

A STUDY TO ASSESS THE KNOWLEDGE REGARDING 'GARBH-SANSKAR' AMONG PRIMIGRAVIDA MOTHERS AT SELECTED HOSPITALS OF SURAT DISTRICT GUJARAT

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Abstract

Introduction: Every parent wants the best for their child. A healthy pregnancy is necessary to ensure the baby's wellbeing after birth too. 'Garbh-sanskara' has gained popularity as an enabler for the mental and physical development of the baby. According to Ayurveda, Garbh-sanskara is one of the best ways to give birth to a healthy baby. Aim of the study: The aim of this study was to assess knowledge regarding Garbh-sanskara among primigravida mothers and to develop informational booklet regarding 'Garbh-sanskara'. Material and Methods: Quantitative research approach in that descriptive study method was used to assess knowledge regarding Garbh-sanskara among primigravida mothers. Study was conducted in selected hospitals of Surat district Gujarat. Convenience Non-probability sampling technique was used to select 100 mothers at selected hospitals of Surat. Structured knowledge questionnaire was prepared to assess the knowledge regarding Garbh-sanskara. Data was analysed using descriptive and inferential statistics. Result: The result of the study showed that 10% of mothers had poor knowledge, 71% mothers had average knowledge and 19% of mothers had good knowledge regarding Garbh-sanskara. The introduction related to Garbh-sanskara in primigravida mothers had 8 items and mean score 4.45 and 55.63% of knowledge. In other area the benefits of Garbh-sanskara in primigravida mothers had 4 items and mean score was 1.79 and 44.75% of knowledge. Therapies and activities of Garbh-sanskara had 13 items and mean score was 6.66 and 51.60% of knowledge. There was significant association of selected socio-demographic variables with knowledge level of primigravida mothers. Conclusion: It was concluded on the basis of the findings of this study that majority of the mothers had average knowledge regarding Garbh-sanskara

Keywords: knowledge, garbh-sanskara, primi gravida mothers, information booklet

INTRODUCTION:

Every parent wants the best for their child. A healthy pregnancy is necessary to ensure the baby's well-being after birth too. Garbh-Sanskara has gained popularity as an enabler for the mental and physical development of the baby. According to Ayurveda, the union of shukra (spermatozoa), shonita (ovum) and Atma (soul) inside the uterus is called Garbh (womb). The Sanskrit word

'garbha' means fetus and 'sanskar' means educating the mind. In Ayurveda, the journey of a child from the mother's womb to the outer world is well explained as Garbha Sanskar. There is now a growing body of scientific evidence that supports the practices related to Garbh-Sanskar and its effect on the unborn child. Modern studies have proved that a fetus can respond to external stimuli. In fact, the hormonal secretions activated by the mother's thoughts can also impact the baby in her womb. ² Thus, while Garbh-Sanskar is believed to benefit the baby, it is not focused solely on the child. These practices ensure that the mother is healthy and in a positive state of mind. Activities such as changes in diet and lifestyle are recommended to pregnant women through the practice of Garbh-Sanskar.

STATEMENT OF THE STUDY

"A descriptive study to assess the knowledge regarding 'Garbh-Sanskar' among primigravida mothers at selected hospitals of Surat district Gujarat, with view to develop informational booklet."

OBJECTIVES OF THE STUDY

- 1) To assess the knowledge regarding 'Garbh-Sanskar' among primigravida mothers.
- 2) To find out the association between the knowledge and the socio-demographic variables.
- 3) To develop the informational booklet regarding 'Garbh-Sanskar'.

HYPOTHESIS

H1: There is a significant association between test knowledge regarding Garbh-sanskar among primigravida mothers and Selected socio-demographic variables.

DELIMITATION:

- 1) The study is delimited to the Surat district.
- 2) The study is delimited to primigravida mothers from selected hospitals.
- 3) The study is delimited to assess only the knowledge of primigravida mothers regarding Garbh-Sanskar but not attitude.

RESEARCH METHODOLOGY:

Research approach: Quantitative research approach

Research Design: Non-Experimental Descriptive Research design

Research Setting: Selected hospitals of Surat

Sample Size: 100 primigravida mothers

Sampling technique: Non-probability Convenience sampling technique

Criteria for sampling selection:

Inclusive criteria:

- All the primigravida mothers in OPD and Ante-natal ward.
- Primi Gravida mothers.
- Mothers who can understand Gujarati, Hindi and English
- Those Who are willing to participate in the study.

Exclusive criteria:

- Those who are not willing to participate.
- Those who are not co-operative.
- Mothers who cannot understand Hindi, Gujarati and English.
- Mother who are already taking classes of Garbh-Sanskar.

