

A STUDY TO ASSESS THE KNOWLEDGE REGARDING WARNING SIGNS AND THEIR MANAGEMENT DURING PREGNANCY AMONG PRIMIGRAVIDA MOTHERS OF FIRST TRIMESTER ATTENDING OUT-PATIENT DEPARTMENT IN SELECTED HOSPITAL AT JAIPUR WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET.

Ms. Rohina Rabecca Dass¹, Dr. Neha Dubey²

1. Ph.D. Scholar Sarvepalli Radhakrishnan University, Bhopal
2. Professor and research guide S.R.K. University Bhopal M.P.

Abstract -Pregnant woman has to take special care during pregnancy and childbirth. In developing countries death rate is very high. **Objectives of the Study-1.**To assess the knowledge regarding warning signs during pregnancy and their management among Primigravida mothers of first trimester.**2.**To find out the association between knowledge scores regarding warning signs of pregnancy among Primigravida mothers of first trimester and selected demographic variables.**3.**To develop and validate information booklet on warning signs of pregnancy. **Methodology**-evaluative approach was adopted with descriptive research design. Data was collected from 80 sample selected with purposive sampling technique. Structures knowledge questionnaire schedule was tool of data collection. **Result**-30% (24) Primigravida mothers of first trimester had poor knowledge, 52.50% (42) had average knowledge and 17.86% (14) found to have good knowledge. Overall maximum score was of 30 and overall mean score; median, mean% and SD were 15.93, 16, 60.90% and 3.73 respectively. Demographic variables family income and occupation status had a significant association with knowledge level of primigravida mothers. **Conclusion**- Maximum mothers 52.50% (42) had average knowledge and education regarding warning signs and their management during pregnancy.

Keywords – Assess, Knowledge, Warning Signs, Pregnancy, Primigravida Mothers, First Trimester, Out-Patient Department, Information Booklet.

Introduction- World Health Organization stated that the pregnancy and childbirth are special events in woman's lives and indeed in the lives of their families. Having a child is a major life change, and mothers need support from those around them, both during pregnancy and

after the baby arrives.¹ The majority of discomforts experienced during Pregnancy can be related to either hormonal changes or the Physical changes related to growing fetus.²

Pregnancy is a natural physiological phenomenon; complications do arise even with best of antenatal care. The important danger signs during pregnancy are swelling of face, arms and legs, nausea and vomiting, premature pain, decrease foetal movement, failure to gain weight, anaemia, etc. It is important to know that haemorrhage is the common cause of maternal deaths in India and it can cause death of the woman within 2 hours if immediate care is not provided.³

Need of the study –

- A woman dies from complications from childbirth approximately every minute.
- According to the World Health Organization, in its World Health Report 2005, poor maternal conditions account for the fourth leading cause of death for women worldwide, after HIV/AIDS, malaria, and tuberculosis.⁴
- Globally, woman that die each year due to pregnancy and childbirth are Africans (53%), while the rest are Asians (42%) and to a lesser extent Latin Americans (4%).
- Less than 1% of maternal deaths occur in developed countries. It is estimated that 99% maternal deaths occur in the developing world every year.⁵
- In India, every five minutes, one woman dies from complications related to pregnancy and childbirth. This adds up to a total of 1,21,000 woman per year. 15% of the woman develops life-threatening complications.⁵

Objectives of the Study-

- To assess the knowledge regarding warning signs during pregnancy and their management among Primigravida mothers of first trimester.
- To find out the association between knowledge scores regarding warning signs of pregnancy among Primigravida mothers of first trimester and selected demographic variables.
- To develop and validate information booklet on warning signs of pregnancy.

Hypothesis-

- **H₀:** There will be no significant association between knowledge scores of Primigravida mothers of first trimester regarding warning signs during pregnancy and selected demographic variables.
- **H₁:** There will be significant association between knowledge scores of Primigravida mothers of first trimester regarding warning signs during pregnancy and selected demographic variables.

Conceptual Framework- The conceptual framework selected for the study is based on social psychologist Irwin M. Rosenstock's **Health Belief Model** first developed in the 1950's.

