

# “A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ESSENTIAL NEWBORN CARE AMONG POSTNATAL MOTHERS AT SELECTED RURAL AREA OF BHABHAR, BANASKANTHA, GUJARAT”

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## ABSTRACT

**Background:** Newborn care consists of evaluation for the need of resuscitation, a complete physical exam, administration of prophylactic medications and vaccines, adequate feedings, safe sleep, hygiene of the newborn, and other important areas for baby wellbeing. All newborns should have access to essential newborn care, which is the critical care for all babies in the first days after birth. Essential newborn care involves immediate care at the time of birth, and essential care during the entire newborn period. It is needed both in the health facility and at home. **Methods:** this study included the Quantitative research approach, pre-experimental one group pre-test post-test research design. 60 Postnatal Mothers were selected by using Non-probability Convenient Sampling technique. On first day pre- test was done by using the Self-administered questionnaire, Explain about Essential newborn care. On 7th day post-test was done by using Self-administered questionnaire, to check the effect of planned teaching program on knowledge regarding Essential newborn care among the Postnatal mothers. The data obtained were analyzed and interpreted by using both descriptive and inferential statistical in terms of frequency, percentage, and chi-square. **Results:** The knowledge regarding essential newborn care among postnatal Mothers was assessed. the 'z' value 14.42 is significantly higher than the table value 1.96 at 0.05 level significance. This indicates that there was a difference in the pre-test and post-test knowledge score of respondents and the planned teaching programme is effective in improving the knowledge score of postnatal mothers, hence the H<sub>1</sub> hypothesis was proved and accepted. There is an association between pre- test knowledge score with selected Socio-demographic variables; hence the research hypothesis (H<sub>2</sub>) is accepted. **Conclusion:** This study concludes that there is improvement in the level of knowledge of Postnatal mothers which indicate that the Planned teaching programme is effective.

**KEYWORDS:** Assess, Effectiveness, planned teaching programme, Knowledge, Child abuse, postnatal Mothers.

## INTRODUCTION

Indian mothers are not aware of newborn care due to various reasons such as ignorance, low socio-economic status. Primipara mothers may have some anxiety because they are not quite sure how to take care of newborn. Rather than becoming anxious about it, the mothers need to learn all things about newborn care process. Nurses play a major role in creating awareness and competence among primi mothers for successful newborn care to their babies. Teaching is most effective when it responds to learn need. There is an important need to impart knowledge to the post natal mother about newborn.

All newborns should have access to essential newborn care, which is the critical care for all babies in the first days after birth. Essential newborn care involves immediate care at the time of birth, and essential care during the entire newborn period. It is needed both in the health facility and at home.

Newborn care consists of evaluation for the need of resuscitation, a complete physical exam, administration of prophylactic medications and vaccines, adequate feedings, safe sleep, hygiene of the newborn, and other important areas for baby wellbeing.

Nutrition is essential for optimal growth and development especially in the first few months of life, because brain growth is proceeding at such a rapid rate. Breast feeding is the preferred form of nutrition for all infants it should be initiated within first half an hour of birth or as soon as possible. Early sucking provides warmth colostrum is most suitable and contains a high concentration of protein and other nutrients. It is rich in anti-infective factors and protects the baby from respiratory infections and gastro intestinal infections. Nearly 26 million babies are born in India each year, this accounts for 20% of global birth, of these, 1.2 million dies before completing the first four weeks of life. This accounts for nearly 30 percent of the total 3.9 million neonatal death world wide. cocci, otitis media, numerous allergies, and atopy.

### STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of Planned teaching programme on knowledge regarding essential newborn care among postnatal mothers at selected rural area of bhabhar, Banaskantha, Gujarat.”

### OBJECTIVES OF THE STUDY

- To assess the knowledge regarding essential newborn care among postnatal mothers.
- To assess the effectiveness of planned teaching programme on knowledge regarding essential newborn care among postnatal mothers.
- To find out the association between the pre-test knowledge regarding essential newborn care among postnatal mothers with their selected-demographic variables.

### MATERIALS AND METHODS

**RESEARCH APPROACH:** Quantitative Research Approach.

**DESIGN:** Pre-Experimental one group pre- test and post- test design.

**PARTICIPANTS:** 60 Postnatal Mothers by using non-probability- Convenient sampling technique.

### Data Collection Tool and Technique

Demographic data Consist of selected socio-demographic variables such as Consist of selected socio-demographic variables such as Age in Years, Educational status of postnatal mother, Type of the family, Occupational status of postnatal mother, Monthly income of the family, Do have any information about essential newborn care. This section consists of 06 items.

Structured knowledge questionnaire on Essential newborn care among Postnatal Mothers. This section consists of 25 items on selected aspects of Essential newborn care. Each item had one or more correct answers all of which were scored. Each correct answer was given a score of ‘one’ and wrong answer ‘zero.’ The total score was 25.

### Analysis and Interpretation

Organization and presentation of the data

The collected data was entered in a excel master sheet for tabulation and statistical processing. The data were analysed and interpreted using descriptive and inferential statistics based on the objectives and hypothesis formulated for the present study.

### The findings are presented under the following headings

**Section A:** frequency and percentage distribution of socio-demographic variables.

**Section B:** Distribution of respondents by Pre-test and Post-test level of knowledge regarding the effectiveness of Planned teaching programme on knowledge regarding essential newborn care among postnatal mothers.

