Effectiveness of Structured Teaching Programme on Self-Assessment of Daily Fetal Movement Count Among Primigravida Mothers at Dr. V.V.P. PRH Loni

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Abstract: Introduction: The aim of the study was to assess effectiveness of structured teaching programme on practice about self-assessment of fetal well-being among primigravida women. The Design of the study was a quasi-experimental design. The studied participants comprised all eligible pregnant women according to inclusion criteria amounting to 140 of women. Objectives: 1To assess the knowledge regarding self-assessment of daily fetal movement count among primigravida mothers. 2.To assess the effectiveness of structured teaching programme on daily fetal movement count among primigravida mothers at DRVVPPRH. 3.To find out the significant association between post-test score with selected demographic variables. Material and Methods: A pre-experimental one group pre-test post-test study design was used to evaluate the effectiveness of structured teaching programme on self assessment of daily fetal movement count among Primi-gravida mothers admitted in Dr.VitthalraoVikhePatilPravara Rural Hospital, LoniBk. The sample consisted of 100 primigravida mothers admitted in selected hospital. Sampling technique used for the current study was purposive sampling. The level of knowledge about self assessment of daily fetal movement count is assessed by using structured teaching programme. An interventional procedure structured teaching programme was provided to the primigravida mothers admitted in selected setting. The results were analyzed by descriptive and inferential statistics (mean difference, paired 't' test, chi square analysis). Results: The demographic findings of antenatal care setting primigravida mother concluded that, majority of the age where majority of the 63(63%) were from <21- >35, 22(22%) were from <21 years of age. samples have completed with their majority 54(54%) samples have completed with their higher secondary education, 29(29%) have completed with their secondary education. occupational status states that majority 74(74%) were agriculture, 20(20%) were home worker. monthly family income states that, where 70(70%) were having income less than Rs. 3000/-, 30(30%) were having income more than Rs. 3001-6000/-. type of family reveals that 47(47%) were having nuclear family and 53(53%) were having joint family. type of religion according to their religion where majority 70(70%) were having hindu, 30(30%) were muslim and 0(0%) were christian. gestational age according to their gestational age where majority 79(79% were from gestational age group <37.fundal height according to their fundal height where majority 80(80%) were having more than 34, 20(20%) were having 32-34. maternal weight according to their maternal weight where majority 70(70%) were having <60, 30(30%) were having>60. dietary pattern states that where majority 70(70%) were having vegetarian, 30(30%) were having mixed diet. antenatal visit according to their antenatal visit where majority 60(60%) were having third, 40(40%) were having second and 0(0%) were having first. immunization status according to their immunization status where majority 88(88%) were having immunized, 12(12%) were having not immunized .co-morbid illness according to their co-morbid illness where majority 50(50%) were having any other, 30(30%) were having diabetics mellitus and 20(20%) were having hypertension. In the pretest majority of the primigravida mothers 56(56%) were having average knowledge about DFMC, 43(43%) were having poor knowledge about DFMC and 1(1%) were having good knowledge about DFMC. In the post-test majority of the primigravida mothers 60(60%) were having good knowledge about DFMC, 40(40%) were having average knowledge about DFMC. The mean pretest score was 7.2. whereas in the post-test majority of the primigravida mothers 60(60%) were having good knowledge about DFMC, 40(40%) were having average knowledge about DFMC. The mean post-test score was found out to be 2. 8427.There was no any significant association of post-test level of DFMC among primigravida mothers with selected demographic variables such as age, education, occupational status, monthly family income, type of family, dietary pattern and primigravida mothers. Conclusion: The study

findings have shown that the structured teaching programme was effective knowledge about daily fetal movement practices among primigravida mothers admitted in DRVVPPRH Loni Bk.

Key words: evaluate, effectiveness, fetal movement count, primigravida mothers.

I.INTRODUCTION

The aim of the study was to assess effectiveness of structured teaching programme on practice about self-assessment of fetal well-being among primigravida women. The Design of the study was a quasi-experimental design. The studied participants comprised all eligible pregnant women according to inclusion criteria amounting to 140 of women. Tools of this study included socio-demographic characteristics, fetal kick count chart, antenatal grow chart using fundal height, anthropometric measurements and gestational weight chart. The findings, most of the studied participants were 20 to 30 years and had bachelor degree, married from about one to two years. There was a highly statistically significant difference between the mean score of total practice among the studied participants at the pre-test and the post-test intervention. It was concluded that, there was a higher statistical improvement in the maternal' practices about self-assessment of fetal well-being after using fetal kick count chart, antenatal grow chart after measuring symphysio fundal height and gestational weight gain chart than before. This supported the study hypothesis. Based on the present findings; the study hypothesis was accepted. It is recommended that encouraging the use of fetal kick count chart, antenatal grow chart and gestational weight chart to self-assess fetal wellbeing as it is safe and less expensive for pregnant women.[1]

I.1 Statement of problem: "Effectiveness of structured teaching programme on self-assessment of daily fetal movement count among primigravida mothers at DR. V.V.P. PRH loni"

I.2 Objectives of the study:
1. To assess the knowledge regarding self-assessment of daily fetal movement count among primigravida mothers.