Review of literature-

Review of literature is a key step in research process refers to the activities involved in searching for information on a topic and developing a comprehensive picture of the state of knowledge on that topic. The researcher classified the all collected review in following category –

- Studies related to Warning signs of first trimester, second trimester and third trimester during pregnancy. (15)
- Studies related to knowledge of Primigravida mothers of first trimester regarding warning signs during pregnancy and their management. (10)
- Studies related to information booklet. (5)

Research Methodology- Research Methodology is a way of systematically solving the research problem. It is a science of studying how research is done scientifically.⁶

- **Research Approach-** The research approach refers to a general set of orderly disciplined procedures use to assure useful information.⁷ The research approach adopted for this study was an evaluative approach.
- **Research Design-** The research design is the overall plan for obtaining answers to the research questions being studied and for handling.⁸ The research design adopted is descriptive design.
- **Variables-** Variables are qualities, properties or characteristics of persons, things or situation that changes or vary.⁸ Two types of variables were identified in this study. Independent Variable: information booklets regarding warning signs during

pregnancy and dependent variable was knowledge of women regarding preconception care.

- **Research Setting-** Setting was a physical location in which data collection takes place in a study. This study was undertaken in out-patient department in Cocoon Hospital at Jaipur.
- **Sample & Sampling Technique-** In the present study researcher has selected 80 samples using purposive sampling technique.

Data collection tool- A Structures knowledge questionnaire schedule was selected on the basis of the objectives of the study, as it was considered to be the most appropriate instrument to elicit responses from the participants. The instruments used in this study consisted of two sections-

- **Part-A-** Semi-Structured questionnaire consists of Demographic Variables of Primigravida Mothers of First Trimester.
- **Part-B-** Structured knowledge questionnaire consists of 30 items regarding Warning Signs during Pregnancy and its Management, which was divided into 4 sections:-
Sec.1: Question related to the meaning of warning signs and their management,
Sec.2: Warning signs related to first trimester and their management,
Sec.3: Warning signs related to second trimester and their management,
Sec.4: Warning signs Related to third trimester and their management;

Validity and reliability - The prepared tool and information booklet was validated 6 experts comprising of 5 Nursing Lecturer and 1 Doctor in the field of Obstetrics and Gynaecology Nursing. Reliability in the effectiveness of Descriptive Study was established through test method. With the reliability score of $r = 0.82$.

Data Collection plan for analysis - Written permission was taken from the cocoon hospital authority for conducting study. The data was collected from 20-04-2016 to 28-4-2016. The plan of data analysis includes both descriptive and inferential statistics. The collected data was organized, tabulated and analyzed based on the objectives of the study by using descriptive statistics, i.e., Percentage, mean and standard deviation and inferential statistics,

i.e., chi square. The chi square was used to find out the association between demographic variables with knowledge scores.

Result- the data was organized and presented under the following sections:

Section – I- Description of socio demographic characteristics of samples.

Section –II-Assessment of knowledge of women regarding warning signs during pregnancy and its management.

Section – III-Association between selected demographic variables and test knowledge.

Section – I- Description of socio demographic characteristics of samples.- Age wise data showed maximum 44% (35) were distributed in 22-26 years. 54% (43) of selected women were lived in Nuclear family. 69% (55) women were Graduates. 53% (42) women had a family income of more than Rs.40000 pm. Based on the Occupation, 40% (32) were Business Women. Based on the previous knowledge regarding Warning Signs during Pregnancy, 23% (18) answered ‘Yes’, instead the rest 77% (62) answered as ‘No’. Those answered as ‘Yes’, were asked for the source of their knowledge. 6% (1) answered ‘Family Members’, 22% (4) answered ‘Health Personnel’, 33% (6) answered ‘Mass Media’, and the rest 39% (7) answered ‘Friends’.

Section –II-Assessment of knowledge of women regarding warning signs during pregnancy and its management.

Table-1- Percentage Distribution of knowledge level of Primigravida mothers of first trimester regarding Warning Signs during Pregnancy and its management.

S. No.	Level of knowledge	% of Score	Average % Score	No. of Mothers (Frequency)	% of Mothers (Frequency %)
1	Poor	0-40	34.58 %	24	30.00 %
2	Average	41-60	54.29 %	42	52.50 %

3	Good	61 & Above	67.86 %	14	17.50 %
---	------	------------	---------	----	---------

30% (24) Primigravida mothers of first trimester had poor knowledge, 52.50% (42) had average knowledge and 17.86% (14) found to have good knowledge. 24 Primigravida mothers of first trimester under Poor knowledge category scored 34.58% average percentage, whereas 42 Primigravida mothers of first trimester under Average knowledge category scored 54.29% average percentage, and 14 Primigravida mothers of first trimester under Good knowledge category scored 67.86% average percentage.

