ASSESSMENT OF KNOWLEDGE REGARDING ANTENATAL CARE AMONG THE PRIMIGRAVIDA MOTHERS ATTENDING ANTENATAL OPD – A DESCRIPTIVE SURVEY

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ABSTRACT: Antenatal care is a crucial step towards ensuring maternal and child health The study was conducted to assess the knowledge regarding antenatal care among primigravida mothers attending antenatal OPD at SGT Hospital, Gurugram. The objective of the study was to assess the level of knowledge regarding antenatal care among primigravida mothers and to find out the association between knowledge regarding antenatal care among primigravida mothers and selected demographic variables. Non-experimental descriptive survey design was used. The study was conducted among 60 primigravida mothers attending the antenatal OPD at SGT Hospital, Gurugram by using structured knowledge questionnaire to collect data. Collected data was analyzed by descriptive and inferential statistics using SPSS-16 programme. The findings showed that majority of primigravida mothers i.e, 73.33% were in the age group of 18-25 years,40% had secondary education, 60% were homemakers, 56.66% were from urban area, 43.33% had family income between Rs 20,000-30,000. Results revealed that only 20% primigravida mothers were having good knowledge, majority50% primigravida mothers had average knowledge and 30% primigravida mothers had poor knowledge regarding antenatal care. There was no association between knowledge regarding antenatal care among primigravida mothers with selected socio-demographic variables. Thus there is need to emphasize on knowledge regarding antenatal care among primigravida mothers.

BACKGROUND OF STUDY

A moment of unimaginable joy is what a mother feels when a newborn is placed on her arms – a joy every mother should have the right to experience.   –UNICEF

Pregnancy is one of the most cherished phase in life of a women. It is a crucial time for both mother and the baby. Good care during pregnancy is essential for the health of the mother and the growth of the foetus. It is a time to promote parenting skills and healthy behaviours. Good antenatal care contributes to good health through the life cycle. Inadequate care during pregnancy breaks the continuum of care and effects both women and babies.[1]

Primigravida refers to a woman who is pregnant for the first time. The primigravida mothers must be acquainted with the various aspects like physical, emotional aspects of pregnancy, labour support techniques, childbirth, parenthood and coping skills[2].

Maternal health means the health of women during pregnancy, childbirth and the postpartum period. High quality antenatal care is an important element of the maternal and child health in order to reduce the maternal mortalities. Maternal mortality is a key health indicator and the direct causes of maternal deaths are well-known and mostly preventable and treatable.[3]Excessive blood loss, infection, unsafe abortion, high blood pressure, , and obstructed labour are among the most common direct causes of maternal injury and maternal deaths. The indirect causes include anaemia, malaria and heart diseases. Most of these maternal deaths can be prevented with timely management by high quality maternity care. Ending preventable maternal death remains among the top priorities of the global agenda[4].

At the same time, merely surviving pregnancy and childbirth can never be the marker of successful maternal health. It is essential to expand efforts reducing maternal mortalities in order to promote health and well-being[4].Thus knowledge regarding antenatal care is considered an important aspect of promoting maternal health.

Despite strong efforts, the target set by millennium developmental goal for maternal mortality was not met; which was reduction in maternal mortality by 75%, it was reduced by 44% only. So in sustainable developmental goal this target is continuing. The maternal mortality rate is 19 times higher in developing countries as compare to developed countries.[16]

Hence the researcher assessed the knowledge regarding antenatal care among primigravida mothers.

MATERIALS AND METHODS

The Quantitative Non-experimental descriptive survey design was used for the present study. The study was conducted in the antenatal OPD, SGT Hospital, Gurugram.Convenient sampling technique was used. The sample size comprised of 60 primigravida mothers attending antenatal OPD at SGT Hospital, Gurugram. A structured knowledge questionnaire was prepared to assess the knowledge regarding antenatal care. The tool was divided in two sections ;Section A: It included seven demographic variables- age, educational qualification, occupation, residential area , family income, Number of ANC visits, trimester. Section B:It included 30 items to assess the knowledge regarding antenatal care among primigravida mothers.

RESULT AND DISCUSSION

In the present study, majority (66.66%) of primigravida mothers were in the age group of 18-24years, 23.33% in the age group of 25-30 years, 5% in the age group of 31-35 years and 5% were above than 35 years.

