Effectiveness of Intervention Package on Knowledge and Attitude Regarding Humanization of Childbirth among Staff Nurses at Selected Hospitals, Chennai

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Abstract- Humanization of childbirth emphasizes respect for women's dignity, autonomy, values, and choices during labor and birth. Despite global efforts, many women continue to experience mistreatment in healthcare settings, including abuse, discrimination, and neglect. Obstetric nurses play a pivotal role in promoting respectful maternity care through humanized practices. Enhancing nurses' knowledge and attitude is essential for improving the quality of childbirth care. A quantitative, pre-experimental one-group pretest–posttest design was adopted to assess the effectiveness of an intervention package on knowledge and attitude regarding humanization of childbirth among staff nurses in selected hospitals of Chennai. Using a non-probability convenience sampling technique, 120 staff nurses were recruited. Data were collected using a structured questionnaire for knowledge and a Likert scale for attitude. Results showed that in the pretest, 54.2% of staff nurses had below-average knowledge and 71.7% had a moderate attitude toward humanized childbirth. Post-intervention, 94.2% demonstrated above-average knowledge and 87.5% exhibited a good attitude. The mean knowledge and attitude scores significantly improved in the posttest (t = 25.311 and t = 19.716 respectively, p < 0.001). A moderate positive correlation was found between posttest knowledge and attitude (r = 0.314, p < 0.01). Knowledge showed a significant association with religion and type of family. The study concludes that the intervention package was highly effective in improving staff nurses' knowledge and attitude toward humanization of childbirth. Educational interventions can significantly strengthen respectful maternity care practices and should be integrated into ongoing nursing education programs.

Keywords: Attitude, Humanization of childbirth, Knowledge, Respectful maternity care.

I. INTRODUCTION

Midwifery has gone through countless changes over time. Pregnancy is the period that brings many pleasant, happy and joyful moments to woman and their family members. Millions of people giving birth in healthcare facilities worldwide are subjected to mistreatment such as physical and verbal abuse, discrimination and neglect. Humanization of childbirth is to provide full care to women and their child, taking into account their wills and choices, seeking to make the patient feel safe and comfortable. The woman and her baby and family are treated with dignity and respect, and the woman has the right to make decisions about her care. Obstetric nursing plays a very important role during birth, building human and quality care, generating significant changes in childbirth care. The nursing staffs play an active and essential role in the establishment of humanized care throughout the follow-up of the labour and childbirth, respecting time, limits, desires, aspirations and expectations of the people involved.

Humanizing birth means considering women's values, beliefs and feelings and respecting their dignity and autonomy during the birth process. Younger, less educated women were found to be more at risk of mistreatment; it includes physical and verbal abuse, stigmatization and discrimination, medical procedures conducted without their consent, use of force during procedures and neglect by health care workers.

Women's health advocates are raising awareness and developing policy initiatives on the importance of respectful maternity care. Rights based approaches to organizing and managing health

systems can facilitate the provision of respectful, quality care at birth.

Statement of the Problem
A study to assess the effectiveness of intervention package on knowledge and attitude regarding humanization of childbirth among staff nurses at selected hospitals, Chennai.

Objectives of the Study
✓ To assess the pretest and posttest knowledge and attitude regarding humanization of childbirth among staff nurses.
✓ To compare the pretest and posttest knowledge and attitude regarding humanization of childbirth among staff nurses.
✓ To correlate the knowledge and attitude regarding humanization of childbirth among staff nurses.
✓ To find the association between the knowledge and attitude regarding humanization of childbirth with the demographic variables.

II. METHODOLOGY

Quantitative research approach and pre-experimental research design was used for this study. Samples were selected using a non-probability convenient sampling technique. A total of 120 samples were selected based on inclusion criteria to participate in the study and brief introduction was given about the study to the samples. The basic assumption of this study was that knowledge and attitude will be better with education. Structured questionnaire was used to obtain demographic data and assess the knowledge. Likert scale used to assess the attitude regarding humanization of childbirth. After Pre-test, humanization of childbirth was explained with the help of power point and information booklet and post test was conducted on day seven to assess the knowledge and attitude regarding humanization of childbirth. The data was collected and analyzed using descriptive and inferential statistics.

