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A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON LEVEL OF KNOWLEDGE ON KANGAROO MOTHER CARE AMONG MOTHERS ADMITTED IN POSTNATAL WARD OF SELECTED HOSPITAL MEERUT.

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ABSTRACT

Need of the study: In India, Low birth weight (LBW) is an important underlying cause of neonatal mortality. Experience from world over shows that appropriate care of LBW infants, which encompasses feeding, temperature maintenance, hygienic care, early detection of infection and treatment of complications can substantially reduce mortality rates. kangaroo mother care is a low resource, evidence based, high impact intervention and standardised care for low-birth-weight infants. It can prevent up to half of all deaths in infants weighing<2000gm. Mother is an important primary care provider and therefore, education enables the mother to acquire greater knowledge and access to information will help her, in better care of her LBW newborn. Hence it is important to educate the mother about the problem and how to manage the newborn with such problems. So, researcher assumes that well-structured teaching programme may increase the level of knowledge of mother. Objectives: To assess the pre-test knowledge of mothers admitted in postnatal ward of selected hospital Meerut. To assess the post- test knowledge of mothers admitted in postnatal ward of selected hospital Meerut after implementation of structured teaching program. To assess the effectiveness of structured teaching program on level of knowledge regarding kangaroo mother care. To find the association between selected demographic variable and the level of knowledge of mothers. Methodology: A quantitative evaluative research approach, pre-experimental one group Pre-Test and Post-Test research design was used. The sample size of 60 postnatal mothers were selected using Convenience sampling technique. The tool used were, self-structured knowledge questionnaire. Assessment of pre-existing level of knowledge done by administering knowledge questionnaire after that on same day Structured Teaching Programme was conducted on knowledge regarding kangaroo mother care. After 7 days, post-test was conducted by the researcher. Result: The result of post-test reveals that there was significant improvement in the level of knowledge Among 60 samples, 33(55%) had good knowledge and 27(45%) had excellent knowledge. Conclusion: Postnatal mothers had less knowledge regarding kangaroo mother care. The structured teaching programme was found to be effective in improving the knowledge of study subjects, hence there was dire need to educate them regarding kangaroo mother care.

Keywords: KMC, Mothers, Postnatal.

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INTRODUCTION

The Global public health system continues to face significant obstacles, particularly in low-middle-income countries (LMICs), regarding maternal and child health care. One of the main objectives of the Sustainable development goals (SDGs) known as the health goal is to "ensure healthy lives and promote well-being for all ages," with family planning, information and education, and the inclusion of reproductive health into national strategies and programs being the key targets.

Infant mortality rate in India was reported at 25.5% in 2021.Low birth weight has become the new public health threat at global level as it is one of the strongest risk factors associated with neonatal mortality and morbidity. LBW contributes 60-80% of neonatal deaths across the globe. [(1)]

The World Health Organization (WHO) has defined Low Birth Weight (LBW) as "a birth weight of less than 2,500 g at the time of birth, regardless of the gestational age" The newborn must be weighed within the first hour of life before the physiological weight loss begins.

In 2013, nearly 22 million newborns an estimated 16 percent of all babies born globally that year-had low birth weight. Accurate monitoring is challenging, however, since nearly half of the world's infants are not weighed at birth. (UNICEF) [(2)]

The prevalence of low birth weight in Meerut, India, is not explicitly stated in the available data. However, according to the National family health survey (NFHS-5) conducted IN 2019-2021, the prevalence of low birth weight in India is around 18%. Prevalence of low birth weight in urban areas: 15.4%, Prevalence of low birth weight in urban areas:19.4%. [(3)]

OBJECTIVES

1. To assess the pre-test knowledge of mother admitted in post-natal ward of selected hospital Meerut.
2. To assess the post-test knowledge of mother admitted in postnatal ward of selected hospital Meerut.
3. To assess the effectiveness of structured teaching program on level of knowledge regarding kangaroo mother care.
4. To find the association between selected demographic variables and the level of knowledge of mother.

HYPOTHESIS

The following hypothesis is stated at 0.05 level of significance.

H0- 1-There will be no significant differences in pretest and posttest knowledge score.

H0- 2-There will be a significance association between knowledge and selected demographic

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variables.

H1- There will be significant difference between pre-test and post-test knowledge score among mothers admitted in postnatal ward of selected hospital Meerut.