Majority of primigravida mothers (40%) had secondary education, 31.66% subjects had primary education, 21.66% subjects were graduate and above and 6.66% subjects were illiterate.

Majority (60%) subjects were homemakers, 15% subjects were self- employed, 13.33% subjects were government employees and 11.66% subjects were private employees.

Majority (56.66%) were from urban area, 31.66% were belong to rural area and 11.66% were from semi-urban area.

Majority (40%) subjects family income were between Rs.20,000-30,000, 40% subjects family income were Rs.10,000-20,000, 13.33% subjects family income were more than Rs.30,000 and 6.66% subjects family income were less than Rs.10,000.

Majority (30%) had 2 antenatal contacts and 23.33% subjects had 1, 3 and more than 3 antenatal contacts respectively.

Majority (58.33%) were in second trimester, 23.33% subjects were in third trimester and 18.33% subjects were in first trimester

TABLE – 1 :Frequency and percentage distribution of primigravida mothers according to demographic variables

n=60

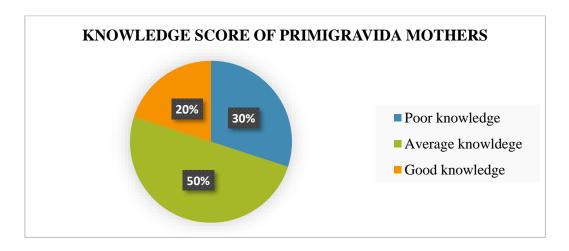| S.no.	Demographic variables	Frequency(f)	Percentage (%)
1.	**Age**		
	a) 18-24 years	40	66.66
	b) 25-30 years	14	23.33
	c) 31-35 years	03	05
	d) More than 35 years	03	05
2.	**Educational qualification**		
	a) Illiterate	04	06.66
	b) Primary education	19	31.66
	c) Secondary education	24	40
	d) Graduate and above	13	21.66
3.	**Occupation**		
	a) Homemaker	36	60
	b) Govt. employee	08	13.33
	c) Private employee	07	11.66
	d) Self employed	09	15
4.	**Residential area**		
	a) Rural	19	31.66
	b) Urban	34	56.66
	c) Semi-urban	07	11.66
5.	**Family income**		
	a) less than Rs.10,000	04	06.66
	b) Rs.10,000-20,000	24	40
	c) Rs.20,000-30,000	24	40
	d) More than Rs.30,000	08	13.33
6.	**Number of ANC visits**		
	a) 1	14	23.33
	b) 2	18	30
	c) 3	14	23.33
	d) More than 3	14	23.33
7.	**Trimester**		
	a) First	11	18.33
	b) Second	35	58.33
	c) Third	14	23.33

Data given in Table-2 and figure-1 shows that 30% primigravida mothers had poor knowledge score, 50% had average knowledge score and only 20% had good knowledge score.

TABLE – 2   :Frequency and percentage distribution of knowledge of primigravida mothers regarding antenatal care.

n=60

Level of knowledge	Range of score	Frequency (f)	Percentage (%)
Poor knowledge score	0-10	18	30
Average knowledge score	11-20	30	50
Good knowledge score	21-30	12	20

FIGURE – 1: Pie diagram showing percentage distribution of knowledge score of primigravida mothers regarding the antenatal care

Data given in Table 3 shows that the distribution of knowledge score range from 1-30 with mean score of 16.4, standard deviation of 9.85 and median is 17.

TABLE – 3 :Mean, Median and Standard Deviation of knowledge score of primi-gravida mothers regarding antenatal care.

n=60

Variable	Maximum score	mean	median	Standard deviation
Knowledge	30	16.4	17	9.85

The association between knowledge regarding antenatal care and selected demographic variables was determined by using Chi-square test at 0.005 level of significance. There was no significant association between the knowledge with selected demographic variables.

CONCLUSION

The present study was done to assess the knowledge regarding antenatal care among primigravida mothers attending antenatal OPD at SGT Hospital, Gurugram, Haryana. Based on the findings of the study, the following conclusions were drawn. The knowledge of primigravida mothers on antenatal care is average. There was no significant association between knowledge and demographic variables. Thus it is concluded that there is need to emphasize on knowledge regarding antenatal care among primigravida mothers.

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