

A Study to Assess the Effectiveness of Video Assisted Teaching Programme Regarding Kangaroo Mother Care on Knowledge and Practice of Post Natal Mothers Having Low Birth Weight Babies Delivered in Selected Hospital of Bilaspur (C.G.)

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Abstract: This paper presents a study to assess the effectiveness of video assisted teaching programme regarding kangaroo mother care on knowledge and practice of post-natal mothers having low birth weight babies delivered in selected hospital of Bilaspur.

Keywords: kangaroo mother care.

1. Background

Nature's most precious gift to a woman is her baby and every woman look forward to have a healthy normal baby. Low birth weight in infants is a global and alarming problem and it is the most significant factor contributing to neonatal morbidity and mortality.

The observation that babies born too small are less likely to survive than other newborns dates back centuries, but concern over the effects of low birth weight on a child's health and development is relatively recent.

The recent concept of Kangaroo Mother Care (KMC) or the skin-to-skin care is an economical, acceptable and practical way for maintaining temperature of the LBW neonates. It has the added advantage of providing adequate nutrition through frequent breast feeds. KMC improves growth and reduces morbidities in LBW infants. It is simple, acceptable to mothers and can be continued at home also. 4 Studies have shown that KMC has many advantages over the conventional incubator care and it improves the health of the new born. KMC is a scientifically sound, effective and efficient alternative to neonatal care unit in many settings. It satisfies all five senses of the baby such as touch (skin to skin contact), Hearing (listens to mother's voice and heart beat), Taste (sucks on breast), Vision (eye contact with mother), and Olfactory (smells mother's odour). It is the method of holding an infant with skin-

to-skin contact, prone and upright on the chest of the parents. It fosters their health and well-being of baby by promoting effective thermal control, breast feeding, infection control and bonding.

A. Statement of the Problem

A study to assess the effectiveness of video assisted teaching programme regarding kangaroo mother care on knowledge and practice of post-natal mothers having low birth weight babies delivered in selected hospital of Bilaspur (C.G).

B. Objectives

- To assess the pretest and post test knowledge score regarding Kangaroo mother care among post-natal mothers having low birth weight babies.
- To assess the pre test and post test practice scores on Kangaroo mother care among post-natal mothers having low birth weight babies.
- To evaluate the effectiveness of video assisted Teaching programme on knowledge and practice regarding Kangaroo mother care among post-natal mothers having low birth weight babies.
- To find out correlation between knowledge and practice score regarding Kangaroo mother care among post natal mothers having low birth weight babies.
- To find the association of post test knowledge and practice regarding Kangaroo mother care with selected socio demographic variables.

C. Hypothesis

- H1- There will be a significant difference between pre-test and post-test knowledge and practice scores

regarding kangaroo mother care among post-natal mothers having low birth weight babies.

- H2- There will be a significance correlation between knowledge and practice regarding Kangaroo mother care among post-natal mother having low birth weight babies.
- H3 - There will be significant association between post-test knowledge and practice regarding kangaroo mother care with selected socio-demographic variable.

2. Methodology

Pre-experimental one group pre-test post-test design was utilize to assess the effectiveness of Video Assisted teaching programme regarding Kangaroo mother care on knowledge and practice of postnatal mother having low birth weight babies Delivered in selected hospital of Bilaspur (C.G). Where subject was selected by using purposive sampling technique to obtain 60 samples. The tool was self-structured questionnaire for accessing demographic variable and knowledge, checklist for accessing practice among postnatal mothers having low birth weight babies. The tool was validated by experts. Pilot study is conducted among 10 samples to measure the authenticity of the tool Items of the tool were coded and reliability was calculated using Karl Pearson's Correlation coefficient formula. This was found, $r = 0.8$. The tool was found to be statistically reliable for the study.

Main study was conducted Post natal mothers having low birth weight babies Delivered in selected hospital of Bilaspur (C.G). The data was analysed by using descriptive statistical mean, mean score, SD and inferential statistics chi-square, 'Z' test, Karl pearsons (r).

3. Results

The obtain data was analyzed by using descriptive and inferential statistics.

- The Knowledge score in pre-test and post-test are 820 and 1190 respectively out of 1800. The total mean an mean score percentage of pre-test and post-test are 13.5 (45%) and 19.8 (66%) respectively. The mean difference between pre-test and post-test practice score is 6.33 and the standard deviation of pre-test and post-test is 2.23 and 2.13 respectively.
- The practice score in pre-test and post-test are 220 and 970 respectively out of 1200. The total mean an mean score percentage of pre-test and post-test are 3.6 (18.3%) and 16.6 (80.8%) respectively. The mean difference between pre-test and post-test practice score is 12.5 and the standard deviation of pre-test and

post-test is 1.5 and 2.13 respectively.

- The knowledge score was related to effectiveness of video assisted teaching programme regarding kangaroo mother care among post-natal mothers having low birth weight babies pre-test and post-test knowledge mean are 13.5 and 19.8 respectively. Mean percentage of pre-test and post-test knowledge are 45% and 66%. Mean difference between pre-test and post –test are 6.33. Standard deviation of pre-test and post-test knowledge are 2.23 and 2.13 respectively, standard error was 0.3. The Z value is 31.7 which is highly significant at 0.05 which proves the effectiveness of video assisted teaching programme was very effective in increasing the knowledge.

The practice score was related to effectiveness of video assisted teaching programme regarding kangaroo mother care among post-natal mothers having low birth weight babies that pre-test and post-test Practice mean are 3.6 and 16.6 respectively. Mean percentage of pre-test and post-test knowledge are 18.3% and 80.8%. Mean difference between pre-test and post-test are 12.5. Standard deviation of pre-test and post-test knowledge are 1.5 and 2.13 standard error was 0.3. The Z value is 74.2 which is highly significant at 0.05 which proves the effectiveness of video assisted teaching programme was very effective in increasing the practice of kangaroo mother care.

- The Correlation between knowledge and practice score regarding kangaroo mother care is 0.1.
- There is significant association between post-test knowledge with selected socio-demographic variable accepted for Age of mother, no.of children in the family, Previous knowledge about KMC and Have KMC given before?.
- There is significant association between post-test practice with selected socio-demographic variable accepted for Previous knowledge about KMC and have you given KMC before.

4. Conclusion

The study concluded that the video assisted teaching programme was effective in increasing the knowledge and practice of post-natal mothers regarding kangaroo mother care.

References

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