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### RESEARCH ARTICLE

#### TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING SELECTED MINOR AILMENTS OF PREGNANCY AND ITS REMEDIAL MEASURES AMONG ANTENATAL WOMEN ATTENDING ANTENATAL OPD AT DOON MEDICAL COLLEGE AND HOSPITAL, DEHRADUN

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#### Abstract

A study was conducted to assess the level of knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women attending antenatal OPD at Doon medical college and hospital, Dehradun in a view to develop information booklet. A descriptive research design was used for the study. The study samples were 150 antenatal women attending antenatal OPD at Doon medical college and hospital. Participants were selected by using non-probability convenient sampling technique. Self structured knowledge questionnaire was administered for the assessment. The study results shows that majority of women 70 (46.7%) were having moderate knowledge, 55 (36.7%) women have inadequate and 25 (16.6%) have adequate knowledge regarding minor ailments of pregnancy and their remedial measures. Area wise knowledge score shows that majority of mothers having adequate knowledge regarding backache, followed by fatigue and sleeplessness with Mean 10.68%, Mean percentage 44.5% and Standard deviation 5.125. The chi-square test done at 0.05 level of significance revealed association of knowledge score with all demographic variables i.e Age, education, occupation, type of family, family income, area of residence, gravid, gestational week, previous knowledge and source of information. Findings stress the need of health education in hospital and community to improve the knowledge of pregnant women.

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#### Introduction:-

##### Statement of the problem:-

A study to assess the level of knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women attending antenatal OPD at Doon medical college and hospital, Dehradun .

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**Objectives of the study:-**

1. To assess the knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women .
2. To find out association between the knowledge of antenatal women regarding selected minor ailments of pregnancy and its remedial measures with selected demographic variables .
3. To develop and distribute information booklet for enhancing knowledge regarding minor ailments of pregnancy and its remedial measures.

**Hypothesis:**

There will be a significant association between knowledge Scores of antenatal women with their selected demographic variables at the level of  $p < 0.05$  level.

**Methodology:-**

**Research approach :**

Non experimental quantitative research approach was selected for the study

**Research design:**

In this study descriptive research design used.

**Research setting:**

Antenatal OPD of Doon Medical College and Hospital, Dehradun, Uttarakhand.

**Research variable:**

**Independent variable:**

A study to assess the level of knowledge among antenatal women

**Dependent variable:**

Regarding selected minor ailments of pregnancy and its remedial measures

**Socio- demographic variables:**

Age, education, occupation, type of family, family income, area of residence, gravid, gestational week, previous knowledge & source of information.

**Population:**

Antenatal women attending Antenatal OPD

**Target population:**

Antenatal women attending Antenatal OPD of selected hospital and fulfill the inclusion criteria.

**Sample & sampling technique:**

Antenatal women attending Antenatal OPD which was selected by using non- probability convenient sampling technique.

**Sample size:**

In this study sample size were 150 antenatal women.

**Sampling criteria :**

**Inclusion criteria:**

1. Antenatal women who are willing to participate in the study
2. Antenatal women who knows hindi and English
3. Antenatal women who are present at the time of data collection.

**Exclusion criteria:**

1. Antenatal women with complications.
2. Antenatal women who are not present at the time of data collection.

**Selection and Development of tool:-**

The study was conducted by using structured questionnaire to assess the level of knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women. The tools and information booklet was developed after reviewing the related literature based on the experience of the investigator, guidance and consultation with subject experts, consultation with statistician regarding analysis, internet based search, books and journals etc.

**Description of tool :-**

The researcher used a socio demographic tool which is used to collect the socio demographic data of the samples and structured knowledge questionnaire is developed by researcher to assess the level of knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women. In this way two tool were used by the researcher for this study.

**Tool – I Socio demographic profile:-**

This tool was developed to collect information regarding samples characteristics. It consist of 9 items (age, education, occupation, type of family, family income, area of residence, gravid, gestional week, previous knowledge).

**Tool – II Structured knowledge questionnaire:-**

Structured knowledge questionnaires were used to assess the level of knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women which consist of 24 questions each has 4 option, for each right answer 1 mark is given and for wrong 0 is given . The maximum score was 24.