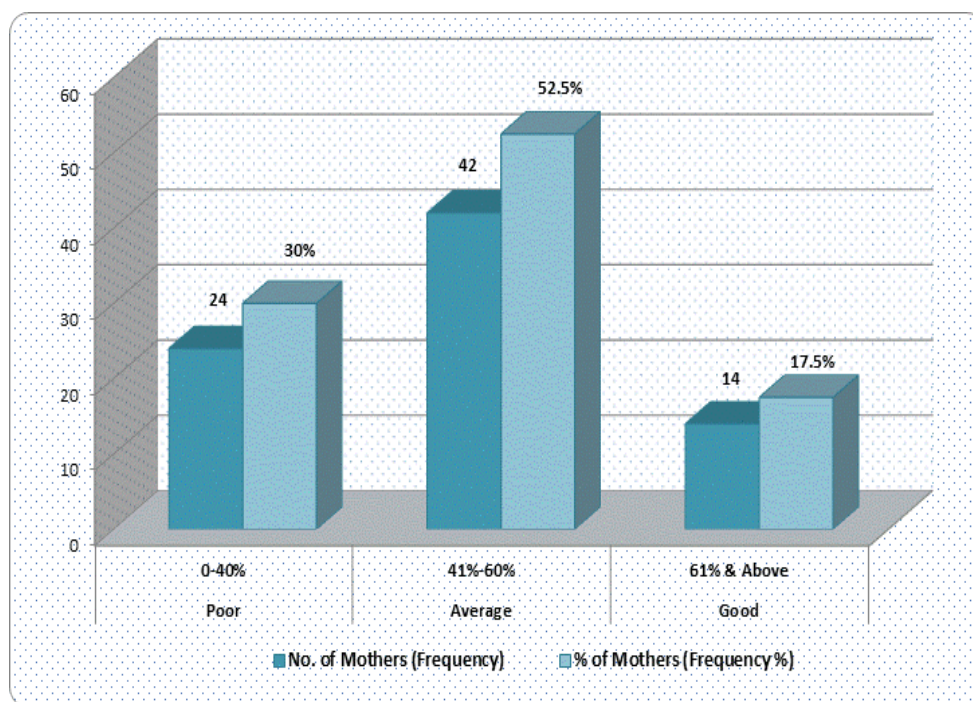


Figure 1- Distribution of Primigravida mothers of first trimester according to their level of knowledge.

Table 2–Distribution of Area wise Range of Score, Mean, Mean %, Standard Deviation of Knowledge Score of Primigravida mother of first trimester regarding warning signs during Pregnancy.

S. No.	Area	Max. Score	Mean Score (N=80)	Median Score	Mean %	S.D.
1	Meaning of Warning Signs and their Management	4	1.70	2	56.67 %	0.64

2	Warning signs related to First Trimester and their management	11	5.94	6	59.38 %	1.61
3	Warning signs related to Second Trimester and their management	7	3.51	4	50.18 %	1.33
4	Warning signs related to Third Trimester and their management	8	4.08	4	58.21 %	1.25
	Overall	30	15.23	16	60.90 %	3.73