2. To assess the effectiveness of structured teaching programme on daily fetal movement count among primigravida mothers at DRVVPPRH.
3. To find out the significant association between post-test score with selected demographic variables.

HYPOTHESIS – Primigravida women will obtain higher level of practice about self-assessment of fetal -wellbeing after implementing the structured teaching programme than before.
H1 – there will be significant difference between pre-test and post-test of daily fetal movement count.
H2- there will be significant association between pre -test and post-test of daily fetal movement count

II. MATERIALS AND METHODS

Research Design: A pre-experimental one group pre-test post-test study design was used to evaluate the effectiveness of structured teaching programme on self assessment of daily fetal movement count among Primi-gravida mothers admitted in Dr.Vitthalrao Vikhe Patil Pravara Rural Hospital, LoniBk

Setting of the study: This study was conducted in selected Dr.Vitthalrao Vikhe Patil Pravara Rural Hospital, LoniBk

Sample: The sample consisted of 100 primigravida mothers admitted in selected hospital

Sampling technique: Sampling technique used for the current study was purposive sampling.

Tools of data collection: Thetoolconsistedof02parts
Part: I-Socio demographic variables. Information on socio demographic variables of the subjects containing nine items, which included age, religion, educational status, occupational status, week of gestation.

Part:II- Knowledge questionnaire: In this study, Knowledge questionnaire consisted of 18 items related self-assessment of daily fetal movement count. The items were constructed in consultation with experts in the field of OBGY Nursing.
Reliability
The reliability of the knowledge tool was determined by; the tool was administered to 10 primigravida women. Reliability of the tool was found to be r=0.92

Pilot Study

The pilot study was conducted at selected hospital from 03 /03/2025 to 08/03/2025, to assess the practicability of the study and to decide a plan for statistical analysis. The purpose of the pilot study was to assess the feasibility of the study, appropriateness of the tool. It was conducted on 10 subjects of primigravida women. The investigator obtained formal permission from the concerned authority prior to the pilot study. During the pilot study the investigator did not face any problem and found the study to be feasible. The tools were found feasible and practical. Analysis of the data was done using descriptive and inferential statistics. No further changes were made in the tool after pilot study and the investigator proceeded for the main study

Data collection procedure

Data collection tool are the procedures or instruments used by the investigator to observe or measure the key variables in the research problem. The subjects were selected by the purposive sampling technique. The main study was conducted on 100 mothers of primigravida mother at selected hospitals from 10/03/2025 to 31/03/2025 to assess Effectiveness of structured teaching programme on self assessment of daily fetal movement count among primigravida mothers at DR. V.V.P. PRH loni.

Ethical consideration: Ethical permission was obtained from ethical committee of Smt. SEVP CON, with vide letter no: Written informed consent was obtained from the study participants.

RESULTS

Organisation of the findings

The data was analysed and presented in the following sections–

Section-I: Distribution of socio-demographic variables of primigravida mothers.

Section-II: Pretest and post-test level of knowledge of DFMC among primigravida mothers.

Section-III: Effectiveness of structured teaching programme on self assessment of DFMC among primigravida mothers.

Section-IV: Association between post-test level of knowledge about DFMC among primigravida mothers with selected demographic variables.

