



**A Pre Experimental Study to Assess the Effectiveness of Information Pamphlet on Knowledge Regarding Cultural Practices among Postnatal Mothers at Selected Rural Areas**

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## ABSTRACT

Much of the women's behaviour during the postpartum period is strongly influenced by her cultural background. Postpartum maternal health care influences the health of both the mothers and their children greatly like prenatal care, the postpartum health care that is typically provided during the six week period after child birth is very important to the mother's health. Therefore investigator has undertaken a pre experimental study to assess the effectiveness of information pamphlet on knowledge regarding cultural practices among postnatal mothers at selected rural areas, Gulbarga and objectives of the study were following

- Assess the pre interventional level of knowledge regarding cultural practices among postnatal mothers.
- Assess the post interventional level of knowledge regarding cultural practices among postnatal mothers.
- Find out the significance difference between pre interventional & post interventional knowledge regarding cultural practices among postnatal mothers.
- Associate pre interventional level of knowledge regarding cultural practices among postnatal mothers with their selected demographic variables.

A pre experimental study to assess the effectiveness of information pamphlet on knowledge regarding cultural practices among postnatal mothers at selected rural areas of modified health belief model is applied to the study. Thirty postnatal mothers were selected by using purposive sampling technique and were assured of confidentiality of responses.

The data generated was analyzed using both descriptive and inferential statistics. The major findings of study were that majority of postnatal mothers 9 (30%) belongs to the age group of 20-24 years & 9 (30%) were belongs to the age group of 25-29 years, 16 (53-33%) postnatal mothers from Hindu religion, 15 (50%) were house wife and 8 (26.66%) were illiterate.

Majority of postnatal mothers had knowledge at pre-test that is 6.66% had adequate knowledge, 38.33% had moderate knowledge and only 60% having inadequate knowledge and at post test knowledge that is 66.66% having moderate knowledge and 33.33 % having adequate knowledge regarding cultural practices among postnatal mothers.

The study concluded that the majority of postnatal mothers 60% had inadequate knowledge before distributing informational pamphlet and after distributing informational pamphlet 66.66% having moderate knowledge regarding cultural practices among postnatal mothers which suggested that informational pamphlet will help mothers to improve the knowledge regarding cultural practices among postnatal mothers.

## KEYWORDS

*Postnatal mother, Cultural Practice, Maternal health, Informational Pamphlet, Behavior problem*

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## INTRODUCTION

Postpartum maternal health care influences the health of both the mothers and their children greatly like prenatal care, the

postpartum health care that is typically provided during the six week period after child birth is very important to the mother's health.



The postpartum period continues to be an important part of the tradition and culture among Indian woman. But frequently the health for the postnatal women is neglected. So the present study aimed to explore the beliefs and practices in the postpartum period regarding diet, rest, hygiene and confinement and assess association between cultural practices and socio demographic characteristics. Culture influences the way people of a group view themselves, their expectations and their behaviour in response to certain situations.

India, being a land of diverse cultures and traditions, postpartum care and diet varies, based on topography of the region, culture, tradition and religious practices.

A human infant from the time of birth up to 28<sup>th</sup> day of life is called a newborn. Nearly 27 million babies are born in India each year. Every 4 million babies die in the first month of life in the world and quarter of those takes place in India. A package of essential newborn practices exists in India, which has proven impact on reducing mortality. However, child birth and neonatal period are culturally important time during which there is strong adherence to traditional practices.

To provide optimal care in variety of clinical setting it is important for health care professionals to conduct cultural assessment and expand their knowledge

and understanding of culturally influenced belief common health care practices, costumes and rituals.

It is now fairly established that the culture factor are deeply involved in the whole way of life like in the matters of nutrition, immunization, personal hygiene, family planning, child rearing, seeking early medical care, disposal of solid wastes & human excreta etc.