**Criterion for measuring the level of knowledge:-**

Level of knowledge regarding selected minor ailments of pregnancy and its remedial measures	Score
INADEQUATE	0 – 8
MODERATE	9 – 16
ADEQUATE	17 – 24

**Results:-**

The collected information was organized and the results are presented under following sections:

**Section 1:** Description of the Socio demographic variables of the subjects.

**Section 2:**

**Part: 1** Finding the Mean, Mean % and standard Deviation of the data.

**Part: 2** Finding the knowledge level of the women regarding selected minor ailments of pregnancy and its remedial measures.

**Section 3:** Deals with association between the knowledge of antenatal women regarding selected minor ailments of pregnancy and its remedial measures with selected demographic variables .

**Table no. 1:-** Frequency and percentage distribution of demographic variables.N =150

Demographic variables		Frequency	Percentage( %)
Age in years	≥ 20 years	18	12%
	21 to 30 years	121	80.7%
	31 to 40 years	11	7.3%
	Above 40 years	0	0%
Education	Primary education	41	27.3%
	High school	31	20.7%
	Intermediate	37	24.7%
	Graduate and above	41	27.3%
Occupation	House wife	137	91.3%
	Private job	10	6.7%
	Government job	2	1.3%
	Other	1	0.7%
Type of family	Joint family	79	52.7%
	Nuclear family	60	40%

<b>Monthly income of family</b>	Extended family	11	7.3%
	Below Rs.5,000/-	4	2.7%
	Rs.5,001 to Rs.10,000/-	66	44%
	Rs.10,001 to Rs.15,000/-	53	35.3%
	Rs. 15,001/- and above	27	18%
<b>Residence</b>	Rural area	100	66.7%
	Urban area	50	33.3%
<b>Gravida</b>	Primi gravida	75	50%
	Multi gravida	71	47.3%
	Grand multi gravida	4	2.7%
<b>Weeks of gestation</b>	0 -14 week	16	10.7%
	15 – 28week	82	54.7%
	29 – 40 week	52	34.6%
<b>Do you have any information?</b>	Yes	41	27.3%
	No	109	72.7%

**Part: 1** Finding the Mean, Mean % and standard Deviation of the data.

**Table 2:-** Mean, Mean % and standard Deviation of the knowledge score.N=150

Knowledge aspect	No of question	Mean $\pm$ SD	Mean percentage
Introduction to minor ailments of pregnancy	2	0.94 $\pm$ 0.79	47%
Nausea and vomiting	4	2.12 $\pm$ 1.17	53%
Heartburn	2	1.03 $\pm$ 0.75	51.5%
Constipation	3	1.16 $\pm$ 1.01	38.7%
Frequent urination	2	1.22 $\pm$ 0.62	61%
Legcramps	3	1.08 $\pm$ 0.98	36%
Backache	2	1.25 $\pm$ 0.73	62.5%
Varicose vein	2	0.29 $\pm$ 0.45	14.5%
Leg edema	2	0.32 $\pm$ 0.52	16%
Fatigue and sleeplessness	2	1.23 $\pm$ 0.75	61.5%

**Part: 2** Finding the knowledge level of the women regarding selected minor ailments of pregnancy and its remedial measures.

**Table 3:-** Knowledge level of the antenatal women regarding selected minor ailments of pregnancy and its N=150

Knowledge level	Score range	Frequency	Percentage
Inadequate knowledge	0-8	55	36.7%
Moderate knowledge	9-16	70	46.7%
Adequate knowledge	17-24	25	16.6%

**Section 3:-** Deals with association between the knowledge scores of antenatal women on selected minor ailments of pregnancy and its remedial measures.

