Planned Health Education and Safe Motherhood

Abstract of a Study

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'A study to assess the effectiveness of planned health education for safe motherhood in primigravida women in one of the hospitals at Mangalore' was conducted by K. Shantha Kumari in partial fulfilment of the requirement for the Degree of Master of Sciences (Nursing) at the Institute of Nursing Sciences affiliated to Mangalore University. Given below is an abstract of the study.

The objectives of the study were:

1. Pre-test the primigravida women's knowledge regardin safe motherhood.
2. Provide planned health education on safe motherhood to selected primigravida women.
3. Evaluate the effectiveness of health education on knowledge of those women who received the planned health education.

For the purpose of the study experimental design was used and it was a purposive sampling technique, selecting randomly 50 primigravida out of which 25 primigravida were kept in the experimental group and 25 primigravida were kept in the control group. They were given a pre- and post-test with the prepared structured questionnaire and health education was provided to the study group only.

After collecting the data it was analysed statistically and it was found that the majority sample (86%) were urban-oriented. They were between the age group of 20-30 years. They belonged to the Hindu community (76%). It was found that the post-test mean of difference was 21.24 and standard deviation was 5.22 and 't' value was 20.34. The significance set 0.05 level (1.711). So the obtained 't' value 21.34 was found greater (1.771) at 0.05 level. Therefore, after health education the post-test score was significantly higher than the pre-test one and on comparing it with control group the difference mean was 0.60 and standard deviation was 0.16 and the obtained 't' value was 1.33. It was lesser than 1.711 at 0.05 level of significance. It indicates that the control group score remains the same.

From the analysis of data it was found that primigravida women who received health education had developed adequate knowledge related to safe motherhood. Therefore, it was evident that health education was required for pregnant women in order to reduce maternal mortality and prevent complications. Planned health education for women attending antenatal clinic or community centre or at home can be provided by Nurses working in this area. So they can achieve safe motherhood.

Major Recommendations

1. The sampling should be extended including all women so that one can have a better idea to give better knowledge on safe motherhood.
2. In future a comparative study can be done regarding safe motherhood with the well educated and with those having higher income, against low level of education and low income group mothers.
3. One can take up a study or how effective was the safe motherhood knowledge of the primigravida mother after they had got knowledge from a Nurse.

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