Development of data collection tool:

The development of tool is a step by step procedure in order to make the tool. The following steps are adopted prior to the development of the tool:

1) Review of literature. 2) Preparation of blue print. 3) Consultation with the guide and subject experts. Questionnaire: Descriptive study questionnaire on knowledge regarding garbh-sanskar

Description of tool:

The final tool consisted of knowledge questionnaire. The tool consisted of two parts.

Part-1: Socio-demographic variables: Name, Age, Residence, Religion, Type of family, Qualification, Occupation, Qualification of Husband, Occupation of Husband, Gestational Age, Type of Family, Diet, Habits, Any bad obstetrics history, Previous Information, Source of Information.

Part-2: Questions on Garbh-Sanskar: It Consists 25 question of structured self-administered questionnaire regarding Garbh-Sanskar.

Ethical Consideration :

Formal written permission was obtained from the concerned authorities/ doctors of selected hospitals in Surat.

RESULT:

Analysis and Interpretation of data are based on the objectives and Hypothesis. Analysis of the data collected using a Structured Questionnaire was based on the following headings

4.1 Analysis and Interpretation of The Demographical Data of The Respondents:

Table:1 Frequency and Percentage Distribution of Respondents by Demographical Data

SR NO.	SOCIO-DEMOGRAPHIC VARIABLES		FREQUENCY	PERCENTAGE
1	AGE (YEARS)	18-20 Years	1	1%
		21-30 Years	96	96%
		30 Above Years	3	3%
2	RESIDENCE	Rural	18	18%
		Urban	82	82%
		Hindu	95	95%
		Muslim	5	5%

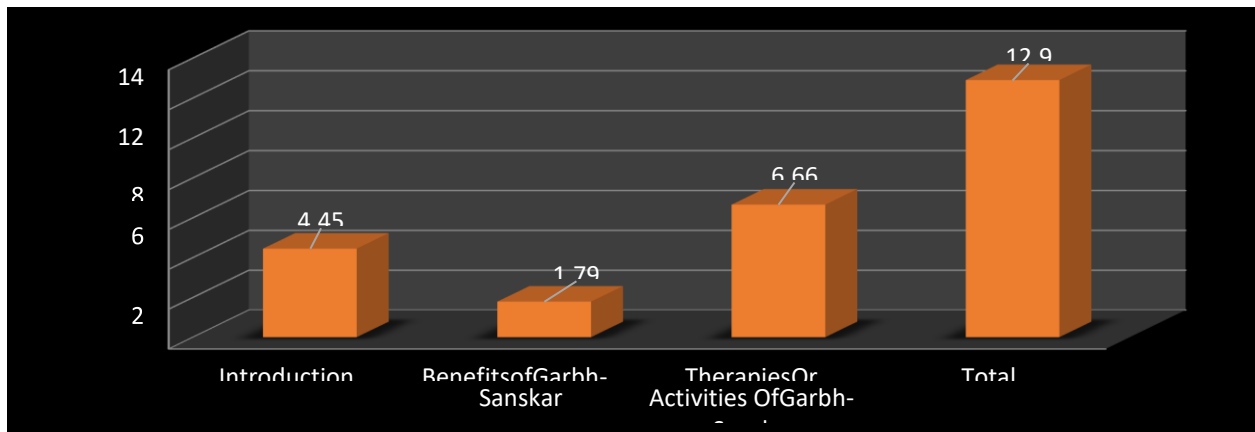
3	RELIGION	Christian	0	0%
		Others	0	0%
4	TYPE OF FAMILY	Nuclear	29	29%
		Joint	71	71%
5	QUALIFICATION OF MOTHER	Illiterate	5	5%
		Primary School	43	43%
		Higher Secondary	34	34%
		Graduation & Above	18	18%
6	OCCUPATION OF MOTHER	Labour Worker	4	4%
		Government Job	1	1%
		Private Job	11	11%
		Business	0	0%
		Home-Maker	84	84%
7	QUALIFICATION OF HUSBAND	Illiterate	6	6%
		Primary School	28	28%
		Higher Secondary	39	39%
		Graduation & Above	27	27%
8	OCCUPATION OF HUSBAND	Labour Worker	28	28%
		Government Job	6	6%
		Private Job	49	49%
		Business	17	17%
9	TRIMESTER	1st Trimester	24	24%
		2nd Trimester	43	43%
		3rd Trimester	33	33%
10	BAD HABITS	Yes	3	3%
		No	97	97%
11	DIET	Vegetarian	67	67%
		Non-Vegetarian	3	3%
		Mixed	30	30%
12	ANY BAD OB HISTORY	Yes	4	4%
		No	96	96%