III. RESULTS

Analysis of demographic variables revealed that majority 67.5% of the staff nurses were in the age group of less than 25 years, 61.7% of staff nurses were Hindus, 62.5% staff nurses were from nuclear family, 48.3% of the staff nurses were residing in urban area and 44.2% of the staff nurse were Diploma in General Nursing Midwifery qualified, majority 91.7% of them were working as staff nurse, 79.2% of the staff nurses had less than 5 years of working experience in maternity ward was less than 5 years, 36.7% of the staff nurses monthly income was between Rs.15,001-20,000. Majority 82.5% of the staff nurses had received information regarding humanization of childbirth and source of information was from training, books, magazine and media.

Assessment of the knowledge and attitude regarding humanization of childbirth among staff nurses.
Fig.No:1.Percentage distribution of the staff nurses based on knowledge regarding humanization of childbirth
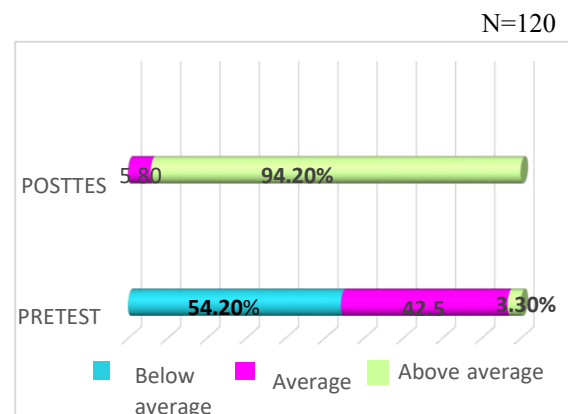
N=120

Figure 1 shows that in pretest, majority 65(54.2%) of staff nurses had below average knowledge, 51(42.5%) had average knowledge, 04(3.3%) had above average knowledge, whereas in post test, majority 07(5.8%) of the staff nurses had average knowledge and 113(94.2%) had above average knowledge. None of them had poor knowledge in the post test.

Fig.No:2.Percentagedistributionofthestaffnursesba sedonattituderegarding humanization of childbirth among staff nurses
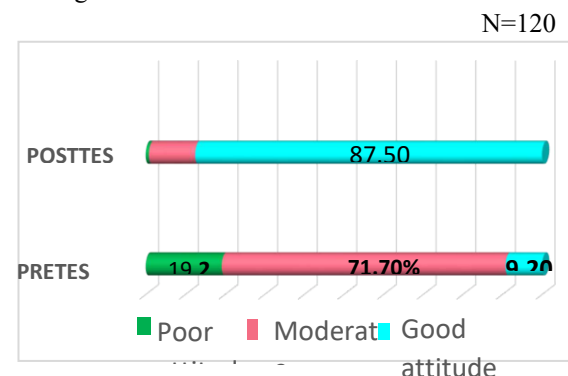
N=120

Figure 2 shows that in the pretest, 23(19.2%) of the staff nurses had poor attitude, 86(71.7%) of staff nurses had moderate attitude and 11(9.2%) had good attitude. Whereas in the post test, majority 105(87.5%) of staff nurses had good attitude, 14(11.7%) had moderate attitude and 01(0.8%) had poor attitude regarding humanization of childbirth.

Table I: Comparison of pre and post test knowledge and attitude on humanization of childbirth among staff nurses.

N = 120

Variables	Mean		S. D		Paired 't' test
	Pre test	Post test	Pre test	Post test	
Knowledge	47.20	84.91	14.34	7.24	t =25.311 df=119 p=<0.0001 ***S
Attitude	58.81	82.06	10.83	8.29	t =19.716 df=119 p=<0.0001 ***S

*p<0.05, **<0.01, ***<0.001 S-significant NS- not significant

Table 1 shows that the mean pretest knowledge score was 47.20 with a standard deviation of 14.34, whereas the mean posttest knowledge score was 84.91 with a standard deviation of 7.24. The 't' score was 25.311 which was statistically significant at p<0.001 level of significance.

