

Effectiveness of Planned Teaching Program on Knowledge Regarding Constipation and Its Management During Pregnancy Among Antenatal Mothers in Selected Areas of Kamrup (M), Assam

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Abstract

BACKGROUND: During antenatal period, mothers experiences numerous physiological and psychological changes. Most of the antenatal mothers experience constipation during pregnancy. So it was found important to assess the knowledge of antenatal mothers regarding constipation and its management during pregnancy.

OBJECTIVES: The purpose of the study is to assess the effectiveness of planned teaching program on Knowledge regarding Constipation and its Management during Pregnancy among Antenatal Mothers in selected areas of Kamrup (M), Assam.

MATERIALS AND METHODS: A quantitative research survey approach was adopted and pre-experimental one group pre-test post-test research design was used to assess the effectiveness of planned teaching program on knowledge regarding constipation and its management during pregnancy among antenatal mothers in selected areas of Kamrup (M), Assam. 90 antenatal mothers were selected using Multistage Simple Random sampling technique. The tools used for the study was structured self administered knowledge questionnaire.

RESULTS: The study result shows that In post-test mean knowledge score i.e 17.11 ± 1.951 was higher than pre-test mean knowledge score 12.47 ± 2.381 with mean difference of 4.64 as evidenced by $t=28.37$ at 0.05 level of significance which reveals the effectiveness of planned teaching program on knowledge regarding constipation and its management during pregnancy. It also reveals that there was a significant association between the pre-test knowledge of antenatal mothers with their educational status.

CONCLUSION: The study reveals that planned teaching program was effective in increasing the knowledge of antenatal mothers regarding constipation and its management during pregnancy.

INTRODUCTION

During pregnancy there is progressive anatomical, physiological and biochemical changes in all systems of the body. Constipation is a common minor disorder of pregnancy where a woman has difficulty in passing dry stool or unusually dried stool, irregular and infrequent or difficult evacuation of the bowels.

Constipation during pregnancy can also cause haemorrhoids, permanent impairment as there is evidence that straining to defecate can damage the pudendal nerve and impair the supportive function of the pelvic floor musculature while it is also an important factor in the development of uterovaginal prolapsed. About 16 to 39% of people get constipated at some point during pregnancy. They are most likely to get constipated in the third trimester, when the fetus is heaviest and putting most pressure on the bowel. Constipation can happen in all three trimesters, though. Sometimes, it will continue up to three months after the baby's born

STATEMENT OF THE PROBLEM

A study to assess the Effectiveness of Planned Teaching Program on Knowledge regarding Constipation and its Management during Pregnancy among Antenatal Mothers in selected areas of Kamrup (M), Assam.

OBJECTIVES

1. To assess the pre-test knowledge of antenatal mother regarding constipation and its management during pregnancy.
2. To assess the post-test knowledge of antenatal mothers regarding constipation and its management during pregnancy.
3. To assess the effectiveness of Planned Teaching Program on constipation and its management during pregnancy with their demographic variables.
4. To find out the association between pre-test knowledge scores on constipation and its management during pregnancy with selected demographic variable.

HYPOTHESES:

H₁: The mean post-test knowledge score of antenatal mothers is significantly higher than the mean pre-test knowledge scores regarding constipation and its management during pregnancy.

H₂: There is significant association between the pre-test knowledge score of the antenatal mothers regarding constipation and its management during pregnancy with their selected demographic variables.

MATERIALS AND METHODS:

A quantitative research survey approach was adopted and pre-experimental one group pre-test post-test research design was used to assess the effectiveness of planned teaching program on knowledge regarding constipation and its management during pregnancy among antenatal mothers in selected areas of Kamrup (M), Assam. 90 antenatal mothers were selected using Multistage Simple Random sampling technique. The tools used for the study was structured self administered knowledge questionnaire. The analysis was done by using descriptive and inferential statistics in terms of frequency distribution, percentage, mean, standard deviation, paired 't' test and chi square.

