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EFFECTIVENESS OF A PLANNED EDUCATIONAL PROGRAM FOR PRIMIGRAVIDA INDIAN WOMEN REGARDING FACTORS INFLUENCING LBW

Abstract:

Introduction

A baby's weight at birth is an indicator of maternal health and nutrition during pregnancy. Being underweight in the womb increases the risk of death in the early months and years of a child's life and those who survive tend to have impaired immune function, increased risk of disease and reduced muscle strength, cognitive abilities and IQ throughout their lives.

Objectives

- To determine the knowledge of primigravida women regarding factors influencing LBW as measured by structured interview schedule.
- To evaluate the effectiveness of a planned educational program (PEP) for primigravida women on factors influencing LBW in terms of gain in knowledge score.

Hypothesis

The mean post-test knowledge scores of the primigravida women regarding factors influencing low birth weight will be significantly higher than the mean pre-test knowledge scores.

Design

A Quazi-experimental design was adopted to conduct the current study. One group pre-test post-test approach was used.

Sample

Thirty primigravida women in first and second trimester attending antenatal clinic in Mangalore were recruited purposively for the current study.

Tool

A structured closed ended questionnaire was prepared by the researchers and used to assess: the knowledge level of the primigravida women through a pre-test and the effectiveness of the PEP, after its implementation. Content validity of the questionnaire and the program was assured by a panel of 9 experts in the field of obstetrics and gynecology and pediatrics nursing. Also, reliability was tested by Karl Pearson's correlation formula ($r= 0.90$, $P=0.001$).

Intervention

Implementation of a PEP regarding factors influencing LBW for the primigravida women.

Data analysis and interpretation

The highest percentage of the respondents (53.33%) had poor knowledge and 46.67% had average knowledge regarding factors influencing low birth weight. Thus, primigravida women need to be educated on factors influencing low birth weight. With regard to the pre-test knowledge level, the mean percentage of total knowledge score was 36% with a mean \pm SD of 10.80 ± 3.39 , which increased to 84.77% with a mean \pm SD of 25.43 ± 2.62 in the post-test suggesting that, the planned educational program increased the total percentage of knowledge score of primigravida women on factors influencing LBW by 48.77%. In conclusion, the whole study showed that, the planned educational program may be effective in increasing the knowledge of primigravida women ($t=19.72$, $P .001$) regarding factors influencing low birth weight.

Keywords:

Low birth weight, factors influencing, primigravida women, prevention, planned educational program

JEL Classification: I00, I00, I00