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RESEARCH ARTICLE

“A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE AND PRACTICE IN SELECTED ASPECTS OF POSTNATAL CARE AMONG PRIMI PAROUS MOTHERS IN SELECTED HOSPITALS, BANGALORE”

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Abstract

In the present study Quasi-experimental one group pre-test and post-test design was selected in order to evaluate the effectiveness of video assisted teaching on knowledge and practice in selected aspects of postnatal care among primi parous mothers. The study was conducted by **Dr. CHITRA K, Dr. KARTHIKEYAPRASATH, Mrs. PAVITHRA.J**, at RR institutes Chikkabanavara Bengaluru Karnataka.

The Objective Of The Study

1. To assess the existing knowledge of postnatal care among primi parous mothers.
2. To identify the existing practice followed by the primi parous mothers.
3. To prepare and administer video assisted teaching regarding related aspect of postnatal care
4. To assess the effectiveness of video assisted teaching through posttest regarding selected aspect of postnatal care.
5. To find out the association between knowledge and practice of primi parous mothers with the selected demographic variable

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Introduction:-

Pregnancy and delivery are natural physiological processes, with most pregnancies resulting in positive outcomes. The postpartum period, often considered the climax following nine months of anticipation, involves significant physiological and psychological adjustments. Nurses play a crucial role in helping women adapt to this phase and support their transition into motherhood. Women's health is central to the health of a nation, as they serve as primary caretakers, educators, and the foundation of society.

The Indian Journal of Obstetrics and Gynecology highlights that parenting includes essential tasks such as child care, hygiene, and protection, the postnatal period, or puerperium, begins immediately after the placenta is expelled and lasts up to six weeks, during which time a woman's body returns to its pre-pregnancy state.

Key aspects of care during this time include nutrition, personal hygiene, postnatal exercises, breastfeeding, family planning, and infant immunization. While many traditional postpartum practices aim to protect the mother, some may be beneficial, while others could be harmful. Nurses have a critical role in promoting women's health and

awareness of the consequences of poor maternal care, taking into account cultural values and beliefs to provide effective care. Hence, a study is needed to assess the knowledge and practices of first-time mothers.

Methodology:-

This chapter deals with the description of research methodology adopted by the investigator. Methodology is a systematic procedure to solve research problems. It helps the researcher to project a blue print of the research undertaken. It starts from initial identification of the problem to its final conclusion. The methodology of research indicates the general pattern of organizing the procedure for gathering valid and reliable data for the purpose of investigation. The study conducted was to evaluate the effectiveness of video assisted teaching on knowledge and practice in selected aspects of postnatal care among primi parous mothers.

The steps undertaken for gathering and organizing the data collected were; research approach, research design, setting, population, sample and sampling techniques, criteria for selection of samples, development and description of tools, pilot study, data collection and plan for data analysis..

Research Design

In the present study Quasi-experimental one group pre-test and post-test design was selected in order to evaluate the effectiveness of video assisted teaching on knowledge and practice in selected aspects of postnatal care among primi parous mothers.

Selected group	Pre-test	Intervention	Post-test
Primi parous mothers	Knowledge O1	Video assisted teaching X	Knowledge O2

O1= Pre-test knowledge score, O2= Posttest knowledge score, X= Video assisted teaching

Variables Under Study

- 1) **Research variable-** Knowledge and Practice of primi parous mothers on knowledge and practice in selected aspects of postnatal care.
- 2) **Demographic variables-** Age, religion, type of family, educational status, Occupation and family income..

Setting Of The Study:

K.C.G Hospital, Malleshwaram, Bangalore, and Karnataka.

Population:

80 samples, primiparous mothers

Sample And Sampling Technique:

A simple purposive sampling method through non-probability sampling approach was used for selection of subjects.

