Assessment Of Knowledge Regarding Antenatal Diet Among Antenatal Mothers

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Abstract*—The most important aspect of human life is nutrition. The nutritional status of pregnant women influences the state and future course of development of offspring. It is crucial to optimise the health of pregnant women through nutrition. Objective: To assess the knowledge regarding antenatal diet among antenatal mothers. To associate the knowledge regarding antenatal diet with the selected demographic variables. Method: A descriptive design was adopted for this study. The Sample size consists of 30 antenatal women attending the antenatal check-up at Primary Health Centre, Pothanur. Non-probability convenience sampling technique was adopted to select the sample. In this study, data were gathered by a structured questionnaire. Results: The level of knowledge score reveals that 33.3% had poor knowledge, 66.7% had average knowledge, and no one had good knowledge regarding antenatal diet. The study findings provide statistical evidence which indicates that antenatal mothers have average knowledge regarding antenatal diet.

***Index Terms*—Antenatal mothers, Antenatal diet, Knowledge.**

I. INTRODUCTION

Infants who are well nourished in the womb have an enhanced chance of entering life in good physical and mental health. The woman has to nourish both herself and the unborn child during her pregnancy. The mother requires additional dietary needs throughout that time of pregnancy, which include dairy products to provide calcium, green leafy vegetables to supplement iron, etc. Pregnant women must eat foods that provide additional nutritional supplements

II. STATEMENT OF THE PROBLEM

Assessment of the knowledge regarding antenatal diet among Antenatal Mothers at Primary Health Centre, Pothanur

III. OBJECTIVES

- Assessment of the knowledge regarding antenatal diet among antenatal mothers.
- Associate the knowledge regarding antenatal diet with the selected demographic variables.

IV. HYPOTHESIS

There will be a significant association between the knowledge score of the antenatal mothers and selected demographic variables.

V. DELIMITATIONS

- Data is collected from the antenatal mother who had undergone regular antenatal check-ups at Pothanur PHC.
- The data was collected only from the primi antenatal mother.

VI. METHODOLOGY

A descriptive design was adopted for this study. The sample size consists of 30 antenatal women attending the antenatal check-up at Primary Health Centre, Pothanur. Non-probability convenient sampling technique was adopted to select the sample. The study was conducted at the Primary Health Centre of Pothanur. The populations for the study were antenatal mothers who are attending the antenatal

clinic in the primary health Centre, Pothanur. Inclusion criteria for selection of the Sample include,
1. Antenatal mothers have a gestational age from 12 to 32 weeks.
2. Mothers who are willing to participate in this study.
3. Mothers who are available during the period of data collection. Exclusion Criteria include: 1. Multigravida Women. 2. Women don't read and write Tamil and English

VII. RESULTS

A total of 30 antenatal women were given the questionnaire. A total of 46.7% belonged to 18 to 22 years old. 30% were studied up to primary school. The majority of the sample 70% were housewives, and most (73.3%) of their monthly family income was below Rs.10,000. Regarding the type of family most of the sample (66.3%) belonged to nuclear families 76.6% of samples belonged to the Hindu religion. (Table 1).
Out of 30 participants, 66.70 % responded correctly the item number 2, and only 16.6 % responded correctly to item number 8. (Figure No: 1).

The level of knowledge score, 33.3% had poor knowledge, 66.7% had average knowledge and no one had good knowledge. (Figure No: 2).

Figure 1: Item-wise distribution of knowledge score of antenatal Mother

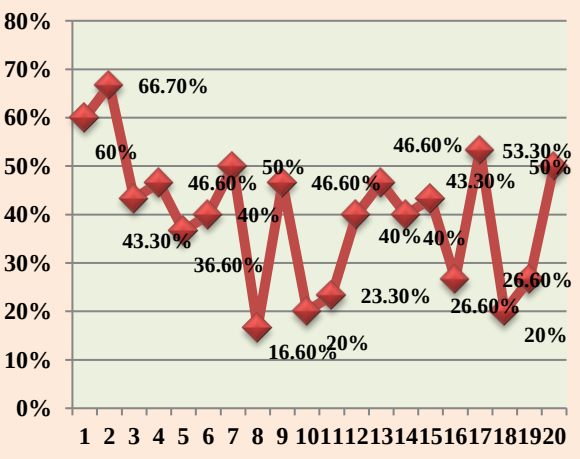

TABLE:1 SOCIO-DEMOGRAPHIC VARIABLE OF THE ANTENATAL MOTHER

Age	%
18-22 years	46.7%
23 - 27 years	48.3%
28 – 33 years	10 %
Above 33 years	0 %
Education	
Illiterate	13.3 %
Primary	30 %
Secondary	26.7 %
Higher Secondary	26.7 %
Occupation	
Housewife	70%
Office workers	20%
Daily wedges	6.7%
Business	3.3 %
Monthly Income	
Below 10 000	73.3 %
Rs.10001 -20000	13.3%
Rs.20001 -30000	13.3%
Above 30000	0
Type of family	
Joint	33.33%
Nuclear	66.3%
Religion	
Hindu	76.6%
Christian	20 %
Muslim	3.3 %

