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A Descriptive Study to Assess the Knowledge of Postnatal Mothers Regarding Essential New-born Care in Selected Hospital, Jammu (J&K)

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Abstract

Children are our future and the most precious resource. Health of the future children depends on the nurturing practice adopted by the family. The care of new born in the family is governed by the family's knowledge of the mother. Mother's care practices immediately after delivery plays a major role in decreasing neonatal morbidities and mortalities. Insufficient knowledge of parents regarding essential new-born care leads to decrease in the quality care. This study was under taken to assess the knowledge of postnatal mothers regarding essential new-born care at selected hospital Jammu, J&K. The sample consisted of 60 postnatal mothers. Purposive sampling technique was used to select the sample. Socio-demographic profile, a self-structured questionnaire were used to collect the data from subjects. The results revealed that that maximum 40(66.6%) of postnatal mothers having below average knowledge followed by equal no. 8 (13.30) having good and average knowledge and only 4(6.66%) having excellent knowledge regarding essential new born care. Hence, findings revealed that majority of mothers were having below average knowledge regarding new born care. Thus, it is concluded that awareness programmes and community based interventions are required to improve mother's knowledge about new born care.

Keywords: Postnatal mothers, essential new-born care and knowledge

1. Introduction

To become a mother is one of the life's greater blessings. It is a lifelong event that forever changes the mother. Becoming a mother changes her heart, thoughts and actions. New borns have various needs of life like frequent feeding and diaper changes. Babies can have health issues different from children and adults.¹ the basic a need of a new born baby includes the touch, warmth, safety. The care of new born in the family is governed by the family's knowledge of the mother. The mother's knowledge and practices play crucial roles in safeguarding health and enhancing the new born adaptation to the new environment.² despite the improvements in child survival over the 25 years, there is still virtually no effective health care system for new born in developing countries. There are estimated 4 million neonatal deaths worldwide each year more ever. It is deaths worldwide each year moreover; it is estimated to account for 40% of fewer than 5 deaths. Newborn care is of immense important for the proper development and healthy life of a baby. The health and survival of new born baby depends upon the health status of the mother and her awareness, education and skills. Early involvement of mother in the care of her baby is the best way to promote and encourage breast feeding. Mother is the best person to identify minor development deviation and early evidences of disease process because she is constantly closely watching her baby.³ Globally 4 million newborn die before they reach one month of age. The neonatal period is only 28 days yet it accounts for 38% of all deaths under 5 years. The average neonatal mortality rate in developing countries is over 8 times that prevailing in developed countries. Yet most epidemiology and research focuses on the death in rich countries.⁴ it is essential to understand the factors for new-born morbidity and mortality to help in planning effective actions to enhance neonatal health.⁵ Mother is an important primary care provider and her education will help to care for her baby. The adequate knowledge of mother on

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Newborn care is needed to reduce the neonatal mortality.⁶ Baby parenting is utmost rewarding and wonderful job for mother. However with a advice of experts and experience personalities, she can perform the duty of baby parenting even more effectively and efficiently.⁷

Research statement

A descriptive study to assess the knowledge of postnatal mothers regarding essential newborn care in selected hospital, Jammu (J&K)

Objectives

1. To assess knowledge of postnatal mothers regarding essential newborn care in selected hospital.
2. To find the association of knowledge of postnatal mothers regarding essential newborn care with socio-demographic variables such as age (in years), education of mother, no. of children, occupation, religion and source of information.

2. Methodology

For the present study, Descriptive research approach and Non Experimental research design was used. The research setting was Govt. SMGS Maternity Hospital, Jammu (J&K). The sample consisted of 60 postnatal mothers. Purposive convenient sampling technique was used to select the sample. Prior to the data collection procedure, permission was obtained from the Medical Superintendent of the hospital. Socio-demographic profile, a self-structured knowledge questionnaire was used to collect personal information. Socio-demographic profile included items like age (in years), education of mother, no. of children, occupation, religion and source of information. Self-structured questionnaire was prepared to assess the level of knowledge of antenatal mothers. It consists of 30 questions containing 5 parts ie; introduction (5), rooming in (2) Baby bath (7), eye care (3), cord care (4), Breastfeeding (9). The review of literature, expert’s opinions and investigator’s own experience provided the basis for construction of tool. Data collection was done from February 1 to 15, 2018. Prior to interview the questionnaire to postnatal mothers, investigator gave self-introduction to the subjects and explained the purpose of gathering information. A good rapport was established with the subjects. They were assured that their responses will be used kept confidential and the information will be used only for research purpose. Formal consent was taken from subjects. The time taken by each respondent for filling the tool was average for 15-20 minutes. The data gathered was analyzed and calculated by percentage, mean, standard deviation and chi-square.

