

A Study to Assess Effect of Health Teaching on Knowledge Regarding Selected Ailments Among Postnatal Mothers Admitted in Selected Hospital

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ABSTRACT

Introduction: The mother's body heals after childbirth and adjusts to the demands of caring for a newborn during this time, which is characterised by major physical, emotional, and psychological changes. Despite the happiness and satisfaction that a new baby brings, mothers are vulnerable at this time and may suffer from a variety of health conditions referred to as "minor ailments of puerperium." Even while these conditions might not be fatal, they might seriously hinder a mother's recuperation and her capacity to give her child the best care possible. In India, maternal health remains a significant concern, despite notable improvements over the years. In India, from 2014–2016 to 2018–2020, the Maternal Mortality Ratio (MMR) dropped from 130 per 100,000 live births to 97 per 100,000 live births.

Aims of the Study: to assess effect of health teaching on knowledge regarding selected ailments among postnatal mothers admitted in selected hospital.

Methodology: In this study we used quantitative research approach. The research design selected for this study was Pre-experimental one group pre-test post-test design. The non-probability purposive sampling technique was used. The sample consist of 60 among postnatal mothers in selected hospitals who had fulfilled the inclusion criteria of the study in order to assess the effect of health education to postnatal mothers. The Pearson Coefficient correlation was used to find the reliability of the tool and found reliable. Pilot Study was done to found the feasibility of the study.

Results: The pretest results show that 53.33% of participants had low knowledge, with a mean score of 8.81 and a standard deviation of ± 3.52 , indicating significant variation in their scores. Only 5% scored well, while 41.67% demonstrated average knowledge. This suggests that most participants had a below-average understanding before the test.

The pretest showed that 53.33% of participants had low knowledge, with a mean score of 8.81 and significant score variation. Only 5% scored well, and 41.67% showed average knowledge. In contrast, the post-test showed major improvement, with no participants in the "Poor" category. The mean score rose to 17.76, and performance became more consistent. 73.33% scored in the "Good" range, and 26.67% in the "Average" range, indicating that most participants gained a strong understanding after the intervention.

The health teaching assessment shows a clear improvement in participants' knowledge. The pre-test average score was 8.81, indicating poor knowledge, while the post-test average rose to 17.8, showing better and more consistent understanding. A t-test value of 17.0551 and a p-value of 0.00001 confirm the improvement was statistically significant, proving the effectiveness of the health education.

Conclusion: The study discovered that the participants' knowledge levels were not statistically significantly impacted by the demographic factors, such as age, education level, occupation, family type, place of residence, delivery type, dietary pattern, gravida, monthly income, and source of health awareness. According to the findings of the chi-square test, all of the p-values were higher than 0.05, indicating that these factors had no discernible effect on the knowledge scores. At the 0.05 level of significance, there is no correlation between pre-test knowledge and demographic characteristics.

Keywords: Assess, effect, health teaching, knowledge, ailments, postnatal mothers, hospital.

INTRODUCTION

Despite being a typical aspect of the postpartum phase, these contractions can cause discomfort and even pain, especially for moms who have given birth to several children. Another common symptom is perineal soreness, which is brought on by the ripping and stretching that frequently takes place during vaginal birth. If the mother has had an episiotomy or suffered a perineal tear, this discomfort may worsen and make it more difficult for her to sit, walk, or perform daily tasks. One of the most common problems that new mothers deal with is fatigue. Hormonal changes, the physical recuperation from childbirth, and the demands of caring for a new born can all lead to extreme tiredness. A mother's emotions, cognitive abilities, and general sense of wellbeing may all be impacted by this exhaustion, making it more difficult for her to handle the responsibilities of parenthood.

By addressing the physical, emotional, and psychological needs of postnatal mothers, we can raise the general well-being of moms and their babies and improve maternal health outcomes. Ultimately, the goal is to ensure that every mother receives the care and support she needs to navigate the challenges of the postnatal period and enjoy a healthy, fulfilling transition to motherhood. Infections, often arising from inadequate hygiene practices during and after delivery, can quickly escalate if not treated promptly. Such infections not only jeopardize the mother's health but can also affect the new born, making it essential to maintain rigorous sanitary conditions in maternity wards and homes alike.

Healthcare systems may greatly improve maternal outcomes and raise family well-being by addressing postpartum mothers' physical, emotional, and psychological needs. The commitment to improving postnatal care must be unwavering, as it is a vital component in the broader effort to promote maternal health and prevent avoidable maternal deaths.

Need of the study:

One of the key components emphasized in the review is the screening for maternal mental health. This involves assessing new mothers for conditions such as postpartum depression, anxiety, and other mental health issues that can significantly impact their well-being and ability to care for their new-borns. Early detection and intervention are vital for providing the necessary support and treatment to affected mothers. ¹⁷ A Descriptive Study to Assess the Level of Knowledge Regarding Minor Ailments and Home Remedies among Primi Antenatal Mothers" by Paonam and Priti (2019). This study assesses the knowledge of primi antenatal mothers about minor ailments and home remedies. It highlights the moderate

level of knowledge among mothers and the need for educational interventions to improve awareness and management of minor ailments.

The WHO also emphasizes the importance of addressing gender and equity issues in postnatal care. Reducing gaps in maternity and new-born health outcomes requires ensuring that all women, irrespective of their socioeconomic level or geographic location, have access to high-quality postnatal care. This involves giving women the knowledge and encouragement they need to actively participate in their own and their babies' health. Moreover, the study emphasises how medical professionals can improve mothers' understanding. Regular counselling sessions and follow-up visits can offer opportunities for healthcare professionals to educate mothers about minor disorders and effective care practices. This continuous support can help build mothers' confidence in managing their new-borns' health and ensure that they are well-prepared to handle common health issues.