RESULTS:

Findings related to Demographic Data

Table 1: Frequency and Percentage distribution of selected demographic variables of antenatal mothers on knowledge regarding constipation and its management during pregnancy

Demographic variables	Frequency (f)	Percentage (%)
1. Age in years		
Below 20	25	27.8
20 – 30	37	41.1
30 - 40	28	31.1
2. Religion		
Hindu	45	50
Islam	38	42.2
Christian	7	7.8
Others	-	-
3. Dietary pattern		
Vegetarian	14	15.6
Non vegetarian	76	84.4
4. Gravida		
1	40	44.4
2	30	33.3
3	18	20
More than 3	2	2.2
5. Trimester		
1 st trimester	50	55.6
2 nd trimester	25	27.8
3 rd trimester	15	16.7
6. Education		
Professional degree	-	-
Graduate	15	16.7
Diploma	6	6.7
High school	55	61.1
Middle school	4	4.4
Primary school	10	11.1
Illiterate	-	-
7. Occupation		
Professional	-	-
Semi professional	-	-
Clerical /shop / farm	10	11.1
Skilled worker	-	-

Semi skilled worker	-	-
Un skilled worker	25	27.8
Unemployed	55	61.1
8. Previous source of information		
Media source	10	11.1
Medical source	25	27.8
Relative and friends	55	61.1

The data in table 1 shows the frequency and percentage distribution of selected demographic variables of antenatal mothers on knowledge regarding constipation and its management during pregnancy. Majority i.e 37(41.1%) antenatal mothers were between the age group of 20-30 years, Majority i.e 45(50%) antenatal mothers were belongs to hindu religion, Majority i.e 76(84.4%) antenatal mothers were non-vegetarian, Majority i.e 40(44.4%) antenatal mothers were gravida 1, Majority i.e 50(55.6%) antenatal mothers were at 1st trimester, Majority I.e 55(61.1%) antenatal mothers were high school pass, Majority i.e 55(61.1%) antenatal mothers were unemployed and majority 55(61.1%) get previous source of information from relative and friends.

Findings related to pre-test and post-test knowledge of antenatal mothers regarding constipation and its management during pregnancy

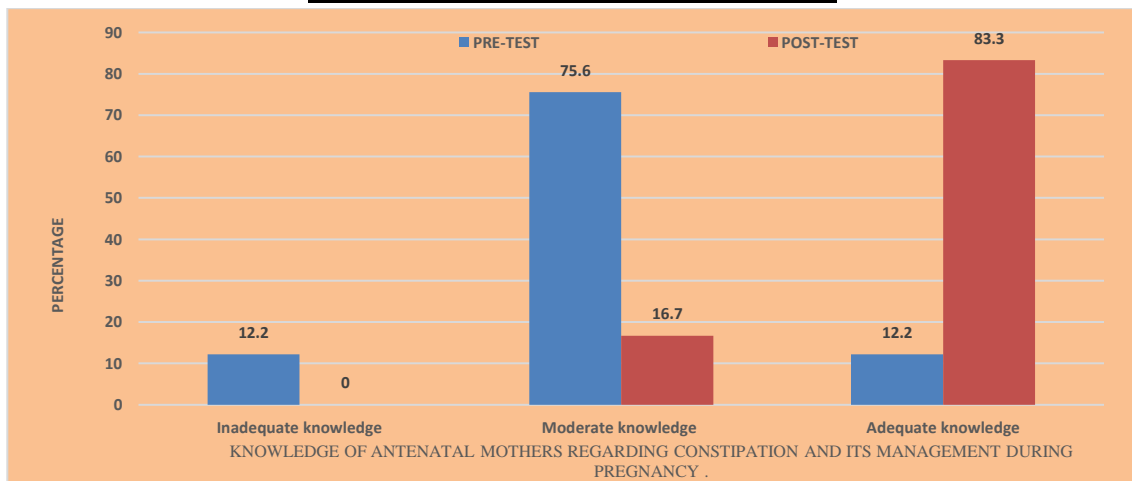


Fig 1- Bar diagram showing frequency and percentage distribution of pre-test and post-test knowledge of antenatal mothers regarding constipation and its management during pregnancy

Data on figure 1 shows that in pre-test, majority i.e 68(75.6%) of antenatal mothers had moderately adequate knowledge, 11(12.2%) had adequate knowledge and 11(12.2%) had inadequate knowledge where as in post-test, majority i.e 75(83.3%) of antenatal mothers had adequate knowledge and 15(16.7%) had moderately adequate knowledge regarding constipation and its management during pregnancy.

