

**A DESCRIPTIVE STUDY TO ASSESS KNOWLEDGE AND ATTITUDE REGARDING
GARBH SANSKAR AMONG ANTENATAL MOTHERS ATTAINING ANTENATAL OPD IN
SELECTED HOSPITALS OF AHMEDABAD CITY**

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ABSTRACT

This descriptive study was conducted to assess the knowledge and attitude regarding Garbh Sanskar—an ancient Indian prenatal practice rooted in the Vedas and Ayurveda—among 60 antenatal mothers aged 20 to 50 years at a selected hospital in Ahmedabad city. Utilizing a quantitative evaluative research approach and a non-experimental descriptive design, the study found that while 95% of the participants were educated and 75% lived in joint families, 60% of the mothers considered Garbh Sanskar a totally new concept. Results indicated that 60% of the mothers had good knowledge, primarily received from senior family members, while 30% had average knowledge and 10% had poor knowledge. Approximately 40% of the subjects expressed faith in the practice, believing in its positive impact on the physical, mental, and spiritual development of the fetus. The study concludes that fostering mental equilibrium through Garbh Sanskar and yoga is crucial for navigating the stressors of pregnancy, suggesting a holistic approach to ensuring a serene journey toward motherhood.

Keywords: Garbh Sanskar, Antenatal Mother, pregnancy

BACKGROUND OF THE STUDY

It is a well known fact that pregnancy is highly emotional experience for a woman. The height and intensity do emotions experienced by the mother depend on her awareness about self and the type of supportive system around her. Cultural factors contribute greatly towards the development of attitude and perception of pregnancy. In the Indian scenario which is peculiarity characterized by a multicultural and multi-religious environment, numerous superstitions and practices regarding Garbh Sanskar.

Garbh sanskar is an ancient Indian prenatal practice rooted in ved and ayurveda. Antenatal period is a natural and normal physiological process for all healthy adult women, In many societies it has been surrounded by secrecy and myths in the past and even today.

According to concept of garbh sanskar mother's thoughts, behaviors, diet, reading habits, listening music, relaxing techniques, yoga and meditation affect on unborn child. A popular example of garbh sanskar is Abhimanyu from Mahabharata, who believed to have learn battle strategies while in his mother's womb. A meaningful explanation of psychosocial changes that take place during antenatal period play vital role through pregnancy.

NEED OF THE STUDY

The aim of Garbha Sanskar is to make healthy human being, intellectually, healthy, good looking, well cultured, peace loving without disabilities. Investigators have recognized its significance and importance in developing healthy baby. Child in womb acquire impression from behavior of mother, the food, surrounding environment, the activities, positive or negative thinking, and any things mother practices throughout pregnancy effect the child in the womb and begin learning in womb. The health of parents is exactly accountable for the health of newborn. Physical health, psychological health and spiritual health have an effect the child inthe womb.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of antenatal mothers regarding garbh sanskar.
2. To assess the attitude of antenatal mothers regarding garbh sanskar.
3. To find out association between knowledge of garbh sanskar with selected demographic variables.

OPERATIONAL DEFINITIONS

1. Knowledge :

Knowledge refers to correct responses of as evident from knowledge scores of mothers attaining antenatal OPD in selected hospitals of Ahmedabad city

2. Attitude :

Attitude refers to the view or behavior of mothers attaining antenatal OPD in selected hospitals of Ahmedabad city regarding garbh sanskar.

3. Garbhasankar:

Act in any form to achieve physical, mental, spiritual, emotional and social development of fetus performed by the parents.

DELIMITATION OF THE STUDY

The study has the following delimitations:

1. Limited to antenatal mother of selected hospital in Ahmedabad.
2. Limited to antenatal mother who are willing to participate in the research.
3. Limited to 60 samples.

METHODOLOGY

According to Suresh k Sharma, research methodology involves the systematic procedure from problem identification to final conclusion, including procedures and techniques for conducting the study. This chapter covers the research approach, research design, study setting, population, sample selection criteria, sample size, sampling techniques, instrument development, data collection, and data analysis, including a pilot study.

