

A Study to Assess the Effectiveness of Anawareness Programme on Knowledge Regarding Respectful Maternity Care (RMC) Among the Students of Selected Nursing Colleges of the City

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ABSTRACT:

INTRODUCTION: Respectful Maternity Care (RMC) is recognized as a fundamental human right. It highlights the dignity, respect, and compassion that every woman deserves during childbirth. According to the World Health Organization (WHO), RMC refers to care that is respectful, empathetic, supportive, and that upholds women's autonomy and dignity. Ensuring RMC is vital for achieving positive health outcomes, improving patient satisfaction, and reducing both maternal and newborn mortality.

OBJECTIVES OF THE STUDY: 1. To assess the pre-existing knowledge regarding respectful maternity care (RMC) among students of selected Nursing colleges of the city. 2. To assess the effectiveness of an Awareness program on knowledge regarding respectful maternity care (RMC) among students of selected Nursing colleges of the city. 3. To associate pretest knowledge score with selected demographic variables.

MATERIAL AND METHOD: Quantitative research approach and pre-experimental research design was adopted for this study. Non-probability purposive sampling technique was used to select 60 final year nursing students from selected nursing colleges. Demographic variables and self-prepared questionnaire was used to collect data from the subject.

RESULT : The data was collected from 60 samples were analysed by using descriptive & Inferential statistics. On statistical analysis it was found that the knowledge of respectful maternity care was increased with the awareness program of nursing students. The post-test mean of nursing students was 24.7, indicating effectiveness of awareness program on nursing students. The post-test score of nursing students found statistically significant at 0.05 level. the 't' test value was 15.62. An association of selected demographic variables in relation to their post-test score was studied using Chi-square test. The association between demographic variables are Age, Gender, Number deliveries assisted, Previous Knowledge, Previous exposure to RMC concept.

CONCLUSION: The major findings revealed that awareness program was effective for knowledge of nursing students regarding respectful maternity care, the overall mean of pre-test score is 15.33 of nursing students which is lower than mean of post-test score is 24.7 of nursing students, and insignificant

at 0.05 level. The 't' test = 15.62, $P < 0.001$, indicating that the awareness program was effective in terms of improved the knowledge regarding respectful maternity care.

KEYWORDS : Awareness programme , Respectful Maternity care, Nursing Students

INTRODUCTION

Childbirth is a natural yet complex process, and a woman's body is uniquely prepared for it. Showing respect and acknowledging a woman during this period not only benefits her but also supports the well-being of the newborn, who equally deserves dignity and recognition. Respectful Maternity Care (RMC) is a woman centered approach that upholds ethical values and human rights, focusing on the preferences and needs of both mother and baby. The way women are treated by maternity care providers can either bring them strength and comfort or cause deep emotional distress and lasting trauma.² The word maternity originates from the Latin word mater, meaning "mother." Maternity care generally refers to the period extending up to six months after childbirth. Respectful Maternity Care (RMC) protects women from verbal or physical abuse, discrimination, and neglect during pregnancy and childbirth. It emphasizes dignity, privacy, confidentiality, safety, informed decision-making, and continuous support for women in labour.³ The key principles of RMC include respecting women's autonomy, dignity, empathy, privacy, confidentiality, and acknowledging their choices and preferences, including the presence of a companion during childbirth. It also focuses on preventing mistreatment, ensuring safe physical environments, providing equal access to maternity services, effective communication , competent and motivated healthcare providers, and efficient care delivery.⁴ Between 1990 and 2015, global maternal mortality dropped by 44% (WHO, 2015), and skilled birth attendance increased significantly in many low- and middle-income countries (UN, 2015). To further promote RMC, strategies have been developed, such as advocacy, legal measures, health facility improvements (management, infrastructure, communication), education and training, community involvement, and research with regular monitoring and evaluation.⁶

NEED OF THE STUDY

Maternal mortality and morbidity remain major public health concerns globally and in India. Lack of respectful and dignified maternity care is one of the reasons women avoid institutional deliveries, which increases the risk of complications. Studies reveal that many women experience disrespect, neglect, and abuse during childbirth, such as verbal abuse, physical abuse, lack of privacy, and non consented procedures. These negative experiences create fear and mistrust towards healthcare facilities.

The World Health Organization (WHO) and the Government of India strongly advocate for the implementation of Respectful Maternity Care (RMC) to improve the quality of maternal health services and to encourage institutional delivery.

Nursing students, as future healthcare professionals, play a vital role in providing safe, ethical, and compassionate maternity care. However, evidence shows that knowledge and awareness about RMC is still limited among nursing students.

SUBJECTS AND METHODS

The research design used in this study was Pre-experimental research design. Non probability purposive Sampling technique was used. Study was conducted by selecting 60 final year nursing students who are

present in the selected nursing colleges. Self prepared questionnaire were used to assess knowledge of Respectful Maternity care (RMC).

RESULT AND DISCUSSION

On statistical analysis it was found that the knowledge of respectful maternity care was increased with the awareness program of nursing students . The post-test mean of nursing students was 24.7, indicating effectiveness of awareness program on nursing students. The post test score of nursing students found statistically significant at 0.05 level. the ‘t’ test value was 15.62.

