technique Knowledge regarding to reduce the minor ailment by using home remedies was measured by structured questionnaire. Education measured by same to tool on day of intervention. The mean knowledge percentage of the pretest was 50%, The mean knowledge percentage posttest was 74.09%, The knowledge score from pretest to post test at  $P < 0.05$  revealing the effectiveness of structured teaching programme on home remedies to reduce the minor ailment among the first trimester antenatal mother. The study reveals intervention improved the knowledge regarding to reduce minor ailments.

**KEYWORDS:** Pregnancy, First trimester, structured teaching program, Knowledge, Home remedies, Minor ailments.

**INTRODUCTION**

Pregnancy is a wonderful milestone in the life of a woman. It is the origin of human life. Pregnancy is a time of physical and hormonal changes and of emotional and psychological preparation for motherhood.<sup>[1]</sup> 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. Physiological adaptation to pregnancy is dramatic and often underestimated. The timing and intensity of the changes vary between systems but all are designed to enable the woman to nurture the fetus and prepare her body for labour and lactation.

Women pregnant for the first time are confronted with symptoms that would be considered abnormal in the non-pregnant state. The discomforts are fairly specific to each trimester of pregnancy. The first trimester is a critical

period both development of the embryo and for initiation of physiologic changes in the mothers body system. The first 12 weeks of pregnancy are generally referred as to as the first trimester. A balanced, nutritious diet is an important aspect of a healthy pregnancy. Eating a healthy diet, balancing, carbohydrates, fat, and proteins, and eating a variety of fruits and vegetables, usually ensures good nutrition. Those whose diets are affected by health issues, religious requirements, or ethical beliefs may choose to consult a health professional for specific advice.

**NEED FOR THE STUDY**

Pregnancy is a biological function and an integral part of the social environmental, bringing joy to the mother and family. This can turns into a tragedy where a woman loses or suffers a catastrophic herself In the United States and United Kingdom, 40% of pregnancies are unplanned. And between a quarter and half of those unplanned pregnancies were unwanted pregnancies. Of those

unwanted pregnancies that occurred us, 60% of the women use birth control to some extent during the month pregnancy occurred.

A variety of signs and symptoms can lead a woman to believe that she is a pregnant. Some of these indications are subjective in nature and can be detected only by the women, other are objective by it. Although pregnancy is a state of health, the numerous physiological changes that occur during pregnancy often cause physical discomfort. Most women are upset and ambivalent about being pregnant. Approximately 80 % go through a period of disappointment, rejection, anxiety, depression and unhappiness.

### Problem Statement

A study to assess the effectiveness of structured teaching program me on knowledge regarding home remedies to reduce the minor ailments during first trimester of pregnancy among antenatal mothers in selected community area Bangalore.

### OBJECTIVES

1. To assess the pretest knowledge score of antenatal mothers during first trimester pregnancy regarding home remedies to reduce the minor ailments.
2. To find the effectiveness of structured teaching program me on home remedies to reduce the minor ailments during first trimester of pregnancy among antenatal mothers.
3. To determine the association between the pretest knowledge score of first trimester antenatal mothers regarding home remedies to reduce the minor ailments and selected demographic variables.

### HYPOTHESIS

**H<sub>1</sub>:** There is a significant difference in the pretest and posttest knowledge scores of antenatal mothers during first trimester pregnancy regarding home remedies to reduce the minor ailments.

**H<sub>2</sub>:** There is a significant association between the pretest knowledge scores of antenatal mothers during first

trimester pregnancy and selected demographic variables.

### RESEARCH METHODOLOGY

In this study a pre experimental one group pretest and posttest design is adopted, in this study non probability purposive sampling techniques is used for selecting the sample. Structured questionnaires used to measured knowledge regarding to reduce minor ailments by home remedies among the first trimester antenatal mother. The reliability co efficient of the whole test was estimated by Carl Pearson co relation formula and it was found  $r=0.92$  which indicated tool was reliable.

