

A Study to Evaluate the Effectiveness of Video Assisted Teaching regarding Practice on Selected Postnatal Exercises among Lower Segmental Caesarean Section Mothers in Shri Vinoba Bhawe Civil Hospital, Silvassa, Dadra & Nagar Haveli

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ABSTRACT

Introduction: Normal vaginal delivery is the natural process where as mother with LSCS face difficulty during postnatal period due to surgical procedure; with a view to this, the study was conducted to evaluate the effectiveness of video assisted teaching regarding practice on selected postnatal exercises among LSCS mothers delivered in SVBCH, Silvassa and Dadra & Nagar Haveli.

Methodology: Quasi experimental, pre-test and post-test control group research design was adopted. Non probability, convenient sampling technique was used to select 80 LSCS mothers (40 in controls and 40 in experimental groups) falls in inclusion criteria. Checklist for selected postnatal exercises was used for data collection.

Results: Homogeneity of the Experimental and control group was assessed by Chi-square test which shows non-significant at 0.05 level of significance except in family monthly income, religion and type of family. Effectiveness of Video assisted teaching regarding practice on selected postnatal exercises was established by unpaired 't' test ($t_{(78,0.05)}=15.3966>1.96$) shows significant. Association was assessed by Chi square test which shows no significant association between pre-test practice score and selected socio demographic variables except type of family and family monthly income.

Conclusion: Present study shows that video assisted teaching on selected postnatal exercises among LSCS mothers was effective.

Keywords: Lower segmental caesarean section, Video assisted teaching, Postnatal exercises, Observation checklist, Unpaired 't' test and Chi-square test

INTRODUCTION

The concept of women health has a wider horizon. The health of the women actually represents the health of the country she comes from. The women are the primary care taker, first educator and blazers the next generation. They are the nucleus of our society [1]. Pregnancy and delivery is the normal physiological process and the outcomes of the most pregnancies are good. The postnatal period or puerperium is an adjustment after delivery. When the anatomical and physiological changes of pregnancy are reversed and the body returns to the normal stage, it compared an amazing variety of complex physiological and psychological adaptation. It starts as soon as the placenta is expelled and extends up to the period of six weeks. During this time women recover from the stress of pregnancy and delivery. Studies show that physiological adaptation of post natal mother in normal vaginal delivery is sooner than the caesarean section delivered mother due to the wound in the uterus [2]. Care for postnatal mother with lower segmental

caesarean section is most important because the delivery is conducted by the surgical procedure under the anesthesia. Post natal mothers to be given essential care in terms of postnatal diet, personal hygiene, postnatal exercises, family planning, care especially LSCS mothers of lower segmental caesarean section wound, preparation of parental role, regular follow up, care of new born, breastfeeding and immunization of the baby [2-4].

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Women who have had lower segmental uterine caesarean section usually need a long recovery period than those who had vaginal birth. Factors such as blood loss, trauma during delivery, infection or fatigue can place the lower segment caesarean section mother at risk or even death.

OBJECTIVES OF THE STUDY

- Assess the pre-test practice score on selected postnatal exercises among lower segmental caesarean section mothers in experimental and control group.
- Evaluate the effectiveness of video assisted teaching regarding practice on selected postnatal exercises among lower segmental caesarean section mothers.
- Associate the pre-test practice score on video assisted teaching regarding selected postnatal exercises with selected socio-demographic variable.

MATERIALS AND METHODS

Quasi experimental, pre-test and post-test control group research design used to find out the effectiveness of the video assisted teaching on selected postnatal exercises among Lower segmental caesarean section delivered in Shri Vinoba Bhawe Civil Hospital, Silvassa, Dadra & Nagar Haveli was conducted. Target population: All Lower segmental caesarean section mothers delivered at SVBCH, Silvassa. Sample size was 80 (40 for control group and 40 for experimental group) lower segmental caesarean section mothers fulfills the inclusion criteria. Sample was selected by using non-probability, convenient sampling technique. The collected data was analyzed by using descriptive statistics and inferential statistics which includes 't' test and Chi-square test.