The mean pretest attitude score was 58.81 with a standard deviation of 10.83, whereas the mean posttest attitude score was 82.06 with a standard deviation of 8.29. The 't' score was 19.716 which was statistically significant at p<0.001 level of significance.

Table 3: Correlation of posttest knowledge and attitude on humanization of childbirth among staff nurses

N=120

VARIABLES	'r' VALUE
KNOWLEDGE	r=0.314 p=0.01 **S
ATTITUDE	

*p<0.05, **<0.01 p, ***<0.001 S-significant NS-not significant

Table 3 shows that there was a moderate positive correlation between posttest knowledge and attitude on humanization of childbirth among staff nurses which was significant at p<0.01 level of significance.

Association revealed a statistically significant association found between knowledge and demographic variables like religion at p<0.01 and type of family at p<0.05 level of significance and other demographic variables were not significant.

IV. DISCUSSION

Assessment of the knowledge showed that in the pretest majority were having below average knowledge whereas in the posttest majority were having above average knowledge and none of them had below average knowledge. This finding of the study is supported by previous study on effectiveness of the midwife led respectful maternity care education programme among staff nurses and found that that in pretest 17(56.67%) of the staff nurses had moderate knowledge and 13(43.33%) had inadequate knowledge whereas in the posttest 23(76.67%) had adequate knowledge and 7(23.3%) of the staff nurses had moderate knowledge (Vijayalakshmi. N, 2020) and 73.33% of the staff nurses had moderate knowledge in the post test as compared to 76.67% with inadequate knowledge in pre-test (Manimegalai, M. & et al., 2022).

Assessment of the attitude showed that in the pretest majority (87.5%) of the staff nurses had poor attitude whereas in the posttest majority had good attitude and only 0.8% had poor attitude. This finding is supported by a non-experimental exploratory study conducted by Devi, L.L, Deshpande, J. & Devi, N S. (2021) which revealed that the majority 83% of staff nurses had highly favourable attitude regarding respectful maternity care.

Correlation of knowledge and attitude showed that there was a moderate positive correlation between posttest knowledge and attitude (r=0.314) on humanization of childbirth among staff nurses which was significant at p<0.01 level of significance. We can infer from the findings that as knowledge increases the attitude becomes more favourable.

The findings this study revealed that the intervention package was effective in increasing the knowledge and attitude of the staff nurses on humanization of childbirth. This finding is supported by the study findings which revealed that the mean posttest knowledge score (32.53) of experimental group was significantly higher than the pretest knowledge score

(18.5) after administering awareness programme (Das, D. 2018, Vijayalakshmi, N, 2020 & Uwamahoro, V. & et al. 2019).

Association The above findings of the study was supported by the study findings of Devi, L.L, Deshpande, J. & Devi, N S. (2021) which revealed that there no significant association between the demographic variables with the posttest knowledge and attitude regarding humanization of childbirth

V. NURSING IMPLICATIONS

- Nursing education should sensitize the students by improving their knowledge and attitude regarding humanization of childbirth to provide high quality care.
- The government should provide guidelines and protocols to be followed by health care facilities regarding humanization of childbirth.
- Training programme should be conducted for the staff nurses to enhance the respectful maternity care to improve the quality of nursing services.
- Induction training programme should be arranged for novice nurses to know about the rights of woman's and gain knowledge and attitude towards respectful maternity care.
- Nurse administrator should make hospital policies about humanization of childbirth.
- Nurse administrator collect the feedback from the mother and family members regarding the care provided in the health care facilities.
- Nurse researcher can explore various innovative methods to develop positive attitude towards protection of mother from disrespectful care among staff nurses.

VI. CONCLUSION

The humanization of birth is still a challenge in professional practice. Humanizing birth means considering woman's values, beliefs, feelings, respecting their dignity and autonomy during birth process. It is very essential that the unique moment like childbirth is experienced in a positive and enriching way. The health care professionals have to change their attitude and perceptions towards humanization of childbirth helps to reduce physical and verbal abuse. The hospitals should improve the patient to caregiver ratio to give a positive experience by reducing abandonment of care. Health facilities should develop standards and protocols for supporting humanized childbirth.

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