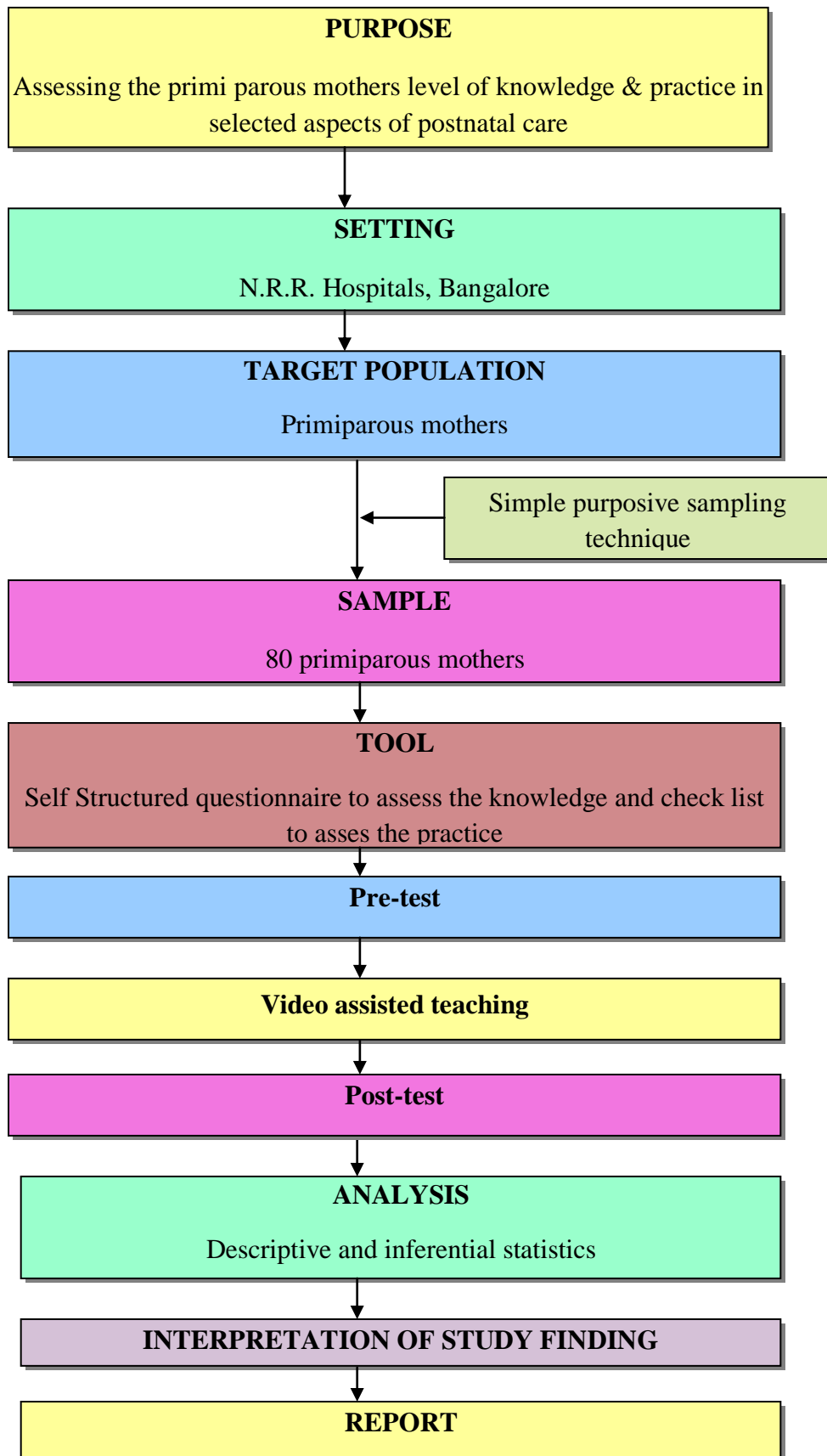
Criteria For Selection Of The Sample

Inclusion criteria

1. Primi parous mothers delivered in hospital only
2. Primi parous mothers who are willing to participate in the study
3. Able to speak Kannada or English.
4. Available during the period of study.

Exclusion Criteria

1. Primi parous mothers those who are not willing to participate in the study.
2. Multi parous mothers
3. High risk mothers
 - a. History of bleeding in pregnancy
 - b. Mother with medical and surgical problems.
 - c. Bad obstetrical history.



Picture 2:- Schematic representation of Research Design.

Selection And Development Of Tool

Self-Structured questionnaire and check list was developed for the study. It was considered to be the most appropriate instrument to elicit the response from subjects who are not able to read Kannada / English. The steps carried out in preparing the tools are:

1. Literature review.
2. Preparation of blue print.
3. Establishment of validity and reliability.

Description of the tool

In the present study the Self Structured questionnaire&Check list was used. The tool consist of Section-A, Section-B and Section-C

Section-A: Consisted of seven items related to demographic data of the subjects such as age, educational status, Occupation, income of the family per month, religion, , type of family, and any registration.

