

Research Article

PRE & POSTNATAL CARE AWARENESS AMONG COLLEGE GIRLS: A DESCRIPTIVE STUDY

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ABSTRACT

The study's goal is to ascertain how well-informed young girls are about pre and postnatal care. It is our duty to take care of and protect our body by every possible means because our body is significant to do all our day-to-day work. To lower maternal mortality, it is important to assess the level of knowledge among young women and provide them with appropriate education on maternal and child health. The study has used descriptive design. The study was held at Sacred Heart College, Tirupattur. Systematic random sampling technique were used in this study to collect data. This resulted in collecting data from 100 respondents. A self-structured tools were used to prepare the questionnaire in which the research's components had an alpha value of 0.792. The study on pre and postnatal care includes various aspects such as prenatal care, postnatal care, and diet, psychological and physical aspects. It was evident that majority of the respondents have low level of awareness on pre and postnatal care. This shows that there was a need to give a special attention on this issue by educating the students through various source of knowledge on pre and postnatal care.

Keywords: Prenatal care, postnatal care, maternal mortality, diet, psychological and physical well-being.

INTRODUCTION

The research is to determine how well-informed young girls are about pre and postnatal care. Every living thing on this earth, no matter how small or large, values life. Every living thing has a reason for existing. We do everything for surviving. We engage in eating, studying, working, purchasing food and clothing, and all other activities are solely for survival. We must look after our own bodies. Don't treat your physical being like a woodshed, but like a shrine. The mind and physique are interconnected. The body must provide strong structural support for the intellect and spirit. Your body can transport you everywhere you would like to go, providing you with the power, strength, energy, and vitality you'll need to go there if you take excellent care of it, Says entrepreneur Jim Rohn from the United States. We have to take care of and protect our body by every possible means because our body is significant to do all our day-to-day work. A woman in particular should take excellent care of herself as she will be the source of a new life. She will be the one to shape that new life. For a variety of reasons, women are unique. Most women are maternal, sensitive, and caring individuals in the entire world. Women have a great deal of empathy for people. So it is very important for a woman to take good care of their body. Every mother in the world finds giving birth to a child to be beautiful, mind-blowing, and intense. It's thrilling and transformative. After having experienced such a fantastic experience, we not only fundamentally change as humans, but also our brains after giving birth. A mother should not only have a lovely experience, but also deliver her baby safely. As American educator Marie Mongan puts it, my desire is that every woman, everywhere will experience the joy of having a birth that is genuinely safe, comfortable, and satisfying for both her and her child. Every woman has the right to give birth in peace and comfort. However, both maternal and new-born mortality have a wide range of reasons. Maternal death occurs when a woman passes away while

pregnant or 42 days after giving birth as a result of problems for a number of different reasons. Infant mortality refers to the death of a child while being pregnant or within a year of delivery as a result of problems with birthing. The National Library of Medicine reported in an article titled Maternal death rates in India: current circumstances and strategies for reduction that obstetric causes such as haemorrhage, infection and hypertensive conditions, ruptured uterus, hepatitis and anaemia are the leading causes of maternal deaths in Indian hospitals. According to a 1985 WHO assessment, between 63 and 80 percent of maternal deaths resulted from direct obstetric causes, and between 88 and 98 percent of all maternal deaths likely could have been avoided with proper medical attention.

We can see that if women are given the appropriate information about pregnancy, a significant number of maternal mortalities can be avoided. Every woman must receive maternity education, which is required, for them to apply what they have learned. They can very well safeguard their bodies; they can share their knowledge with other people and significantly the knowledge will lower the risk of maternal death. Every woman needs appropriate information, direction, and care when she is pregnant, but it is best if she learns about pregnancy even before she becomes pregnant. Consequently, the Research focuses on "Awareness on Pre and Postnatal care among college girls".

