

# “A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING KANGAROO MOTHER CARE AMONG POSTNATAL MOTHERS ADMITTED IN SHRI MAHANT INDRESH HOSPITAL, PATEL NAGAR, DEHRADUN”

<sup>1</sup>Tsering Youdon, <sup>2</sup>Julia Cherian, <sup>3</sup>Taranjit Singh

<sup>1</sup>Nursing Administrative Officer, Ganga Prem Hospice, Rishikesh, Dehradun.

<sup>2</sup>Lecture Department of medical and SURGICAL, SGRR COLLEGE OF NURSING, Dehradun

<sup>3</sup>Taranjit Singh, chief medical officer, Ganga Prem Hospice, Rishikesh, Dehradun.

Email - tseyoudon@gmail.com, juliamasseyj.m@gmail.com, doctor@gangapremhospice.org

**Abstract:** *Introduction:* Kangaroo mother care has been advocated for fostering neuro-behavioral development and supporting parent- infant intimacy and attachment . Kangaroo mother care is reported to reduce incidence of severe illness and nosocomial infection and improve maternal satisfaction[1]. Kangaroo mother care includes thermal care through continuous skin to skin contact support for exclusive breast feeding [2]. **Methodology:** The methodology adopted quasi- experimental design for the knowledge assess of post -natal mothers regarding kangaroo mother care, that is one group pre-test and post- test of 30 samples for the study[4]. **Result:** After pre - test and post -test the significance difference of value was tested using 't' test and result was 11.4 of pre- test and 19.1 of post- test. **Conclusion:** Result revealed that there is a lesser rate of knowledge among postnatal mothers regarding kangaroo mother care in over all view. This indicated awareness programme motivated to know about Kangaroo mother care.

**Key Words:** kangaroo mother care, post- natal mother.

## 1. INTRODUCTION:

“Kangaroo mother care” as a term was first defined at a meeting of some 30 interested researchers, attending a meeting convened by Dr. Adriano Cattaneo and colleagues in November 1996 in Italy. Together with the WORLD HEALTH ORGANIZATION represented by Dr. Jelka Zupan. Low birth weight is one of the major health problems throughout the world. All such neonates can benefit from an effective and efficient human care model- kangaroo mother care. A review of literature was performed to compare the short and long -term outcome of kangaroo mother care to those conventional care, the literature shows that the kangaroo mother care be useful strategy although further studies are necessary to clarity aspect such as heart rate, breathing rate and oxygen saturation that appear contradictory. Kangaroo mother care includes thermal care through continuous skin to skin contact support for exclusive breastfeeding or other appropriate feeding and early recognition/response to illness increasingly accepted in both high and low -income countries[1.1].

## 2. METHOD:

The nature of study was structured teaching. The conceptual framework used for this study was “ pre - experimental one group of post -natal mother group with pretest and posttest design” The data was collected by using numerical rating scale and body response scale and analysed using descriptive and inferential statistics

## 3. ANALYSIS & DISCUSSION:

Distribution study samples according to the socio demographic variables. The study reveals that out of 30 samples 66.6 %f post - natal mothers have adequate knowledge and 26.7 moderately regarding kangaroo mother care. The discussion section is devoted to a thoughtful and insightful analysis of the finding, leading to a discussion of their clinical and theoretical utility.

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#### 4. RESULT:

**Table 1: Frequency and percentage distribution of samples according to demographic variables**

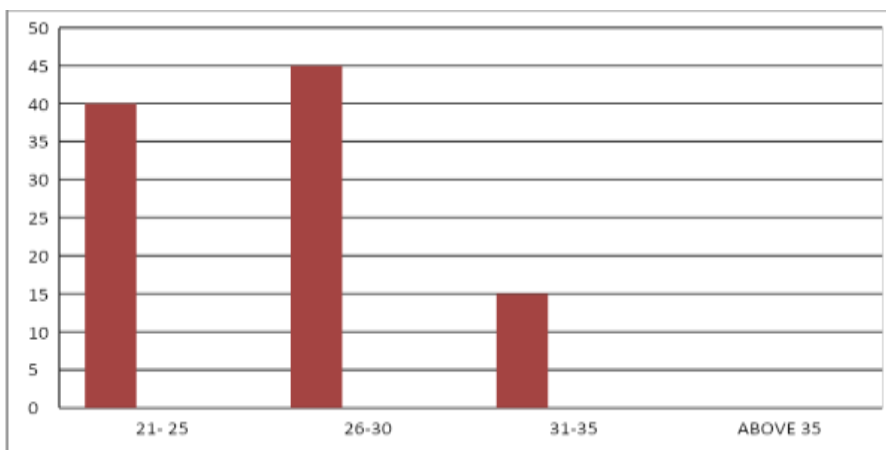
S.N O	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	Age of Mothers a. 21 – 25 b. 26 – 30 c. 31 – 35 d. ABOVE 35	11 13 2 4	37% 43% 7% 13%
2	Religion of Mothers a. Hindu b. Muslim c. Christian d. Any other	21 07 02 -	70% 23% 07%
3	Educational Status of Mothers a. Illiterate b. Primary c. High school d. Higher secondary e. Graduate f. Post graduate	06 08 08 07 01 00	20% 27% 27% 23% 03%
4	Occupation of mothers a. House wife b. Daily wages c. Government d. Private	18 09 03 00	60% 30% 10% 00%
5	TYPE OF FAMILY a. Nuclear b. Joint extended family	13 09 08	43% 30% 27%
6	Income Per Month of The Mother a. LESS THAN RS. 5000 b. 5001-6000 c. 6001-7000 d. ABOVE 7000	12 05 03 10	40% 17% 10% 33%
7	Have You Ever Heard Kangaroo Mother Care a. Yes b. No	13 17	43% 57%
8	Type of delivery a. Normal delivery b. Lower segment cesarean section c. Forceps d. Normal delivery with episiotomy	05 05 02 01	17% 17% 06% 03%