SectionI: Distribution on demographic variables of primary school teachers

The present study shows the assessment of primigravida mothers according to their age where majority of the 63(63%) were from 21-25, 22(22%) were from <21 years of age and 15(15%) were from 26-30 years of agethe assessment of primi-gravida mothers according to their education where majority 54(54%) samples have completed with their higher secondary education, 29(29%) have completed with their secondary education, 17(17%) have completed with their graduate & above and 0(0%)were illiterate. the assessment of primi-gravida mothers according to their occupational status where majority 74(74%) were agriculture, 20(20%) were home worker and 06(06%) were business. the assessment of primigravida mothers according to their family monthly income where 70(70%) were having income less than Rs. 3000/-, 30(30%) were having income more than Rs. 3001-6000/- and 0(0%) were having income less than Rs. 9001/-.the assessment of primigravida mothers according to their type of family where 47(47%) were having nuclear family and 53(53%) were having joint family. the assessment of primigravida mothers according to their religion where majority 70(70%) were having Hindu, 30(30%) were Muslim and 0(0%) were Christian. The assessment of primigravida mothers according to their gestational age where majority 79(79%) were from gestational age group <37 and 21(21%) were from gestational age 37the assessment of primigravida mothers according to their fundal height where majority 80(80%) were having more than 34, 20(20%) were having 32-34 and 0(0%) were having less than 32the assessment of primigravida mothers according to their maternal weight where majority 70(70%) were having <60, 30(30%) were having>60.the assessment of primigravida mothers according to their diet type where majority 70(70%) were having vegetarian, 30(30%) were having mixed diet. The assessment of primigravida mothers according to their antenatal visit where majority 60(60%) were having third, 40(40%) were having second and 0(0%) were having first.the assessment of primigravida mothers according to their immunization status where majority 88(88%) were having immunized, 12(12%) were having not immunized the assessment of primigravida mothers according to their co-morbid illness where majority 50(50%) were having any other, 30(30%) were having

diabetics mellitus and 20(20%) were having hypertension.

Section II: Pretest and post-test level of knowledge of DFMC among primigravida mothers.
the pretest and post-test level of self-assessment (DFMC) among primigravida mothers in DR. V. V. P. Pravara Rural Hospital, Loni which concludes that in the pretest majority of the primigravida mothers 56(56%) were having average knowledge about DFMC, 43(43%) were having poor knowledge about DFMC and 1(1%) were having good knowledge about DFMC. The mean pretest score was 7.2. whereas in the post-test majority of the primigravida mothers 60(60%) were having good knowledge about DFMC, 40(40%) were having average knowledge about DFMC and 0(0%) were having poor knowledge about DFMC. The mean post-test score was found out to be 2.8427.

Section III: Effectiveness of structured teaching programme on self-assessment of DFMC among primigravida mothers.
The effectiveness of structured teaching programme on DFMC on primigravida mothers admitted in DR. V. V. P. Pravara Rural Hospital, Loni where the mean pretest score was 7.2 whereas the mean post test score was 12. The mean difference was found out to be 0.4771 with the standard deviation of mean difference was found out to be 0.477098. The calculated 't' value was found to be 12.97925 with 'p' value 0. which is statistically significant concluding that the structured teaching programme was found to be effective in improve knowledge regarding DFMC among primigravida mothers admitted in DR. V. V. P. Pravara Rural Hospital, Loni

Section IV: Association between post-test level of knowledge about DFMC among primigravida mothers with selected demographic variables.
The study findings concluded that concludes predicts outcomes of association of post-test level of knowledge of DFMC among primigravida mothers with selected demographic variables. Chi square analysis was used to find out the association. The results concludes that there was no any significant association of post-test level of knowledge of DFMC among primigravida mothers with selected demographic variables such as age, education, occupational status, monthly family income, type of family, fundal height, dietary pattern co-morbid illness of primigravida mothers

DISCUSSION

Findings related to demographic characteristics
In current study, 100 primigravida mothers were included where majority age where majority of the 63(63%) were from <21- >35, 22 (22%) were from <21 years of age and 15(15%) were from 26-30 years of age.
Educational status of primigravida mother's states that majority 54(54%) samples have completed with their higher secondary education, 29 (29%) have completed with their secondary education, 17(17%) have completed with their graduate & above and 0(0%) were illiterate.
Data based on occupational status states that majority 74(74%) were agriculture, 20(20%) were home worker and 06(06%) were business.
Data based on monthly family income states that, where 70(70%) were having income less than Rs. 3000/-, 30(30%) were having income more than Rs. 3001-6000/- and 0(0%) were having income less than Rs. 9001/-

Association of post-test knowledge about DFMC among primigravida mothers with selected demographic variables.
The current study revealed that there was no any significant association of post-test level of DFMC among primigravida mothers with selected demographic variables such as age, education, occupational status, monthly family income, type of family, dietary pattern and primigravida mothers. A similar study was conducted which resulted there was a significant association between pre test knowledge of normal primigravida mothers and selected socio-demographic variables such as education received (p<0.05). selected demographic variables such as age, educational qualification, type of family, monthly income, dietary pattern, fundal height, maternal weight, co-morbid illness.

CONCLUSION

The study was conducted to assess the effectiveness of structured teaching programme technique on self-

assessment of DFMC among primigravida mothers admitted in DR. V.V.P. Pravara Rural Hospital Loni Bk. The finding of the study showed that the structured teaching programme technique was effective in improving the knowledge about DFMC among primigravida mother. This study will help the primigravida mother and health care professionals to develop appropriate clinical competencies and will provide enhanced preventive and curative care and will be helpful for practices in daily clinical activities.

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