



# **A Descriptive Study To Assess The Knowledge And Practice On Selected Aspects Of Postnatal Care Among Primi Gravid Mothers In Selected Hospitals Of District Fatehgarh Sahib**

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## **ABSTRACT**

### **STATEMENT OF THE PROBLEM**

A descriptive study to assess the knowledge and practice on selected aspects of postnatal care among primi gravid mothers in selected Hospitals of district Fatehgarh Sahib

### **PURPOSE OF THE STUDY**

The purpose of the study was to assess knowledge and practice on selected aspects of postnatal care among primi gravid mothers and to prepare and distribute guidelines to them for further increase in knowledge and to improve practice.

### **OBJECTIVES**

1. To assess the knowledge on selected aspects of postnatal care among primi gravid mothers.
2. To assess the practice on selected aspects of postnatal care among primi gravid mothers.
3. To find out the relationship between knowledge and practice on selected aspects of postnatal care among primi gravid mothers.
4. To assess the relationship between knowledge on selected aspects of postnatal care among primi gravid mothers with selected demographic variables.
5. To assess the relationship between practice of primi gravid mothers on selected aspects of postnatal care with selected demographic variables.

## INTRODUCTION

Motherhood is a beautiful experience where by the mother safely delivers a child. It is the magic of creation. Care must be given to ensure safe child birth. The mother has a right to get proper medical care and treatment. Labor is a natural process, which all pregnant women have to undergo. The health of women actually represents the health of the country she comes from. Women are the primary care taker, first education, bearers and natures of the next generation. Safe motherhood can only be reached if complete care is given to mothers. It is the comprehensive or total care that can be offered to women. The mother experiences physiological changes as per body regains its non-pregnant state and psychological changes as she adjusts herself to the new face of motherhood with a separate but a depended infant (**Bobak, 2023**)

It has been stated that the postnatal care is related to the needs of each individual mother rather than to any routine pattern. Emphasis should be given according to the need of the individual mother. Safe childbirth is one of the most lovely moments in a mother's life. The power of invention is magical. Safe childbirth is a priority that must be protected. There should be no barriers to the mother receiving necessary medical attention. All pregnant women must experience labour since it is a normal part of the process. The mother goes through both physical and mental transformations after giving birth. Her body goes through the process of returning to its pre-pregnant condition, while her mind adjusts to its new role as caretaker of an independent but dependent newborn. "postnatal care" addresses the needs of the new mother and infant in the first six weeks after delivery. In addition to ensuring that mother and infant are healthy, postpartum care aims to foster a positive bond between the infant and his or her primary carers. Additionally, it may help mothers feel more informed and secure in their ability to care for their infants' health and well-being. Therefore, knowing how to care for themselves after giving birth helps moms learn how to raise their children in a way that best suits their unique family. It has been said that "postnatal care" is not based on a set formula but rather on the specific requirements of each woman. The needs of the mother being cared for should be first. (**Ruth.V. Bent, 2023**)

Six weeks after giving birth is known as the post-partum phase or puerperium (from the Latin *pure*, "child," and *parere*, "to bring forth"). There are two parts to parenting, yet they work together to form a whole. The first group consists of mechanically useful traits, such as an attitude of sensitivity, attentiveness, and care for the child's wants and wishes, as well as cognitive and emotional abilities of parenting. Step one in raising a child involves providing basic necessities like food, clothes, and shelter while also making sure the baby is clean and safe. The cognitive motor abilities and task-oriented activities are not given to a kid from birth. The cultural and individual backgrounds of the parents have shaped their talents in these areas. The postnatal period, also known as the puerperium, is the time immediately after birth, during which the physical changes brought on by pregnancy are undone and the body returns to its pre-pregnancy condition. After the placenta is delivered, there is a window of time that may last up to six weeks. Needed at this time are a healthy diet, regular hygiene practices, postpartum exercise, breastfeeding, loved ones, and vaccinations for the newborn. (**Adelepillitheri, 2020**)

## CONCEPTUAL FRAMEWORK

A theory is consist of an integrated set of defined concepts, existence of statements and rationale statements, that present a view of phenomenon and can be used to describe, explain, predict and control that phenomenon. A concept is defined as a complex mental formulation of an object, property and event that is defined from individual's perception and experience. It influences nursing most significantly and determines its practice. Conceptual framework is the interrelated concepts and abstractions that are assembled together in some rationale scheme by virtue of their relevance to a common theme. The conceptual framework of the present study was based on the theory that is a "**Health belief Model**" **described by Rosenstock's Becker and Maiman's model (1974)** provides a way of understanding mothers knowledge regarding selected aspects of postnatal care among primi gravid mothers. Health behaviour is modified through health education (guidelines) as it helps the primi gravid mothers to perceive perceived threat effects of unsatisfactory practices on newborn care due to poor knowledge regarding selected aspects of postnatal care. The health belief model is directed more towards health protective behaviour than health promoting behaviour towards postnatal care among primi gravid mothers.

According to the model, primi gravid mothers should take action to reduce threat towards postnatal care by regular health checkups. The sections are modified by:-

1. Perceived knowledge regarding selected aspects of postnatal care among primi gravid mothers.
2. Perceived threat effects of unsatisfactory practices on post natal health, newborn care and breast feeding due to poor knowledge regarding selected aspects of postnatal care.

Perceived benefits on Adequate knowledge and satisfactory practices regarding selected aspects of postnatal care

## RESEARCH METHODOLOGY

Methodology is most important in research, as it is the frame work for conducting the study. It indicates the general pattern for organizing procedure together valid and reliable data for investigation. This chapter discusses the methodology used for the descriptive study. The present study to assess the knowledge and practice on selected aspects of postnatal care among primi gravid mothers in selected Hospitals of district Fatehgarh Sahib, Punjab

## POPULATION AND SAMPLE

### SETTING OF THE STUDY

Setting refers to the area where the study was conducted. The main study was conducted in Deep Hospital, Mandi Gobindgarh Punjab. The total 120 primi gravid mothers were selected. The setting was easily assess able and familiar to the researcher.

### TARGET POPULATION

The population of study was primi gravid mothers those were admitting under selected hospitals of District Fatehgarh Sahib, Punjab.

## SAMPLE SIZE & SAMPLING TECHNIQUE

The total 120 primi gravid mothers. Purposive Sampling technique was used to select 120 primi gravid mothers in selected hospitals of District Fatehgarh Sahib, Punjab

## RESULTS

Results were drawn on the bases of findings of the study out of 120 primi gravid mothers maximum 62(51.6%) mothers had good knowledge as followed by 43(35.8%) had average knowledge and 8(6.6%) had poor knowledge score. Only 7 (5.83%) had excellent knowledge score on selected aspects of postnatal care. Out of 120 maximum number of 118 (98.3%) primi gravid mothers had satisfactory level of practice and only 2(1.6%) primi gravid mothers had unsatisfactory level of practice on selected aspects of postnatal care. This study had identified that primi gravid mother's knowledge was found statistically significant at ( $p < 0.05$ ) level i.e. educational status, religion, area of residence and source of information but age (in years), occupational status, type of family and monthly family income (in Rs) were found statistically Non-significant at ( $p < 0.05$ )

level. Whereas in Practice Age in years, educational status, occupational status, religion, type of family found statistically significant at ( $p < 0.05$ ) level but area of residence, monthly family income (in Rs) and source of information was found statistically Non-significant at ( $p < 0.05$ ) level.

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