



EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CHILDBIRTH PREPARATION AMONG FINAL YEAR NURSING STUDENTS

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Abstract

A quantitative quasi experimental study to assess the effectiveness of planned teaching programme on knowledge regarding childbirth preparation among final year nursing students in Rohilkhand school of nursing, Bareilly, U.P. 83 final year nursing students were selected by using non-probability convenient sampling technique. The data was collected by structured knowledge questionnaire. The study result revealed that most of the nursing students (84.3%) were 18-22 years of age. Majority (51.8%) students were from ANM II year course. Majority of the students (71%) had previous information regarding childbirth preparation. Majority (44.6%) students had personal experience as a source of information regarding childbirth preparation. In pretest score nursing students 25(30.1%) had inadequate knowledge, 56(67.5%) moderate knowledge and 2(2.4%) had adequate knowledge whereas in posttest score nursing students 73(88%) had adequate knowledge and 10(12%) had moderate knowledge and the obtained t value was $t = 26.994$, $p = 0.0001$. which was significant at 0.05 level. There was significant association found between pretest level of knowledge and demographic variables among final year nursing students regarding childbirth preparation. i.e. except course & study of students. The study concluded that the most of nursing student had adequate knowledge whereas only few nursing student had moderate level of knowledge regarding childbirth preparation. Hence the planned teaching programme was effective as method to improve knowledge among final year nursing students regarding childbirth preparation.

Key Words: Effectiveness planned teaching programme, Knowledge, Childbirth preparation, final year school of nursing students.

INTRODUCTION

Childbirth is the ending of pregnancy where one or more babies exist the birthing parents by passing through the vainer by caesarean section. It also known as labor or delivery.¹ Childbirth is a multi-dimensional process with physical, emotional, Psychological and cultural.² Globally every minute, at least one women dies from complication related childbirth. The situation is more serious

for women in all over world according to World health organization (WHO) about 5, 80,000 women die each year form complication arising from pregnancy and childbirth.³

The sustainable development goals and the World Health Organization (WHO) partner are released a consensus statement and full strategy paper on ending preventable maternal mortality (EPMM). The EPMM target for reducing the global maternal mortality less than 70 per 100000 live births by 2030.⁴

NEED OF THE STUDY

“Child birthing is the most profound initiation to spirituality a woman can have”⁵

Childbirth preparation is an important and precious stage in the life of women which needs a lot of care during entire period of pregnancy until the birth of the child take place. Women should have adequate information prior to labor.⁶ In recent decades, the world has made significant progress reducing new born and maternal deaths. In India mortality has improved to 103 in 2017-21, from 113 in 2016-19.⁷ Although as a research to give knowledge, nursing students have the opportunity to use their skills to provide comfort measures and supportive care to childbirth preparation and help to reduction of maternal mortality or and meets the goal of NRHM and help in overall goal of the country. Hence a study will undertake to assess the effectiveness of planned teaching program on knowledge regarding childbirth preparation among final year nursing students in selected school of nursing Bareilly, U.P.

STATEMENT OF PROBLEMS

A study to assess the effectiveness of planned teaching programme on knowledge regarding childbirth preparation among final year nursing students in Rohilkhand school of nursing, Bareilly, U.P.

OBJECTIVES

1. To assess the effectiveness of planned teaching programme on knowledge regarding childbirth preparation among final year nursing students.
2. To find the association between pre-test knowledge score of final year nursing students regarding childbirth preparation with their selected demographic variables.

HYPOTHESES

All the hypotheses were tested at the level of $p < 0.05$.

- **H₁**: There would be significant difference between pretest and posttest knowledge score of final year nursing students regarding childbirth preparation.
- **H₂**: There would be significant association between pretest knowledge score of final year nursing students with their selected demographic variables.

DELIMITATION

This study was delimited to single study settings and knowledge would be assessing on the basis of planned teaching programme.

METHODOLOGY

The research design used in this study was quasi experimental with one group pretest posttest design. The study was conducted at Rohilkhand School of nursing Bareilly U.P. 83 final year nursing students were selected through non probability convenient sampling technique. The data was collected by using structure teaching programme to assess student's knowledge. The effectiveness of planned teaching programme in term of change of knowledge score of final year school of nursing students it exposed of planned teaching on knowledge regarding childbirth

preparation among final year Rohilkhand School of nursing students. The analysis and interpretation was done by SPSS version 20.

RESULTS AND FINDING

The analysis and interpretation of the observation are given in the following section.

SECTION- A: Description of demographic variables of study participants.

Table no. 1: Frequency and percentage distribution of demographic variables of study participants.

