



Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/22925

DOI URL: <http://dx.doi.org/10.21474/IJAR01/22925>



RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING ESSENTIAL NEWBORN CARE PRACTICE AMONG PRIMI MOTHERS AT SELECTED HOSPITAL, SALEM

Sathyakala.M¹ and Jasintha.S²

1. Professor Cum Hod, Department Of Child Health Nursing, Vivekanandha Nursing College For Women, Sankari, Salem.
2. Principal, Vivekanandha Nursing College For Women, Sankari, Salem.

Manuscript Info

Manuscript History

Received: 04 January 2026

Final Accepted: 08 February 2026

Published: March 2026

Key words:-

Structured Teaching, Primi mothers, Newborn, Essential newborn care, Knowledge & Practice

Abstract

A descriptive design with quantitative research approach was undertaken to assess the knowledge of the primi mother regarding essential newborn care in VMKVMCH, Salem. 30 primi mothers were selected by convenient sampling technique and data were collected by closed ended knowledge questionnaire. The findings revealed that, the highest percentage (56.7%) of primi mothers were between age group of 21-25 years. Most of the primimothers (93.3%) of them were nuclear family. Highest percentage (33.3%) of the primimothers educational statuses were diploma. Highest percentage (36.7%) of the primi mothers were laborer. Highest percentages (83.3%) of the primi mother were Hindu regions. Monthly income shows that highest percentage (53.4%) of the primi mother had family income between Rs 10,000 - 20,000, it shows that primi mother were from low socio economic group. In pre test, Percentage wise distribution of primi mother shows that 23(77%) had inadequate knowledge, 7(23%) had moderately adequate knowledge and (0%) had adequate knowledge. In post test, 26 (87%) had adequate knowledge, 4 (13%) moderately adequate knowledge and (0%) had inadequate knowledge. Before administering knowledge information, the mean score was 18.06+ 4.19 and after administering knowledge mean score was 28.77+1.13 and the mean improvement score was 15.23(50.77%). at $p < 0.001$ level the measured paired 't' test value of $t = 46.010$ was found to be statistically highly improvement. This clearly suggests that there is a formal training on neonatal care practice

"© 2026 by the Author(s). Published by IJAR under CC BY 4.0. Unrestricted use allowed with credit to the author."

Introduction:-

A newborn is not only valuable to his parents, family, community and nation, but also to the whole world, child is the foundation of the nation's health and wealth. Health maintenance is not only desired but positively valued by all societies, and thus an accepted goal of all communities is an improved level of

Corresponding Author:- Sathyakala.M

Address:- Professor Cum Hod, Department Of Child Health Nursing, Vivekanandha Nursing College For Women, Sankari, Salem.

health. The World Health Organization (WHO) recommends improving essential newborn care practices at birth in order to reduce neonatal morbidity and mortality. Effective promotion of essential newborn care at scale could significantly contribute to reducing the leading causes of newborn deaths in low income countries, especially those due to sepsis pneumonia, preterm births and tetanus. The essential practices include clean cord care, thermal care, initiating breast-feeding immediately or within an hour after birth, skilled assistance at birth for resuscitation; care-seeking and extra care sick and underweight babies.

Need for study:-

The UNICEF 2023, approximately 2.3 million newborns died within their first 28 days of life, averaging 6,300 deaths daily. While global neonatal mortality has decreased by 53% since 1990 (from 37 to 17 deaths per 1,000 live births), nearly half of all under-5 deaths occur during this period. The world health organization (WHO) estimates that Global neonatal mortality (death within the first 28 days) has dropped to 17 deaths per 1,000 live births in 2023, down from 37 in 1990. Despite progress, 2.3 million newborns still died in 2022, primarily in sub-Saharan Africa and Southern Asia, accounting for 47% of all under-5 deaths. In India, National Health Mission estimated that significantly reduced its Neonatal Mortality Rate (NMR) from 26 per 1,000 live births in 2014 to 19-20 per 1,000 in 2021/2020. Despite this progress, nearly 40% of neonatal deaths occur within the first 24 hours of birth, with causes primarily including prematurity, low birth weight, and birth asphyxia.