Section-B: Self Structured questionnaire consisted of thirty items on knowledge regarding selected aspects of postnatal care. Each item of the schedule has one correct answer, every correct answer would fetch one mark, and the total score of the knowledge schedule is thirty.

Section-C: Check list consisted of twenty items on practice regarding selected aspects of postnatal care.

Scoring of the items: Each correct answer was given a score of 'one' mark and wrong answer was given 'zero' score.

The respondents are classified based on the levels of knowledge as

- Inadequate knowledge = Below 50 percentage (≤ 15)
- Moderate knowledge = 51–75 percentage (16 – 23)
- Adequate knowledge = Above 75 percentage (24-30)

The respondents are classified based on the levels of practice as

- Inadequate practice = Below 50 percentage (≤ 10)
- Moderate practice = 51–75 percentage (11 – 15)
- Adequate practice = Above 75 percentage (16-20)

Content validity of the tool

Seven experts from the nursing faculty, one doctor, one dietician and one statistician validated the tool and video assisted teaching content. The tool is modified and finalized based on the suggestions of the experts and guide. It consisted of seven demographic items and thirty knowledge items and twenty practice items which had 100% relevance.

Reliability of the tool

The reliability co-efficient on knowledge found to be 0.912 and reliability co-efficient on practice found to be 0.910 the above result indicates that the tool is reliable and feasible for administration for the main study. Since the knowledge and practice reliability co-efficient for scale $r > 0.70$, the tool was found to be reliable and feasible.

Development Of Structured Teaching Programme (STP)

The following steps were adopted to develop the video assisted teaching.

1. Development of content blue print.
2. Development of video assisted teaching.
3. Establishment of content validity of video assisted teaching.
4. Pre-testing of video assisted teaching.

Preparation Of Video Assisted Teaching

(i) Preparation of first draft of video assisted teaching:

The first draft of video assisted teaching was developed based on the objectives, criteria checklist, literature reviewed and the opinion of experts.

The main factors that were kept in mind while preparing video assisted teaching were literacy level of the sample, method of teaching to be adopted, simplicity of language, relevance of teaching aids and attention span of primiparous mothers.

(ii) Content validity of the teaching plan

The initial draft of video assisted teaching was given to experts in the field along with the tool. The suggestions were incorporated in the video assisted teaching and tool.

(iii) Preparation of final draft of video assisted teaching

The final draft of video assisted teaching was prepared after incorporating suggestions of the experts; the final teaching plan was finalized after the modifications based on the suggestions of guide.

(v) Planning to implement the video assisted teaching

The time and date to implement the video assisted teaching was planned and decided in co-ordination with the Nursing superintendent.

(vii) Determining the method of evaluating the video assisted teaching

The evaluation of video assisted teaching was planned through conducting post-test after eight days of implementation of video assisted teaching.

(viii) Description of video assisted teaching

The video assisted teaching was titled selected aspects of postnatal care among primi parous mothers. The video assisted teaching was planned for one session, which was prepared to enhance knowledge and practice of primiparous mothers on selected aspects of postnatal care.

Results:-

This section presents the analysis and interpretation of data collected from 80 primi mothers in order to assess knowledge of postnatal care and effectiveness video assisted teaching program on knowledge. The data collected from the primi mothers with the help of structured interview schedule, was organized, analyzed and interpreted by using descriptive and inferential statistics and described with help of tables and graphs. The data collection was done based on the objective of the study.

The Objectives Were:

1. To assess the existing knowledge of postnatal care among primi parous mothers.
2. To identify the existing practice followed by the primi parous mothers.
3. To prepare and administer video assisted teaching regarding related aspect of postnatal care.
4. To assess the effectiveness of video assisted teaching through post test regarding selected aspect of postnatal care.
5. To find out the association between knowledge and practice of primi parous mothers with the selected demographic variable.

Hypotheses

H1: There is significant difference between pretest and posttest knowledge score of respondent, who are exposed to video assisted teaching program.

Organization of findings

The data is organized, analyzed and prescribed in following sections:

Section A: Distribution of mothers based on frequency and percentage of demographic characteristics.