N= 83

| S. No. | Demographic variables | Frequency | Percentage |
|--------|--|-----------|------------|
| 1. | Age (in years) | | |
| | a) 18-22 | 70 | 84.3% |
| | b) 23-27 | 12 | 14.5% |
| | c) Above 27 | 01 | 1.2% |
| 2. | Course & year of study | | |
| | a) ANM II year | 43 | 51.8% |
| | b) GNM III year | 40 | 48.2% |
| 3. | Previous information regarding childbirth preparation | | |
| | a) Yes | 71 | 85.5% |
| | b) No | 12 | 14.5% |
| 4. | Sources of information regarding childbirth preparation | | |
| | a) Seminar, conference, webinar and in-service education | 01 | 1.2% |
| | b) Mass media, books and journals | 33 | 39.8% |
| | c) Personal experience | 37 | 44.6% |
| | d) No information | 12 | 14.5% |

The data presented in table no. 1 shows frequency and percentage distribution of demographic variables of study participants & it depicts that most of the nursing students (84.3%) were 18-22 years of age. Majority (51.8%) students were from ANM II year course. Majority of the students (71%) had previous information regarding childbirth preparation and majority (44.6%) students had personal experience as a source of information regarding childbirth preparation.

SECTION – B: Analysis based on the objectives

Table no. 2: Pre-test and Post-test distribution of subjects according to their Knowledge on childbirth preparation.

N=83

| Level of Knowledge | Obtained score | Pre test | | Post test | |
|--------------------|----------------|----------|-------|-----------|-----|
| | | Freq. | % | Freq. | % |
| Adequate | 21 & above | 02 | 2.4% | 73 | 88% |
| Moderate | 11 to 20 | 56 | 67.5% | 10 | 12% |
| Inadequate | 10 & below | 25 | 30.1% | 00 | 00% |

Maximum score=30

The data presented in table no. 2 reveals that in pretest score nursing students had 25(30.1%) inadequate knowledge, 56(67.5%) moderate knowledge and 2(2.4%) adequate knowledge whereas in posttest score nursing students had 73(88%) adequate knowledge and 10(12%) moderate knowledge.

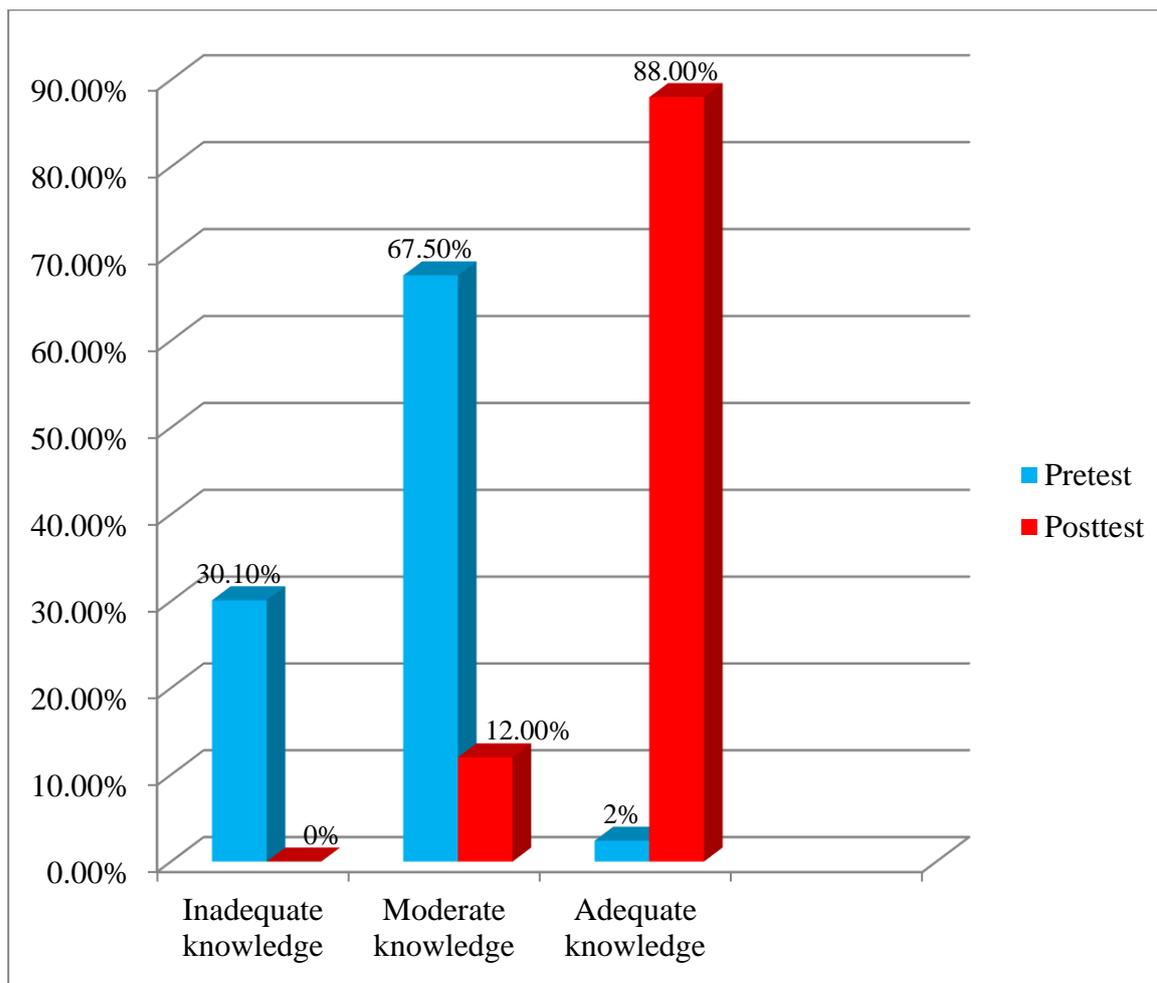


Figure 1: Percentage distribution of level of knowledge regarding childbirth preparation among final year nursing students.