H2- There will be a significance association between knowledge and selected demographic variables.

METHODOLOGY

Research approach- Quantitative approach.

Research Design- Pre-experimental Research design (Pretest Post test only design)

VARIABLES

Independent variable- Structured teaching program

Dependent variable -Knowledge of mother regarding kangaroo mother care

SETTING OF THE STUDY- S.V.B.P Hospital Meerut.

Sample- Post natal mother

Sample Size- 60 mothers

INCLUSION CRITERIA FOR SAMPLING

The study includes-

- Post natal mothers who are willing to participate in the study.
- Postnatal mothers who are available at the time of data collection.
- Mothers with infant birth weight of < 2.5 kg.

EXCLUSION CRITERIA FOR SAMPLING

The study excludes: -

- Post-natal mothers who are not willing to participate in the study.
- Post-natal mother who are discharge from the hospital.

Ethical clearance and informed consent:

The study was carried after obtaining approval from the institutional ethical committee of L.L.R.M Medical College Meerut. The participants were briefed about the purpose of the study and informed consent was obtained from the post-natal mothers prior to the data collection.

DESCRIPTION OF THE TOOLS

The tool was organized into 2 sections. Section A, Section B

Section A: Demographic Variables of the post-natal mothers (11 questions)

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Section B: Structured Knowledge questionnaire on Kangaroo mother care(30 questions)

PLAN FOR DATA ANALYSIS

DESCRIPTIVE STATISTICS: -Data analysis will be done by descriptive (Mean, Median, Mode, Standard Deviation, Frequency, Percentage.

INFERENTIAL STATISTICS: - Chi square test, will be used to find out the association between selected demographic variables and knowledge on kangaroo mother care and paired' t' test will be used to find out the effectiveness of structured teaching programme.

RESULT OF STUDY

SECTION -I: Description of the Demographic Variable of the Post natal mothers

This section deals with analysis of the-

Table1 Frequency and percentage distribution of samples according to their demographic variables.

N=60

S.no	Demographic variables	Frequency (f)	Percentage (%)
1	Age of the mother (in year)		
	a) Below -25	33	55%
	b) 26-30	12	20%
	c) 31-40	12	20%
	d) Above 40	03	5%
2	Religion		
	a) Hindu	45	75%
	b) Muslim	15	25%
	c) Christian	00	00%
	d) Any other	00	00%
3	Educational status of the mother		
	a) Illiterate		
	b) Primary/secondary	28	47%
	c) Under graduate	18	30%
	d) Post graduate	10	16.5%
		4	6.5%
4	Occupation of the mother		

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	a) House wife	60	100%
	b) Laboure's	00	00%
	c) Private	00	00%
	d) Government	00	00%
5.	Type of family		
	a) Nuclear family	47	78.3.3%
	b) Joint family	13	21.7%
6	Family income		
	a) Below 5000	00	00%
	b) 5001-10000	05	8.3%
	c) 10001-15000	47	78.3%
	d) Above 25000	08	13.4%
7	Number of children		
	a) 1 child	24	40%
	b) 2 children	23	38.3%
	c) 3 children	11	18.4%
	d) 4 and more children	2	3.3%
8	Weight of baby		
	a) <1000gm	1	1.7%
	b) 1000-1500gm	3	5%
	c) 1500-2000gm	44	73.3%
	d) > 2000gm	12	20%
9	Health services availed from		
	a) P.H.C	46	76.7%
	b) C.H.C	09	15%
	c) Government hospital	05	8.3%
	d) Private hospital	00	00%
10.	Type of delivery		
	a) Normal delivery	00	00%
	b) Lower segmental cesarean section	60	100%
	c) Forceps delivery		
	d) Normal delivery with episiotomy	00	00%
		00	00%

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11.	Place of residence		
	a) Rural	28	46.7%
	b) Urban	32	53.3%
	c) Slums	00	00
	d) Gypsy	00	00

SECTION-II: ANALYSIS OF THE PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE SCORE ON POST-NATAL MOTHER REGARDING KANGAROO MOTHER CARE.