Table 2: findings related to effectiveness of planned teaching programme on knowledge of antenatal mothers regarding constipation and its management during pregnancy

n=90

LEVEL OF KNOWLEDGE	MEAN	SD	MEAN DIFFERENCE	T TEST VALUE	DF	P VALUE	INFERENCE
Pre-test	12.47	2.381	4.64	28.37	89	0.001*	Significant
Post-test	17.11	1.951					

*p<0.05 level of significance

Data on table 2 depicts the effectiveness of Planned Teaching Programme on knowledge of antenatal mothers regarding constipation and its management during pregnancy. Findings shows that in post-test mean knowledge score was 17.11±1.951 was higher than pre-test mean knowledge score 12.47±2.381 with mean difference of 4.64. The mean difference between pre-test and post-test knowledge score was tested using paired t test with obtained t=28.37 at df=89 was statistically significant at 0.05 level of significance.

Findings revealed that there was significant difference in pre-test and post-test knowledge score depicts that Planned Teaching Programme was effective in increasing the knowledge of antenatal mothers regarding constipation and its management during pregnancy. Hence the null hypothesis H₀ is rejected and research hypothesis H₁ is accepted.

Table 3: Association between pre-test level of knowledge of antenatal mothers regarding constipation and its management during pregnancy with their selected demographic variables

DEMOGRAPHIC VARIABLE	PRE-TEST KNOWLEDGE			χ ² VALUE	d f	'P' VALUE	TABULATED VALUE	INFERENCE
	INADEQUATE	MODERATELY ADEQUATE	ADEQUATE					
Age in years:								
Below 20	4	19	2	3.300	4	0.509	9.49	NS
20-30	6	26	5					
More then 30	1	23	4					
Religion								
Hindu	5	32	8	5.141	4	0.273	9.49	NS
Islam	4	32	2					
Christian	2	4	1					
Dietary pattern								
Vegetarian	2	9	3	1.486	2	0.476	5.99	NS
Non vegetarian	9	59	8					
Gravida								
1	6	30	4	6.189	6	0.402	12.59	NS

2	4	24	2					
3	1	13	4					
More than 3	0	1	1					
Trimester								
First	5	40	5	6.558	4	0.161	9.49	NS
Second	6	15	4					
Third	0	13	2					
Educational status:								
Professional degree	6	8	2	16.32	8	0.037 *	15.51	S
Graduate	4	44	7					
Intermediate or diploma	0	3	1					
High school certificate	1	9	-					
Middle school certificate	-	-	-					
Primary school certificate								
Illiterate								
Occupation:								
Professional	--	--	--	4.879	4	0.299	9.49	NS
Semi profession	--	--	--					
Clerical/shop/farm	3	5	2					
Skilled worker	--	--	--					
Semi skilled worker	3	20	2					
Unskilled worker	5	43	7					
Unemployed								
Previous source of information:								
Media source	1	6	3	4.597	4	0.331	9.49	NS
Medical sources	3	21	1					
Relatives and	7	41	7					

friends								
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Overall statistical significant association was found in regards to educational status and rest of the socio-demographic variables i.e age, religion, dietary pattern, gravida, trimester, occupation and previous source of information were found to be statistically non-significant. Hence the null hypothesis H_{02} is rejected only in term of educational status of antenatal mothers and research hypothesis H_2 is accepted.

CONCLUSIONS:

The study was conducted to determine the effect of Planned Teaching Programme on knowledge regarding constipation and its management during pregnancy among antenatal mothers in selected areas of Kamrup (M), Assam. From the findings of the present study, it can be conclude that most of the antenatal mothers had moderately adequate knowledge regarding constipation and its management during pregnancy and the Planned Teaching Program was found to be effective in increasing knowledge because in the post test it was found that their knowledge had increased drastically.

RECOMMENDATION:

On the basis of the findings of the study it is recommended that –

- The same study can be conducted with a large sample for better generalization.
- An interventional study can be conducted either with adoption of self instructional module or with the video teaching programme.
- A comparative study also can be done between the urban and rural community.
- The same study can be conducted in a different setting.
- The same study can be done using other data collection methods.

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