

A Descriptive Study to Assess the Level of Knowledge on Minor Ailments in Pregnancy among Antenatal Mothers in Selected Hospital, Vrindavan, Mathura

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Abstract: Pregnancy is the period which lasts approximately 10 lunar months, 9 calendar months, 40 weeks or 280 days. Length of pregnancy is computed from the first day of the last menstrual period (LMP) until the day of birth. However, conception occurs approximately 2 weeks after the first day of the LMP. Thus, the post conception age of the fetus is 2 weeks less, for a total of 266 days or 38 weeks (Lowdermilk et al., 2006). During pregnancy, a woman's body changes in many ways. These changes can sometimes be uncomfortable, but most of the time they are normal. They can occur at any time during the pregnancy. These changes that the female body undergoes during pregnancy begin soon after fertilization and continue throughout gestation. These changes occur in response to physiological stimuli provided by the fetus and placenta. These changes may be unpleasant as well as worrying but they are rarely a cause for alarm as most of these changes are usually normal. These so-called minor disorders or ailments of pregnancy can be troublesome on a day-to-day basis. An important nursing responsibility during the prenatal period is educating the client regarding the discomforts, that occur during pregnancy and the remedies to these will make them more comfortable. Another important aspect is counselling on the discomforts of pregnancy will help the pregnant women distinguish between a normal discomfort and a real problem in the pregnancy. (Littleton, L.Y. 2009). **Objectives:** To assess the knowledge regarding minor ailments among antenatal mother.

To associate knowledge level on minor ailments during pregnancy with demographic variables like age, education, trimester of pregnancy & parity. **Hypothesis:** H1-There will be significant difference on knowledge about Minor Ailments in pregnancy H2-There will be significant association between the knowledge and the socio demographic variable. **Delimitations:** The study will be delimited to antenatal mothers attending antenatal Outpatient Department at Ramkrishna Mission Charitable Hospital, Vrindavan, Mathura **Methodology:** A descriptive research design was undertaken for this study. The population of the study consists of health workers at selected hospitals of Meerut. With the sample size of 50 were selected by using non probability convenient sampling. **Result:** Out of 50 mothers 10(20%) had inadequate knowledge & 21(42%) had moderate knowledge and 19 (38%) had adequate knowledge regarding the minor Ailments in Antenatal period. And there was significant association with type of family whereas there is no significant association between age, religion, parity, occupation, income and place of living. **Conclusion:** The

study concluded that the most of the Antenatal mothers are having moderate knowledge regarding the minor ailments in Antenatal period.

Keywords: Antenatal care, Minor Ailments, knowledge.

1. Introduction

During pregnancy, a woman's body changes in many ways. These changes can sometimes be uncomfortable, but most of the time they are normal. They can occur at any time during the pregnancy. These changes that the female body undergoes during pregnancy begin soon after fertilization and continue throughout gestation. These changes occur in response to physiological stimuli provided by the fetus and placenta. These changes may be unpleasant as well as worrying but they are rarely a cause for alarm as most of these changes are usually normal. These so-called minor disorders or ailments of pregnancy can be troublesome on a day-to-day basis. The knowledge assessment of Antenatal mothers regarding minor ailments is very necessary to ascertain any complications assessment and to enhancing their managerial ability to tackle the same in an efficient manner.

1) Statement of problem

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2. Material and Methods

Descriptive research design was adopted for the study. The study was conducted at selected hospital at Vrindavan, Mathura 50 samples, antenatal mothers were selected for the study by using convenient sampling technique. The formal permission obtained and written consent approval collected from sample with their willingness. The period of data collection was two week and data were collected from sample by using self-structured questionnaire.

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Table 1
Frequency & percentage distribution and chi square of level of demographic variable on minor Ailments among Antenatal mothers

Demographic Variable	Percentage Of Obtained Knowledge Scores			Chi Square	Table Value	Inference	Frequency	Percentage
	adequate	Moderate	Inadequate					
AGE				2.33	9.48	NS	18	36%
18-23	8	6	4				20	40%
23-28	7	10	3				12	24%
28-33	4	5	9					
Religion	7	10	3	3.43	9.43	NS	20	40%
Hindu	6	4	5				15	30%
Christian	6	7	2				15	30%
Muslim								
Occupation	5	10	2	5.09	5.99	NS	17	34%
Govt	10	6	5				12	24%
Private	4	5	3				21	42%
Housewife								
Monthly income	7	10	3	6.34	9.48	NS	20	40%
<5000	6	6	3				15	30%
5000-10000	6	5	4				15	30%
>10000								
Place Of Living	5	4	3	1.45	9.48	NS	12	24%
Semi Urban	7	5	3				15	30%
City	7	12	4				23	46%
Rural								
Type of family	12	8	3	6.10	5.99	S	25	50
Nuclear	7	13	7				25	50
Joint								
Trimester	9	10	3	3.97	9.48	NS	22	44%
Ist trimester	3	7	2				12	24%
2 nd trimester	7	4	5				16	32%
3 rd trimester								
Parity of mother	10	12	4	1.80	5.99	NS	26	52%
Primi	9	9	6				24	48%
Multi								

Table 2

Reveals the frequency & percentage distribution of level of knowledge of Antenatal mothers regarding minor Ailments Out of 50 mothers 10(20%) had inadequate knowledge & 21(42%) had moderate knowledge and 19 (38%) had adequate knowledge regarding the minor Ailments in Antenatal period.