**Table 4:-** Association between knowledge of women with selected socio demographic variables.N= 150

Variable	Inadequate (0-8)	Moderate (9-16)	Adequate (17-24)	Df	Chi- square value	P value	Inference
Age of the mother (in years)							
Less than 20	10	7	1	4	9.968	0.041	S
21 to 30	43	54	24				
31 to 40	2	9	0				
Education							
Primary	28	13	0				

education				6	61.217	0.000	S
High school	13	16	2				
Intermediate	10	24	3				
Graduate and above	4	17	20				
Occupation							
House wife	55	65	17	6	26.503	0.000	S
Private job	0	3	7				
Government job	0	1	1				
Other	0	1	0				
Type of family							
Joint family	26	35	18	4	5.994	0.200	NS
Nuclear family	25	28	7				
Extended family	4	7	0				
Monthly income of family							
Below Rs. 5000/-	2	2	0	6	20.845	0.002	S
Rs. 5001 to 10000/-	32	30	4				
Rs. 10001 to 15000/-	16	27	10				
More than 15,001/-	5	11	11				
Residence							
Rural area	33	44	23	2	8.777	0.012	S
Urban area	22	26	2				
Gravida							
Primi gravida	24	34	17	4	4.567	0.335	NS
Multi gravida	29	34	8				
Grand multi gravida	2	2	0				
Weeks of gestation							
0 – 14 weeks	8	7	1	4	2.347	0.672	NS
15–28 weeks	28	40	14				
29–40 weeks	19	23	10				
Do you have any information regarding minor ailments							
No	19	20	2	2	6.199	0.045	S
Yes	36	50	23				

\*Significant at 0.05 level.

S = Significant, NS = Not – Significant

## Discussion Summary And Conclusion:-

### Discussion:-

The purpose of the study was to assess the level of knowledge regarding selected minor ailments of pregnancy and its remedial measures among antenatal women attending antenatal OPD at Doon medical college and hospital, Dehradun .

### Major findings of the study:-

The results were computed using descriptive and inferential statistics based on the following objectives of the study

### The findings of the sample based on their demographic variables:-

1. Majority 121 (80.7%) women were in the age group of 21-30 years followed by 18 (12%) mothers' were in the age group of  $\geq 20$  years and 11 (7.3%) mothers belongs to above 31 - 40 years.
2. Majority 41 (27.3%) women each having primary education and graduation, 37 (24.7%) with intermediate and 31 (20.7%) have studied till the high school.

3. Majority 137 (91.3%) women were house wife followed by 10 (6.7%) were have private job, 2 (1.3%) were working in government and 1 (0.7%) with other occupation.
4. Majority 79 (52.7%) women belongs to joint family, 60 (40%) were belongs to nuclear family and 11 (7.3%) with extended family.
5. Majority 66 (44%) women having monthly income of family Rs.5001 to Rs.10000/- followed by 53 (35.3%) were having Rs.10001/- to Rs.15000/-, 27 (18%) were having Rs.15001 and above, only 4 (2.7%) women's family income is less than Rs.5000/-.
6. Majority 100 (66.7%) women were residing in rural area and 50 (33.3%) were in urban area. According to the gravida 75 (50%) women's were primi gravida, 71 (47.3%) were multi gravid and 4 (2.7%) mother's were with grand multi gravida.
7. Majority 82 (54.7%) women were at the gestation week of 15– 28 weeks, 52 (34.6%) mother's with 29 – 40 week of gestation and 16 (10.7%) women with 0 to 14 week of gestation.
8. Majority 109(72.7%) women don't have any information regarding minor ailments and its remedial measure similarly 41 (27.3%) mothers got some information regarding minor ailments from family member, friends, health personal, media and hospital.

**Findings related to mean, mean % and standard Deviation of the knowledge score regarding selected minor ailments of pregnancy and its remedial measures:-**

1. The mean percentage obtained by the women's in the aspect of back ache 62.5%, Fatigue and sleeplessness 61.5%, Frequent urination 61%, Nausea and vomiting 53%, Heart burn 51.5%, Introduction to minor ailments of pregnancy 47%, Constipation 38.7%, Leg cramps 36%, Leg edema 16% and Varicose vein 14.5%.
2. Therefore overall knowledge mean scores of 150 respondents was found to be 10.68, mean percentage 44.5% with standard deviation 5.125.

**Findings related to the level of knowledge regarding minor ailments of pregnancy and its remedial measures among antenatal women:-**

According to the area of knowledge ,it depicts that 70 (46.7%) women's having moderate knowledge, 55 (36.7%) mothers have inadequate and 25 (16.6%) have adequate knowledge regarding minor ailments of pregnancy and its remedial measures.

