

Knowledge regarding antenatal diet among the Primipara women attending OPD in selected hospital at Trichy.

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Abstract- Maternal mortality rate & infant mortality rate is high in all developing countries. Enhancing the knowledge about the importance of antenatal diet improves the health status of antenatal women and prevent complication during pregnancy. Maternal health from preconception stage, throughout pregnancy and child birth, to postpartum period is very important which is a key determinant of health of mother & fetus. The research design descriptive study. The study was conducted among 30 primipara women. Data was collected by administering the structured questionnaire. Data was analysed by using descriptive and inferential statistics. The result of the study showed 53% (16) of primipara women were having moderate level of knowledge ,40%(12) were having poor knowledge regarding antenatal diet,6%(2) were having adequate knowledge regarding antenatal diet. The mean knowledge score was 13.32 and the standard deviation is +4.5. There is a significant correlation between the age, educational level. **Conclusion:** The study concluded that the primipara mother have lack of knowledge regarding antenatal diet and there is a need to improve their knowledge regarding antenatal diet

Index Terms- Assess, Knowledge, Antenatal diet, primipara mother.

I. INTRODUCTION

Balanced diet during pregnancy is essential for ensuring the health and wellbeing of both the mother and the developing fetus during pregnancy .it provides the necessary nutrients for proper fetal growth, support maternal health, and reduce pregnancy related complication. Counselling about healthy eating, optimal nutrition during pregnancy helps them and their developing babies stay healthy throughout pregnancy.

Statement of problem:

The Study to Assess the Knowledge regarding Antenatal Diet among the Primipara women attending Antenatal OPD at selected Hospital at Trichy

Objective:

- To assess knowledge regarding the antenatal diet Among primipara mother
- To find out association between the knowledge regarding antenatal diet & selected demographic variables.

II. METHODOLOGY

Research approach:

Descriptive approach was used to assess the knowledge regarding antenatal diet among primipara women attending OPD in selected Hospital in Trichy

Setting of the study:

The study was conducted in Antenatal OPD in selected Hospital in Trichy

Sample

Primipara antenatal mother attending Antenatal OPD in selected Hospital in Trichy

Sample size & technique:

Sample size was 30 .sample was selected by purposive sampling technique was used to select the primipara women attending the Antenatal OPD in selected Hospital at Trichy.

Inclusion criteria:

- Primipara mother who were attending Out patient department on the day of day collection
- Mother who are willing to participate
- Mother who can understand read & write tamil.

Exclusion criteria

- Mother who are not willing to participate
- Mother who cannot understand read & write tamil.

Description of tool

Section –A–Demographic variables which includes Age of the Mother, Occupation, Educational Status, Monthly income etc

Section-B–Self Structured Knowledge Questionnaire to assess the knowledge regarding antenatal diet. It contains 20 Multiple Choice

Question. The level of knowledge scores was converted to percentage and were classified as follows:

<50% – Inadequate Knowledge

50–75% – Moderate Knowledge

>75% – Adequate Knowledge

III. DATA ANALYSIS AND INTERPRETATION

Data Analysis:

The following parts provide the data analysis:

Section -A

Table -1 Distribution of student frequency and percentage based on demographic parameters. (N = 30)

S.No.	Demographic Variables	f	%
1.	Age of Mother a. a. 21–30 Years b. b. 31–40 Years c. c. 41–50 Years	26 4 0	87 13 0
2.	Type of family a. Joint family b. Nuclear family	10 20	33.3 66.7
3.	Educational Status a. 12th standard b. Undergraduate c. Postgraduate	5 20 5	16.6 66.6 16.6
4.	Family Monthly income a. Rs. 5,000 to 10,000 b. Rs. 10,000 to 15,000 c. Above Rs. 15,000	2 20 8	6.6 66.6 26.6
5.	Occupation A. House wife b. Government employee c. Private employee	20 2 8	66.6 6.6 26.6
6.	Source of information a) mass media/ internet b) health care professionals c) friends	10 18 2	33.3 60 6.6

The frequency and percentage distribution demographic variable of the sample according to the age, religion, types of family, educational status, family monthly income, occupation source of information. Majority 26(87%) of the respondents were in the age group of 21-30

years,20(66.7%)belongs to nuclearfamily.20(66.7%)were ungraduated in educational qualification.90% of the mothers were house wife.18(60%) have health care professional as their source of information

Section –B

Knowledge score regarding antenatal diet

Knowledge level	Pre Test Score		Mean	SD
	Frequency	Percentage		
Inadequate knowledge	22	73.3	13.2	1.74
Moderate knowledge	8	26.6		
Adequate knowledge	1	3.3		

The Knowledge score of primipara women regarding Antenatal diet most of the primipara women have inadequate knowledge 22(73.3%), and 8(26.6) have moderately adequate knowledge,1(3.3) had adequate knowledge. The mean knowledge score was 13.22and standard deviation was 1.74.

IV. DISCUSSION

The frequency and percentage distribution demographic variable of the sample according to the age, religion, types of family, educational status, family monthly income, occupation source of information. Majority 26(87%) of the respondents were in the age group of 21-30 years,20(66.7%)belongs to nuclearfamily.20(66.7%)were ungraduated in educational qualification.90% of the mothers were house wife.18(60%) have health care professional as their source of information.majority of mother 22(73.3%) have inadequate knowledge, and 8(26.6) have moderately adequate knowledge,1(3.3) had adequate knowledge. The mean knowledge score was 13.22and standard deviation was 1.74.

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