RESULTS AND DISCUSSION

In this study majority (48.75%) of the mothers belong to the age group of 18-24 years which shows that study participants were in reproductive age. Similar findings reveal that 11.7% were in <19 year, 51.7% were in 20-24 year [5].

As per the educational status, 30% of the mothers had middle school education that reveals poor educational background of the mothers in general. A descriptive study was conducted to assess the knowledge and practice of the postnatal diet among the postnatal mothers which shows that 16% of them had high school education [6].

Present study reveals that vast majority of the mothers were unemployed in both experimental (100%) and control group (96.25%), which reveals that poor women support and empowerment. This finding was supported by the study conducted to assess the effectiveness of early ambulation on selected aspects of post-operative recovery among the women who have undergone LSCS Maximum percentage of the post LSCS women in the experimental and control group

were housewife, where the figure stood at 93.33 and 83.33, respectively [7].

Present study shows that 41.25% of the mothers were having family monthly income of Rs. 10,357-15,535/- which was contradicted with the study findings that shows that only 6% of the study participants have an income of more than Rs. 10000/- [6]. It shows in general poor economic status of the mothers.

Most of the mothers (41.25%) in the present study were from rural area, there is a study finding which shows that participants were from urban area (72%) [6]. It represents irrespective of place of residence caesarean section rate is rising up nowadays.

In general, huge number of mothers (90%) was Hindu that reveals the religious background of the mothers which was supported by the parallel study findings that the maximum lower segmental caesarean section mothers (90%) were belongs to Hindu religion [8].

Present study illustrates that the maximum (85%) number of lower segmental caesarean section mothers were belongs to the joint family that depicts good family value system which was supported by the study conducted to assess the knowledge, practice and attitude of primigravida mothers on new born care were from joint family (54%) [6].

Current study shows that majority (51.25%) of them acquire information on postnatal care through family and relative with similar study findings conducted to evaluate the effectiveness of structured teaching programme on knowledge regarding home based care on postnatal care among primi mothers shows that they received information from family maximum (20%) [5].

The effectiveness of Video assisted teaching regarding practice on selected postnatal exercises which was analysed by using unpaired 't' test. Calculated values of deep breathing exercise ($t_{(78, 0.05)}=9.7163, 1.96; p<0.05$), leg and foot exercise ($t_{(78, 0.05)}=3.94471.96; p<0.05$), pelvic floor exercises ($t_{(78, 0.05)}=5.2948, 1.96; p<0.05$) and over all aspects ($t_{(78, 0.05)}=15.3966, 1.96; p<0.05$) shows significant. Hence research hypothesis is accepted at 0.05 level of significance which shows Video assisted teaching is effective.

A similar study conducted to evaluate the effectiveness of structured teaching programme on postnatal exercises among postnatal mothers. It was shown that the mean percentage of pre-test practice score was 6.5% and mean percentage of post-test practice score was 78.08%. The obtained "t" value of practice score 70.74 was grater then the table value at 0.05 level. So study shows that the teaching programme on postnatal exercises was effective (**Tables 1 and 2 and Figure 1**) [9].

Table 1. Distribution of the lower segmental caesarean section mothers according to their socio-demographic variables (N=80).