S.No	Level of Knowledge	Frequency N	Percentage %
1.	Inadequate Knowledge	10	20%
2.	Moderate Knowledge	21	42%
3.	Adequate Knowledge	19	38%

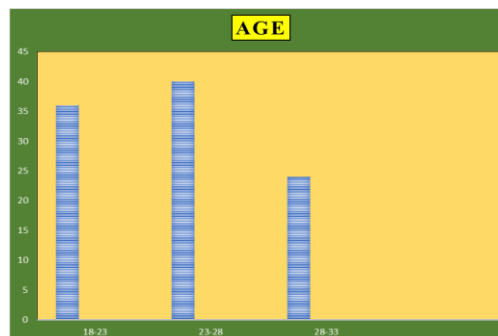
3. Result and Discussion

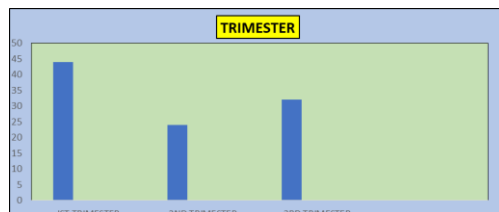
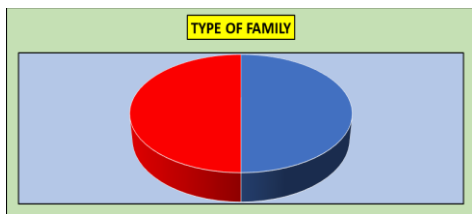
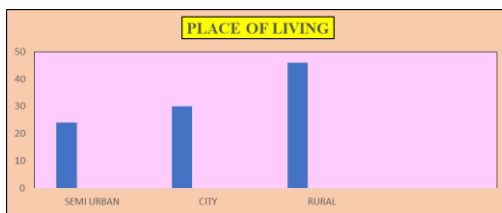
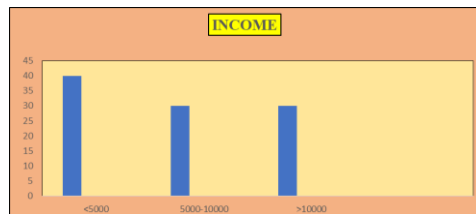
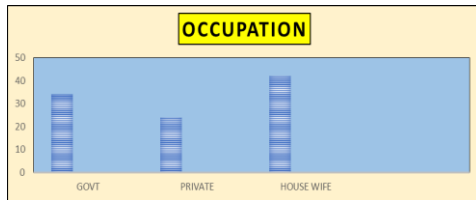
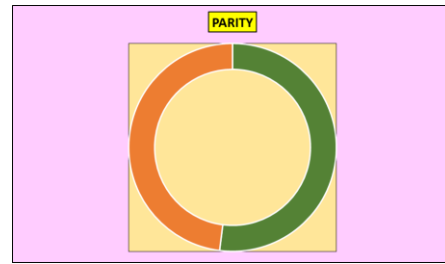
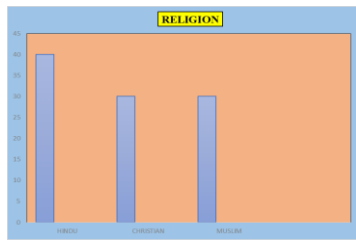
Assessment of level of knowledge on minor Ailments among Antenatal mothers.

1) Discussion

- The first objective study was to assess the knowledge of Antenatal mothers regarding minor Ailments. Out of 50 mothers 10(20%) had inadequate knowledge & 21(42%) had moderate knowledge and 19 (38%) had adequate knowledge regarding the minor Ailments in Antenatal period.
- The second objectives of this study were to associate the selected demographical variables with knowledge of Antenatal mothers regarding minor Ailments. The results revealed that there was significant association

with type of family whereas there is no significant association between age, religion, parity, occupation, income and place of living.





4. Conclusion

The study concluded the majority of the sample were having the moderate knowledge about the minor ailments in Antenatal period and they manages them by home remedies but still 20% of given samples are having inadequate knowledge which needs to be enhanced with health teaching during their antenatal visit. So that their motherhood can be a pleasant experience.

5. Conflicts of Interests

None

6. Recommendations

1. A similar study on a large sample can be done to draw more definite conclusions and generalization.
2. A similar study can be conducted on experimental mode.

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