13	PREVIOUS INFORMATION	Yes	35	35%
		No	65	65%
14	SOURCE OF INFORMATION	Newspaper	1	2.9%
		Mass Media	14	40%
		Friends and Family	18	51.4%
		Others	2	5.7%

4.2 Analysis and Interpretation of The Respondent's Knowledge Regarding Garbh-Sanskar Among Primigravida Mothers.

Table2 Area wise mean score and percentage of knowledge of the respondents regarding Garbh-Sanskar. [N=100]

Area	Score	Mean	SD	Mean %
Introduction	8	4.45	1.82	55.63
Benefits of Garbh-Sanskar	4	1.79	1.02	44.75
Therapies Or Activities Of Garbh-Sanskar	13	6.66	2.22	51.23
Total	25	12.9	3.49	51.60



SCORE	GRADE	FREQUENCY (f)	PERCENTAGE
1-8	Poor	10	10.0%
9-16	Average	71	71.0%
17-25	Good	19	19.0%
Total		100	100%

Table 2.1 denotes level of knowledge regarding Garbh-Sanskar among Primigravida mothers. Out of 100 samples, 10% had poor knowledge 71% had average knowledge and 19% had good knowledge.

4.3 Analysis and Interpretation for association of knowledge with selected demographical data of respondents regarding Garbh-Sanskar among primigravida mothers.

Table 3: Association of knowledge Score with selected Socio-demographic Variables.

SOCIO-DEMOGRAPHIC VARIABLES		KNOWLEDGE			TOTAL	CHI SQUARE	D F	TABLE VALUE	ASSOCIATION
		GOOD	AVERAGE	POOR					
AGE(YEARS)	18-20 YEARS	0	1	0	1	3.017	4	9.49	Non-significant
	21-30 YEARS	18	69	9	96				
	AOVE 30 YEARS	1	1	1	3				
RESIDENCE	RURAL	3	14	1	18	0.639	2	5.99	Non-significant
	URBAN	16	57	9	82				
RELIGION	HINDU	17	69	9	95	2.46	6	12.59	Non-significant
	MUSLIM	2	2	1	5				
	CHRISTIAN	0	0	0	0				
	OTHERS	0	0	0	0				
TYPE OF FAMILY	NUCLEAR	5	18	6	29	5.193	2	5.99	Non-significant
	JOINT	14	53	4	71				
QUALIFICATION OF MOTHER	ILLITERATE	2	2	1	5	4.073	6	12.59	Non-significant
	PRIMARY SCHOOL	6	31	6	43				
	HIGHER SECONDARY	7	25	2	34				
	GRADUATE OR ABOVE	4	13	1	18				
OCCUPATION OF MOTHER	LABOUR WORKER	0	3	1	4	7.963	8	16.49	Non-significant
	GOVERNMENT JOB	0	1	0	1				
	PRIVATE JOB	5	6	0	11				
	BUSINESS	0	0	0	0				
	HOME-MAKER	14	61	9	84				

QUALIFICATION OF HUSBAND	ILLITERATE	1	4	1	6	11.548	6	12.59	Non-significant
	PRIMARY SCHOOL	1	21	6	28				
	HIGHER SECONDARY	9	28	2	39				
	GRADUATE OR ABOVE	8	18	1	27				
OCCUPATION OF HUSBAND	LABOUR WORKER	1	21	6	28	12.003	6	12.59	Non-significant
	GOVERNMENT JOB	2	3	1	6				
	PRIVATE JOB	12	34	3	49				
	BUSINESS	4	13	0	17				
GESTATIONAL AGE	1ST TRIMESTER	2	22	0	24	15.837	4	9.49	Significant
	2ND TRIMESTER	12	29	2	43				
	3RD TRIMESTER	5	20	8	33				
ANY BAD HABITS	YES	0	3	0	3	1.263	2	5.99	Non-significant
	NO	19	68	10	97				
DIET	VEGETARIAN	14	49	4	67	4.968	4	9.49	Non-significant
	NON-VEGETARIAN	0	2	1	3				
	MIXED	5	20	5	30				
ANY BAD OB HISTORY	YES	0	2	2	4	7.717	2	5.99	Significant
	NO	19	69	8	96				
PREVIOUS INFORMATION	YES	3	29	3	35	4.258	2	5.99	Non-significant
	NO	16	42	7	65				
SOURCE OF INFORMATION	NEWS PAPER	0	1	0	1	10.332	6	12.29	Non-significant
	MASS MEDIA	3	11	0	14				
	FRIENDS AND FAMILY	0	16	2	18				
	OTHERS	0	1	1	2				

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