RESEARCH APPROACH

A quantitative evaluative research approach was used to assess knowledge and attitude regarding garbh sanskar among antenatal mothers attaining antenatal OPD in selected hospitals of Ahmedabad city.

RESEARCH DESIGN

In this study research use non experimental descriptive research design.

RESEARCH SETTING

The study was conducted in a selected private hospital in Ahmedabad city, Gujarat state. The The rationale for selecting this hospital included familiarity with the setting, availability of subjects, feasibility of conducting the study, easy access to subjects, and administrative approval and cooperation.

TARGET POPULATION

The target population for this study was antenatal mothers in their first trimester and belonging to 20 to 50 years age group were including in the study populations.

SAMPLE SIZE AND SAMPLING TECHNIQUE

Sample Size: The sample for this study consisted of 60 Antenatal mothers belonging to 20 to 50 years age group.

Sampling Technique: A non-probability convenient sampling technique was used to select the samples. This method involves selecting units from a population using a subjective (non-random) approach.

INCLUSION CRITERIA:

1. Samples aged between 20-50 years.
2. Samples willing to participate in the study.
3. Samples present during the data collection period.

EXCLUSION CRITERIA:

1. Samples unwilling to participate.
2. Samples not available at the time of data collection.

COLLECTION AND PROCESSING OF DATA:

1. Development and description of the questionnaires and attitude scale: A descriptive survey methods was adopted for data collection in the present study. A structured questionnaires and attitude scale was prepared to extract information on 1. Knowledge 2. Attitude respectively and attitude.

The Questionnaires was develops in three parts.

Part A: Deals with the demographic data of the ANC mothers.

Part B: Deals with the assessment of knowledge on gurbhsankar.

Part C: Deals with assessment of attitude regarding gurbhsankar

2. Analysis of data: data collected by above method were tabulated and analyzed by using descriptive statistics.

RESULT

On analysis of data the major observation emerged from our result are as follows.

Age: among 60 ANC mother, the majority 40% fall within the 25-30 years age group. 30% were in the 20-25 years group. While 25% aged 30-35 years. Only 5% of mothers were above 35 years of age.

Education: Education: Among the 60 mothers surveyed, 5% were illiterate. The remaining 95% were educated, with the largest group 45% having completed 12th standard (Higher Secondary). Graduates made

up 30% of the sample, while 20% were educated up to the 10th standard.

Employment: Out of 60 antenatal mother, 45% were working private sector and 15% working in government sector. 40% mothers were either remaining at home or involved in household work.

Religion: Among 60 Antenatal mothers, 85% were Hindu, 10% were Muslim, and 5% mothers were Christians.

Type of family: Among 60 Antenatal mothers, 25% were staying in nuclear family wherever 75% were staying in joint family.

Monthly income: Among 60 antenatal mothers, 30% have reported their monthly family income as 2000-4000Rs. 30% as 4000 to 6000Rs, 40% were having monthly family income in the 6000 to 8000 Rs range.

Awareness of garbhasanskar: Among 60 antenatal mothers, 40% of mothers expressed that they were having some idea about garabhasanskara whereas for 60% of mothers this was totally a new concept.

Source of Knowledge about Garbhasanskar: Among 60% ANC mothers who have good knowledge of garbhsanskar received this information either from senior family members. 30% of ANC mother have average knowledge of garbhsanskar and 10% who have poor knowledge of garbhsanskar.

Faith and belief about Garbhasanskar: About 40% ANC mothers expressed faith in Garbhasanskar and they believe a positive result of practicing of Garbhasanskar.

CONCLUSION

By fostering mental equilibrium and a renewed sense of vitality, yoga serves as a powerful medium for releasing deep-seated internal tension and emotional blockages. These benefits are rooted in the stimulation of the parasympathetic nervous system, which restores autonomic balance and provides a physiological anchor for the body. For a primigravida, this heightened state of stability is crucial for navigating the physical and emotional stressors of a first pregnancy and the rigors of labor. Furthermore, integrating yoga with Garbhasanskar practices offers a holistic approach to managing hormonal mood swings, ensuring a more serene and empowered journey toward motherhood.