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RESEARCH ARTICLE

STRUCTURED EDUCATION KNOWLEDGE ON POSTNATAL DIET AMONG POSTNATAL MOTHERS

***Angel Rajakumari.G¹, Sheela.R², Soli.T³ and Malathy.D⁴**

¹Department of Obstetrics and Gynecology, Annaidora College of Nursing, Aundipatty, Tamilnadu, India

²Vignesh Nursing college, Tiruvannamalai, Tamilnadu, India

³Staff Nurse, King Saud Hospital, KSA

⁴Sree Gokulam College of nursing, Thiruvananthapuram, Kerala, India

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ABSTRACT

Aim: To evaluate the effectiveness of structured education on knowledge regarding postnatal diet among postnatal mothers.

Participants and setting: A pre – experimental one group pretest – posttest design was adopted for this study. The study was conducted in Sai Hospital, suryapet, Telugana, India. The investigator selected 30 postnatal mothers are who were under the age group of 23 to 35years and attending the gynae outpatient department. Who fulfilled the inclusion criteria were selected by using simple random sampling technique.

Intervention: Data was collected regarding demographic variable, knowledge on postnatal diet. The investigator assessed the level of knowledge of the women by using structured questionnaire and modified three point Likert Scale and by using checklist through one to one teaching by lecture, demonstration, video clippings and verbalization. Structured teaching programme was conducted on the same day on group wise each group consists of 10 members. Data collection was done in Telugu and English the questionnaire was distributed to each woman's. At the end of the teaching the doubts were cleared. Then 10 minutes was allotted for discussion.

Measurement and findings: The analysis finding indicates clearly that 86.67% of mothers had adequate knowledge. A well planned structured teaching programme given to the same group. The effectiveness of programme showed high level of significant at $p < 0.001$ level. It showed that structured teaching programme was an effective method to improve the knowledge.

Conclusion: The study findings revealed that planned teaching program was highly effective in improving knowledge of postnatal mothers regarding postnatal diet.

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INTRODUCTION

Motherhood is a joy full stage as she is the only one capable to bring forth the new life. Women the life giver, is vulnerable to lose her life in the process of childbirth. Postnatal period is the scientific term for the period following childbirth till 6 weeks during which the body tissues particularly the genital and pelvic organs return back to pre-pregnant state. Diet taken by the mother in this period directly affects this process. Inadequate diet can result in anemia and malnutrition and it can cause infections and excessive blood loss in puerperal period. Most of the lactating mothers in India take inadequate or imbalanced diet due to poor availability, low socio economic status, cultural practices and mainly due to improper knowledge regarding postnatal diet and lack of awareness. (Dutta DC, 2009).

The postpartum period, or puerperium, begins as soon as the placenta is expelled and lasts for approximately 6 weeks when the uterus becomes regressed almost to the non-pregnant state. By six weeks after delivery, most of the changes of pregnancy, labour, and delivery have resolved and the body has reverted to the non-pregnant state. A good postpartum care and well balanced diet during puerperal period can influence her health for rest of her life. (Agarwal, L, 2005).

Giving birth to a new life can be very emotional and at the same time very exhausting. But this is also a phase of life wherein diet and exercise plays a very important role not only to get you back in shape but also to bring up a healthy baby. Eating a healthy diet should be your main focus rather than losing weight immediately. Remember it took about nine months for your body to undergo these enormous changes, so give it almost that much time to get back into shape. Although most mothers want to lose their pregnancy weight, extreme

*Corresponding author: Angel Rajakumari. G

Department of Obstetrics and Gynecology, Annaidora College of Nursing, Aundipatty, Tamilnadu, India

dieting and rapid weight loss can be hazardous to your health and to your baby's if you are breastfeeding. It can take several months for a mother to lose the weight she gained during pregnancy. This can be accomplished by cutting out high-fat snacks and concentrating on a diet with plenty of fresh vegetables and fruits, balanced with proteins and carbohydrates. Exercise also helps burn calories and tone muscles and limbs. (Bandolie, 2008).

MATERIALS AND METHODS

The formal permission was obtained from hospital. The investigator selected 30 women who were under the age group of 25 to 35 years and admitted in the postnatal ward. Who fulfilled the inclusion criteria were selected by using simple random sampling technique. The time taken by each postnatal mother to fill up the questionnaire was 30 – 40 minutes. The investigator first introduced her to the women's and developed a good rapport with them. An oral consent was obtained from the reproductive age group women and confidentiality of the responses assured. Data was collected regarding demographic variable, knowledge on postnatal diet.