REVIEW OF LITERATURE

Pertin, Mary (2020), conducted a study on "Effect of Maternal Education on Maternal Health and Child health in Arunachal Pradesh". The study aims to examine the knowledge and health caring practices on maternal and child birth of the women and to study the effects of maternal education. The study has found that educated woman are less likely to die during pregnancy. Educated woman are getting married only when they are ready to bear the child. Educated woman are most concerned about their reproductive health comparing to woman who are illiterate. Educated women have

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better knowledge on reproductive and sexual health. They have better knowledge on family planning, breast feeding, and immunization. They are practising a good child health care regarding to the intake of food, nutritional diet and hygiene of the children. This study show that it is important to be educated to lead a safe and healthy pregnancy. Here education plays a vital role. The study results that comparing to educated woman, illiterate woman have less knowledge on maternity and they don't have a proper knowledge on following a safe health practices.

Kalaivani, L (2019), did a study on "Effectiveness of Structured Teaching Programme and Video Assisted Programme regarding postnatal care among Primi Mothers in Coimbatore". The study was done in Coimbatore to measure the knowledge, practice and attitude of postnatal care among pregnant woman in various maternity centres located in Coimbatore. The study has used 500 mothers by using non-probability sampling method. Initially the researcher assessed all the mothers by doing pre-test regarding their postnatal care. This was assessed by questionnaire method. Then education on health was given to mothers using flash cards and video demonstrations related to postnatal care aspects. After analysing the data, the researcher arrived to the conclusion that post-test knowledge, attitude, and practise for a number of postnatal care characteristics were all superior to pre-test knowledge, attitude, and practise for those same qualities.

Sangeetha, C (2022), did a study on "Effectiveness of prenatal counselling on physical and psychological wellbeing among women with preeclampsia at selected tertiary care Hospital Bangalore". The study aims to check the effectiveness of counselling to women with preeclampsia- a condition in pregnancy occurs high blood pressure, often followed by high blood pressure which is a great threat to the well-being of both the mother and baby. The study has used true experimental design. Based on literature review, patient queries, internal sources and personal experience of care of patient a counselling manual has been prepared to provide awareness to women with preeclampsia. The study has taken 180 women has the sample size out of which 90 are taken as experimental group and 90 were in controlled group. The study has used standardized tool from WHO. Majority of the respondent were between the age group of 26-30. SPSS software was used in this study. The study results that antenatal counselling to woman with preeclampsia can improve the physical and psychological wellbeing. Psychological well-being can reduce the blood pressure. This study emphasis that counselling can also provide a safe and healthy pregnancy. Therefore, in prenatal care we can also include the counselling.

Sarojini S (2020) conducted a study on "Effect of Mindful Based Stress Reduction Programme on Prenatal Stress among Antenatal Mothers in Preventing the Occurrence of Postnatal Blue at Selected Hospitals Puducherry". The study has used experimental design to do MBSRP intervention which was a seven-week course. It was found that the intervention group had great impact in the reduction of stress, negative feelings about pregnancy. It also reduced the postnatal blue. After attending the program, it was evident that there was a significant change in their mindfulness and level of stress. 150 antenatal mothers were taken for this study to do the intervention and 150 antenatal mothers were taken for the control group. The study has used non-probability convenience sampling technique. According to the initial findings, the MBSRP intervention is strongly suggested since it has the ability to reduce stress, encourage positive pregnancy-related experiences, and increase wellbeing both during and after delivery. People with low incomes who struggle with a variety of life stressors and pregnancy-related difficulties find it easier to accept the MBSRP. When educating pre and postnatal care this

intervention can also be taught to them, so that when the young girls get married and become pregnant, they can use this intervention.

Significance of the Study

The ultimate goal of everyone is to live safely and happily but the goal is destroyed when a person dies due to maternal death and that too because of a lack of awareness. The primary causes of maternal fatalities are well understood, usually curable, and regarded to be a significant health indicator, says UNICEF INDIA. According to the report, key issues that account for roughly two thirds of the maternal deaths include severe bleeding (most commonly after childbirth), infections, high blood pressure throughout pregnancy, difficulties following delivery, and risky abortions.

