



EFFECTIVENESS OF NURSE LED EDUCATIONAL PROGRAM ON KNOWLEDGE REGARDING PRECONCEPTION CARE AMONG POST GRADUATE STUDENTS OF REPRODUCTIVE AGE STUDYING IN SELECTED COLLEGES, MANGALURU

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ABSTRACT

This study was aimed to assess the effectiveness of nurse led educational program on knowledge regarding preconception care among post graduate students of reproductive age studying in selected colleges, Mangaluru.

Methodology: *an evaluative approach with Quasi experimental design was used to assess the effectiveness of nurse led educational program. Fifty post graduate students from selected colleges were selected using random sampling technique. The data collection instruments were Demographic preforma and structured knowledge questionnaire. Results: in pretest majority 34 (68%) of them had poor knowledge, 14 (28%) of them had average knowledge and two (4%) had good knowledge whereas in posttest 40 (80%) had average knowledge, 10 (20%) had good knowledge and none had poor knowledge regarding preconception care among post graduate students in reproductive age group. The calculated 't' value was 10.201 which is greater than the tabled value at 0.05 level of significance ($p < 0.001$). Mean and SD of post-test was 16.88 ± 2.30 which was greater than the pre-test knowledge score 11.10 ± 5.01 . Association between knowledge scores and demographic variables of post graduates revealed there was no significant association between knowledge scores and demographic variables.*

Conclusion: *nurse led educational program was effective in improving the knowledge regarding preconception care among postgraduate students.*

Key words: *knowledge, effectiveness, preconception care, nurse led educational program, postgraduates, colleges.*

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INTRODUCTION

A woman who is healthy at the time of conception is more likely to have a successful pregnancy and a healthy child. In 2013, the World Health Organization (WHO) pointed out that preconception care is relevant for all women of reproductive age. In high-income countries women postpone childbearing until ages when their fecundity has decreased, whereas women in low-income countries would benefit from delaying pregnancy and spacing of subsequent pregnancies. Since the most critical period for organ development occurs before many women even know they are pregnant, the first contact with antenatal care is often too late for advice about health-promoting changes in lifestyle. Moreover, there is a growing body of evidence that women's, and also men's, health and lifestyle before conception can affect pregnancy outcomes.

Preconception care is a form of care that provides series of interventions before conception with the aim of identifying and modifying biomedical, behavioral, and psychosocial risks to women's health or pregnancy outcome through prevention and management. The areas addressed by the preconception care package include: nutritional conditions, vaccine preventable disease, genetic conditions, environmental health, infertility, too early and unwanted pregnancies, sexually transmitted disease, interpersonal violence, mental health, psychoactive substance use and tobacco use. The researcher felt that it is important to educate the women who are going to be future mothers in order to reduce any complications related to pregnancy. So researcher is interested to assess the effectiveness of nurse led educational program on preconception care among post graduate students.

Aim of the study:

To assess the effectiveness of nurse led educational program on knowledge regarding preconception care among post graduate students of reproductive age studying in selected colleges, Mangaluru.

Objectives of the study:

1. To assess the knowledge regarding preconception care among post graduate students of reproductive age studying in selected colleges, Mangaluru.
2. To evaluate the effectiveness of nurse led educational program on knowledge regarding preconception care among post graduate students of reproductive age studying in selected colleges, Mangaluru.
3. To find out the association between the knowledge scores regarding preconception care among post graduate students of reproductive age and their selected demographic variables.

HYPOTHESIS:

All Hypotheses will be tested at 0.05 level of significance.

H₁: There will be a significant difference between pre-test and post test knowledge regarding preconception care among post graduate students in reproductive age.

H₂: There will be a significant association between pre test knowledge scores regarding preconception care among post graduate students in reproductive age and their selected demographic variables

RESEARCH METHODOLOGY

An evaluative approach with Quasi experimental design was used to assess the effectiveness of nurse led educational program. Fifty post graduate students from selected colleges were selected using random sampling technique. The data collection instruments were Demographic proforma and structured knowledge questionnaire. Reliability of the tool was established split half method which measures the co-efficient of internal consistency using Karl Pearson's correlation coefficient formula. The reliability coefficient for the structured knowledge questionnaire was found to be 0.86. Hence the tool was found to be reliable.