The investigator assessed the level of knowledge of teaching by lecture, demonstration, video clippings and verbalization. Structured teaching programme was conducted on the same day on group wise each group consists of 10 members. Data collection was done in Telugu and English and the questionnaire was distributed to each postnatal mothers. At the end of the teaching the doubts were cleared. Then 15 minutes was allotted for discussion. At the end of the teaching the doubts were cleared. All the postnatal mothers were participated with great interest. They were co-operative and attentive. After three days of structured teaching programme, post test was conducted with the same questionnaire for the same postnatal mothers. The frequency and percentage distribution was used to analyze the demographic data of postnatal mothers. Mean and standard deviation was used to complete the knowledge of postnatal diet of postnatal mothers. Paired 't' test was used to analyze the effectiveness between the pre and posttest.

Description Of Research Tool

It consists of 3 sections.

Section A:

It consist of demographic variables which includes age, educational qualification, income, parity, type of family, community, religion, work status.

Section B:

It consists of 20 multiple choice questions to assess the knowledge of postnatal diet..

1. Meaning of postnatal diet.
2. Foods to be taken.
3. Foods to be avoided.
4. Energy giving foods.

5. Minerals and fiber rich diet.
6. Myths regarding postnatal diet

Scoring Procedure

Section B

The total number of knowledge questions was 20. All the questions had four alternatives with one right answer. A score of "one" was given for every correct answer and score of "zero" was given for every wrong answers. The total score was converted into percentage and interpreted as follows,

Adequate knowledge	-	>75%
Moderate knowledge	-	50 – 75%
Inadequate knowledge	-	<50%

RESULTS

Table 1 Mean and standard deviation of the pre test knowledge of postnatal diet among postnatal mothers. N=30

S.No.	Variables	Mean	Standard Deviation
1.	Meaning of postnatal diet.	22.0	13.0
2.	Foods to be taken.	20.1	13.45
3.	Energy giving foods.	18.4	11.90
4.	Foods to be avoided.	19.4	11.2
5.	Minerals and fiber rich diet.	19.1	0.27
	Overall	19.8	9.964

Table 1 shows the analysis of knowledge during pre test and it revealed that the overall knowledge score of reproductive age group women is 19.8 with the standard deviation of 9.964

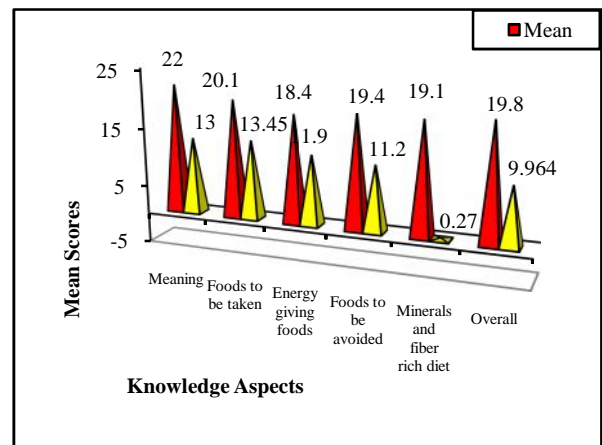


Fig 1 Mean and standard deviation of the pretest knowledge of postnatal diet among postnatal mothers

Table 2 Mean and standard deviation of the post test knowledge of postnatal diet among postnatal mothers. N=30

S.No.	Variables	Mean	Standard Deviation
1.	Meaning of postnatal diet.	16.0	11.0
2.	Foods to be taken.	12.1	10.45
3.	Energy giving foods.	11.4	9.90
4.	Foods to be avoided.	6.4	5.2
5.	Minerals and fiber rich diet.	11.1	8.27
	Overall	11.4	8.964

Table 2 shows the analysis of knowledge during post test and it revealed that the overall knowledge score of postnatal mothers is 11.4 with the standard deviation of 8.964

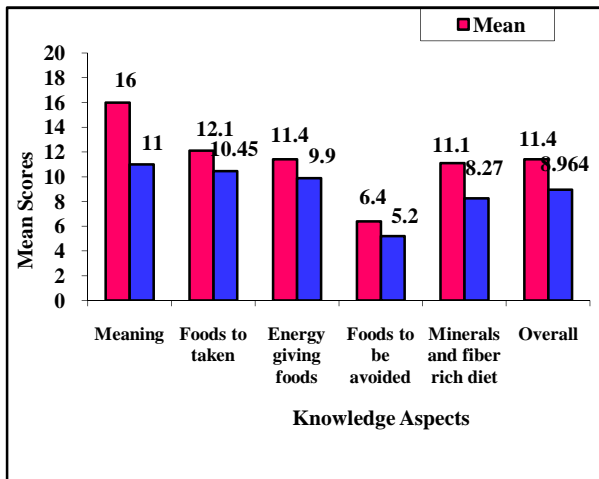


Fig 2 Mean and standard deviation of the post test knowledge of postnatal diet among postnatal mothers

Table 3 Frequency and percentage distribution of overall level of knowledge of postnatal diet among postnatal mothers during pre and post test N=30

S.No.	Knowledge Variable	Inadequate (<50%)		Moderate (50 – 75%)		Adequate (>75%)	
		No.	%	No.	%	No.	%
1.	Pre test	20	66.67	8	26.67	2	6.67
2.	Post test	2	6.67	2	6.67	26	86.67

Table 3 shows the overall level of knowledge during pre and post test and while considering the overall knowledge of the samples during pre test, majority 20 (66.67%) of them had inadequate knowledge about postnatal diet, 8(26.67%) of them had moderate knowledge and 2(6.67) % of them had inadequate knowledge.