Section B: Findings related to pre-test knowledge levels and practice of the mothers regarding postnatal care

Section C: Findings related to post-test knowledge levels and practice of the mothers regarding postnatal care

Section D: Findings related to effectiveness of video assisted teaching program regarding selected aspects of postnatal care

Section E: Findings related to association of mother's knowledge levels and practice regarding postnatal care with selected demographic variables.

Discussion:-

A hallmark of professional behavior is the personal commitment to the ongoing acquisition of new knowledge. The present study was conducted to assess knowledge of postnatal care among primiparous mothers and effectiveness video assisted teaching program on knowledge. The study was conducted in K.C.G Hospital, Malleshwaram, Bangalore. A structured interview schedule was used to assess the knowledge on postnatal care. The research design adopted for the study was Quasi –experimental one group pre–test and post-test. Thenon-probability sampling technique was used to select respondents and the study was conducted over a period of 4 weeks. The data was collected from 15/11/2010 to 15/12/2010.

The findings of the study are discussed under the following sections.

Section – A: Demographic data

Section – B: Objectives of the study

Section – C: Assumption of the study

Findings of the study**Section I: Demographic characteristics.****Age:**

Majority of subjects (83.8%) were in the age group of 21-30years. (16.2%) were of 31-40 years. Thus it shows that the maximum number of subjects participated in the study were in the age group of 21-30 years.

Religion:

It depicts that (75%) of subjects were belonged to Hindu religion, (12.5%) were belonged to Muslim religion, and (12.5%) were belonged to Christian religion.

Education:

The result indicates that the majority of subjects (42.5%) were educated up to secondary school, (26.2%) were studied till PUC, (15%) subjects were Graduates and (2.5%) were postgraduates. In the present study (8.8%) subjects were not had any formal education.

Occupation:

It revealed that most of the subjects (90%) were house wives, 5 % were government employees. And (5%) were private employees.

Monthly income:

The result indicates that (33.8%) of subjects were found to be generate income of Rs.2000-4000. 16.2% of subjects were in the income group of 4000-6000 per month, 10 percent of subjects belongs to the income group of Rs.6000-8000 per month. 37.5% of subjects were found to be generating income less than Rs.2000. And only 2.5% of subjects were having the monthly income of 8000 and above.

Type of family:

Most of the subjects belonged to nuclear family (85%) and (15%) of families belonged to joint family.

Section – B: Objectives of the study

1. To assess the existing knowledge of post-natal care among primi parous mothers.
2. To identify the existing practice followed by the primi parous mothers.
3. To prepare and administer video assisted teaching regarding related aspect of post-natal care.
4. To assess the effectiveness of video assisted teaching through posttest regarding selected aspect of post-natal care.
5. To find out the association between knowledge and practice of primi parous mothers with the selected demographic variable.

I) To assess knowledge score of subjects on postnatal care:

The knowledge regarding postnatal care was assessed by structured interview schedule. Out of 80 primi parous mothers (25 %) had moderate knowledge, (75 %) had inadequate and no subjects had adequate knowledge on postnatal care. The mean pre-test knowledge score of subjects were 9.49 with mean percentage of 31.63. These findings showed subjects were having poor knowledge regarding postnatal care.

II) To assess practice score of subjects on postnatal care:

The practice regarding postnatal care was assessed by structured interview schedule. Out of 80 primi parous mothers, only (18.75 %) had average practice score regarding postnatal care and (80%) subjects had poor practice regarding postnatal care. The mean pre-test practice score of subjects were 8.35 with mean percentage of 41.75. These findings showed subjects were having poor practice regarding postnatal care.

III) To assess effectiveness of video assisted teaching on postnatal care:**a) To compare pre-test and post-test knowledge score:**

The mean pre-test knowledge score of subjects were 9.49 with mean percentage 31.63, whereas mean post –test knowledge score of subjects were 20.30 with mean percentage 67.66. The mean post-test knowledge score was found to be significantly higher than mean pre-test knowledge score at 0.05 level of significance ($t_{79}=44.31$, $P<0.05$).

b) To compare pre-test and post-test practice score:

The mean pre-test practice score of subjects was 8.35 with mean percentage 41.75, whereas mean post –test practice score of subjects was 12.69 with mean percentage 63.45. The mean post-test practice score was found to be significantly higher than mean pre-test practice score at 0.05 level of significance ($t_{79}=13.73$, $P<0.05$).