The Pilot study was conducted and results concluded that there was significant difference in the knowledge scores among postgraduates students and nurse led educational program was effective in improving the knowledge. The research tools were found to be feasible and practicable. No further changes were done in the tool after the pilot study. Ethical clearance was obtained from ethical committee.

Pre-test was administered using structured knowledge questionnaire. Nurse led educational program was distributed. After seven days of administration of nurse led educational program post-test was conducted using the same structured knowledge questionnaire.



RESULTS

Level of knowledge

Table 1: Frequency and percentage distribution according to the pre-test level of knowledge.

Category	Level of stress			
	Pretest		Post test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Good	2	4	10	20
Average	14	28	40	80
Poor	34	68	0	0

Table 1 reveals that in pretest majority 34 (68%) of them had poor knowledge, 14 (28%) of them had average knowledge and two (4%) had good knowledge whereas in posttest 40 (80%) had average knowledge, 10 (20%) had good knowledge and none had poor knowledge regarding preconception care among post graduate students in reproductive age group.

Determining the effectiveness of nurse led educational program on knowledge regarding preconception care among post graduate students in reproductive age

H₀₁: There is no significant difference in the knowledge regarding preconception care among post graduate students in reproductive age before and after administration of the nurse led educational program.

Table 2: Overall mean, Standard deviation, Mean difference, t value and p value of pre-test and post-test knowledge scores.

	Mean	Standard deviation	Mean difference	t value	p value	Inference
Pre-test	11.10	5.01	-5.78	10.201	<0.001	Significant
Post-test	16.88	2.30				

Calculated 't' value was 10.201 which is greater than the tabled value at 0.05 level of significance ($p < 0.001$). Mean and SD of post-test was 16.88 ± 2.30 which was greater than the pre-test knowledge score 11.10 ± 5.01 . Hence, the null hypothesis was rejected H_{01} and research hypothesis was accepted indicating that the gain in knowledge was not by chance. Therefore, it is concluded that the gain in knowledge through the nurse led education program was statistically significant.

Association between knowledge scores and their demographic variables among postgraduate students of reproductive age.

H₀₂: There will be no association between pre test knowledge scores preconception care among post graduate students in reproductive age and their selected demographic variables.

There was no significant association between knowledge scores and demographic variables hence the research hypothesis was rejected and null hypothesis was accepted in this variable..

DISCUSSION

In the present study investigator found that Calculated t value was greater than the tabled value. Thus, it proves that nurse led education program on preconception care was effective.

The findings of the present study can be discussed with a cross-sectional study was carried out among 100 newly married women residing at urban area of Vadodara city to assess the knowledge & attitude regarding preconception care of newly married women of selected urban area of Vadodara city. The women were interviewed by using structured questionnaire. Data analysis was done using Microsoft Excel. Out of 100 interviewed women 12% had poor, 82% had average and 6% of women had good knowledge.

The findings of this study is consistent with a pre-experimental , one group pre-test post-test design to evaluate the effectiveness of the planned teaching programme on Knowledge regarding Preconception care among Young Adults in Selected Colleges of Nagpur City. Sixty samples were selected by non-probability convenient sampling method are used. The pre- test was administered to 60 young adults followed by the STP. After 7 (seven) days, post test was conducted to the same samples using the same tool. Data gathered was analyzed using descriptive and inferential statistics in terms of frequency, percentage, mean, standard deviation and Paired 't' test. The major findings revealed that structured teaching programme enhanced the knowledge of the young adults on preconception care. The overall mean percentage of post-test knowledge scores of the young adults 64.43% is apparently higher than the overall mean percentage of pre-test knowledge score 44.03



% and is significant at 0.05% level. Paired 't'=6.494% $p < 0.05$ indicating that the STP was effective in gaining knowledge of the young adults on preconception care.⁴⁰

CONCLUSION

The present study would help to understand the Level of knowledge on preconception care. Findings of the study showed that nurse led education program was effective.

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