**Findings related to the association of the knowledge level with socio demographic variables :-**

1. According to this the obtained chi – square value for Age in year ( $\chi^2 = 9.968$ ), Education ( $\chi^2 = 61.217$ ), Occupation ( $\chi^2 = 26.503$ ), Monthly income of family ( $\chi^2 = 20.845$ ), residence ( $\chi^2 = 8.777$ ), Do you have any information regarding minor ailments and its remedial measures ( $\chi^2 = 6.199$ ). The obtained p value for these variables is less than 0.05, which indicates that there is a significant association between selected socio demographic variables and knowledge score on selected minor ailments of pregnancy and its remedial measures.
2. The obtained chi – square value for Type of family ( $\chi^2 = 5.994$ ), gravid ( $\chi^2 = 4.567$ ), weeks of gestation ( $\chi^2 = 2.347$ ). The obtained p value for these variables is more than 0.05, which indicates that there is no significant association between selected socio demographic variables and knowledge score on selected minor ailments of pregnancy and its remedial measures.

**Summary:-**

**Conclusion:-**

Mothers and children are the basic foundation of a society and its wealth. So it is very important to take care of a women during her pregnancy. Pregnancy is a crucial period where the mother tends to take care of herself to prepare herself for safe delivery and to have a healthy baby. During the time of pregnancy, many changes occur in a woman's body as a result of hormonal influences and adaptation to the gestational process. Thereby, they experience a variety of physiological and psychological symptoms called minor discomforts of pregnancy. These discomforts can be easily managed at home, for this the mothers need to get appropriate and enough knowledge from the health care providers through health education.

**Nursing implications:-**

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

**Nursing education:-**

Education is the key to the development of excellence in nursing practice. Education faces tremendous challenge in keeping pace with the changes in nursing practice to maintain its high quality. The community health nursing and obstetric nursing curriculum for all levels of nursing students should give more emphasis on promotion of health of pregnant women by controlling the discomforts related to minor ailments. Formal and informal teaching should be conducted in the antenatal clinic and OPD'S about minor ailments and its remedial measures. Continuing education should be provided to the nursing personnel regarding minor ailments of pregnancy and their remedial measures among pregnant women.

**Nursing service:-**

Inservice education programme for the health workers and nursing personnel's must be carried out to improve their knowledge and teach clients for proper management of minor ailments. Research based nursing practice is a need of the hospital. On the basis of research, the hospital nursing care practices should be modified. Health education should be given to pregnant women regarding minor ailments of pregnancy.

**Nursing administration:-**

An administrator play a key role in organization for the staff development programme. Nursing has become a complex and highly varied practice discipline with the rapidly growing. Our rapid changing world has made necessary for us, as a nurses to increase knowledge and skills concerning patient care. Nursing administration at hospital/ community level should evaluate the effectiveness of health programme related to pregnancy and also they should provide support to conduct inservice education programme for the nursing personnel related to minor ailments of pregnancy.

**Nursing research:-**

No profession can exist without research to develop its body of knowledge to test its strategies. The health care environment is dynamic and more demanding. There is a need to promote research based practice and the use of evaluation methods to measure and document the quality and cost effective care. Findings of the study will act as a catalyst to carry out more researches on large scale and in different settings. The study will serve as valuable reference material for future researches.

**Limitations of the study:-**

1. Study was only limited to the antenatal women attending antenatal OPD at Doon medical college and hospital Dehradun and hence limiting the generalization.
2. The study only limited to assess the selected minor ailments of pregnancy only.
3. Time and financial constraints

**Recommendation for future study:-**

Based on the findings of the study the following the following recommendations are made :

1. A similar study can be conducted by analyzing the various aspects of minor disorders of pregnancy on a large sample for making more valid generalization.
2. A comparative study can be done between rural and urban area antenatal mothers
3. A comparative study can be done between primi and multi gravida mothers.
4. A comparative study can be done between nullipara and primi gravida mothers.
5. An experimental study can be conducted with structured teaching programme on minor disorders of pregnancy by having control group and randomization.
6. A study can be taken to investigate the occurrence of minor disorders of pregnancy and to evaluate their effectiveness.

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