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Effectiveness of Self-Instructional Module regarding Normal Labour among Primigravidae at Selected Maternity Hospitals of Bangalore

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Abstract:
The aim of the study was to assess the 'effectiveness of self-instructional module regarding normal labour among primigravidae at selected maternity hospitals of Bangalore'. An evaluative approach with one group pre-test, post-test design was used for this study. The sample consisted of 75 Primigravidae mothers. They were chosen by a non-probability purposive sampling technique. The study was conducted at Corporation hospital and Lions urban family welfare center Gavipuram Guttahalli, Bangalore. Paired't' test was used for the area wise comparison between pre-test and post-test knowledge score on normal labour and was found to be significant. Findings revealed that the Primigravidae have an overall gain in knowledge with the administration of Self Instructional Module. The mean post-test knowledge score 28.37(64.4%) is higher than the mean pre-test knowledge score 13.43 (30.5%) with't' value 35.75, $p<0.01$ level of significance. It shows that Self Instructional Module was effective in increasing the knowledge of Primigravidae. The result noted that there is significant association between the knowledge level of Primigravidae and selected demographic variables like education.

Keywords: Primigravida, Normal labour, Self-instructional module

Introduction:

Childbirth is a universally celebrated event and a happy occasion for rejoicing. It is one of the most memorable and rewarding events in a couple's life. No matter how often a woman gives birth, each experience is an intimate and unique celebration of life. However, in order to have a happy and healthy labour, a woman has to travel a path laden with immense risks and hazards. As the pregnancy ends, women experience intense anxiety, fear and uneasiness, which are especially attributed to the process of labour.

Labour and delivery are not without pain and some degree of anxiety. Confidence, information and full support by the family members will ensure easy handling of the awesome task of bringing a child to the world.

Many women fear the pain of childbirth or mutilation because they do not understand anatomy, physiology, and the birth process. Education by the nurse may alleviate these fears. There are reports that pregnant women, who fear of giving birth, and believes that delivery pain will be severe, suffer

more in labour than those whose pain expectation is less. It is also pointed out that pain is aggravated by fear, ignorance, anxiety, and loneliness. Primigravidae mothers are particularly prone to these difficulties.

The need to educate women in pregnancy-related aspects is more pronounced and established beyond any doubt. A number of studies carried out across the world have shown that education not only equips women to take better care of themselves but also their families. Antenatal education aims to help prospective parents prepare for childbirth and parenthood. Prospective parents often look to antenatal education to provide important information on issues such as pain relief, decision making during labour, infant postnatal care, and breastfeeding.

Maternity nurses have a greater responsibility to provide care to the childbearing women by understanding their needs and problems during the childbirth. To make the child bearing process a most appreciable and joyful event in a woman's life history, the woman should be prepared during antenatal period regarding the process of delivery. Hence, the researcher is interested to prepare the Self Instructional Module on the process of normal labour to impart scientific information to the Primigravidae.

Objectives of the study

1. To assess the knowledge level of Primigravidae regarding normal labour in terms of pre-test score.
2. To develop Self Instructional Module on normal labour.
3. To assess the effectiveness of a Self Instructional Module by comparing pre and posttest knowledge score difference
4. To determine the association between the selected demographical variable such as age, age at marriage, education, income, occupation, religion, type of family, place of residence and source of information and the knowledge score.

Research hypotheses

H1: The mean posttest knowledge scores of Primigravidae will be significantly higher than the pre-test knowledge scores by paired't' test at 0.01 level.

H2: There will be significant association between the selected variables like age, age at marriage, education, income, occupation, religion, type of family, place of residence, source of information, and knowledge scores of Primigravidae by chi-square test (x2) at 0.01 levels.

Research Methodology

In the present study, an evaluative approach was applied where the primary objective is to determine the extent to which a given procedure meets the desired result. Quasi-experimental one group pretest and post-test design was selected. The study was conducted in antenatal outpatient department of Corporation hospital and Lions urban family welfare center Gavipuram Guttahalli, which is situated in Bangalore. The population of the study comprises of Primigravidae mothers. The samples were 75 Primigravidae attending antenatal OPD at Corporation hospital and Lions urban family welfare center, Gavipuram Guttahalli, Bangalore. Sampling technique chosen was non-probability purposive sampling. In this study the independent variable refers to Self Instructional Module on normal labour such as pregnancy, warning signs, and changes during the last few weeks of pregnancy, normal labour, first stage of labour, and second stage of labour third stage of labour and fourth stage of labour. The dependent variable of this study is the knowledge level of Primigravidae on normal labour. The collected

data were then analyzed using the following statistical operations- Mean, median, standard deviation and Chi-square (χ^2) test.