While considering the overall knowledge of the samples during post test, majority of them 26 (86.67) % of them had adequate knowledge, 2 (6.67) % of them had moderate knowledge and 2(6.67) % had inadequate knowledge.

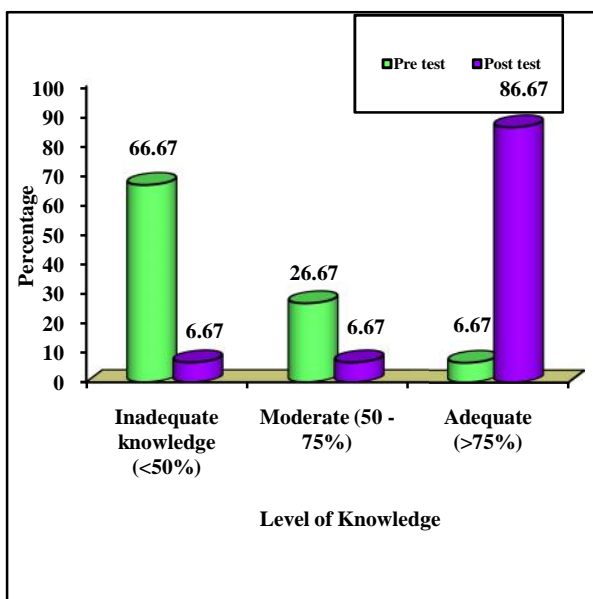


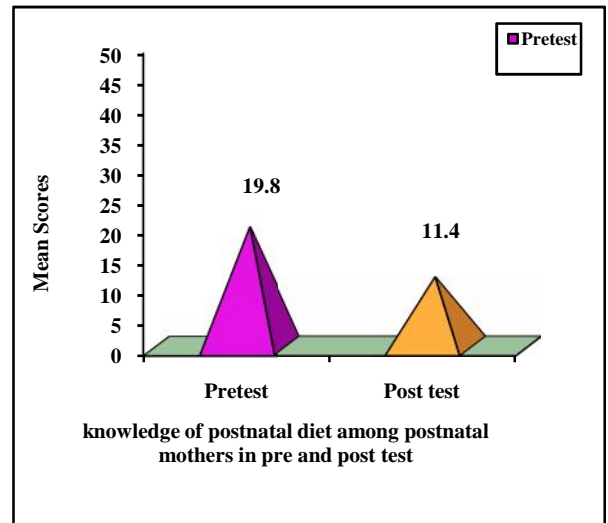
Fig 3 Percentage distribution of overall knowledge of postnatal diet in the pre and post test

Table 4 Effectiveness of educational knowledge of postnatal diet among postnatal mothers in pre and post test

S.No.	Variables	Mean	Standard Deviation	't' value
1.	Pre test	19.8	9.964	t = 3.4328
2.	Post test	11.4	8.964	

*p<0.05, ***p<0.001

Table 4 shows the effectiveness of education knowledge of postnatal diet among postnatal mothers during pre and post test statistical significance was established at p<0.05 level. Since the calculated value is higher than the table value there is significant difference between the pre test and post test. So the research hypothesis stated was accepted.



DISCUSSION

Finding results shows

Table 1 shows the analysis of knowledge during pre test and it revealed that the overall knowledge score of reproductive age group women is 19.8 with the standard deviation of 9.964

Table 2 shows the analysis of knowledge during post test and it revealed that the overall knowledge score of postnatal mothers is 11.4 with the standard deviation of 8.964

Table 3 shows the overall level of knowledge during pre and post test and while considering the overall knowledge of the samples during pre test, majority 20 (66.67%) of them had inadequate knowledge about postnatal diet, 8(26.67%) of them had moderate knowledge and 2(6.67) % of them had inadequate knowledge. While considering the overall knowledge of the samples during post test, majority of them 26 (86.67) % of them had adequate knowledge, 2 (6.67) % of them had moderate knowledge and 2(6.67) % had inadequate knowledge.

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CONCLUSION

This study helps to evaluate the importance of structured teaching programme had a significant effect on improving the knowledge of postnatal mothers regarding postnatal diet. The conclusion drawn from the study is pre test knowledge had an overall mean score of 19.8 and the post test knowledge had an overall score of 11.4 which showed that there is significant difference in the level of knowledge following the administration of education. The study findings revealed that planned teaching program was highly effective in improving knowledge of postnatal mothers regarding postnatal diet.

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