**Section C:** Effectiveness of the Planned teaching programme.

### Section A: Frequency and percentage distribution of Socio-demographic variables.

**Age in Years:** As regard to Age in year most of the respondent i.e.56.66% belonged to the age group of 21-25 years.

**Educational status of postnatal mother:** As regard to educational status of Postnatal mother most of respondent i.e. 46.66% belonged to primary education.

**Type of family:** As regard to type of family most of respondent i.e., 48.33% belonged to nuclear family.

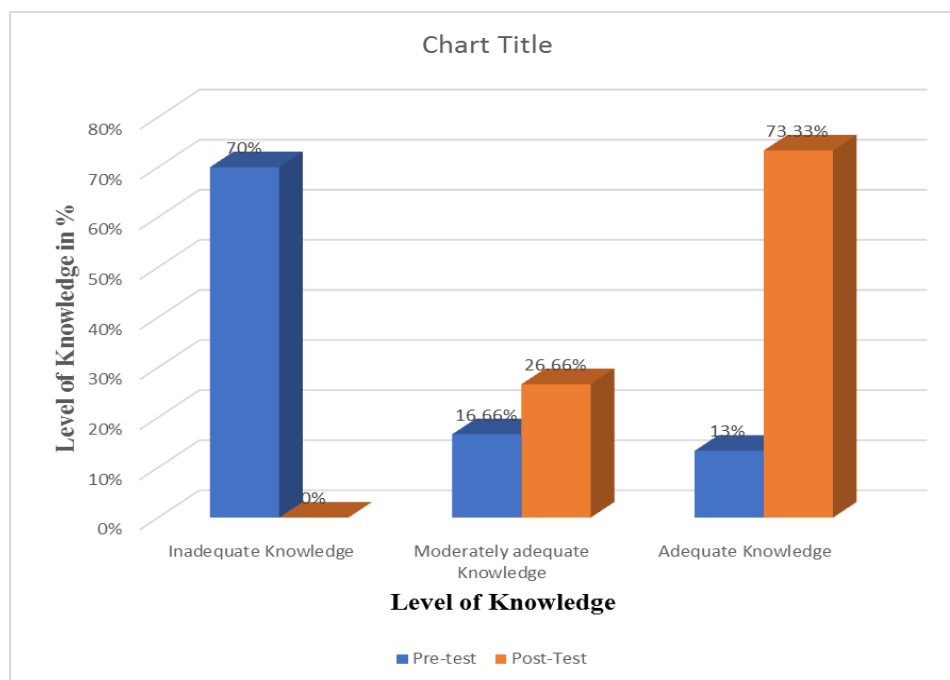
**Occupational status of Postnatal mother:** As regard to occupational status of Postnatal mother, most of the respondent i.e.40% belonged to the house wife.

**Monthly income of the family:** As regard to Monthly income of the family, most of respondent are i.e., 36.66% of the respondent belonged from Monthly income Above Rs, 20,000.

**Do you have any information about essential newborn care:** As regard to any information about essential newborn care most of the respondent i.e., 86.66% belonged to No information.

**Section B: Distribution of respondents by Pre-test and Post-test level of knowledge regarding the effectiveness of Planned teaching programme on knowledge regarding essential newborn care among postnatal mothers.**

Level of knowledge	Score	Frequency		Percentage	
		Pre-test	Post-test	Pre-test	Post-test
Inadequate knowledge(0-33%)	0-8	42	00	70%	00
Moderately knowledge(34-67%)	9-17	10	16	16.66%	26.66%
Adequate knowledge(68-100%)	18-25	08	44	13.33%	73.33%
Total	25	60	60	100%	100%



**Figure 09: Level Of Knowledge.**

**Table 09 and figure 09:** Depicts the Pre-test and Post-test knowledge level of postnatal mothers. The result shows that in pre-test 13.33% of the respondents had adequate knowledge, 16.66 % had moderate knowledge, and 70 % had inadequate knowledge and in post-test

73.33% had adequate knowledge, 26.66% had moderate knowledge and 0% of the respondent had inadequate knowledge regarding essential newborn care among postnatal mothers.

**Section C: Effectiveness of the Planned teaching programme.**

**N-60**

Knowledge	Mean	Mean %	SD	Enhancement	Enhancement %	Df	Z-Value	Inference
PRE-TEST	8.28	34.28	4.36	6.24	31.44%	58	14.42	Significant
POST-TEST	14.52	65.72	3.15					

**Table 10:** The result showed that the mean post-test knowledge score is 14.52 (65.72%) is greater than the mean pre-test knowledge score 8.28 (34.28%). The above table also depicts that the enhancement in the knowledge of respondents is 6.24 (31.44%) supporting the post-test knowledge score are higher than the pretest knowledge score. The data further represent that the 'z' value 14.42 is significantly higher than the table value 1.96 at 0.05 level significance. This indicates that there was a difference in the pre-test and post-test knowledge score of respondents and the Planned teaching Programme is effective in improving the knowledge score of postnatal mothers.

**H<sub>1</sub>:** There is a significant difference between the pre and post-test knowledge score of postnatal mothers. A hypothesis was tested at 0.05 levels. The calculated 'z' value 14.42 is significantly higher than the table value 1.96 at 0.05 level of significance. This indicates that there is a significant difference between pre-test and post-test knowledge score, hence the H<sub>1</sub> hypothesis was proved and accepted.

**CONCLUSION**

Study concluded that Planned teaching programme was significantly effective in improving knowledge among Postnatal Mothers regarding Essential newborn care.

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