S. No.	Variables	Experimental		Control		Total		χ^2 , df, p value, Inference
		F	%	F	%	F	%	
1	Age							
	18-24	17	42.5	22	55	39	48.75	5.622, 2, 0.06, NS
	25-31	22	55	13	32.5	35	43.75	
	32-38	1	2.5	5	12.5	6	7.5	
2	Educational status of the mother							
	Professional	0	0	1	2.5	1	1.25	7.06, 6, 0.315, NS
	Graduate/post-graduate	3	7.5	6	15	9	11.25	
	Diploma Graduate	3	7.5	8	20	11	13.75	
	High school	12	30	9	22.5	21	26.25	
	Middle school	14	35	10	25	24	30	
	Primary school	8	20	5	12.5	13	16.25	
	Non-formal education	0	0	1	2.5	1	1.25	
3	Occupation of the mother							
	Unemployed	40	100	37	92.5	77	96.25	3.12, 2, 0.210, NS
	Unskilled worker	0	0	0	0	0	0	
	Semi-skilled worker	0	0	0	0	0	0	
	Skilled worker	0	0	1	2.5	1	1.25	
	Clerical, farmer, shop owner	0	0	0	0	0	0	
	Semi professional	0	0	2	5	2	2.5	
	Professional	0	0	0	0	0	0	
4	Family monthly income in Rs.							
	> 41430/-	2	5	12	30	14	17.5	20.7, 4, 0.000***
	20715-41429/-	0	0	5	12.5	5	6.25	
	15536-20714/-	17	42.5	6	15	23	28.75	
	10357-15535/-	20	50	13	32.5	33	41.25	
	6214-10356/-	1	2.5	4	10	5	6.25	
	2092-6213/-	0	0	0	0	0	0	
	<2091/-	0	0	0	0	0	0	
5	Place of residence							
	Urban	13	32.5	15	37.5	28	35	0.226, 2, 0.893, NS
	Rural	17	42.5	16	40	33	41.25	

	Semi urban	10	25	9	22.5	19	23.75	
6	Religion							5, 1, 0.025*
	Hindu	39	97.5	33	82.5	72	90	
	Muslim	1	2.5	7	17.5	8	10	
	Christian	0	0	0	0	0	0	
	Other	0	0	0	0	0	0	
7	Type of family							6.27, 1, 0.012*
	Joint	38	95	30	75	68	85	
	Nuclear	2	5	10	25	12	15	
	Extended	0	0	0	0	0	0	
8	Marital status of the mother							0, 1, NS
	Married	40	100	40	100	80	100	
	Unmarried	0	0	0	0	0	0	
	Widow	0	0	0	0	0	0	
9	Sources of information on postnatal care							3.727, 2, 0.912, NS
	Mass media	0	0	0	0	0	0	
	Printed materials	0	0	0	0	0	0	
	Health personnel	0	0	0	0	0	0	
	Family and relation	19	47.5	22	55	41	51.25	
	Friends and peer group	6	15	7	17.5	13	16.25	
	None	15	37.5	11	27.5	26	32.5	

* Significant at 0.05 level, ** Highly significant at 0.01 level, ***Very highly significant at 0.001 level and NS: Non-Significant. Homogeneity of the group was assessed by Chi Square test

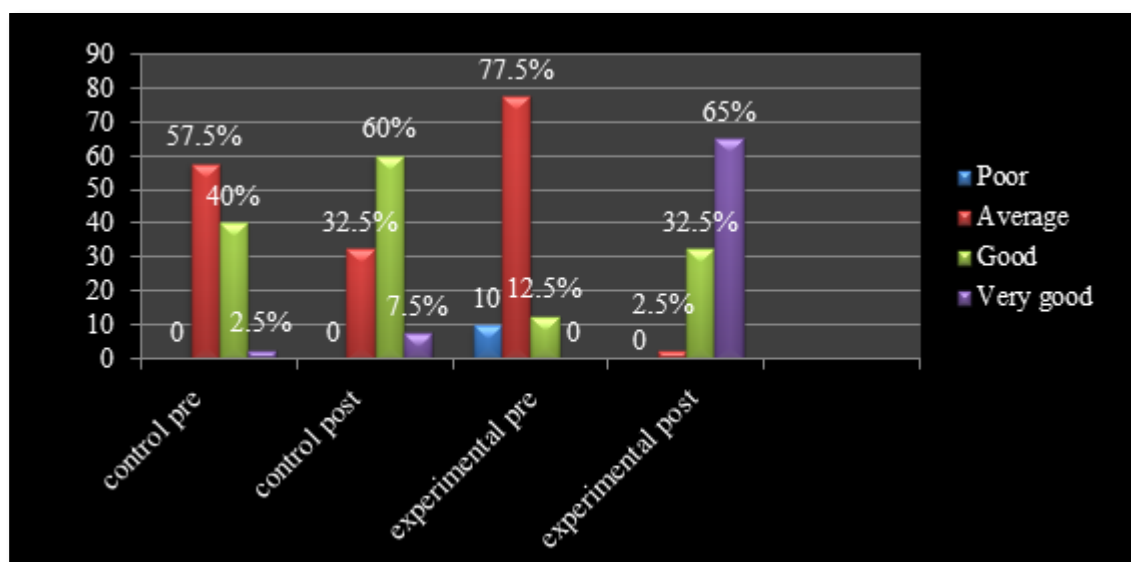


Figure 1. Comparison of practice score on selected postnatal exercises among lower segmental caesarean section mothers.