### DATA COLLECTION PROCEEDURE

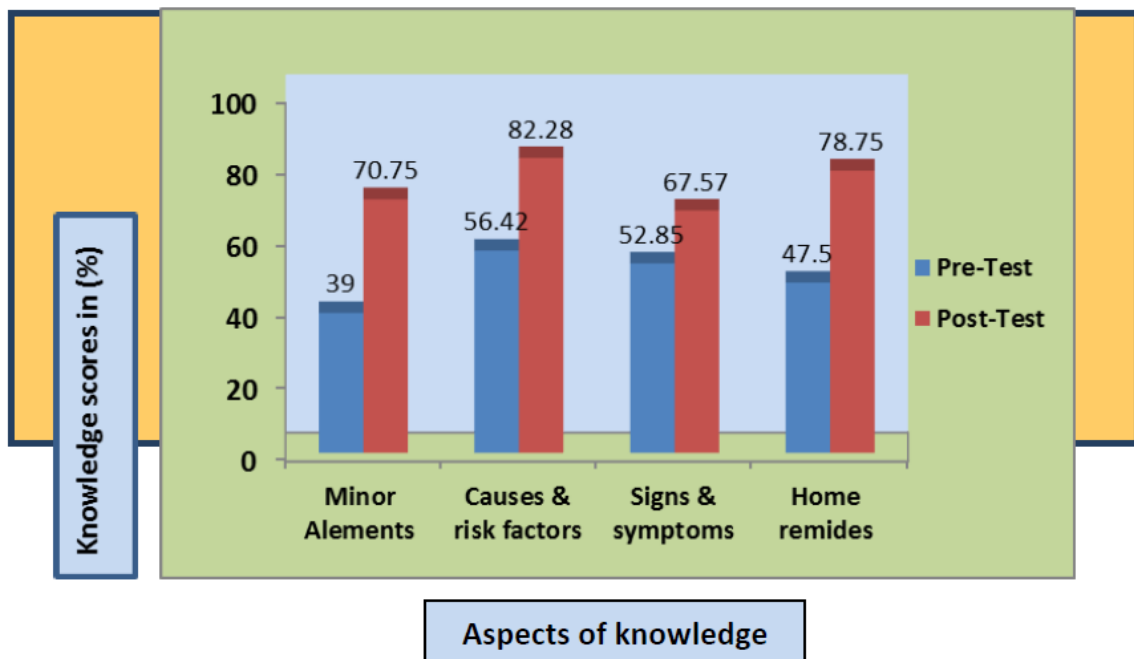
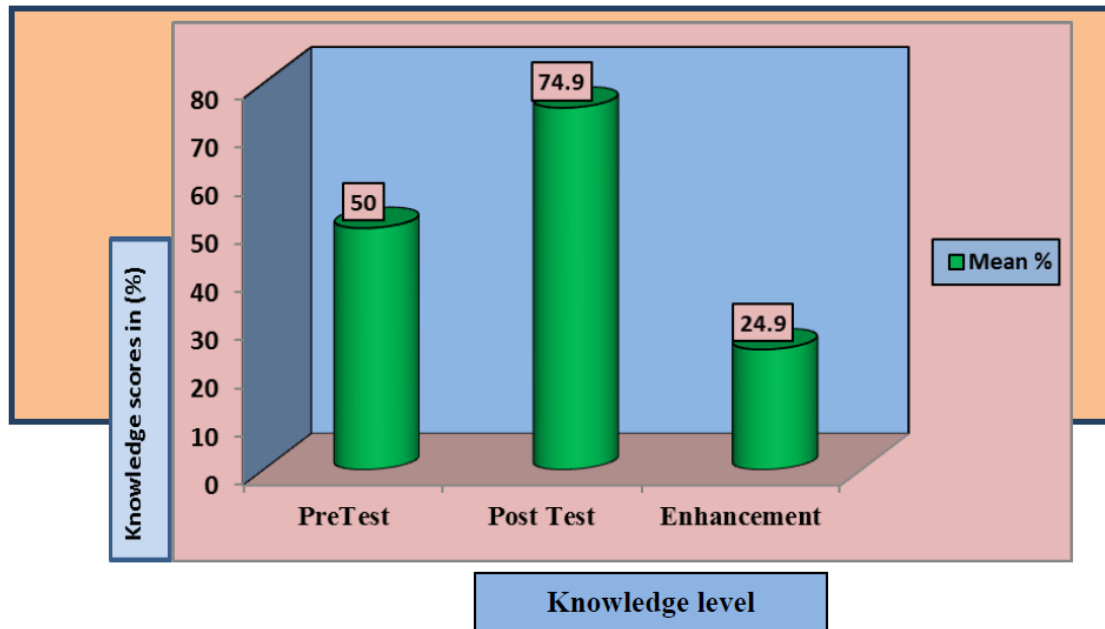
The samples were selected by using purposive sampling technique. The investigator was given self-introduction, explained the purpose of the study and obtained the subjects willingness to participate in the study. The subjects were assured anonymity and confidentiality of information provided by them and a written informed consent was obtained. Conducted pretest by using the structured knowledge questionnaire. The structure teaching programme regarding to reduce minor ailments by home remedies among the first trimester antenatal mother was administered at the end of the pre-test, the post-test was carried out seven days after the structure teaching programme by using the same structured knowledge questionnaire.