3. Results

Section-I

Table 1: Demographic Variables, Frequency and Percentage distribution of Sample Characteristics

S.No.	Demographic Variables	Frequency(n)	Percentage (%)
1.	Age (in years)		
	a. 18-24 years	19	31.60
	b. 25-29 years	23	38.30
	c. 30-35 years	18	30.00
2.	Education of mother		
	a. Primary	11	18.33
	b. Matriculation	14	23.33

	c. Secondary	12	20.00
	d. Graduation/Post graduation	8	13.00
	e. Illiterate	15	25.00
3.	No. of Children		
	a. 01	7	11.66
	b. 02	33	55.00
	c. 03	16	26.60
	d. 04 or more	4	06.66
4.	Occupation		
	a. Teacher	18	30.00
	b. Nurse	25	41.60
	c. House Wife	9	15.00
	d. Others	8	13.30
5.	Religion		
	a. Hinduism	10	16.60
	b. Sikhism	22	36.60
	c. Islam	22	36.60
	d. Christianity	6	10.00
6.	Source of Information		
	a. Books/Newspaper	18	30.00
	b. TV/Radio/Internet	22	36.60
	c. Parents/friends	9	15.00
	d. Health Personnel	11	18.30

Section-II

Objective 1: To assess the knowledge of postnatal mothers regarding essential new born care.

Table 2: Frequency and Percentage distribution of mothers according to knowledge

N=60

Knowledge	Score	
	n	%
Excellent	4	06.66
Good	8	13.30
Average	8	13.30
Below Average	40	66.60

Maximum Score = 60

Minimum Score = 0

Table 2 depicts the frequency and percentage distribution of knowledge of postnatal mothers regarding essential new born care which shows that maximum 40(66.6%) of postnatal mothers having below average knowledge followed by equal no.8(13.30) having good and average knowledge and only 4(6.66%) having excellent knowledge regarding essential new born care.

Hence, findings revealed that majority of mothers were having below average knowledge regarding new born care.

Table 3: Mean, Mean percentage and rank order of mothers according to domains

N=60

Domains	Max. Score	Mean	Mean%
Introduction	5	2.21	44.2
Rooming in	2	0.98	49.16
Baby bath	7	3.35	47.85
Eye care	3	1.43	47.7
Cord care	4	1.86	46.6
Breastfeed	9	4.38	48.703

Maximum Score = 60

Minimum Score = 0

Objective 2: To find the association of knowledge of postnatal mothers regarding essential newborn care with

various socio-demographic variables.

Table 4

S.No.	Demographic Variables	Below Average	Average	Good	Excellent	df	χ^2
1.	Age (in years)						
	a. 18-24 years	13	3	2	1	6	3.945 ^{NS}
	b. 25-29 years	14	2	4	3		
	c. 30-35 years	13	3	2	0		
2.	Education of mother						
	a. Primary	10	0	0	1	12	26.445*
	b. Matriculation	6	4	3	1		
	c. Secondary	8	2	2	2		
	d. Graduation/Post graduation	7	1	1	0		
	e. Illiterate	9	1	2	0		
3.	No. of Children						
	a. 01	2	1	1	0	9	4.1476 ^{NS}
	b. 02	21	5	4	3		
	c. 03	11	1	3	1		
	d. 04 or more	3	1	0	0		
4.	Occupation of women						
	a. Teacher	14	0	2	2	9	12.010*
	b. Staff Nurse	12	7	4	2		
	c. House Wife	8	0	1	0		
	d. Others	0	1	1	0		
5.	Religion						
	a. Hinduism	5	2	3	0	9	6.2098 ^{NS}
	b. Sikhism	15	3	3	1		
	c. Islam	15	3	2	2		
	d. Christianity	5	0	0	1		
6.	Source of Information						
	a. Books/Newspaper	12	2	2	2	9	3.64 ^{NS}
	b. TV/Radio/Internet	15	4	2	1		
	c. Parents/friends	5	1	2	1		
	d. Health Personnel	8	1	1	0		

P<0.05

NS = Non Significant * = Significant

4. Discussion

Objective 1: To assess the knowledge of postnatal mothers regarding essential new born care.

The findings of the present study revealed that maximum 40(66.6%) of postnatal mothers had below average knowledge followed by equal no. 8(13.3%) had good and average knowledge and only 4(6.66%) had excellent knowledge regarding essential new born care. This is consistent with the study conducted to assess knowledge, attitude and practice of neonatal care among 100 postnatal mothers in JIPMER, Pondicherry, India which showed that knowledge of mothers was inadequate in areas of umbilical cord care (35%) thermal care (76%) and vaccine preventable diseases. (19%) of them still practice all instillation into nostrils of newborn and 61% of them administer grip water to their babies.⁸

Objective 2: To find the association of knowledge of postnatal mothers regarding essential newborn care with various socio-demographic variables. The association of level of knowledge regarding new born care among postnatal mothers with selected socio-demographic Variables like education and occupation of mothers were statistically significant and age (in years), No. of children, religion and source of information were statistically non-significant at 0.05% level of significance. In conformity to these finding, a similar study was conducted to assess the knowledge and practices of newborn care among postnatal

mothers in tertiary care hospital of Udupi District which revealed that education status of the mothers had significant association with the knowledge of mothers regarding newborn care. Other demographic variables like age (in years), No. of children, religion did not show any statistically significant association with knowledge score of the mothers.⁹

5. Conclusion

The mothers had poor knowledge on new born care practices. Awareness programmes and community based interventions are required to improve mother's knowledge about new born care. Good knowledge makes good attitude, good attitude is responsible for good practice.

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