One of the most important causes for poor maternal & child malnutrition in India is lack of knowledge of the mothers, coupled with superstitions which limit the food intake of mother. When dietary intake is inadequate this can have a major impact on mothers nutritional status over the long time. The nutritional knowledge of the postnatal mothers helps the nurse in better planning of health care. Keeping this view in mind investigator has decided to conduct a research study in this area.

## STATEMENT OF PROBLEM

A pre experimental study to assess the effectiveness of information pamphlet on knowledge regarding cultural practices among postnatal mothers at selected rural areas, Gulbarga.

## OBJECTIVES OF STUDY

- Assess the pre interventional level of knowledge regarding cultural practices among postnatal mothers.



- Assess the post interventional level of knowledge regarding cultural practices among postnatal mothers.
- Find out the significant difference between pre interventional & post interventional knowledge regarding cultural practices among postnatal mothers.
- Associate pre interventional level of knowledge regarding cultural practices among postnatal mothers with their selected demographic variables.

### ASSUMPTIONS

- 1- The postnatal mother will have inadequate knowledge regarding cultural practices.
- 2- The postnatal mothers need more knowledge regarding cultural practices.
- 3- Information pamphlet will enhance their knowledge regarding cultural practices among the postnatal mothers.

### HYPOTHESIS

- $H_1$ :-There is a significant difference between pretest and post test knowledge score on cultural practices among postnatal mothers at 0.05 level of significance.
- $H_2$ :- There is significance association of pretest knowledge score on cultural practices with selected demographic variables of postnatal mothers at 0.05 level of significance.

### REVIEW OF LITERATURE

A literature review is important for developing a broad conceptual context in

to which a research problem will fit. Review of literature helps the investigators to develop deeper insight into the problem and gain information on the problem and on what has been done before. It involves systematic identification, location, study design and summary of the written material that contains information on a research problem.

The literature reviewed for the present study has been organized under the following headings.

- Literature related to cultural practices during postnatal period.
- Literature related to knowledge of postnatal mothers regarding cultural practices

Bhandaria *et al* 2003, a study conducted in Haryana, India revealed that 75% of newborn were given prelacteal feeds of honey, tea and diluted milk and babies are often not breast fed during the first 3 days. They were often given sweetened water; this presumes that colostrums were discarded.

Adeyinka 2008 a study conducted on mother's attitude towards immunization in western Nigeria revealed that almost 97.6% mothers who attended antenatal clinic thought their child should be immunized. However, 82% of the respondents believed that immunization caused fever while 5% believed it causes



deformity while others believed that local herbs were good substitutes for immunization

## METHODOLOGY

- Research approach – Quantitative research approach
- Research Design – Pre experimental Design
- Setting - Selected rural area of Gulbarga
- Independent variable – Informational pamphlet
- Dependent Variable – Knowledge of postnatal mothers regarding cultural practices
- Population – Postnatal Mother in selected rural area
- Accessible population - Postnatal mothers between (20-39yrs)
- Sample- Postnatal Mother in selected rural areas of Gulbarga
- Sample size – 30
- Sampling technique- Non Probability sampling in which purposive sampling is used
- **Inclusive criteria**
  - Postnatal mothers who are at the age of 20 to 39 yrs.
  - Postnatal mothers who are willing to participate in the study.
  - Postnatal mothers who are present at the time of data collection.

○ Postnatal mothers who are residing in selected rural community of Gulbarga

○ Postnatal mothers who can read & understand Kannada

- **Exclusive criteria**

○ Postnatal mothers who are belong to the age group less than 20 years and above 39 years.

○ Postnatal mothers who are not willing to participate in the study.

○ Postnatal mothers who are not present at the time of data collection.

## METHOD OF DATA COLLECTION

The study was conducted in rural area at Gulbarga. Data collection was done within the period of 4 weeks. Before the application of the tools, the investigators introduced self, the purposes of the study were explained to the postnatal mothers of rural area and the confidentiality of the mothers was assured. The data was collected from 30 samples. The pretest data was collected by using structured knowledge questionnaire to each sample by selecting the sample under inclusive criteria and same day distributed the informational pamphlet later at 7<sup>th</sup> day post test was taken to the same set of sample.