Table-1: Area wise and overall pre- test knowledge score of Primigravidae
N=75

S.No.	Area	Max. score	Mean	SD	Range	Mean score %
1.	Anatomy & physiology of female reproductive system	7	2.48	1.22	0-5	35.4
2.	Pregnancy	5	1.33	1.04	0-4	26.6
3.	Warning signs	2	0.36	0.48	0-1	18.0
4.	Changes during the last weeks of pregnancy	3	0.80	0.67	0-2	26.6
5.	Normal labour	4	1.17	0.89	0-3	29.2
6.	First stage of labour	10	3.28	1.42	1-7	32.8
7.	Second stage of labour	6	1.67	1.07	0-4	27.8
8.	Third stage of labour	4	1.28	0.72	0-3	32.0
9.	Fourth stage of labour	3	1.04	0.53	0-2	34.6
Overall		**44**	**13.43**	**5.71**	**4-28**	**30.5**

Table-2: Area wise and overall posttest knowledge score of Primigravidae
N=75

S.No.	Area	Max. score	Mean	SD	Range	Mean score %
1.	Anatomy & physiology of female reproductive system	7	4.84	1.06	2-7	69.1
2.	Pregnancy	5	3.51	1.45	1-5	70.2
3.	Warning signs	2	1.55	0.57	0-2	77.5
4.	Changes during the last weeks of pregnancy	3	2.24	0.73	1-3	74.6
5.	Normal labour	4	2.55	0.84	1-4	63.7
6.	First stage of labour	10	6.44	1.39	3-9	64.4
7.	Second stage of labour	6	3.09	1.04	1-5	51.5
8.	Third stage of labour	4	2.28	0.98	0-4	57.0
9.	Fourth stage of labour	3	1.91	0.61	0-3	63.6
Overall		**44**	**28.37**	**5.43**	**16-38**	**64.4**

Table-3: Comparison of mean knowledge scores of pre and posttest by using paired‘t’ test

Area	Mean knowledge score		S.D	Standard Error	‘t’ Value
	Pre test	Post test			
Normal Labour	30.5	64.4	5.43	0.6	35.75

Significant at 0.01 and 0.05 level

Table-4: Statistical significance of pre and posttest knowledge scores

S. No.	Area	Difference in mean	95% CI of the difference	t-value	Df	Level of significance
1.	Anatomy & physiology of female reproductive system	2.36	2.07-2.65	16.37	74	S
2.	Pregnancy	2.17	1.95-2.40	18.98	74	S
3.	Warning signs	1.19	1.03-1.35	14.86	74	S
4.	Changes during the last weeks of pregnancy	1.44	1.22-1.66	12.96	74	S
5.	Normal labour	1.37	1.19-1.55	15.16	74	S
6.	First stage of labour	3.16	2.88-3.44	22.23	74	S
7.	Second stage of labour	1.43	1.16-1.69	10.23	74	S
8.	Third stage of labour	1.00	0.77-1.23	8.54	74	S
9.	Fourth stage of labour	0.87	0.70-1.03	10.38	74	S
Total		**14.95**	**14.11-15.78**	**35.75**	**74**	**S**

CI- Confidence Interval **Posttest significance at=** 0.01 level

Result and Findings:

Findings of the study revealed that the Primigravidae had an overall gain in knowledge with the administration of SIM. The mean post-test knowledge score 28.37(64.4%) is higher than the mean pre-test knowledge score 13.43(30.5%) with't' value 35.75 $p<0.01$ level of significance. It shows that self-instructional module was effective in increasing the knowledge of Primigravidae. The findings of the study showed that there is association between the education and pre-test knowledge scores. Hence, the research hypothesis is accepted at 0.01 level of significance.

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