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Original Research Article

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**A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED  
TEACHING PROGRAMME ON KNOWLEDGE REGARDING  
PRECONCEPTION CARE AMONG ELIGIBLE COUPLES AT SELECTED  
O.P.Ds. OF BHOPAL**

**Mr. Hitesh Vaishnav and Dr. Peter Jasper Youtham**

**Abstract**

In this pre experimental design, sample consisted of 50 eligible couple selected by Non probability convenient sampling technique. Self structure knowledge questionnaire was used for assessing the knowledge regarding pre conception care. Pre test was done by using the structured knowledge questionnaire and after 30 days post test was conducted using the same structured questionnaire for assessing the effectiveness of teaching programme regarding pre conception care. Mean percentage of the knowledge score of post test 23.04 was higher than pre test 17.49 The 't' value for total pre test and post test was 19.16. The data analysis was done in terms of descriptive and inferential statistics.

Health care providers involved in pre-primary care enter into a partnership with a woman and her partner, enabling them to assess their health and its impact on their child's health. The role of the health care provider is to provide accurate information; interpret and transfer this information in a clear and concise manner; to support the couple's decision-making process; and donate and refer them to appropriate services where appropriate. The information provided and the techniques used to encourage effective communication and communication will allow the woman and her spouse to make an informed decision about having a child.

With early care we can give a child a great start in his or her life journey. A healthy woman makes healthy eggs. A healthy egg and healthy sperm make a baby healthy. The obligation falls on both women and her partners, 50:50. It focuses on the advancement of women and the health of their partners before pregnancy. Just as pregnancy has taken place; their child's genetic plan is set.

### **Need of the Study**

In many cases, women do not think about having a baby with a specific problem. Most women do not know how their medical history can put a growing child at risk. Likewise, they may not realize that pregnancy carries with it certain risks. Considering the dangers of family history and the dangers of getting pregnant together, it can point to potential problems for the woman, or for her unborn child during pregnancy.

The main purpose of the current study is to highlight the magnitude of reproductive health problems. Globally, 38% of pregnancies are unintended. Most are caused by a failure to use contraceptives or a failure to use them properly and a lack of awareness between couples. On the other hand, many couples are unable to conceive successfully. As Indians are heavily involved in sexual health issues and knowledge is not adequately distributed. This emphasizes the importance of early care.

### **Objectives:**

1. To assess the knowledge of eligible couples on preconception care before structured teaching program.
2. To prepare and administer structured teaching program on preconception care among eligible couples
3. To evaluate the knowledge of eligible couples on preconception care after structured teaching program.
4. To find association the pre test knowledge of eligible couples regarding preconception care with the selected socio-demographic variables

### **Research hypothesis**

H<sub>1</sub>- There will be a significant difference between pre-test and post test knowledge score of eligible couples regarding preconception care

H<sub>2</sub>- There will be a significant association between socio demographic variables and the knowledge of eligible couples regarding preconception care.

### **Methods and Material**

An extensive review of literature was undertaken. The conceptual framework based on modified Health promotional Model. An experimental research approach was used to assess the knowledge regarding pre conception care among eligible couple. A pre experimental research design was considered appropriate for the study “to assess the effectiveness of planned teaching programme regarding effect of pre conception care One group pre test and post test design was used. In order to measure the content validity of the tool, the questionnaire schedule was given to the 12 experts from the field of maternal health Nursing. The experts were chosen on the basis of their clinical expertise, experience, qualification and interest in the problem area. The tool was found reliability of tool was calculated with split half method and found 0.91 which is statically reliable for the present study.

### **Result**

The data for main study was calculated in the month of December. Data collection was analyzed by using descriptive & inferential statistics. The analysis depicted that majority of eligible couple by (62%) belonged to the age group of 20-30 years Regarding the Educational status of mother majority of respondent (81%) had their studied upto 12<sup>th</sup> class year Majority of the respondent (34%) were Hindu, Majority of the samples (71%) were living with joint family , Majority respondent (34%) living in urban area were..

Pre test Knowledge score Maximum Number of eligible couple 55% of the mothers had average knowledge, 35% of antenatal mother had good knowledge, and only 10% had poor knowledge regarding pre conception care.

Post test score that majority 77% of the mothers had good knowledge, 21% of mother had average knowledge, and no one have poor knowledge regarding pre conception care.

The effectiveness of teaching programme for pre conception care that, there is significant difference between pre and post knowledge score 23.04. **t test value**

**ItI=19.16.** Tabulated value of t test 5% level of significance & 5 degree of freedom .**Tabulated t value t=2.015** t calculated>t tabulated.H2 is accepted that means planned teaching program regarding Pre conception care is effective.

Age, education living area are significant with pre test knowledge score.

### **Conclusion**

The planned teaching programme was found to be effective for eligible couple regarding pre- conception care.

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