## FINDINGS OF THE STUDY

### Part I: Demographic profile

- Postnatal mothers 9 (30%) were in the age group of between 20-24 years, 9(30%) in the age group of 25-29 years, 5



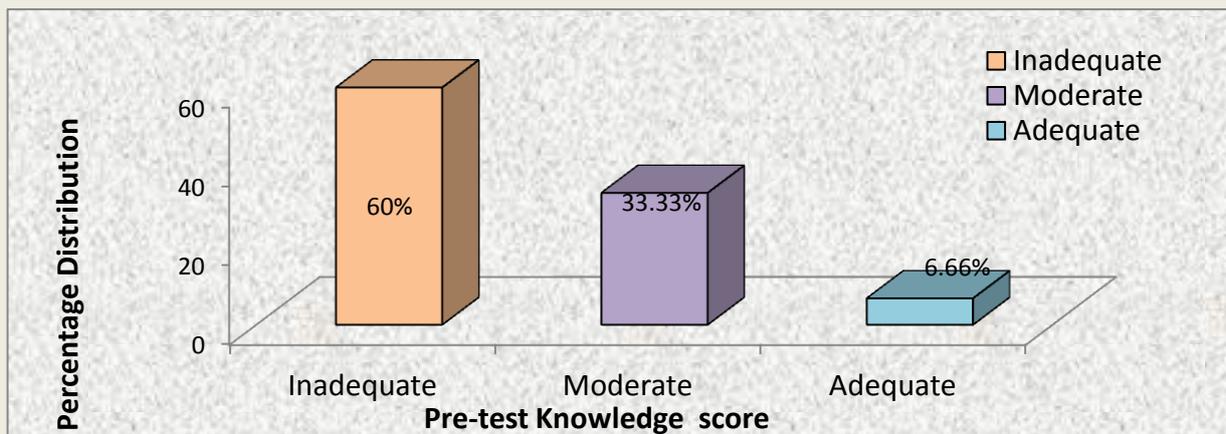
(16.66%) in the age group of between 30-34 years and 7 (23.33%) in the age group of between 35-39 years.

- Majority of the 16 (53.33%) postnatal mothers were belongs to Hindu religion, 6 (20%) postnatal mothers were Christian, 8 (26.66%) postnatal mothers were Muslims.
- Regarding education of postnatal mothers 8 (26.66%) were did not formal education, 7 (23.33%) were did primary education, 8 (26.66%) were did secondary education and 7 (23.33%) were did degree.
- Regarding employment of mothers 15 (50%) of postnatal mothers were

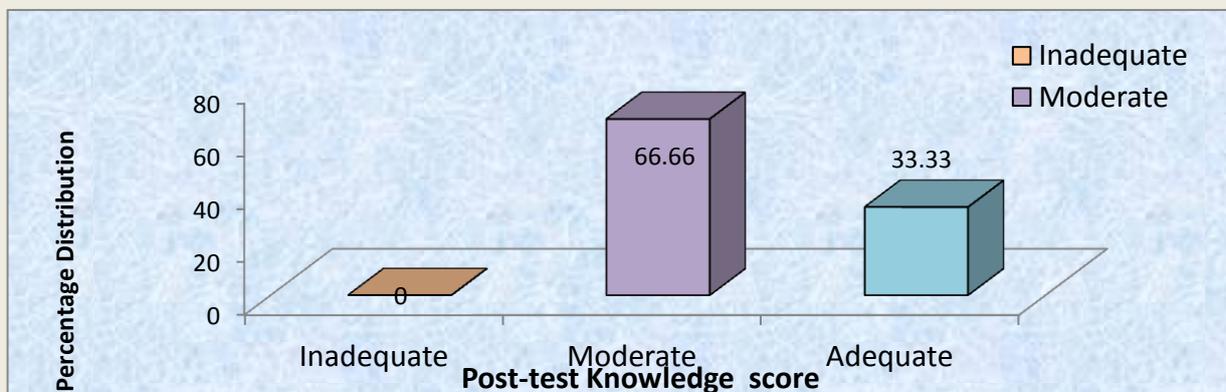
housewife, 8 (26.66%) were self employed, 4 (13.33%) were private employed, 3 (10%) were government employed.

