

A Descriptive Study to Assess the Knowledge and Practices on Antenatal Exercises among Antenatal Mothers

Palani, A. Shanthi, L. Shanthi, AR. Bharathi *

Department of Nursing, Bharath Institute of Higher Education and Research, Selaiyur, Chennai, Tamil Nadu, India

ABSTRACT

A prospective, randomized study was designed to assess the knowledge of antenatal mother's regarding antenatal exercise. The present study focuses on to assess the practices of antenatal mother regarding antenatal exercise. The present study includes to find out relationship between knowledge & practices of antenatal mother's regarding antenatal exercise and to determine the association of knowledge & practices of antenatal mother's with demographic variables.

Keywords: Assess, Antenatal exercise, Demographic variables, Neurological, Pregnancy, Placental growth, Health and wellness

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Corresponding author: AR. Bharathi
e-mail: bharathiar.75@gmail.com
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INTRODUCTION

Antenatal exercise is any bodily activity that enhances or maintains over all health and wellness during the pregnancy period. That improves the safe child bearing process of the mother. exercise during the child bearing year is not harmful to either mother or baby if the pregnancy is normal and the mother healthy and can be positively beneficial if it at a mild to moderate level. The benefits of antenatal exercise include.

- Maintenance of cardiovascular fitness, respiratory & musculoskeletal status and maintenance of healthy weight range for mother. Improvement in circulation & lowered diastolic pressure.
- An increase in both endurance & stamina and increased feelings of social & emotional wellbeing, when exercise is combined with social interaction.
- A possible reduction in problems during labour & delivery, it may also be shorter & there may be fewer interventions and evidences of neurological benefits to the baby & developing child.
- Suggestion of a more postnatal recovery as the woman is likely to be fitter and better glucose utilization by increasing insulin sensitivity.
- Suggested improved placental growth, increased fetal growth and a reduction in common disorders in pregnancy

Need for the study

The main purpose of the study is to find out the information about the recent awareness of u antenatal exercise" & its effect on antenatal period at Antenatal clients nearly 75 cases were comes to antenatal outpatient department in every week of regular check up in jeyaraj anna packiyam urban primary health centre periyakulam. The mothers who are ail in pregnant to enhance the delivery process in easy way. It will also improve the client strength and weight. Educate the mother to perform antenatal exercise especially in second trimester. It is the safest period to perform the antenatal exercise. Advice the mother to perform the antenatal exercise in simple manner not do the exercise vigorously because it causing some problems to some pregnant woman.

Operational definitions

Knowledge: It refers to the awareness, amount of information or understanding about "Antenatal exercise" among antenatal mothers as measured by structured questionnaires. Knowledge will be measured in termed of knowledge score

Practice

Translation and ideas into action, it refers to the responders repeated performance to acquire skill of improve the knowledge about antenatal exercise.

Antenatal exercise

Doing exercise in antenatal period is called antenatal exercise.

Hypothesis

There is a significant differences in the level of knowledge of "Antenatal exercise".

Assumption

- The client will have some knowledge regarding the how to perform the antenatal exercise.
- The client will improve their practices regarding antenatal exercise.

MATERIALS AND METHODS

Research methodology deals with steps and procedure adopted, to gather and analyse and the data in the present study this study comprised assessment of knowledge of 50 pregnant women with regarding the antenatal exercise this study was limited to the patient in community area in periyakulam. Polit and Hungler (1999) states that methodology is a process of investigation at procedure and strategies for gathering and analyzing the data in a research this study includes research design, research approach, variables under study getting of the study, sample and sampling techniques, data collection techniques, selection and development of tools, description of tools, content of validity of questionnaire, pilot study data collection procedure plan for data analysis and summary.

Research approach

The research approach is the umbrella that occur the basic procedure for conducting the research descriptive survey approach was selected to accomplish the objectives of the present study.

Criteria for sample selection

Sample was selected based on the following criteria.

Inclusion criteria: All the general population

- pregnant of the age group 15-45 years
- pregnant women who were residing in the study area for a minimum period of 6 months
- pregnant women who were willing for their do exercise

Exclusion criteria:

- pregnant women who were term inally ill
- pregnant women who did not give consent to do exercise

Sampling size

The sampling size was 50 pregnant women.

Sampling technique

According to the abdellah FG(1986) sampling is the selecting a pregnant women of population in order to obtain information regarding a phenomenon in a way that presents ,entire population

Research design

Research design that indicates that activities the research team should be performing and the order in which they should colour

Variables under study

- Independent variable- antenatal exercises
- Dependent variable- knowledge
- Attribute variable - age, sex, educational status, parental complications, occupation.

Descriptive of tool

The instruments used for the study is the structured interview schedule that consist of 4 parts.