FIGURE 2: DISTRIBUTION OF SAMPLE ACCORDING TO KNOWLEDGE LEVEL

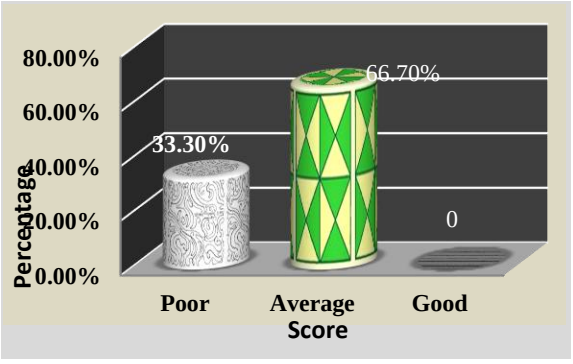

TABLE 2: ASSOCIATION OF KNOWLEDGE SCORE WITH DEMOGRAPHIC VARIABLE:

No	Sample Characteristic	Poor		Average		Good	(x^2)
		No	%	No	%	No	
1.	Age (years) 18 – 22, 23 – 27, 28 – 33, > 33	3, 7, 3, 0	21.5, 53.9, 100, 0	11, 6, 0, 0	78.5, 46.1, 0, 0	0, 0, 0, 0	7.15, (NS)
2.	Education, Illiterate, Primary, Secondary, Higher Secondary, Graduate	0, 3, 3, 3, 0	0, 33.3, 37.5, 37.5[0]	4, 6, 5, 5, 1	100, 66.6, 62.5, 62.5, 100	0, 0, 0, 0, 0	2.56, (NS)
3.	Occupation, House Wife, Office Worker, Daily wages Business	7, 1, 1, 1	33.3, 16.6, 50, 100	14, 5, 1, 0	66.6, 83.3, 50, 0	0, 0, 0, 0	3.27, (NS)
4.	Monthly income (Rs.), <10000, 10001 to 20000, 20001 to 30,000, Above 30,000	7, 1, 2, 0	31.8, 25, 50, 0	15, 3, 2, 0	68.1, 75, 100, 0	0, 0, 0, 0	0.64, (NS)
5	Type of family: Joint, Nuclear	7, 3	70, 15	13, 7	30, 35	0, 0	68.24*
6.	Religion: Hindu, Christian, Muslim	1, 2, 1	52.1, 16.6, 0	11, 5, 1	47.8, 83.3, 100	0, 0, 0	3.19, (NS)

NS – Not Significant. * Significant at 0.05 level

The chi-square value (68.24) at 0.05 level shows that there was a significant association between the type of family and the knowledge score of antenatal mothers, and there is no significant association between other demographic variables, such as age, education, occupation, monthly income, and religion. (Table No: 2).

VIII. DISCUSSION

The results of this study show that the level of knowledge scores of mothers before delivery, 10 out of 30 samples (33.3%), had poor knowledge. 20 out of 30 samples (66.7%) had average knowledge. No one had a good knowledge of prenatal diet. Similarly, a study conducted in Punjab by Anu Malik, Jasvir Kaur, and Navneet Kaur among antenatal women attending CHC regarding antenatal diet concluded that pregnant women had insufficient knowledge about antenatal diet. Study Results of Md. Abdul Mazid Azad et al., regarding the prenatal diet, also showed the knowledge gap between prenatal mothers and requirements. Intensive education is required for mothers in the prenatal period to understand the importance of nutrition during pregnancy.

Regarding demographic variables, family type (68.24) was significant at the 0.5 level. other demographic variables, such as education, occupation, monthly income, and religion, had no significant association with knowledge. Malangori, Abdulgani, and Parande conducted a study on nutrition knowledge, attitudes, and practices among pregnant women attending antenatal wards in a tertiary care hospital and concluded that satisfactory knowledge and attitude towards nutrition and diet during pregnancy and nutrition practices were absent among the study population. There is therefore a considerable gap in the translation of knowledge, attitude and practice.

LIMITATIONS:

- Due to time constraints, only 30 samples were included in the study.
- The study was limited to assessing the knowledge of prenatal diet among mothers.
- This study was conducted among primiparous women who underwent clinical evaluation.

RECOMMENDATION:

- A similar study can be done on a large sample to verify and generalise the result.

- A similar study can be conducted focusing on several areas of interest in women in the prenatal period.
- It is recommended to conduct a study to evaluate the effectiveness of prenatal diet education among prenatal mothers.

IX. CONCLUSION

The results of the study provide statistical evidence that clearly shows that mothers before giving birth have average knowledge about prenatal diet. The prenatal mother requires proper education and guidance regarding the diet.

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