- Postnatal mothers 6 (20%) having one children, 9 (30%) were having two children, 9 (30%) having 3 children and 6 (20%) having more than 3 children.
- Postnatal mothers 9 (30%) having below 5 years duration of marital life, 9(30%) having 6-10 years duration of marital life, 6(20%) having 11-15 years duration of marital life and 6 (20%) having more than 15 years duration of marital life.

### Part II: Pretest Knowledge score of postnatal Mothers



### Part III: Post test Knowledge score of postnatal Mothers



- This diagram II reveals that 66.66% having moderate knowledge and 33.33 % having adequate knowledge.



## Part IV: Effectiveness of Informational Pamphlet

Knowledge Score Criteria	Mean	't' value	Inference
Pre-test	8.4	10.24	Highly significance
Post-test	13.13		

## Part V: Association between the Knowledge Level of Postnatal Mothers and Selected Socio Demographic Variables

S. No.	Demographic variable	Adequate knowledge	Moderate knowledge	Inadequate knowledge	Chi square	df
1.	<b>Age in years</b>				3.543	6
	• 20-24	5	3	1		
	• 25-29	5	4	0		
	• 30-34	3	1	1		
	• 35-39	5	2	0		
2.	<b>Religion</b>				2.125	6
	• Hindu	9	6	1		
	• Christian	3	2	1		
	• Muslim	6	2	0		
3.	<b>Education</b>				12..613	6
	• Illiterate	7	1	0		
	• Middle	6	1	0		
	• Higher Secondary	3	5	0		
	Graduate	2	5	2		
4.	<b>Occupation</b>				5.644	6
	• House Wife	10	5	0		
	• Self employed	5	2	1		
	• Private employed	2	2	0		
	• Government employed	1	1	1		
5.	<b>Income in rupees</b>				6.4380	6
	• 3001-5000	7	4	0		
	• 5001-7000	5	5	0		
	• 7001-10000	3	1	1		
	• Above 10000	3	0	0		
6.	<b>Type of family</b>				5.9777	6
	• Nuclear	8	5	0		
	• Joint	8	2	1		
	• extended	1	2	1		
	• Single parent hood	1	1	0		
7.	<b>No. of Children</b>				6.5622	6
	• One	2	3	1		
	• Two	7	2	0		
	• Three	7	2	0		
	• Above three	2	3	1		
8.	<b>Duration of marital Life</b>				3.2667	6
	• Below 5 years					
	• 6-10 year	5	3	1		
	• 11-15 year	5	4	0		
	• More than 15 year	4	1	1		
		4	2	0		
9.	<b>Socio economic status</b>				5.2552	6
	• Low	3	2	1		
	• Middle	6	3	1		
	• High	6	3	0		
		3	2	0		



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- Below Poverty Line
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## CONCLUSION

The study concluded that majority of pre-test knowledge of postnatal mothers 60% had inadequate knowledge and at post-test knowledge of postnatal mothers 66.66% moderately adequate knowledge regarding cultural practices among postnatal mothers which suggested that informational pamphlet will help to improve the knowledge of postnatal mothers and its benefit of this we can reduce the cultural practices by doing/performing periodic research projects in this area.

## RECOMMENDATION

- Similar study can be conducted for a small group.
- The structured teaching programme can be conducted on knowledge regarding cultural practices among postnatal mothers.
- The pre experimental study can be conducted to assess the effectiveness of information pamphlet and pregnancy outcome.
- Similar study can be conduct on the rural set up among the ANMs to create the awareness regarding cultural practices at postnatal periods.
- The video assisted teaching can be conducted among large group of women's. The individuals teaching programme can be carried out to the postnatal mothers to create awareness about cultural practices.



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