- Part I -demographic data of the subjects
- Part II- questionnaire of collection of the subjects
- Part 1: Consists of demographic data of the people which includes name, age, sex, education, occupation, family income per month.
- Part 2: This consists of knowledge about the antenatal exercises
- Section A: multiple choice questions for knowledge assessment each question awarded one score.

Data collection procedure

Sample were selected purpose study and the confidentiality of the response were assured data collection was done 11/07/2018-13/07/2018

Plan for data analysis

The data obtained entire master sheet, analysed and interpreted using descriptive statistics

RESULTS AND DISCUSSION

Table I represent age <16 years ,20(35%) age >35 years, 30(65%) educational status include illiterate ,13(26%) primary education,23(50%) higher education, 14(24%) occupation involves sedentary work,33(66%) moderate work,12(24%) heavy work,5(10%) living area including urban,40(80%) rural,7(14%) slums,3(6%) diet pattern includes vegetarian, 13(62%) non vegetarian,23(28%) mixed diet, 14(10%).

Table1: Demographic data of the sample.

S.No.	DEMOGRAPHIC CHARACTERISTICS	NO.OF INDIVIDUALS	PERCENTAGE
1	Age:		
	a)<16 years	20	0.35
	b)>35 years	30	0.65
2	Educational status:		
	a)illiterate	13	0.26
	b)primary education	23	0.5
	c)higher education	14	0.24
3	Occupation:		
	a)sedentary work	33	0.66
	b)moderate work	12	0.24
	c)heavy work	5	0.1
4	Living area:		
	a)urban	40	0.8
	b)rural	7	0.14
	c)slums	3	0.06
5	Diet pattern:		
	a)vegetarian	13	0.62
	b)non-vegetarian	23	0.28
	c)mixed diet	14	0.1

In the table 2 represents antenatal exercises uses incorrect answer 10(20%),appropriate answer 20(40%),correct answer20(40%).purposes of antenatal exercise incorrect answer 21 (42%),appropriate answer19(38%),correct answer 10(20%),performing antenatal exercise 11 (22%),correct answer39(78%),antenatal exercise including incorrect answer 21(42%),correct answer29(58%),time for doing antenatal exercise incorrect answer28(56%),appropriate answer3(6%),correct answer19(38%) hours can

performing antenatal exercise incorrect answer,33(66%) correct answer,21(42%) time of sleeping hours incorrect answer, 20(40%) appropriate answer, 5(10%) correct answer, 25(50%) how do you feel performed antenatal exercise, 25(50%) can you perform any antenatal exercise,29(58%) correct answer,21 (42) do you think that will help to improve your health,23(46%) correct answer,27(54%).

Table2: Antenatal exercises.

KNOWLEDGE VARIABLES	INCORRECT ANSWER		APPROPRIATE		CORRECT ANSWER	
What is antenatal exercise?	10	20	20	40	20	0.4
What are the purposes of antenatal exercise?	21	42	19	38	10	0.2
When will you perform antenatal exercise?	11	22	—	—	39	78
What are the exercises comes under this?	21	42	—	—	29	58
When will perform antenatal ' exercise?	28	56	3	6	19	38
How many hours did you perform antenatal exercise?	33	66	—	—	21	42
How many hours do you sleep at night?	20	40	5	10	25	50

How do you feel when you Perform antenatal exercise?	25	50	—	—	25	50
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Table3: Association of Level of Knowledge regarding Malnutrition among Mothers of under Five Children with Their Demographic Variables.

KNOWLEDGE VARIABLES	INCORRECT ANSWER		APPROPRIATE		CORRECT ANSWER	
How many times are you taking foods/day?	23	46	2	4	25	51
What type of work you do while in house?	24	48	-	-	26	52
How many hours do you prefer for leisure?	38	76	-	r	12	24
What type of food do you eat during & nre^naney?	2'	4	3	6	20	40
What is kegl exercise?	10	20	5	10	35	70

In the table 4 represents that maximum score should be about 60 and min imum 20,the maximum score elicited

by individual is 39,the average knowledge about the antenatal exercise is 59.6 z^6 among individuals.

Table4: Overall knowledge and practises about antenatal exercises.

Knowledge regarding antenatal exercises	Number of questions	Score minimum and maximum	Test mean score	Percentage of knowledge in test
50	20	20-60	29.8	59.6

In the table 5, 20-25 years 32(36.87),25-30 years , 38.12.

Table5: Association between age and knowledge.

AGE	NUMBER OF INDIVIDUALS	MEAN VALUES
20-25	32	36.87
25-30	16	37.5
>30	2	40 *
total	50	38.12

In the table 6 illiterate 13(33.09),primary education 23(30.43),higher education 14(35.84), 14(35.84) and the average value of 38.32

Table6: Between education status.