Table one shows the distribution of demographic variables according to their age, sex, educational qualification and work.

Regarding age: 37% (11) of respondents are in the age group of 21 – 25 years, 43% (13) of respondents are in the age group 26-30 years, 7% (2) of respondents are in the age group of 31 – 35 years of age. Regarding religion: 70% (21) of respondents are Hindu, 23% (7) of respondents are Muslims. Regarding educational status: 27% (8) are primary school, 27% (8) are high school, 23% (7) are higher secondary, 3% (1) are graduate, 0% (0) are post graduate. Regarding occupations: regarding occupation shows that 60% (18) mothers were housewife, 30% (9) mothers were daily wages,

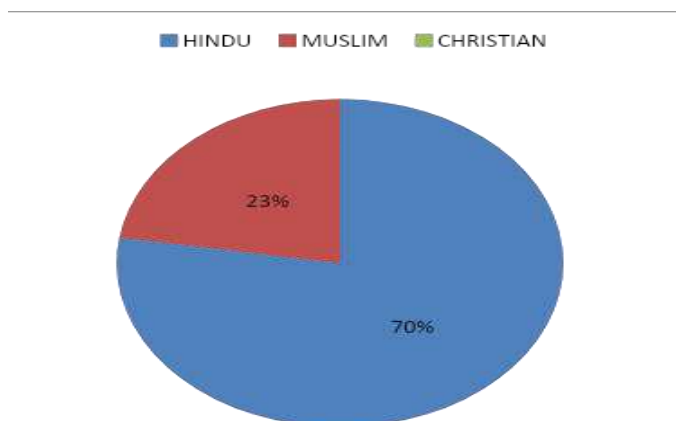
10% (3) mothers were in government job and 0% (0) mothers in private job. Regarding type of the family: 43% (13) mothers belong to nuclear family, 30% (9) belongs to joint family and 27 % (8) mothers belong to extended family. Have you heard kangaroo mother care: mothers having previous information regarding kangaroo mother care 43% (13) and were not exposed to previous knowledge 57 % (17) Type of delivery: mothers are having previous information from books 17% (5), tv 17% (05) and friends and family 3% (1).

