



A study to assess the knowledge regarding antenatal exercises among staff nurses and nursing students in NMCH, Nellore Andhra Pradesh



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Abstract: Most pregnant women restrict their mobility and their participation in routine activities, but studies have proved that daily exercise can reduce risk of miscarriage by 40%. **Objectives:** ➤ To assess the level of knowledge regarding antenatal exercises among staff nurses. ➤ To assess the level of knowledge regarding antenatal exercises among nursing students. ➤ To compare the level of knowledge between staff nurses and nursing students regarding antenatal exercises. ➤ To find out the association between the knowledge regarding antenatal exercises among staff nurses and nursing students with selected socio demographic variables. ➤ To find out the association between the knowledge regarding antenatal exercises among nursing students with selected socio demographic variables. **Materials and Methods:** The study was conducted at Papireddypalem village, Nellore by using a descriptive research design. 15 staff nurses and 15 nursing students were selected by Convenient sampling technique, structured questionnaire were used to collect data. The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics. **Results:** 5(33.3%) staff nurses had adequate knowledge and 4(26.7%) had moderately knowledge and 6(40%) had inadequate knowledge: where as 1(6.7%) nursing students had adequate knowledge and 4(26.7%) of them had moderate adequate knowledge and majority 10(66.6%) of them had inadequate knowledge.

Introduction: Motherhood is another name for the selfless love and devotion towards the baby; before the child birth the lady is called “woman” only after the child birth the she is transformed to mother status . Pregnancy is a life – changing momentous event, which can leave a feeling of as the tic. It is a time when woman need to be prepared mentally, physically, to meet the challenges of child birth and the transition to parenthood.

Determination and focus and also keeping physically fit and active help a lot for during pregnancy is good preparation the process of labour.

Parenthood classes provide the opportunity

to voice, experience and discuss sessions with team of experts. Specific therapeutic aims of physical preparation include the prevention, relief of minor discomforts such as back ache, the prevention of future gynecological, orthopedic problems The woman should aim to such experience in an environment with a relaxed atmosphere, where the couple can enjoy in developing a confidence to cope with pregnancy and labor.

Most pregnant woman are happy with their usual mobility and participating in routine activities. But studies have proved that antenatal exercise can



reduce risk of miscarriage by 40%. United state researchers, James clap and co-workers have observed that moderate exercises such as walking can prevent pregnancy induced hypertension (PIH) , prevent early onset of labor and premature rupture of membrane. Exercises help pregnant weight gain throughout pregnancy.

The general benefits of antenatal exercises for pregnant women include maintain normal blood pressure, regular cardiac functioning and gives confidence to welcome the new member into the family.

Need for the study: Antenatal period begins with conception and continues till birth. In India, a large number of female populations is unaware of the need of antenatal exercises which is considered as an important aspect in Antenatal period. It helps to facilitate labor process to some extent it also helps to avoid complications like varicose vein; supine hypotension, gestational diabetes etc.

According to “WHO” 2010 more than the 2.6 million pregnancies a year ends in “still birth” due to various pre pregnancy problems. The antenatal exercises help to facilitate breathing and reduce backache during pregnancy. In our country there is a” myth” that the pregnant women are not supposed to do exercises in their first trimester, because it leads to miscarriage.

Antenatal exercises is required for the women, for her better health it also helps them to recover from minor disorders during pregnancy but these exercises are needed especially in the third trimester also, in order to reduce the pelvic girdle pain during pre conceptual stage a women should be educated about antenatal exercises.

Statement of the problem: “A study to assess the knowledge regarding antenatal exercises among staff

nurses and nursing students in NMCH , Nellore. Andhra Pradesh.”

Objectives:

- To assess the level of knowledge regarding antenatal exercises among staff nurses.
- To assess the level of knowledge regarding antenatal exercises among nursing students.
- To compare the level of knowledge between staff nurses and nursing students regarding antenatal exercises.
- To find out the association between the knowledge regarding antenatal exercises among staff nurses with selected socio demographic variables.
- To find out the association between the knowledge regarding antenatal exercises among nursing students with selected socio demographic variables.

