



## A study to assess the knowledge, practice and attitude of postnatal mother regarding postnatal exercise in government headquarters hospital, Kumbakonam

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### Abstract

**Background:** Postnatal exercise is the exercises done after delivery. The aim of exercise is to cleave a beneficial level of fitness and health, both physically and mentally. Postnatal exercise should be encouraged, they help to improve muscle tone of the abdomen and pelvic floor and also bladder and bowel function. Exercise can be relaxing it will help the body recover, ensure keep fit and will generally make mother feel better.

**Aim:** Assess the Knowledge, Practice and Attitude of postnatal mother regarding postnatal exercise at Government Headquarters Hospital, Kumbakonam.

**Objectives:** 1. To assess the Knowledge, Practice and Attitude of postnatal mother's regarding postnatal exercise at Government Headquarters Hospital, Kumbakonam. 2. To find out the association between Knowledge, Practice and Attitude of postnatal mothers regarding postnatal exercise with their selected demographic variables.

**Methodology:** A descriptive study design was used to achieve the objectives of the study. The study was conducted with 30 postnatal mothers in selected hospital. Convenient sampling technique was adopted to select the sample. The data was collected with a structured interview schedule. The data obtained would be analyzed by both descriptive and inferential statistics.

**Results:** The finding shows that the Knowledge, Practice and Attitude of postnatal mother are in moderate level and it also found that there is a need for health education and awareness regarding postnatal exercise and it also found the significantly associated variables in knowledge, were Religion ( $\chi^2=0.74$ ) and Income ( $\chi^2=4.138$ ). In consent with the attitude, Religion ( $\chi^2=3.448$ ), Occupation ( $\chi^2=3.137$ ) Source of information ( $\chi^2=4.147$ ) and Gravid ( $\chi^2=1.11$ ) were found as significant. In relation with the practice, Religion ( $\chi^2=1.543$ ) Income ( $\chi^2=5.296$ ) Gravid ( $\chi^2=1.11$ ) were found as significant with the demographic variables.

**Keywords:** headquarters, knowledge, postnatal, Kumbakonam

### Introduction

Postnatal exercise offers a whole range of benefits for the mother. Postnatal exercise will speed up the recovery process and build valuable strength specific exercise for abdominal wall is transverse abdominal muscle which is used in the treatment of back pain. The specific exercise approach aims to improve the dynamic stability role of the local muscle in providing stiffness to the segments of the spine and pelvic during functional postures and movements.

However some women continue to experience problems related to child birth that will extended beyond the puerperium. Postnatal exercise after the baby is born gradually to regain and then improve the forever level of fitness. Once the baby is born women should return to exercising as soon as they feel able but this should be gradual process. Many women are unaware of the benefit of postnatal exercise. Also some of the superstitions and customs existing in the society are prohibiting the postnatal women from performing exercise.

### Problem Statement

A study to assess the Knowledge, Practice and Attitude of postnatal mothers regarding postnatal exercise at Government Headquarters Hospital, Kumbakonam.

### Objectives

1. To assess the knowledge, practice and attitude of postnatal mothers regarding postnatal exercise at Government Headquarters Hospital Kumbakonam.

2. To find out the association between knowledge, practice, attitude of postnatal mothers regarding postnatal exercise and their selected demographic variables

### Assumptions

- The postnatal mothers may have some knowledge regarding postnatal exercise.
- Knowledge, Practice and Attitude have strong influence on the adaption of healthy behavior practice.

### Delimitation

1. The study population is delimited in Government Headquarters Hospital, Kumbakonam.
2. The study is limited to women from the 2nd postnatal day.
3. Prescribed data collection provided in only 2weeks.
4. The sample size is limited to 30 postnatal mothers.

### Review of Literature

The extensive review of literature has been done and it is organized according to the following headings

- Benefit and effectiveness of postnatal exercise.
- Knowledge on postnatal exercise.
- Attitude towards postnatal exercise.
- Practice of postnatal exercise.

### Research Methodology

Descriptive study design was used to achieve the objectives of

the study. The setting of this study was Government Headquarters Hospital, Kumbakonam.

Target population: The term “POSTNATAL MOTHERS” are the target population in the study. Accessible population: The term accessible population comprises of postnatal mothers who are from the 2<sup>nd</sup> postnatal day following normal vaginal delivery admitted in Government Headquarters Hospital, Kumbakonam.

Convenient sampling technique was used to select 30 postnatal mothers from 2<sup>nd</sup> postnatal day after normal vaginal delivery as study sample.