**AGE DISTRIBUTION**



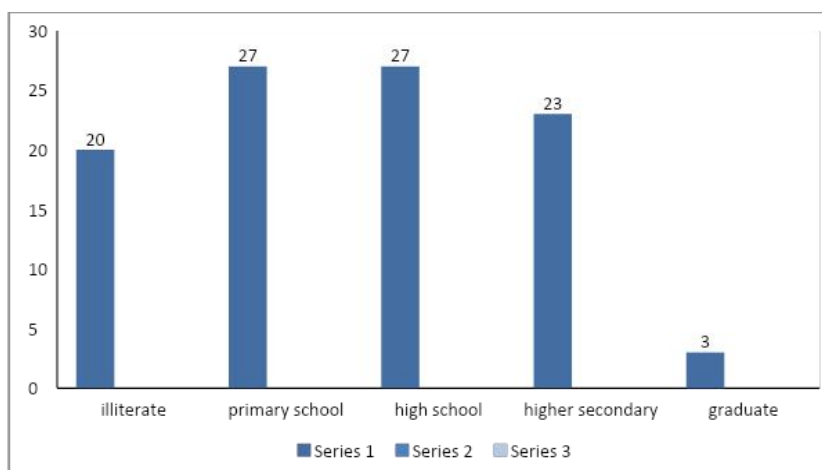
**FIG 1: PERCENTAGE DISTRIBUTION OF AGE OF THE MOTHER**

**RELIGION**



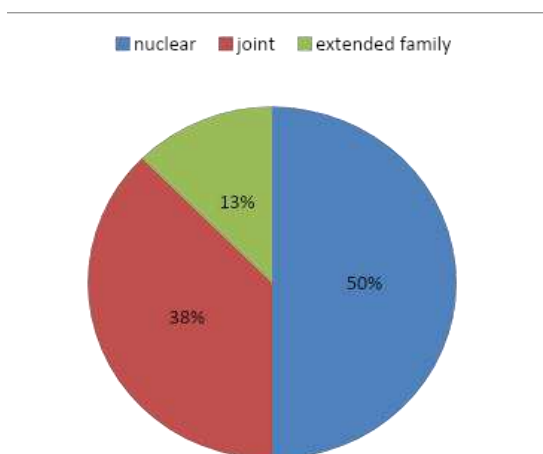
**FIG 1.1: PERCENTAGE DISTRIBUTION OF THE RELIGION OF THE MOTHERS.**

**EDUCATIONAL STATUS**



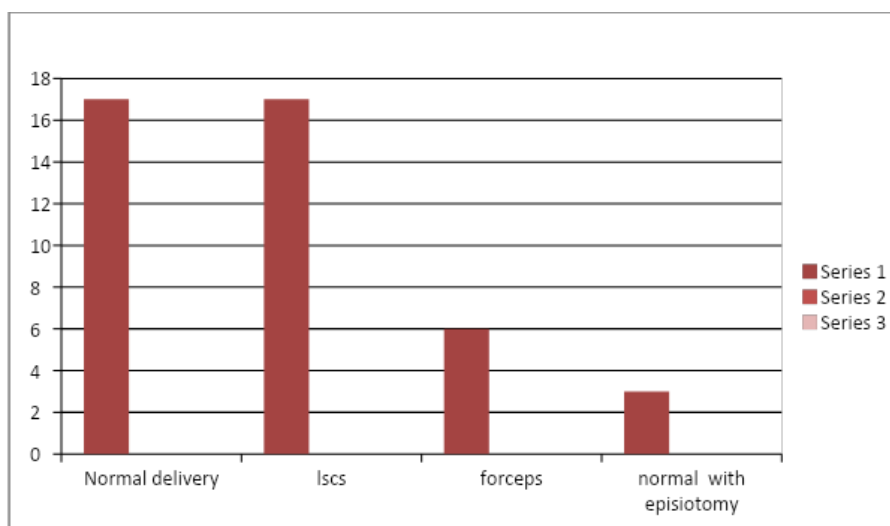
**FIG 2: PERCENTAGE DISTRIBUTIONS OF EDUCATIONAL STATUS OF THE MOTHERS**

**TYPE OF THE FAMILY**



**FIG 2.1: PERCENTAGE DISTRIBUTION OF TYPE OF FAMILY OF THE MOTHERS**

**TYPE OF DELIVERY**



**FIGURE 3: PERCENTAGE DISTRIBUTION OF TYPE OF DELIVERY OF THE MOTHERS**

Frequency and percentage distribution of knowledge level about kangaroo mother care among mothers in pre and post -test.

N=30

S.NO	LEVEL OF KNOWLEDGE	PRE -TEST		POST -TEST	
1	Inadequate knowledge	20	66.6%	•	-
2	Moderate knowledge	8	26.7%	17	56.7%
3	Adequate knowledge	10	6.7%	13	43.3%

The above table shows that 20 (66.6%) mother had inadequate knowledge, 8 (26.7%) mother had moderate knowledge and 2 (6.7%) had an adequate knowledge on kangaroo mother care in pre- test. After giving structured teaching program the post test showed that 17 (56.7%) had adequate knowledge and 13 (43.3%) mothers had moderately adequate knowledge and on kangaroo mother care.

**Frequency and percentage distribution of the pre and post -test score.**

S.NO	GROUP	MEAN	SD	PAIRED 'T' VALUE	P VALUE
1.	PRETEST	11.4	4.36		<0.000
2.	POST TEST	19.1	2.92	14.96	S

The above table shows the pre -test mean knowledge score was 11. 4 with a standard deviation of 4.36 and post- test mean knowledge score was 19.1 with a standard deviation 2. 92. The paired ‘t’ Test was applied to compare pre- test and post- test knowledge score. The result indicated that theirs. Is a statistically significant increase in post- test knowledge ( $p < 0.000$ ). This finding indicated that the structured teaching program was effective.

#### **Association between pre-test and post- test of kangaroo mother care with selected demographic variables.**

**\*Significant at  $p < 0.05$  level# not significant at:  $p < 0.05$**

Findings depicted that there was significant association between demographic variable types of family at 0.05 level of significance. Hence the research thesis to be accepted.

#### **5. CONCLUSION:**

The study was conducted to evaluated the effectiveness of kangaroo mother care among the postnatal mothers of Shri Mahant IndiresH Hospital Dehradun, Uttrakhand. The paired “ t” test was computed between pre test and post test numeric score so, it was found that kangaroo mother care is effective for new born, low birth weight babies and severe illness, nosocomial infection and improve bonding between mother and child.

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