



**THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE IN TERMS OF  
KNOWLEDGE AND PRACTICES REGARDING DAILY INTAKE OF DIET  
DURING PREGNANCY AMONG PREGNANT MOTHERS IN PUSHPA  
MISSION HOSPITAL AT UJJAIN CITY (M.P.)**

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**Abstract:**

In this pre experimental design, sample consisted of 60 antenatal mothers, selected by Non probability convenient sampling technique. Self structure questionnaire tools was used for assessing the knowledge and practices of antenatal mothers. Pre test was conducted by using the same structured questionnaire and after 30 days post test was conducted using the same structured questionnaire for assessing the effectiveness of self instructional module. Mean percentage of the knowledge score of post test 28.63 was higher than pre test 20.55 and practice score of post test 35.36 was higher than pre test 27.9. The 't' value for total pre test and post test was 13.89. correlation between pre test and post test knowledge score 0.93 and practice score 0.85. The data was analyzed in terms of descriptive and inferential statistics.

**INTRODUCTION:**

Pregnancy is the stage of development. The gestation period is a rapid growth period growth of the fetus & other development that takes place to facilitate its maintenance through pregnancy & delivery of the child involve an increase in the nutritional requirements of the pregnant women. The fertilized ovum attached to uterine wall & with the help to the placenta. Enable the developing fetus to respire acquire nourishment & eliminate wastes. Exchange of nutrients and wastes take place in the placenta much as they do in the gastro-intestinal tract oxygen and nutrients pass from the mother to the fetus.

Women who begin pregnancy with adequate nutrient reserves and good eating habits are better prepared for pregnancy and lactation. Women who consume an adequate diet during pregnancy provide the fetus, placenta and maternal tissues with the nutrients necessary for normal growth and development.

#### **OBJECTIVES:**

1. To assess the knowledge of pregnant women about daily intake of diet.
2. To assess the practice of pregnant women about daily intake of diet.
3. To assess the co-relation knowledge and practice regarding daily intake of diet among pregnant women.
4. To assess the effectiveness of self instructional module on daily intake of diet among pregnant women.

#### **METHODS AND MATERIAL:**

An extensive review of literature was undertaken. The conceptual framework based on modified Pander's Health Promotion Model. An experimental research approach was used to assess the knowledge and practice regarding daily intake of food during pregnancy. A pre experimental research design was considered appropriate for the study "to assess the effectiveness of self informational module (SIM) regarding Daily intake of diet during pregnancy". 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 Obstetrics and Gynaecological 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 0.83 for knowledge and 0.79 for practice which is statically reliable for the present study.

#### **RESULT:**

The data for main study was calculated in the month of March. Data collection was analyzed by using descriptive & inferential statistics. The analysis depicted that majority of antenatal mother by 25 antenatal mothers (42%) belonged to the age group of 25-29 years Regarding the Educational status of antenatal mothers, majority of respondent i.e. 35 (59%) had their primary education Majority of the respondent 20

(34%) were Hindu, Majority of the samples 40 (66%) were housewife, Majority respondent monthly income 20 (34%) Regarding the Nutritional status of antenatal mothers, majority of the respondent 40 (66%) were non vegetarian, Duration of pregnancy of antenatal mothers, 35 (59%) were 1-3 months pregnant, 15 (25%) were 4-6 months pregnant, 10 (16%) were 7-9 months pregnant.

Pre test Knowledge score Maximum Number of pregnant woman i.e. 59% of the antenatal mothers (35) had average knowledge, 25% of antenatal mothers (15) had good knowledge, and only (16%) 10 had poor knowledge regarding daily intake of diet during pregnancy.

Post test score that majority 80% of the antenatal mothers (48) had good knowledge, 20% of antenatal mothers (12) had average knowledge, and no one have poor knowledge regarding the daily intake of diet during pregnancy.

Pre test practice score Maximum Number of pregnant woman i.e. 50% of the antenatal mothers (30) had average practice, 34% of antenatal mothers (20) had good practice, and only (16%) 10 had poor practice regarding daily intake of diet during pregnancy.

Post test score that majority 62% of the antenatal mothers (37) had good practice, 38% of antenatal mothers (23) had average practice, and no one have poor practice.

The effectiveness of Self instructional module for pregnant woman regarding daily intake of food that, there is significant difference between pre and post knowledge & practice score. Correlation between the knowledge and Practice is 0.93. **t test value Itl=13.89.** Tabulated value of t test 5% level of significance & 5 degree of freedom. **Tabulated t value t=2.015** t calculated > t tabulated. H<sub>2</sub> is accepted that means SIM is effective.

## CONCLUSION:

The self instructional module was found to be an effective for pregnant women that increasing the knowledge & practice regarding daily intake of food during pregnancy.

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