Table 2. Effectiveness of video assisted teaching regarding practice on selected postnatal exercises among lower segmental caesarean section mothers (N=80).

S. No.	Aspects (Score)	Control			Experimental			Unpaired t test, df, t table value
		Mean Diff.	Mean per. Diff.	SD Diff.	Mean Diff.	Mean per. Diff.	SD Diff.	
1	Deep breathing (6)	0.325	5.04 %	0.615	2.225	37.08 %	1.073	9.7163, 78, 1.96
2	Leg and foot Exercises (12)	0.725	6.04 %	0.815	4.65	38.75 %	6.24	3.9447, 78, 1.96
3	Pelvic floor (6)	1.15	19.16%	1.641	3	50 %	1.48	5.2948, 78, 1.96
4	Over all Practice Score (24)	1.45	6.04 %	1.50	9.55	31.83 %	2.97	15.3966, 78, 1.96

Table 3. Association between the pretest practice score on selected postnatal exercises with selected socio-demographic variables among lower segmental caesarean section mothers (N=80).

S. No.	Variables	PRACTICE SCORE				χ^2 , df, p value
		Poor	Average	Good	Very Good	
1	AGE					4.96, 6, 0.549 NS
	18-24	2	23	14	1	
	25-31	2	24	5	0	
	32-38	0	6	2	0	
2	Education qualification of the mother					13.6, 18, 0.754 NS
	Professional	0	0	1	0	
	Graduate/Post Graduate	0	5	4	0	
	High school diploma	1	7	3	0	
	High school	0	17	4	0	
	Middle school	3	15	5	1	
	Primary school	0	9	4	0	
3	Occupation of mother					1.50, 6, 0.959 NS
	Unemployed	4	51	21	1	
	Unskilled worker	0	0	0	0	
	Semi-skilled worker	0	0	0	0	
	Skilled worker	0	1	0	0	
	Clerical, Farmer, Shop owner	0	0	0	0	
	Semi professional	0	2	0	0	
3	Professional	0	0	0	0	

*

4	Family monthly income in Rs.					26.5, 12, 0.009 S
	≥ 41430/-	1	9	4	0	
	20715-41429/-	0	1	3	1	
	15536-20714/-	0	17	6	0	
	10357-15535/-	3	25	5	0	
	6214-10356/-	0	2	3	0	
	2092-6213/-	0	0	0	0	
	≤ 2091/-	0	0	0	0	
5	Place of residence					6.75, 6, 0.345 NS
	Urban	3	18	7	0	
	Rural	1	24	8	0	
	Semi urban	0	12	6	1	
6	Religion of mother					1.02, 3, 0.797 NS
	Hindu	4	49	18	1	
	Muslim	0	5	3	0	
	Christian	0	0	0	0	
	Other	0	0	0	0	
7	Type of family					8.62, 3, 0.035 S
	Joint	4	44	20	0	
	Nuclear	0	10	1	1	
	Extended	0	0	0	0	
8	Sources of information on postnatal care					9.04, 6, 0.172 NS
	Mass media	0	0	0	0	
	Printed materials	0	0	0	0	
	Health personnel	0	0	0	0	
	Family and relation	2	27	12	0	
	Friends and peer group	1	6	5	1	
	None	1	21	4	0	

Significant at 0.05 level, ** Highly significant at 0.01 level and ***Very highly significant at 0.001 level and NS: Non Significant

CONCLUSION

This study shows that there was mothers have poor knowledge on postnatal care. The study concluded that the video assisted teaching was effective to increases the practice of selected postnatal exercises. With this teaching the mothers are improves their knowledge and improve the quality of the life.

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