Objectives:-

- To assess the pre test and post test knowledge regarding essential newborn care practice among primi mother.
- To assess the effectiveness of structured teaching programme on knowledge regarding essential newborn care practice among primi mother at VMKVMCH in Salem.
- To associate the effectiveness of structured teaching programme among primi mother with their demographic variables.

Methodology:-

Research design and approach

A descriptive design with quantitative research approach was apply to determine the effectiveness of structured teaching programme on knowledge regarding essential newborn care practice among primi mothers at VMKVMCH Hospital in Salem.

Setting of the study:-

This study was conducted at VMKVMC Hospital in Salem.

Population:-

The population for the present study was all primi mothers in postnatal ward at VMKVMC hospital in Salem.

Sample:-

All primi mothers in postnatal ward at VMKVMC Hospital Salem, who meet the inclusion criteria was the sample for the present study.

Sample size:-

Sample size was 30 primi mother's with the age group of 18-35years.

Sampling technique:-

Non probability convenient sampling Techniques was used for the present study

Planned Data Analysis:-

Effectiveness of structured teaching programme on knowledge regarding essential newborn care practice among primi mothers with newborn. N = 30

Knowledge	Mean	Standard deviation	Mean Improvement & %	Paired 't' Test Value
pre test	18.06	4.19	60.2 %	t = 46.010 p = 0.0001, S***
Post test	26.4	5.05	88%	t = 73.040 p = 5.400, S

***p<0.001, S – Significant

Table no. 3 indicates that the mean before giving knowledge information score was 18.06+ 4.19 and the mean after administering knowledge score was 28.77+1.13 and the mean improvement score was 15.23(50.77%). at p<0.001 level the measured paired 't' test value of t=46.010 was found to be statistically highly important. This clearly suggests that there is a formal training curriculum on information about critical neonatal care practice

The Findings of the Study:-

Percentage wise distribution knowledge score overall so primi mother regarding essential newborn care Percentage wise distribution of primi mother shows that 23(77%) had inadequate knowledge and 7(23%) had moderately adequate knowledge in pre test. 14(56%) had moderately adequate knowledge and 26(87%) had adequate knowledge in post test. Over all knowledge score of primi mother on knowledge essential newborn care shows that mean before giving knowledge information score was 13.53 ± 1.52 and the mean after administering knowledge score was 28.77 ± 1.13 and the mean improvement score was 15.23(50.77%). At p<0.001 level the measured paired 't' test value of t=46.010 was found to be statistically highly important. This clearly suggests that there is a formal training curriculum on information about critical neonatal care practice

Conclusion:-

The research results discuss the effectiveness of structured teaching programme on knowledge regarding essential newborn care practice among primi mothers. From the finding of present study it can be concluded the primi mothers were in middle socio economic group. Majority 93.3% of the primi mothers were nuclear family. The highest percentage 83.3 of the primi mothers according to religion show that majority of the primi mothers was Hindu. The adequate knowledge on primi mother 77%, inadequate knowledge on primi mothers 87%. primi mothers had average knowledge on essential newborn care.

Net content:-

1. Is essential newborn care in Bangalore deadline extended indefinitely 2020 <https://www.hindawi.com/journals/ijpedi/2020/3647309/>
2. Is essential newborn care in Delhi deadline extended indefinitely 2017 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6161384/>
3. United Nations Sustainable Development Goals. [<http://www.un.org/sustainable-development/health/>]

WHO recommendations on ways to improve quality of newborn care in health facilities, 2016 accessed at <http://www.who.int/features/2017/quality-care-facilities/en>

References:-

1. AdikaPillsteve. “Maternal and child health nursing care of the child bearing and childbearing family”, (5thed) New Delhi published by Williams & Wilken , 5.2007, Pp. 679-86.
www.impotantofnewborn.com
2. Acharya (1995), “Test book of pediatrics”, (3rded) New Delhi Conest Longman publisher, 1995, Pp. 500-510, www.essentialinterventionsofnewborn.com
3. Park, “Test Book of prevention and social Medicine”, 8thEdn. Bhanot publication, 2005, Pp. 345-46.
4. Essential Newborn care Available from <http://www.google.com>
5. LoparaTjaja, .Dotimu DA, and BA. Alex-Hart. Newborn cord care practices Amongst Mothers in yenagoa Local Government Rea Bayelsa State Nigeria international journal of clinical Medicine vol.03, No.01.Pp. 22 27, 2011