**Inclusion criteria**

- Who are willing to participate in the study
- Who are available during the period of data collection
- Who can understand and speak Tamil or English.
- Who undergone normal vaginal delivery with or without episiotomy

**Exclusion criteria**

- Who are critically ill at the time of data collection
- Who had undergone caesarean section and forceps delivery
- Who are at 1<sup>st</sup> postnatal day

**Data Collection Tool:** The tool consists of 4 sections.

1. **Section-1:** This section comprised of items related to socio demographic variable of postnatal mother
2. **Section-2:** A structured questionnaire, to assess the knowledge of postnatal mothers regarding postnatal exercise.
3. **Section-3:** It consists of 3 points likert’s type scale of attitude to assess the attitude aspect of postnatal exercise.
4. **Section-4:** It consists of observational checklist to assess the practice of postnatal exercise

**Methods of data collection**

The study was conducted in Government Headquarters Hospital, Kumbakonam. After verified with criteria 30 postnatal mothers were selected as a sample by using convenient sampling technique. After adequate explanation, oral consent was obtained from the mother and same day Section-1, 2 and 3 of structured interview schedule was given to the mothers. a Thereafter observational checklist was checked by the researcher on the basis of the postnatal exercise done by the mother. After collecting the data a self-prepared instructional module was described to the sample. Same procedure was repeated for all the 30 samples. The collected data was analyzed and tabulated in the form of frequency and percentage distribution.

**Result**

**Table 1:** Frequency and percentage distribution of Demographic variable N=30

| S. No | Demographic variables | Frequency | Percentage (%) |
|-------|-----------------------|-----------|----------------|
| 1.    | Age (in years)        |           |                |
|       | 18-25 years           | 14        | 46.7           |
|       | 26-30 years           | 13        | 43.3           |
|       | 31 and above          | 3         | 10             |
| 2.    | Religion              |           |                |
|       | Hindu                 | 29        | 96.7           |
|       | Christian             | 1         | 3.3            |
|       | Muslim                | -         | -              |
| 3.    | Others                | -         | -              |
|       | Educational           |           |                |
|       | Illiterate            | 2         | 6.6            |
|       | Primary & education   | 3         | 10             |
|       | Middle education      | 12        | 40             |
| 4.    | High school           | 9         | 30             |
|       | Graduation and above  | 4         | 13.4           |
|       | Occupation            |           |                |
|       | Unemployed            | 2         | 6.6            |
|       | Government service    | -         | -              |
| 5.    | Self employed         | 14        | 46.7           |
|       | Private employed      | 14        | 46.7           |
|       | Income in rupees      |           |                |
|       | Below 2000            | 7         | 23.4           |
| 6.    | 2001-6000             | 13        | 43.3           |
|       | 6001-10000            | 9         | 30             |
|       | Above 10000           | 1         | 3.3            |
|       | Types of family       |           |                |
| 7.    | Nuclear family        | 17        | 56.7           |
|       | Joint family          | 13        | 43.3           |
|       | Domicile              |           |                |
| 8.    | Rural                 | 11        | 36.7           |
|       | Suburban              | 9         | 30             |
|       | Urban                 | 10        | 33.3           |
| 8.    | Source of information |           |                |

|    |                  |    |      |
|----|------------------|----|------|
|    | Parents & family | 3  | 10   |
|    | Mass media       | 9  | 30   |
|    | Printed aids     | 18 | 60   |
|    | Friends          | -  | -    |
| 9. | Gravid           |    |      |
|    | Prime gravid     | 14 | 46.7 |
|    | Multi gravid     | 16 | 53.3 |