### RESULT

The comparison of overall pre-test and post-test mean knowledge on Home remedies of minor ailments. The mean knowledge percentage of the pre-test was 50% whereas; the mean knowledge percentage of post-test was 74.9% respectively. Further, the enhancement of mean knowledge percentage found to be 24.9% from the pre-test to post-test. The paired 't' test was found to be 18.22\* that reflects significant enhancement of knowledge score from pre-test to post-test at  $P<0.05$  revealing the effectiveness of structured teaching method on knowledge regarding home remedies to reduce the minor ailments among first trimester antenatal mothers.

### Comparison Between Pre-Test and Post-Test Levels of Knowledge Score Among Respondents.

Sl. No.	Assessment	Max score	Mean	SD	Mean %	Paired 't' Test value
1	Pre-test	30	15	1.9	50	18.22*
2	Post-test	30	22.47	2.57	74.9	
3	Enhancement	--	7.47	0.67	24.9	



**DISCUSSION**

A randomized control trial study was done to evaluate the use of a structured teaching program on Home remedies to reduce the minor ailments among first trimester antenatal mothers. The first trimester antenatal mothers were randomly selected to use the teaching program. To assess the effect of teaching program, participants were tested on four occasions by multiple choice questions. The result shows the mean score in the early improved from 50% to 74.9%. The study concludes that teaching program was effective in improving the knowledge on home remedies to reduce the minor ailments of first trimester antenatal mother.

**CONCLUSION**

The study involved one group pre-test and post-test using pre experimental design; with cluster sampling technique was used to draw the samples. The size of sample was 60 mothers of toddlers and selection of the sample was done according to inclusion and exclusion criteria. The mothers completed the self-structured questionnaire in the pre-test followed by implementation of structured teaching program on the same day. Post-test was conducted 7 days after the structured teaching program using the same self-structured knowledge questionnaire to find out the effectiveness. The results were analyzed by using both descriptive and inferential statistics.

**NURSING PRACTICE**

Several implications can draw from the present study for nursing practice. Education program conducted by the nursing personnel in community area helps in imparting the knowledge on Home remedies to reduce the minor ailments. The nurse plays an important role in community settings, with effective teaching method.

**RECOMMENDATIONS**

On the basis of the findings of the study following recommendations have been made.

1. A similar study can be replicated on large sample to generalize the findings.
2. An experimental study can be conducted with control group for the effective comparison of the results strategies.

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