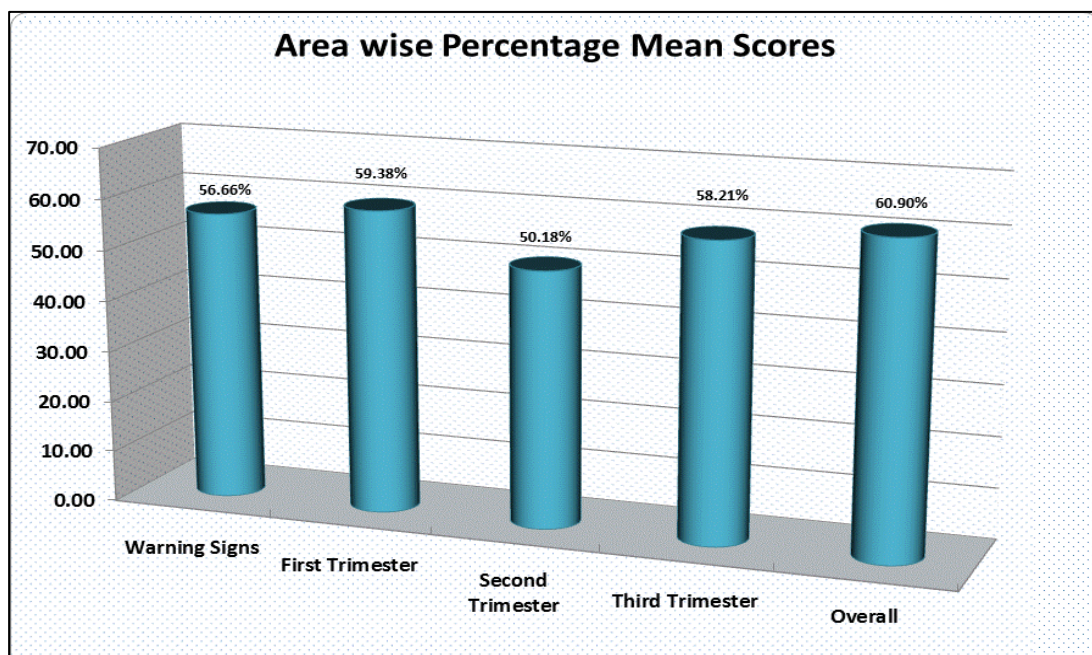


Figure 2- Bar Diagram of Percentage distribution of Mean Score.

Data showed in the first section that maximum score allotted for this section was 4 and mean score, median, mean % and SD were consequently 1.70, 2, 56.67%, and 0.64. Section 2 with maximum score of 11, mean score, median, mean % and SD were 5.94, 6, 59.38% and 0.61 respectively. In Section 3 the maximum score allotted was 7, the mean score, median, mean% and SD were consequently 3.51, 4, 50.18% and 1.33. In Section 4

the maximum score allotted was 5, the mean score, median, mean% and SD were consequently 4.08, 4, 58.21% and 1.25. Finally overall maximum score was of 30 and overall mean score; median, mean% and SD were 15.93, 16, 60.90% and 3.73 respectively.

Section-III-Association between selected demographic variables and test knowledge.

Table-3- Association between selected demographic variables and test knowledge

S. No.	Variables	Chi Square		Degrees of Freedom	Level of Significance
		Calculated Value	Tabulated Value		
1	Age in Years	2.03	12.59	6	N.S.
2	Family Type	3.97	12.59	4	N.S.
3	Education Level	6.05	12.59	6	N.S.
4	Family Income (p.m.)	13.60	12.59	6	Sig.
5	Occupation status	13.35	12.59	6	Sig.
6	Previous Knowledge	1.73	7.82	3	N.S.

Table 3 showed that Primigravida mothers' demographic variables family income and occupation status had a significant association with knowledge level of primigravida mothers at .05 significant "p" value. Primigravida mothers' demographic variables such as Age, Family Type, Educational Status and Previous Knowledge regarding warning signs during pregnancy of first trimester have no significant effect on the knowledge level of Primigravida mothers regarding warning signs during pregnancy.

Discussion- Level of knowledge of primigravida mothers of first trimester showed that 30% had poor knowledge, 52.50% had average knowledge, and 17.50. found to have good knowledge. The **overall** level of knowledge of Primigravida mothers was in respect maximum score was of 30 and overall mean score; median, mean% and SD were 15.93, 16, 60.90% and 3.73. family income and occupation status had a significant association with knowledge level of primigravida mothers

Recommendations-

Based upon the finding of the study, following recommendations were made for further study:

- Similar studies can be conducted in community settings.
- A similar study can be conducted on a large sample.
- An experimental study can be conducted using control and experimental group.
- Follow up study can be conducted to evaluate the effectiveness of planned teaching programme.
- The same study can be conducted in various govt. and private hospitals.

Conflict of interest- nil

Reference-

1. Stress during pregnancy (online)2010 march, p –no 264(cited 2010march25)available from www.coalitionofwomen.org/articles/stressduring/pregnancy.htm
2. Diane.M. Fraser Margaret A Copper, text book for Midwives, 14th edition, Churchill Livingstone publishers, 2004. 217-219.
3. Noronha. J. Teaching Primigravida women about warning signs in pregnancy using a specially designed information booklet. The Indian Journal of Nursing & Midwifery: December 1998; 1 (3): 27-34.
4. B.T Basavantappa .Midwifery And Reproductive Health Nursing. Ist edition.Jaypee brothers;2005. P. 171,232,254
5. Mathai. M. Improving Maternal and Child survival in India. Indian Journal of Medical Resident: May 2005; 121: 624-7.
6. Burns N, Groove S, practice of Nursing Research conduct critique and utilization Philadelphia: WB Saunders Company: 1993
7. Wood GL, Haber J. Nursing Research Methods, Critical Appraisal and Utilization, Philadelphia: CV Mosby Co.; 1994

8. Treece E, Treece J. Elements of Research in Nursing. St. Louis: The CV Mosby Co. 1982.