EDUCATIONAL STATUS	NUMBER OF INDIVIDUALS	MEAN VALUES
illiterate	13	33.09
Primary education	23	30.43
Higher education	" 1	V35.84
total	50	38.32

In the table 7, diet pattern vegetarian 13(30.05),non-vegetarian p00.43),mixed diet 14(35.84) and had the average value of 32.07.

Table7: Association between diet pattern and knowledge.

Diet pattern	NUMBER OF INDIVIDUALS	MEAN VALUES
Vegetarian	13	30.05
Nonvegetarian	23	30.43
Mixed diet	14	35.84
1 Total	50	32.07

In the Table 8, living area urban 40(30.63),rural 7(31.71),slums 3(30.5) I fed the averagevalue of 30.15.

Table8: Association between living area and knowledge.

Living area	Number of individuals	Mean values
Urban	40	30.63
Rural	7	31.71
shuns	3	30.5
total	50	1.260416667

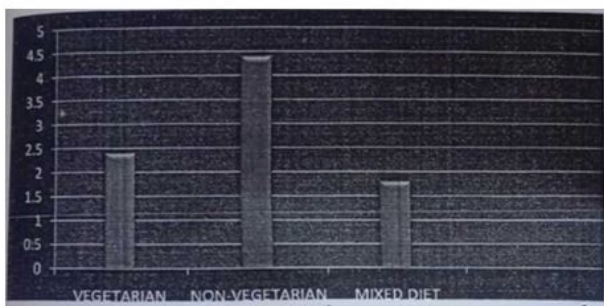


Figure1: Association between diet pattern and living area, Diet pattern.

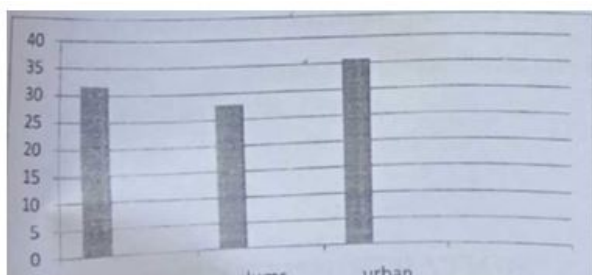


Figure2: diet pattern vegetarian 13(30.05),non-vegetarian 23(30.43),mixed diet 14(35.84) and had the average value of 32.07.

Nursing implications

The study has its implications for nursing practice, nursing education administration and research. Nurses have a vital role in improving the quality of life of people in community area. Since there’s an many procedures for ante natal mother. Nursing personnel should take initiative in conducting awareness of antenatal exercise.

Implication for nursing practices

Nurses must do screening of all general population, for early identification and prevention of the complication of Tuberculosis is possible. The nurses can plan instructional module and organize teaching program for general population.

Nursing education

Nurse educator can educate the patient about antenatal exercise, pie nurse should be able to educate individual in importance aspect of antenatal exercise.

Nursing administration

The study was conducted in the antenatal outpatient department in urban primary health centre at periyakulam. The study found that there was to arrange the health educational program conducting camp distributing pamphlets regarding ante natal exercise should be available, n the outpatient department aid in good health. Medical and Paramedical professionals are encouraged to conduct counseling session in a" the aspects of the ante natal exercise.

Nursing Practice

Nurse is triggering agents for health related behavior change. The preventive nursing strategies provide input source for the practice of nursing at various health are setting. Nurse working in primary health I center should plan to give the health education every day regarding I antenatal exercise.

Nursing Research:

Nurse researcher can work on to prevent occurrence of disease by giving health education. Most research studies on these aspects or on the other aspect can promote evidence based practice.

Nursing in the Hospital settings:

During posted in outpatient department the nurse can provide necessary information and health education regarding antenatal exercise among antenatal mother.

RECOMMENDATION

In-service education should be given for staff nurse, village health nurse doctor health nurse about the antenatal exercise. Mass media communication about antenatal exercise should appear on all Channels and quite often and Nurse should posted in outpatient department to give health education.

CONCLUSION

Antenatal exercise is one of the important areas in patient care in primary health centre in an essential part of an antenatal mother in order to ensure a positive experience for the antenatal exercise numerous research studies have supported the value of antenatal exercise instruction in reducing the incidence of antenatal complication. In today's health care the unique holistic nursing practice mandates the nurses possess the knowledge and skills necessary to educate varies antenatal exercise. This study relates that only few individuals have average knowledge regarding antenatal exercise.

FUNDING

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ETHICAL APPROVAL

The study was approved by the Institutional Ethics Committee.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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