N=60

Variable		Mean	SD	Paired mean differences	't' value	Df	P value
knowledge	Pretest	15.60	4.41	7.483	11.72	59	*p<0.05 level
	Post test	23.08	2.44				

*Significant $p<0.05$level: $t_{59}=11.72$

Table 2 evaluates the effectiveness of the structured teaching program on knowledge regarding kangaroo mother care. The pretest mean score is 15.60 with a standard deviation (SD) of 4.41, while the posttest mean score is 23.08 with a standard deviation (SD) of 2.44. The t test results show a t-value of 11.72 with degrees of freedom and a p -value 0.05 level, which is statistically significant ($p<0.05$). This indicates that the structured teaching program significantly improved the knowledge of the mothers regarding kangaroo mother care.

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SECTION-III: Table3 : Association between the Post test Level of Knowledge Score on Kangaroo Mother Care with Selected Demographic Variables. N=60

S.no	Demographic variables	Knowledge score				Chi-square	Table value	df	Significance
		Poor	Average	Good	Excellent				
1.	Age of mother								
A	Below25 years	0	0	15	18				
B	26-30 years	0	0	5	7	*8.76	7.81	3	S
C	31-40years	0	0	11	1				
D	Above40 years	0	0	2	1				
2.	Religion								
A	Hindu	0	0	25	20				
B	Muslim	0	0	8	7				
C	Christian	0	0	0	0	0.22	3.84	1	NS
D	Any others	0	0	0	0				
3.	Education status of mother								
A	Illiterate	0	0	6	22				
B	Primary/secondary	0	0	3	15				
						*10.8	7.81	3	S
C	Undergraduate	0	0	7	3				
D	Post graduate	0	0	2	2				
4.	Occupation of mother								
A	House wife	0	0	33	27				
B	Laberous	0	0	0	0	.0	-	-	NS
C	Private	0	0	0	0				
D	Government	0	0	0	0				

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5. A B	Type of family Nuclear family Joint family.	 0 0	 0 0	 22 11	 25 2	 *5.8	 3.84	 1	 S
6. A B C D	Family income Below 5000 5001-10000 10001-15000 Above25000	 0 0 0 0	 0 0 0 0	 0 2 25 6	 0 3 22 2	 1.80	 7.81	 3	 NS
7. A B C D	No. Of children 1child 2 children 3 children 4 and more children	 0 0 0 0	 0 0 0 0	 16 7 9 1	 8 16 2 1	 *10.1	 7.81	 3	 S
8. A B C D	Weight of baby <1000gm 1000-1500 1500-2000gm >2000gm	 0 0 0 0	 0 0 0 0	 1 2 27 3	 0 1 17 9	 6.06	 7.81	 3	 NS
9. A B C D	Health services availed from PHC CHC Private Government	 0 0 0 0	 0 0 0 0	 24 6 3 0	 22 3 2 0	 .69	 7.81	 3	 NS

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10.	Type of delivery								
A	Normal delivery	0	0	0	0				
B	Lower segmental	0	0	33	27				
C	caesarean section	0	0	0	0	.0	-	-	NS
D	Forceps delivery	0	0	0	0				
	Normal with episiotomy								
11.	Place of residence								
A	Rural	0	0	14	14				
B	Urban	0	0	19	13	.53	3.84	1	NS
C	Slums	0	0	0	0				
D	Gypsy	0	0	0	0				

S- Significance, NS- Non significant

The above table shows that there was significant association between level of knowledge with selected demographic variables such as age of mother, religion, educational status of mother, occupation of mother, type of family, no. of children, weight of baby.

*P<0.05 level Significant.

SUMMARY

A pre-experimental research design with pretest post test only group design was used in this study. The study was conducted on total 60 mothers admitted in postnatal ward S.V.B.P Hospital Meerut. Which was selected through non probability convenience sampling technique. Knowledge regarding kangaroo mother care specific tool structured close ended questions and demographic tool was used to collect the data. Descriptive statistics and inferential statistics were used to analyse the data. The result is interpreted in terms of objectives and testing the hypotheses of the study.

CONCLUSION

Overall pretest knowledge about kangaroo mother care among postnatal mother was poor knowledge and there was a need for structured teaching program on kangaroo mother care. In this study structured teaching program was found to effective in improving the posttest knowledge score on kangaroo mother care. Out of 60 samples 33(55%) had good knowledge and 27(45%) had excellent knowledge

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in posttest knowledge score. The mean posttest scores apparently higher than the mean pretest knowledge scores. There was significant association found between the knowledge of mother with selected demographic variables such as age, educational status, type of family and number of children.

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