This problem stands out from the rest of the problems because it has a direct connection to death. To lower maternal and infant mortality, it is important to assess the level of knowledge among young women and provide them with appropriate education on pre and postnatal care. This study will be beneficial to all young women who will get married and all women who will give birth.

If young women's level of awareness on pre and postnatal care is checked, it can be determined whether they have the necessary knowledge about maternal health or not. If not, education on pre and postnatal care can be recommended to young women as an intervention. The source of knowledge will be identified on this issue.

Aim and Objectives:

The study aims to examine the awareness level on pre and postnatal among college girls.

- To analyse the socio demographic profile of college girls.
- To know their level of awareness on pre and postnatal care.
- To know the source of knowledge on this issues.
- To analyse the perception on pre and postnatal care education among college girls
- To identify the need for the pre and postnatal care education.

Research Design

Descriptive design was used in this study by describing the existing knowledge. The study described the existing phenomenon by reporting the current status of the awareness level on pre and postnatal care.

Universe and Sampling

The study was held at Sacred Heart College, Tirupattur. Girls in Sacred Heart College were the population. The total population of girls in Sacred Heart College was 1763. The study used a systematic random sampling technique. The researcher selected girls from undergraduate, postgraduate, and Ph.D. to collect data. This resulted in collecting data from 100 respondents. This sample size was used to collect quantitative data.

Tools of Data Collection

This study is a descriptive study, so this study used a questionnaire as its tool. A self- structured tools were used to prepare the questionnaire. Likert scale and Guttman scale were used in this questionnaire. Using a 5-point Likert scale, respondents may quickly react to questions and express their degree of agreement in five points. It took 20 minutes for the researcher to complete a tool.

ANALYSIS AND INTERPRETATION

Table - 1 Knowledge about Pregnancy (giving birth to a child)

Knowledge about pregnancy (giving birth to a child)	Frequency (100)	Percentage
Unaware	10	10.0
Slightly Aware	25	25.0
Somewhat Aware	32	32.0
Extremely Aware	19	19.0
Completely Aware	14	14.0
Total	100	100.0

The table dictates the knowledge of the research population on giving birth to a child, where less than one-third (32%) of the respondents were somewhat aware, one-fourth (25%) of the respondents were slightly aware, less than two-tenths (19%) of the respondents were extremely aware, more than one-tenth (14%) of the respondents were completely aware, and one-tenth (10%) of the respondents were unaware. According to respective district administration data for 2021-22, the maternal mortality rate (MMR) is 93.4 in Tirupattur. Since the rate of maternal death is very high it is a serious issue. Most maternal death occurs due to a lack of awareness of prenatal and postnatal care and unhealthy practices. Every girl should acquire knowledge on maternal health and child health even before she is getting married.

Table - 2 Pre-Natal check-ups

Pre-natal check-ups	Frequency (100)	Percentage
Unaware	32	32.0
Slightly Aware	24	24.0
Somewhat Aware	25	25.0
Extremely Aware	12	12.0
Completely Aware	7	7.0
Total	100	100.0

The preceding table determines the awareness of the target group on pre-natal check-ups. Less than one-tenth (7%) were completely aware, more than one-tenth (12%) were extremely aware, one-fourth (25%) were somewhat aware, less than one-fourth (24%) were slightly aware and less than one-third (32%) were unaware of the pre-natal check-ups. Many of the girls were unaware about the check-ups done during pregnancy. It is important for every girl to know about various check-ups of prenatal care and undergo those check-ups during their pregnancy period. The table shows that only few of the respondents are completely aware.