IV) Association between the variables:**A) Association between the knowledge scores and selected demographic variables.**

There was a significant association between knowledge score of primi-parous mothers regarding post-natal care and selected demographic variable such as education ($\chi^2 = 6.950$ $p<0.05$). But there was no association found between pre-test knowledge score with other demographic variables.

B) Association between the practice score and selected demographic variables.

There was a significant association between practice score of primi-parous mothers regarding post-natal care and selected demographic variable such as education ($\chi^2 = 14.584$ $p<0.05$). But there was no association found between pre-test practice score with other demographic variables.

Section – C: Assumption of study

1. It is assumed that Primi parous mothers have some knowledge regarding postnatal care. It has been found from the study that Primi parous mothers have poor knowledge regarding post-natal care. The overall mean pre-test knowledge score of subjects were 9.49 with mean percentage of 31.63.

2. It is assumed that some of the post-natal practice followed by the mother may healthy and the other may unhealthy. Study findings shows that out of 80 respondents, (80%) had poor practice score, and only (18.75 %) were having average practice score regarding postnatal care. The overall mean pre-test practice score of subjects were 8.35 with mean percentage of 41.75.

Conclusion:-

On the basis of the finding of the study the below said conclusions were drawn.

The first objective was to assess knowledge of postnatal care among primiparous mothers. The knowledge of subjects was assessed by structured interview schedule. The mean pre-test knowledge score of subjects were 9.49 with mean percentage 31.63. These findings showed subjects were having poor knowledge regarding postnatal care.

The second objective was to assess the practice of postnatal care among primiparous mothers. The practice of subjects was assessed by structured interview schedule. The mean pre-test practice score of subjects was 8.35 with mean percentage 41.75. These findings showed subjects were having poor practice regarding postnatal care.

1. The video assisted teaching programme in the study was found to be effective in improving the knowledge and practice of primi-parous mothers regarding postnatal care.
2. The mean post -test knowledge score of subjects were 20.30 with mean percentage 67.66. The mean post-test knowledge score was found to be significantly higher than mean pre-test knowledge score at 0.05 level of significance ($t_{79}=44.31$, $P<0.05$). The mean post -test practice score of subjects was 12.69 with mean percentage 63.45. The mean post-test practice score was found to be significantly higher than mean pre-test practice score at 0.05 level of significance ($t_{79}=13.73$, $P<0.05$).
3. The study revealed that there was a significant association between knowledge score of primi-parous mothers regarding post-natal care and selected demographic variable such as education ($\chi^2 = 6.950$ $p<0.05$). But there was no association found between pre-test knowledge score with other demographic variables.

4. The study revealed that there was a significant association between practice score of primi-parous mothers regarding post-natal care and selected demographic variable such as education ($\chi^2 = 14.584$ $p < 0.05$). But there was no association found between pre-test practice score with other demographic variables.

Nursing Implications

The finding of the study has valuable implications towards nursing education, nursing practice, nursing administration and nursing research.

Nursing Education

The nursing curriculum should include activities such as creating booklets, pamphlets, self-teaching materials, and video programs, with emphasis on health education. In-service education should enhance healthcare professionals' knowledge and skills. Nursing students must be trained to conduct health education programs. Nursing education equips students with the knowledge, skills, and attitude needed for their roles. Nurse educators can teach students about postnatal care for primiparous women.

Nursing Practice

The expanded role of professional nursing now emphasizes both preventive and promotive aspects of health. Nurses, as key members of the healthcare team, play a significant role in health promotion and maintenance. As a practicing profession, nurses often integrate research findings into their work, ensuring evidence-based care. Whether working in hospitals or communities, nurses are instrumental in delivering health education on various topics, including postnatal care for mothers and caregivers, using a variety of teaching methods.

Nursing Administration

The present study revealed that the primi-parous mothers had poor knowledge and practice regarding postnatal care. Special endeavors can be taken up by nursing administrator and educators to develop standards of care for postnatal mothers. The nursing administrator should organize in service education program to nursing personnel and allied paramedical regarding postnatal care.

Nursing Research

There is a wide scope of conducting research study in depth using different tools in order to assess the knowledge and practice of primi-parous mothers regarding postnatal care. Research studies can also be conducted on caretakers of primi-parous mothers.

