



**A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF  
INFORMATIONAL BOOKLET ON KNOWLEDGE REGARDING MINOR  
AILMENTS OF PREGNANCY AMONG ANTENATAL WOMEN IN RESIDING  
VILLAGE BASTARA OF DISTT.KARNAL, HARYANA**

**Author's Name:** Manpreet Kaur<sup>1</sup>, Kirti<sup>2</sup>, Kirti<sup>3</sup>, Komal<sup>4</sup>, Komal<sup>5</sup>, Annapurna<sup>6</sup>

**Affiliation:**

1. Assistant Professor, R.P Indraprastha Institute Of Medical Sciences Bastara Karnal, Haryana, India
2. Students (B.Sc. Nursing), R.P Indraprastha Institute Of Medical Sciences Bastara Karnal, Haryana, India.
3. Students (B.Sc. Nursing), R.P Indraprastha Institute Of Medical Sciences Bastara Karnal, Haryana, India.
4. Students (B.Sc. Nursing), R.P Indraprastha Institute Of Medical Sciences Bastara Karnal, Haryana, India.
5. Students (B.Sc. Nursing), R.P Indraprastha Institute Of Medical Sciences Bastara Karnal, Haryana, India.
6. Students (B.Sc. Nursing), R.P Indraprastha Institute Of Medical Sciences Bastara Karnal, Haryana, India.

**Corresponding Author Name & E-Mail:** Manpreet Kaur, [Manpreetkaurbal2015@Gmail.Com](mailto:Manpreetkaurbal2015@Gmail.Com)



## ABSTRACT

*The present study was aimed to evaluate the effectiveness of an informational booklet on minor ailments of pregnancy among antenatal women of villages Bastara, Karnal before and after administration of information of informational booklet and determine the village before and after admission booklet. The research approach was quantitative and pre-experimental one group pre-test and post-test design was adopted for this study. 30 antenatal women were selected by using convenient sampling technique method. Demographic profile was used to assess the personal information of antenatal women and Self-structured questionnaire and educational package were prepared to evaluate the knowledge regarding minor ailments. A pre-test was conducted to assess the existing level of knowledge regarding minor ailments, seven day later a post test was taken. The study found that After completion of my study the final conclusion is pre-test knowledge score not good as compared to post-test knowledge score. Researcher's findings call attention to the need for more research.*

**Keywords:** Asses, Effectiveness, informational booklet, antenatal women.

## INTRODUCTION

The proud moment in the life a woman is when she became pregnant. Every pregnancy is a unique experience for the women and each pregnancy that the women experience will be a new and uniquely different. pregnancy is long and very special journey for the women. Pregnancy is a time of dramatic transition. Body systems that once sustained a single human now supports two. Organs, blood vessels body chemistry. The effects of these minor ailments may become major ailments. they wide spread to be ignored her pregnant mothers. these minor ailments have been selected for home remedies in an appropriate way to reduce the antenatal mother to reduce discomfort during pregnancy and a systematic study is needed for the problem of minor ailments and their home remedies. Pregnancy is creative and productive period in the life of a women.it is one of the vital events, which need special care from conception to postnatal period. Every mother wants to enjoy nine months periods with the baby inside her; the joyful experience of pregnancy is not always joyful. A study on minor acute illness during pregnancy suggests that despite being non -life threatening, the high prevalence of these conditions has a major effect on productivity and may have profound impact on the lives of pregnant women and their families.

Hormone levels are high enough to allow your pregnancy to "take hold", and the prenatal period is a time of physical and psychological preparation of birth and parenthood. Prenatal health supervision permits the diagnosis and treatment of pre-existing maternal disorder or disorder that may develop during pregnancy in India most of the mothers have poor knowledge about antenatal and intranatal care available to them. Minor ailments are generally defined as medical conditions that will resolve on their own and can be reasonably self-diagnosed and self-managed with over-the-counter medications. During pregnancy many minor ailments occur due following the first or second missed period and subside by the end of first e to anatomical, physiological and biochemical changes. Nausea and vomiting usually common in primigravidae. They usually appear trimester. 50% women have both nausea and vomiting, 25% have nausea only and 25% are unaffected.

## RESEARCH PROBLEM

“A pre-experimental study to assess the effectiveness of informational booklet on knowledge regarding minor ailments of pregnancy among antenatal women in Residing Village Bastara of Distt. Karnal, Haryana.

## OBJECTIVES

1. To assess the pre-test knowledge of minor ailments of pregnancy among antenatal women in selected village Bastara of district Karnal, Haryana.
2. To assess post-test knowledge score regarding minor ailments of pregnancy by comparing their pre-test and post-test knowledge score
3. To assess the effectiveness of informational booklet on knowledge regarding minor ailments of pregnancy among antenatal women Bastara, Karnal.
4. To find out the association between post-test knowledge score regarding minor ailments of pregnancy among antenatal women with their selected demographic variables.