Delimitation:

- The study is limited to nursing staff and nursing students in Narayana Medical College and Hospital Nellore.
- The study is limited to 15 staff nurses and 15 nursing students.
- The study is limited to two weeks of period

Projected outcome: The study would help to assess the knowledge regarding antenatal exercises among staff nurses and nursing students.

MATERIALS AND METHODS

Research Approach: A Quantitative research approach.

Research design: The descriptive research design

Setting of study: The study is conducted in Narayana Medical College Hospital, Nellore.

Target population: The target population for the present study includes the staff nurses and nursing students.

Accessible population: The population for the present study includes the staff nurses and student



nurses in Narayana Medical College Hospital and Narayana nursing institution Nellore.

Sample: The sample for the present study includes the staff nurses and nursing students in Narayana Medical College Hospital, Nellore. Narayana Nursing Institution, Nellore who are fulfilling inclusion criteria.

Sampling technique: Convenient sampling technique.

Sample size: The sample size selected for the study was 15 staff nurses and 15 nursing students.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria:

- Staff nurses who are working in Narayana medical college and hospital.
- Both male and female nurses working in NMCH.
- Nursing students in Narayana Nursing Institutions, Nellore.

Exclusion criteria:

- Staff nurses and nursing students who were not willing to participate in study.
- Who were sick.

Part -I: Deals with demographic variables Age, Gender, Marital status, Professional qualification, Experience, Working area, Previous knowledge about Antenatal exercises.

Part - II: Deals with structured questionnaire Structured questionnaire consist of 30 questions that are related to Antenatal exercises.

Score interpretation: Structured questionnaire consist of 30 questions that are related to Antenatal exercises. Each correct answer is score as '1' and wrong answer is scored as '0' total score is 30.

Level of knowledge	Score	Percentage
Inadequate	<15	< 50%
Moderately adequate	16-22	50-75%
Adequate	> 23	> 75%

Data collection procedure: The data collection procedure was done for a period of 2 weeks from 15/

3/15 to 27/3/15. After obtaining the permission from the director NMCH Nellore. 30 samples selected by using non probability convenience sampling technique.

Staff nurses and nursing students who fulfilled the inclusion criteria were selected and the confidentiality of shared information was assured.

Structured questionnaire was adopted to collect the data. Data was coded, tabulated and organized based on the objectives of the study.

Plan for data analysis: The data will be analyzed in terms of objectives of the study by using descriptive statistics and inferential statistics.

Results and discussion: Demographics data revealed that regard to age, 9(60%) staff nurses were between 21-23 years and 10(66.7%) nursing students were between 18-20 years.

With regard to educational qualification, 6(53.33%) staff nurses were B.Sc (N) completed. With

regard to working experience, 8(53.3%) staff nurses had less than one year experience. With regard to source of information 12(80%) staff nurses got information from all sources and 12(80%) nursing students got information from all sources. With regard to attending CNE programme, 8(53.3%) staff nurses were attended programmes.

Table – 1: Comparison of level of knowledge regarding antenatal exercises among staff nurses and nursing students. (n=30)

Level of knowledge	Staff Nurses		Nursing Students	
	F	%	F	%
Adequate	5	33.3	1	6.7
Moderately adequate	4	26.7	4	26.7
Inadequate	6	40	10	66.6
Total	15	100	15	100

Table 1, Showed that level of knowledge regarding antenatal exercises among staff nurses 5(33.3%) were having adequate knowledge and 4(26.7%) were



having moderately adequate knowledge and 6(40%) were having inadequate knowledge where as student nurses 1(6.7%) was having adequate knowledge and 4(26.7%) were having moderately adequate knowledge and 10(66.6%) were having inadequate knowledge.

Association of level of knowledge among staff nurses with education qualification had obtained Chi square value of 6.4 with table value of 5.991 showed significance at $P < 0.05$ and obtained Chi square value of 6.4. Association of level of knowledge among student nurses with year of course had obtained significance with Chi square value of 6.34 with table value of 5.991 shows significance at $P < 0.05$.

Conclusion: The study findings concluded that majority of the staff nurses have adequate knowledge and majority of nursing students have in adequate knowledge regarding antenatal exercises.

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