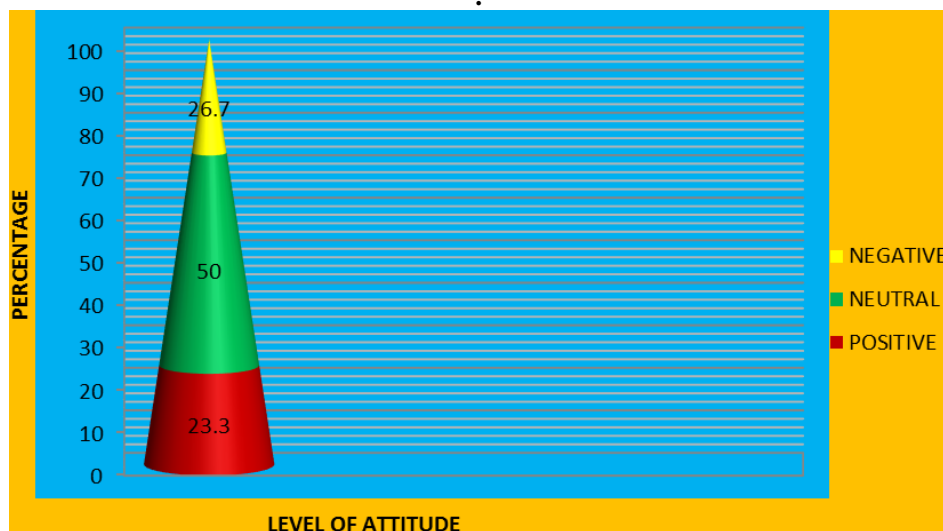


Fig 1: Percentage distribution of level of attitude regarding postnatal exercise

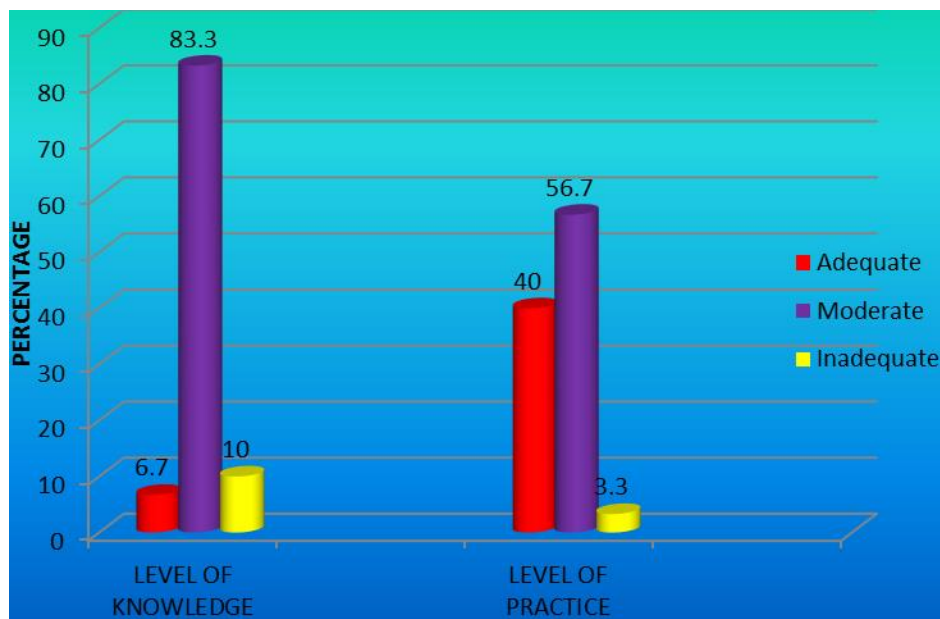


Fig 2: Percentage distribution of level of knowledge and level of practice regarding postnatal exercise

Table 2: Mean and Standard Deviation of Knowledge, Practice and Attitude of postnatal mother regarding postnatal exercise.

| Aspects   | Maximum statement | Maximum score | Mean  | Standard Deviation |
|-----------|-------------------|---------------|-------|--------------------|
| Knowledge | 20                | 20            | 12.86 | 1.74               |
| Practice  | 20                | 20            | 14.16 | 2.29               |
| Attitude  | 10                | 30            | 25.33 | 3.03               |

**Association between Knowledge, Practice and Attitude with selected demographic variable**

**Knowledge**

The result shows that in age ( $\chi^2=3.585$ ), education ( $\chi^2=16.992$ ) occupation ( $\chi^2=7.954$ ) type of family ( $\chi^2=2.551$ ) domicile ( $\chi^2=4.552$ ) source of information ( $\chi^2=6.664$ ) gravid ( $\chi^2=2.928$ )

are found as non-significant, religion ( $\chi^2=0.74$ ) income ( $\chi^2=4.138$ ) are found as significant.at 0.05 level

**Practice**

The result revealed that religion ( $\chi^2=1.543$ ), income in rupees ( $\chi^2=5.296$ ) gravid ( $\chi^2=0.8864$ ) are found as significant.

( $x^2=7.5921$ ), education ( $x^2=19.9256$ ) types of family ( $x^2=25.92$ ) domicile ( $x^2=11.5475$ ) occupation ( $x^2=7.4947$ ) are found in non-significant at 0.05 level.

### Attitude

The chi-square value shows that religion ( $x^2=3.448$ ) occupation ( $x^2=3.137$ ) source of information ( $x^2=4.147$ ) gravid ( $x^2=1.11$ ) are found in significant. Age ( $x^2=7.936$ ) income in rupees ( $x^2=25.729$ ), type of family ( $x^2=16.46$ ) domicile ( $x^2=6.493$ ) are found in non-significant at 0.05 level

### Implication

#### Nursing Practice

Nurses should enhance their professional knowledge the findings of the study can be used to bring about awareness among the staff nurse regarding the importance of health education to postnatal mother regarding postnatal exercise, and also they can use their knowledge for their professional enhancement and can give best possible care to the postnatal mother.

#### Nursing Education

Student must be enlisted and supervised to give health education to postnatal mothers in hospital and community setup. Nurses must conduct mass educational programme in the community using different audio visual aids to create awareness regarding importance of postnatal exercise and to develop a positive attitude towards postnatal exercise.

#### Nursing Administration

Nursing administration can be able to take the initiative in improving health information through different effective teaching methods regarding postnatal exercise through proper Nursing administration. Nurses can organize various in-service educational programmes to upgrade the knowledge and promote the awareness regarding importance of postnatal exercise during postnatal periods so that they can implement the knowledge in Hospital and community set up for caring the postnatal mother and should develop awareness among postnatal mother regarding postnatal exercise.

#### Nursing Research

This study finding can be effectively utilized by the emerging researchers. It can be utilized by nurse researchers in the future to conduct extensive studies to assert the knowledge practice and attitude regarding in community and clinical setting will find the opportunity to teach and improve the knowledge of postnatal mother.

#### Recommendation

1. A similar study can be replicated on larger sample to generalize the finding.
2. The same study can be conducted to assess the effectiveness of STP (or) video assisted teaching.
3. A comparative study can be conducted with rural and urban areas.

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