Limitation

1. The finding of the study could not be generalized in view of small size sample and limited area of setting.
2. The findings of the study were limited to 80 primi-parous mothers from selected hospitals, Bangalore.
3. The study was limited to selected aspects of postnatal care.
4. The attempt was not made to follow up to measure the retention of knowledge after the post-test.
5. Study is delimited for 4 weeks.

Summary

The purpose of the study is to assess the knowledge and practice of primi-parous mothers regarding postnatal care in a selected hospital, Bangalore. The study was conducted at K.C.G Hospital, Malleswaram, Bangalore. A formal written permission was obtained from the higher authorities of the hospital. The present study was experimental in nature, conducted over a period of 4 weeks 15/11/2010 to 15/12/2010. The conceptual framework used for the study was the general system theory by Ludwing Von Bertalanffy. The non-probability sampling technique was used to select 80 primiparous mothers. A structured interview schedule was used to collect the information from the respondents. The tool consists of three sections.

Section A: Demographic data.

Section B: Structured interview schedule to assess the knowledge of primiparous mothers regarding postnatal care.

Section C: Structured interview schedule to assess the practice of primiparous mothers regarding postnatal care.

The prepared questionnaire was validated by subject experts and the reliability of test was tested. The data obtained were analyzed and interpreted in terms of the objective of the study. The descriptive and inferential statistics were used for data analysis.

The Findings Are Summarized As Follows

I) Demographic information:

- Majority of subjects (83.8%) were in the age group of 21-30years. (16.2%) were of 31-40 years. Thus it shows that the maximum number of subjects participated in the study were in the age group of 21-30 years.
- Most of the subjects (75%) were belonged to Hindu religion, (12.5%) were belonged to Muslim religion, and (12.5%) were belonged to Christian religion.
- Majority of subjects (42.5%) were educated up to secondary school, (26.2%) were studied till PUC, (15%) subjects were Graduates and (2.5%) were postgraduates. In the present study (8.8%) subjects were not had any formal education.
- Maximum numbers of subjects (90%) were house wives, 5 % were government employees. And (5%) were private employees.
- Most of the subjects (33.8%) were found to be generating income of Rs.2000-4000. 16.2% of subjects were in the income group of 4000-6000 per month, 10 percent of subjects belong to the income group of Rs.6000-8000 per month. 37.5% of subjects were found to be generating income less than Rs.2000. And only 2.5% of subjects were having the monthly income of 8000 and above.
- Most of the subjects belonged to nuclear family (85%) and (15%) of families belonged to joint family.

II) Effectiveness of video teaching program on postnatal care.

A) Pre-test knowledge score:

Out of 80 primi parous mothers (25 %) had moderate knowledge, (75 %) had inadequate and no subjects had adequate knowledge on postnatal care. The mean pre-test knowledge score of subjects were 9.49 with mean percentage of 31.63.

B) Pre-test practice score:

Out of 80 primi parous mothers only (18.75 %) had average practice score regarding postnatal care and (80%) subjects had poor practice regarding postnatal care. The mean pre-test practice score of subjects were 8.35 with mean percentage of 41.75.

C) Post-test knowledge score:

The mean post -test knowledge score of subjects were 20.30 with mean percentage 67.66. The mean post-test knowledge score was found to be significantly higher than mean pre-test knowledge score at 0.05 level of significance ($t_{79}=44.31$, $P<0.05$).

D) Post-test practice score:

The mean post -test practice score of subjects was 12.69 with mean percentage 63.45. The mean post-test practice score was found to be significantly higher than mean pre-test practice score at 0.05 level of significance ($t_{79}=13.73$, $P<0.05$).

III) Association between the variables:

a) Knowledge score and selected variables:

Findings of the study revealed that there was a significant association between knowledge score of primi-parous mothers regarding post-natal care and selected demographic variable such as education ($\chi^2 = 6.950$ $p<0.05$). But there was no association found between pre-test knowledge score with other demographic variables.

b) Practice score and selected variables:

Findings of the study revealed that there was a significant association between practice score of primi-parous mothers regarding post-natal care and selected demographic variable such as education ($\chi^2 = 14.584$ $p<0.05$). But there was no association found between pre-test practice score with other demographic variables.

Overall experience of conducting this study was satisfying and enriching. For the investigator the study was a new learning experience.

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