Table - 3 Girls need to have knowledge on "Pre and Postnatal Care"

Girls need to have knowledge on "Pre and Postnatal Care"	Frequency (100)	Percentage
Before Marriage	70	70.0
After Marriage	30	30.0
Total	100	100.0

The above table shows that almost three-fourth (70%) of the respondents have expressed that a girl should receive knowledge on pre and postnatal care before marriage, while less than one-third (30%) of the respondents have opted after marriage. The table clearly shows that most of the respondents need this knowledge before marriage. Girls have low level of awareness on pre and postnatal care, but they are willing to gain knowledge on pre and postnatal

care. It is very important for all the girls to have knowledge on pre and postnatal care but it would be highly recommended to have the knowledge before their marriage. The table reveals that only few college girls want to have knowledge after marriage but most of the college girls are willing to increase their knowledge before marriage.

Table 4 Distribution of respondents based on dimensions of awareness on Pre and Postnatal Care

Dimensions	Factors	Frequency (100)		Percentage (100)	
		Low	High	Low	High
D1	Knowledge on Basic Biological Information	28	72	28%	72%
D2	Prenatal Care	69	31	69%	31%
D3	Postnatal Care	57	43	57%	43%
D4	Diet	54	46	54%	46%
D5	Psychological Aspect	100	0	100%	0%
D6	Physical Aspect	64	36	64%	36%
Overall	Awareness on Pre and Postnatal Care	52	48	52%	48%

The presented table states the awareness level on pre and postnatal care based on the respective dimensions. D1 reveals that more than one-fourth (28%) of the respondents have low knowledge and almost three-fourth (72%) of the respondents have high knowledge on basic biological information. D2 states that almost three-fourth (69%) of the respondents have low knowledge and less than one-third (31%) of the respondents have high knowledge on prenatal care. D3 & D4 states that more than half (57% & 54%) of the respondents have low knowledge and more than two-fifth (43% & 46%) of the respondents have high knowledge on postnatal care and foods to be taken. D5 shows that all of the respondents (100%) were having low awareness on the psychological aspects of pre and postnatal care. D6 states that majority (64%) of the respondents have low knowledge and more than one-third (36%) of the respondents have high knowledge on physical aspects of pre and postnatal care. The overall awareness level enables us to understand that more than half (52%) of the respondents have low awareness and less than half (48%) of the respondents have high level of awareness on pre and postnatal care. The collected data shows that there were low level of awareness on pre and postnatal care among college girls. This is a serious issues and attention has to be given to them. Not only from one aspect but the students should receive the education from various source of knowledge. They students should be educated in-depth.

SUGGESTIONS

Through appropriate education, prenatal and postnatal care knowledge can be improved. Teachers can teach 11th and 12th grade students on the effects of teenage pregnancy at the school level. At the college level, the sessions can be conducted in an engaging manner. Parents can encourage a better lifestyle in their children that will benefit them throughout their lives by instilling habits such as healthy food habits, exercise, and yoga in their children at an early age. To learn about prenatal and postnatal care, students should not be afraid or feel shy. They should be aware that before getting married, every girl should be knowledgeable about pre and postnatal care. Non-Governmental Organization - The level of awareness can be increased by employing tactics including community engagement initiatives, public awareness and education campaigns, and the construction of accessible and inexpensive healthcare facilities in underprivileged areas.

Government should take measures to create a module on pre and postnatal care. Training should be given to all the teachers. A new policy in the educational system should be created and mandated.

CONCLUSION

This problem stands out from the rest of the problems because it has a direct connection to death. To lower maternal and infant mortality, it is important to assess the level of knowledge among young women and provide them with appropriate education on pre and postnatal care. This study will be beneficial to all young women who will get married and all women who will give birth. Though the previous studies don't include unmarried woman, it serves as a guide for pre and postnatal care to young women. Future researchers can explore or check the level of awareness on other dimensions of maternity. The researchers can also measure the level of awareness on pre and postnatal care among school children. It should be made mandatory that every girl should have knowledge on pre and postnatal care before getting married. The government should take steps to develop a pre- and postnatal care module. All teachers should receive training. The educational system should establish and enforce a new policy. It is important to take action to raise girls' understanding of prenatal and postnatal care from a variety of aspect.

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