Objective 1: To assess the effectiveness of planned teaching programme on knowledge regarding childbirth preparation among final year nursing students.

H₁: There would be significant difference between pretest and posttest knowledge score of final year nursing students regarding childbirth preparation.

Table no. 3: Comparison of pre and post-test knowledge score regarding childbirth preparation among final year nursing students.

| N=83 | | | | | |
|--------------------|-------|-------|----|------------------|---------|
| Level of knowledge | Mean | SD | df | Paired 't' value | p-value |
| Pre-test | 12.71 | 3.543 | 82 | 26.994 | 0.0001 |
| Post-test | 24.67 | 3.085 | | | |

Maximum score=30

The data presented in table no. 3 depicts the comparison of pre and posttest knowledge score regarding childbirth process among nursing staffs. The obtained .pretest posttest mean and standard deviation was 12.71 ± 3.543 and 24.67 ± 3.085 respectively.

Dependent t-test was performed to compare the pretest and posttest knowledge regarding childbirth preparation among nursing students and the obtained t value was $t = 26.994$, $p = 0.0001$.

The paired ‘t’ value obtained for all the knowledge aspects were found to be significant at $p < 0.05$. Hence the null hypothesis was rejected and the research hypothesis was accepted. Thus it can be interpreted that planned teaching programme was effective in improving the knowledge of final year nursing students regarding childbirth preparation.

Objective 2: To find the association between pre-test knowledge score of final year nursing students regarding childbirth preparation with their selected demographic variables.

H₂: There would be significant association between pretest knowledge score of final year nursing students with their selected demographic variables.

Table 4: Association between pre-test level of knowledge and demographic variables among final year nursing students regarding childbirth preparation.

N= 83

| S. No. | Demographic variables | Level of knowledge | | | Chi-square | df | p-value |
|--------|--|----------------------|----------------------|----------------------|------------|----|--------------|
| | | Adequate | Moderate | Inadequate | | | |
| 1. | Age (in years) a) 18-22 b) 23-27 c) Above 27 | 02 00 00 | 46 09 01 | 22 03 00 | 1.107 | 4 | 0.875 |
| 2. | Course & year a) ANM II year b) GNM III year | 00 02 | 25 31 | 18 07 | 7.384 | 2 | 0.015 |
| 3. | Previous information regarding childbirth preparation a) Yes b) No | 02 00 | 47 09 | 22 03 | 0.578 | 2 | 0.814 |
| 4. | Sources of information regarding childbirth preparation a) Seminar, conference, webinar and in-service education b) Mass media, books and journals c) Personal experience d) No information | 00 01 01 00 | 01 23 24 08 | 00 09 12 04 | 1.095 | 6 | 0.987 |

df₄ = 9.48, df₆ = 12.59 at $p < 0.05$ level of significance

The data presented in table no. 4 depicts the description of association between pretest level of knowledge and demographic variables among final year nursing students regarding childbirth preparation. Chi-square test was used to find the association between knowledge score with their selected demographic variables. And it shows that p-value of age was ($p = 0.875$), Previous information regarding childbirth preparation ($p = 0.814$) and Sources of information regarding childbirth preparation ($p = 0.987$) whereas there was significant association between course & year ($p = 0.015$). The null hypothesis was rejected and the research hypothesis was accepted. Thus it can be interpreted that except courses & year; other demographic variables did not have any influence on knowledge score of study participants.

DISCUSSION

This section relates to the findings of the study to the findings of the previous studies

Analysis Comparison of pre and post-test knowledge score regarding childbirth preparation among final year nursing students.

In the present study obtained pretest posttest mean and standard deviation was 12.71 ± 3.543 and 24.67 ± 3.085 respectively. Dependent t-test was performed to compare the pretest and posttest knowledge regarding childbirth preparation among nursing students and the obtained t value was $t = 26.994$, $p = 0.0001$. The paired 't' value obtained for all the knowledge aspects were found to be significant at $p < 0.05$.

This finding was supported by **Shahnaz Bee. (2020)**⁸ on determine the effect of childbirth preparation on coping behavior among primigravid women shows that in the experimental group had better coping behavior than those in the control group. This was statically Significant level < 0.001 .

CONCLUSION

The study concluded that the most of nursing student had adequate knowledge whereas only few nursing student had moderate level of knowledge regarding childbirth preparation. The 't' test which was computed between pre-test and post-test knowledge score indicate a true gain knowledge. Hence, it was concluded that planned teaching programme was effective as method to improve knowledge among final year nursing students regarding childbirth preparation.

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