MATERIALS AND METHODS

The study adopted a quantitative research approach with a pre-experimental one group pre-test post-test design to evaluate the effectiveness of the intervention. The research was conducted in a selected hospital, focusing on postnatal mothers as the target population. The accessible population comprised postnatal mothers who were admitted to the hospital during the time of data collection. A total of 60 postnatal mothers were selected as the sample for the study. The sampling technique employed was non-probability purposive sampling, ensuring that participants met specific inclusion criteria relevant to the research objectives.

RESULTS

SECTION - I

Demographic Profile.

The majority of participants in this demographic analysis fall into specific categories. Most respondents (51.67%) were aged 30-40 years. In terms of education, the largest group (46.67%) were graduates or above. The predominant occupation was private employment (45.00%). A significant proportion (65.00%) lived in joint families, and the majority (55.00%) resided in urban areas. Regarding the type of delivery, 56.67% underwent caesarean sections. Dietary patterns were mixed for most participants (55.00%), and the majority (53.33%) were second-time mothers (gravida). Monthly income for most participants (33.33%) ranged between Rs. 15,000 and Rs. 20,000. The primary source of health awareness was health personnel (41.67%).

SECTION - II

Section II a: Finding related to Pretest level of knowledge regarding selected ailments among postnatal mothers admitted in selected hospital.

LEVEL OF KNOWLEDGE PRE TEST	F	%	Mean	SD
POOR (1 - 8)	32	53.33	8.81	3.52
AVERAGE (9-16)	25	41.67		
GOOD (17-24)	3	5.00		

The pre-test results, with a mean score of 8.81 ± 3.52 , showed that 53.33% of participants had low knowledge, 41.67% had average knowledge, and only 5% had good knowledge. This indicates generally poor knowledge levels, highlighting the need for educational interventions.

Section II b: Finding related to Post test level of knowledge regarding selected ailments among postnatal mothers admitted in selected hospital.

LEVEL OF KNOWLEDGE POST TEST	f	%	Mean	SD
POOR (1 - 8)	0	0.00	17.76	2.76
AVERAGE (9-16)	16	26.67		
GOOD (17-24)	44	73.33		

The post-test results showed a marked improvement, with a mean score of 17.76 ± 2.76 . No participants scored in the poor category; 73.33% had good knowledge, and 26.67% had average knowledge. This indicates a significant gain in understanding after the intervention.

SECTION III

Section III: Finding related to assess effectiveness of health teaching on knowledge regarding selected ailments among postnatal mothers admitted in selected hospital

Health teaching on knowledge Effectiveness	Mean	SD	DF	T test calculated value	P value	Remark
Pre test	8.81	3.52	59	17.0551	0.00001	Significant
Post test	17.8	2.76	59			

The health teaching led to a significant improvement in knowledge, with pre-test scores averaging 8.81 ± 3.52 and post-test scores rising to 17.8 ± 2.76 . A t-value of 17.0551 and p-value of 0.00001 confirm a statistically significant difference ($p < 0.05$), showing the intervention was highly effective in enhancing participants' understanding.

SECTION IV

Section IV: find an association of knowledge with selected demographic variables.

The chi-square analysis showed no statistically significant association between participant’s post-test knowledge levels and any of the demographic variables, including age, education, occupation, family type, residence, type of delivery, dietary pattern, gravida, monthly income, and source of health awareness (all $p > 0.05$). This indicates that the improvement in knowledge was not influenced by these demographic factors.

FINDINGS-

Most participants were aged 30–40 years, graduates, private employees, and lived in joint families. The majority had caesarean deliveries, mixed diets, were second gravida, and got health information mainly from health personnel. Pre-test showed low knowledge (mean: 8.81), with 53.33% in the poor category. Post-test scores improved significantly (mean: 17.76), with 73.33% achieving good knowledge. The intervention was highly effective, with a significant t-test result ($p = 0.00001$), showing improved and

consistent knowledge after teaching. No significant link was found between knowledge and any demographic variables, indicating the intervention was effective across all groups.

DISCUSSION

A study conducted by **Dhivya and Danasu in 2022** related to “A study to assess the effectiveness of structured teaching programme on knowledge regarding breast engorgement care among primi mothers in postnatal ward at SMVMCH, Puducherry”. A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Breast Engorgement Care Among Primi Mothers In Postnatal Ward At SMVMCH, Puducherry”. Ascertaining the relationship among the pre-test level of knowledge among initial mothers about breast engorgement care and their selected demographic variables is one of the study's objectives. Another is to compare pre- and post-test scores in order to evaluate the efficacy of a structured teaching program. A single group pre-test and post-test design was used in the investigation. A structured interview questionnaire and a non-probability convenient sampling technique were used to collect the data. The objectives and theories of the study were taken into consideration when analyzing and interpreting the data that was gathered. Effectiveness and inferential statistics were used to analyse the data, with a significance level of 0.05. The results of the study showed that 50% of postnatal primi mothers had inadequate knowledge prior to the test, whereas 93% had sufficient knowledge following it. Knowledge grew as a result of the structured instructional approach.

CONCLUSION:

The study confirms that structured health teaching significantly improves postnatal mothers' knowledge on key health issues like infection prevention, breastfeeding, postpartum care, and maternal well-being. The intervention empowered mothers to adopt healthier practices, highlighting the value of integrating health education into routine postnatal care to improve outcomes for both mothers and infants.

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