In pre-test ,15% of Nursing Students had inadequate knowledge and 68.33% of nursing students had average knowledge and 16.67% of Nursing Students had adequate knowledge of Respectful Maternity Care (RMC) .In post test, 0% of Nursing Students had inadequate knowledge and 8.33% of nursing students had average knowledge and 91.67% of Nursing Students had adequate knowledge of Respectful Maternity Care (RMC).

The major findings revealed that awareness program was effective for knowledge of nursing students regarding respectful maternity care, the overall mean of pre test score is 15.33 of nursing students which is lower than mean of post test score is 24.7 of nursing students, and issignificant at 0.05 level. The ‘t’ test = 15.62, P < 0.001, indicating that the awarness program was effective in terms of improved the knowledge regarding respectful maternity care.

Other findings are With regard to age, the majority 44 (73.33%) belonged to the age group of 20–21 years, followed by 15(25%) who were in the age group of 22–23 years, and only 1 (1.66%) belonged to the age group of 24–25 years. With regard to gender, 18 (30%) of the students were male, while the majority 42 (70%) were female. None of the respondents belonged to the “other” gender category. With regard to the number of deliveries assisted during their training, the majority 40 (66.66%) had assisted 1–2 deliveries, 14 (23.33%) had assisted 3–4 deliveries, whereas only 6 (10%) students had assisted more than five deliveries. The data related to previous knowledge regarding Respectful Maternity Care (RMC) showed that 22 (36.66%) students reported having prior knowledge, while 38 (63.33%) had no previous knowledge on the concept of RMC. With regard to previous exposure to RMC concepts through classes, clinical postings, or workshops, only 3 (5%) reported having exposure, whereas the majority 57 (95%) had no previous exposure to RMC concepts.

The study concluded that the structured awareness programme was highly effective in improving knowledge regarding Respectful Maternity Care (RMC) among nursing students.

Table: 1 :frequency and percentage distribution of Nursing students accordibg to sociodemographic variables

SR.NO	Demographic Variable	Knowledge score			DF	chi Square value	P Value	Significance
		Inadequate	Average	Adequate				
1	Age				2	2.14	> 0.05	Not Significant
	20 to 21	28	12	4				
	22 to 23	9	5	1				
	24 to 25	1	0	0				
2	Gender				2	1.76	> 0.05	Not Significant
	Male	12	5	1				
	Female	28	12	4				
	Other	0	0	0				

3	Number of Deliveries Assisted				2	2.89	> 0.05	Not Significant
	1 or 2	26	11	3				
	3 or 4	8	4	2				
	More than 5	4	2	0				
4	Previous knowledge				1	1.02	> 0.05	Not Significant
	Yes	12	7	4				
	No	26	10	2				
5	Previous exposure to RMC concept				1	0.94	> 0.05	Not Significant
	Yes	1	1	1				
	No	37	16	4				

Table :2 : frequency and percentage distribution of pre test and post test knowledge score of Nursing students.

SR.NO	LEVEL OF KNOWLEDGE	PRE-TEST		POST-TEST	
		FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
1	INADEQUATE 0-10	9	15	00	00
2	AVERAGE 11-20	41	68.33	05	8.33
3	ADEQUATE 21-30	10	16.67	55	91.67
	TOTAL	60	100%	60	100%

Table :3 : Effectiveness of awareness programme on knowledge regarding Respectful maternity care.

TEST	MEAN	SD	SEM	PAIRED T	DF	PVALUE
PRETEST	15.33	4.992	0.64	15.62	59	<0.001
POSTTEST	24.7	2.456	0.32			

CONCLUSION

The study was conducted under certain objectives are to assess the pre existing knowledge regarding respectful maternity care among nursing students ,to assess effectiveness of awareness programme on knowledge regarding respectful maternity care and to associate pre test knowledge score with selected demographic variables.Study findings shows In pre-test ,15% of Nursing Students had inadequate knowledge and 68.33% of nursing students had average knowledge and 16.67% of Nursing Students had adequate knowledge of Respectful Maternity Care (RMC) .In post test, 0% of Nursing Students had inadequate knowledge and 8.33% of nursing students had average knowledge and 91.67% of Nursing Students had adequate knowledge of Respectful Maternity Care (RMC). The study concluded that the

structured awareness programme was highly effective in improving knowledge regarding Respectful Maternity Care (RMC) among nursing students.

RECOMMENDATION

1. The study can be replicated on a larger sample, involving multiple nursing colleges to generalize the findings.
2. A similar study may be conducted in clinical settings among nurses, midwives, and maternity staff to evaluate their awareness regarding RMC.
3. Awareness programs on Respectful Maternity Care should be incorporated into the nursing curriculum, especially in Obstetrics and Gynecology postings.
4. Regular workshops, seminars, and continuing nursing education (CNE) programs should be organized to enhance knowledge related to RMC among student nurses.
5. Poster exhibitions, role plays, and community campaigns should be conducted to spread awareness on RMC among the general population and pregnant women.
6. A comparative study may be carried out between nursing students of government and private institutions.
7. A follow-up study can be conducted to determine long-term retention of knowledge after the awareness program.
8. An experimental study can be conducted using different teaching strategies (video assisted teaching, simulation, role play) to compare effectiveness.

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