A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING INFANTS CARE AMONG POST-NATAL MOTHERS IN SELECTED ANGANWADI’S OF JABALPUR CITY

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ABSTRACT

The objective of the present study was to assess the effectiveness of video assisted teaching program on knowledge regarding infants care among post-natal mothers in selected Anganwadi’s of Jabalpur. A quantitative approach was used for the research. The research design adopted in this study was pre experimental one pretest and post-test design. 30 postnatal mothers who fulfilled the inclusion criteria were considered as the sample of the study. A 15 min. video assisted teaching program was developed by the researcher covering the contents to provide knowledge regarding infants care. Results revealed that mothers were having inadequate knowledge before administration of VAP, 86.67% mother were having inadequate knowledge, whereas after administration of VAP 56% mothers knowledge was enhanced. T-test revealed the significance of difference between pre and post test scores, where obtained ‘t’ value 8.71 (df=29) was much higher than the required level of significance. Present study outcome shows the need for a better revamped awareness and education program coupled with effective health care delivery system to improve the level of knowledge among mothers on new born care, in achieving better health indicators as far as medical services are concerned.

Keywords: Effectiveness, Video assisted teaching program (VATP), practices, postnatal care
1. INTRODUCTION

The healthy newborn infants born at term, between 38 to 40 weeks, cries immediately after birth, establishes independent rhythmic respiration quickly adapts with the extra uterine environment has an average birth weight and no congenital anomalies.

According to WHO report, the global birth rate is 27.3 per 1000 populations in Nepal crude birth rate is 34 per 1000 and 13 death occur in 100 live birth. Two third of all deaths in first year occur in the neonatal period. In India is reported that 50-60% of all neonatal deaths occur within the first month of life of these, more than half may die during the first week of life. Most of the deaths are due to birth asphyxia, hypothermia, and infections which are preventable if the quality of care is maintained. World wide, about eight newborn babies die every minute. Every year more than four millions babies die during first week of life due to inadequate care by mothers / caregivers.

Postnatal care means “Care after the Birth” during the postnatal period which aims to promote the well being of both the mother and child. Giving birth is both exhausting & emotional. After the birth the mother feels tired & due to hormonal changes become very emotional. (Devi, 2016). The healthy newborn infants born at term, between 38 to 40 weeks, cries immediately after birth, establishes independent rhythmic respiration quickly adapts with the extra uterine environment has an average birth weight and no congenital anomalies (Namrata, 2006).

Strauss RS (2014) conducted a retrospective study on their cord of 10,696 mothers and found that low maternal weight gain in the second or third trimester increases the risk for intrauterine growth retardation. It was found that more than 50% of the mother’s who had a poor weight gain during the last trimesters delivered babies with IUGR. Maaløe (2016) has published in the bulletin of the World health Organization that in India the still birth rate was 39 per 10,000 birth in the year 2000. The author suggests that most of these deaths can be prevented by identifying fetal compromise early. Teaching the mother to recognize it with the help of fetal monitoring kick count will help a lot. These studies stress on the need for an effective educational package for the mothers to know more on antenatal care and preparation for labour.

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2. METHODOLOGY

2.1 Research approach

A quantitative approach was used for assessing the effectiveness of Video assisted teaching program (VATP) on knowledge regarding infants care among postnatal mothers in a selected Anganwadi in Jabalpur city.

2.2 Research Design

The research design adopted in this study was pre experimental one pretest and post-test design.
2.3 Selection of Variable
Independent variables are video assisted teaching programme on infants care. and
Dependent variables: are Knowledge of the postnatal mothers on infants care.
Demographic profile of postnatal mothers include age, sex, qualifications, religion, area of
residence ,types of family, education status of mothers, occupation.
2.4 Setting of the study
The setting of the study was set to Govt. Hospitals in Jabalpur  with the post natal
mothers strength of 30.the setting was chosen on the basis of feasibility in terms of
availability of adequate samples and the cooperation extended by the management.
2.5 Sample size
The size was 30 postnatal mothers who were fulfilling the inclusion criteria.
2.6 Sampling technique
Non-probability sampling (convenience sampling ) technique was used to select the
samples.
2.7 Tool used
The tools consist of a structured knowledge questionnaire it is divided into 2 parts
Part A consist of 8 items related to demographic variables and Part 2: consist of items
related to the knowledge on infants care it consist of 30 items
2.8 Data Analysis
Data analysis was done using descriptive statistic i.e.. frequency, percentage, mean
and standard deviation and inferential statistics ‘t’ test was computed to find out the
significance of difference among the pre and post test scores.. The chi- square test was used
to find out the association between demographic variables with knowledge scores.
3. RESULTS

### TABLE 1
PRE TEST KNOWLEDGE SCORES ON KNOWLEDGE REGARDING INFANTS CARE AMONG
POSTNATAL MOTHERS. (N=30)

<table>
<thead>
<tr>
<th>Level Of Knowledge</th>
<th>Count</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate</td>
<td>0</td>
<td>0.00%</td>
</tr>
<tr>
<td>Moderate</td>
<td>4</td>
<td>13.33%</td>
</tr>
<tr>
<td>Inadequate</td>
<td>26</td>
<td>86.67%</td>
</tr>
</tbody>
</table>

Data depicted in above graphical presentation shows pre-test score regarding infants care
among postnatal mothers in selected anganwadi’s, data revealed that 86.67% subjects had
inadequate knowledge, 13.33% subjects had moderate knowledge whereas none of the
respondents has adequate knowledge.

### TABLE 2
COMPARATIVE ANALYSIS OF KNOWLEDGE SCORES BETWEEN PRE-TEST AND POST-
TEST

<table>
<thead>
<tr>
<th>Pre Test</th>
<th>Post Test</th>
<th>Mean Difference</th>
<th>df</th>
<th>‘t’ Value</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.73</td>
<td>1.91</td>
<td>16.56</td>
<td>4.85</td>
<td>7.83</td>
<td>29</td>
</tr>
</tbody>
</table>

* Significant at level 0.05 level
To find out the significance of the difference, a t-test was computed on the obtained data. The data in Table 11 on pre-test and post-test mean scores concerning the knowledge regarding infant care among postnatal mothers from selected anganwadi’s were presented. The knowledge score of the pre-test had a mean value of 8.73 and SD 1.91 whereas post-test had a mean value of 16.56 and SD 4.85. To compare the pre and post-test mean scores, a paired t-test was computed and the results indicated significant difference among the group as the obtained ‘t’ value 8.71 (df=29) was much higher than the required level of significance, therefore, the null hypothesis was rejected.

4. DISCUSSION

Obtained results revealed that 86.67% of the mothers had inadequate knowledge regarding the infant care, after the administration of STP, an increase in knowledge was observed. Results indicated inadequate level of knowledge among mothers on infant care may be due to almost half of the mothers taken in the study were prime which means they lack of experience as well as knowledge too, STP, educational programmes and guidance from elder family members may enhance the knowledge of such mothers who lack knowledge regarding infant care.

5. CONCLUSION

This study concludes with an estimation of inadequate knowledge on essential newborn care with the participants included in the study. Participants had a low level of knowledge on infant care. It was found that the knowledge level is low and there is no association among knowledge and demographic conditions. This study indicates the requirement of an awareness programme on infant care a programme that contains all the components of essential newborn care available to all people irrespective of their socio-economical status. Present study outcome shows the need for a better revamped awareness and education program coupled with effective health care delivery system to improve the level of knowledge among mothers on newborn care, in achieving better health indicators as far as medical services are concerned.

REFERENCES