## MATERIAL AND METHODS

Quantitative research approach and pre-experimental one group pre-test and post-test design was adopted to accomplish the study objectives. **convenient** sampling technique was used to select **30 antenatal women in Bastara Village in Karnal District Haryana**. Permission was taken from the higher authorities of the college of nursing and PHC. The researcher approached the **antenatal women** who comes under the selected **in Bastara Village in Karnal**. A sampling frame was prepared for those who fulfil the inclusive criteria of the current study. Researchers explained the main aim of the study.

Specification of the instrument and related measurement

**Part A: demographic Profile consists of 6 items**

**Part B: Self structured attitude rating scale.** Researcher used self-structured knowledge questionnaire Regarding minor ailments of pregnancy which comprised of 30 multiple choice question with single correct answer. Every correct answer was accorded a score of one (1) and incorrect/unanswered question was accorded zero (0). The maximum score on knowledge questionnaire was thirty (30).

## RESULTS

The findings of present study revealed that the majority i.e. 70% antenatal women had average level of knowledge in pre-test. But comparatively to pre-test i.e. 5(16.6%) of antenatal women had good level of knowledge in post-test i.e. 26(86.6%). The difference between mean knowledge score was highly significant i.e.  $p = 0.05$  respectively.

**Table –I: Frequency and Percentage Distribution of Subjects According to Socio-Demographic Variables**

DEMOGRAPHIC VARIABLES	OPTIONS	PERCENTAGE	FREQUENCY
AGE(YEAR)	A)20-23	60%	18
	B)24-26	26.6%	8
	C)27-30	13.3%	4
EDUCATION LEVEL	A) UNDER 10 <sup>TH</sup>	0%	0
	B)10TH STANDARD	10%	3
	C)12TH STANDARD	26.6%	8
	D)GRADUATE AND ABOVE	63%	19
MONTH OF CURRENT PREGNANCY	A)1ST TRIMESTER	83.3%	25
	B)2ND TRIMESTER	13.3%	4
	C)3RD TRIMESTER	3.3%	1
TYPE OF FAMILY	A) NUCLEAR	46.6%	14
	B)JOINT	40%	12
	C) EXTENDED	13.3%	4
SOURCES OF PREVIOUS INFORMATION	A)MASS MEDIA	40%	12
	B)HEALTH PERSONAL	26.6%	8
	C)PRINTED MEDIA	6.6%	2
	D)FAMILY MEMBERS	26.6%	8

OCCUPATION	A)PRIVATE EMPLOYEES	20%	6
	B)GOVT.EMPLOYEES	36.6%	11
	C)HOUSEWIVES	33.3%	10
	D)SELF EMPLOYEES	10%	3

**Table –II:** Table showing level of pre –test knowledge score Regarding prevention minor ailments of pregnancy among antenatal women .

**CREITERIA MEASURE OF KNOWLEDGE SCORE**

LEVEL OF KNOWLEDGE (N=30)	Pre-test f (%)	Post –Test (%)
Poor knowledge ( 0-10)	4 (13.3%)	0 (0%)
Average knowledge ( 11-20)	21 (70%)	4 (13.3%)
Good knowledge (21-30)	5(16.6%)	26(86.6%)

Maximum Score = 30 , Minimum score = 0

comparison between Pre-Test and Post-Test knowledge score which is calculated by “T” test which was found statistically significant at  $P < 0.005$

Hence, it can be concluded that there statistically significant difference between Pre-Test and Post-Test knowledge scores. Thus H1 is accepted.

## DISCUSSION

Current study findings were discussed according to the objectives. The findings of the present study were supported by the following studies.

The mean knowledge score of antenatal women between Pre-Test and Post-Test knowledge score which is calculated by „t“ test which was found statistically significant at  $P < 0.005$ . 30 subjects (13.3%) had average knowledge score in post-test followed by (70%) were in pre-test. The difference between pre-test and post-test knowledge score is (56.7%).

There was no significant association between the Pre-Test knowledge score and demographic variables viz: age ( $\chi^2=4.299$ ,  $p=0.36705^{NS}$ ), educational status ( $\chi^2=3.025$ ,  $p=0.80570^{NS}$ ), month of current pregnancy ( $\chi^2=1.732$ ,  $p=0.78489^{NS}$ ), types of family ( $\chi^2=11.016$ ,  $p=0.02638^{NS}$ ), sources of previous information ( $\chi^2=4.128$ ,  $p=0.65935^{NS}$ ), Occupation ( $\chi^2=7.266$ ,  $p=0.29694^{NS}$ ).

## CONCLUSION

It is concluded that informational booklet was very effective as a teaching strategy that helped antenatal women to improve their knowledge.

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