



“A Study To Assess The Effectiveness Of Informational Booklet Regarding Kegel Exercise Among Post Natal Mothers At Chc Kolar Bhopal”

Mrs. Deepmala Tamrakar

Assistant Professor Midwifery and Gynaecology Nursing

Faculty of Nursing

Bhabha University, Bhopal, M.P.

❖ **ABSTRACT:-**

Descriptive research design was adopted in this study. Process to making the subject to do Kegel exercise for 10 seconds for 3 times a day, 10 repetitions each time for three days among the postnatal mothers. Setting for the present study was **the postnatal ward at CHC kolar**, though many hospitals are there in the private sector, people residing in and around **CHC kolar** to meet their health care needs. The sample size for the study will comprise of 30 postnatal mothers. Non probability purposive sampling will be used to select the samples.

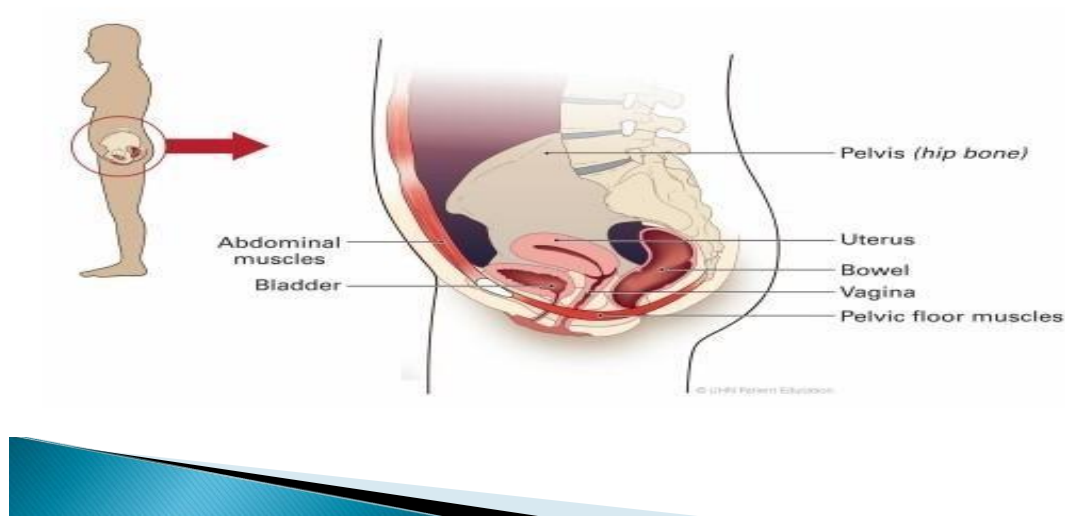
KEYWORDS:-

Kegel Exercise, Informational booklet, postnatal mother

❖ **INTRODUCTION:-**

Pelvic floor exercises (**also called kegel exercises**) are a simple way to help build strength in your pelvis floor muscles. These muscles form a bowl shape in the base of your pelvis (see pictures below). Your pelvic floor muscles help you control the flow of urine(pee) and feces (pee) they also keep your bladder, uterus and bowels in place. Childbirth is one of the most important events in a woman's life.

The wonder of motherhood is the enjoyable journey that is felt only by the mother after giving birth of rebirth by, giving birth to a child. A mother, even though she is born earlier in this world perceives an experience. It brings about remarkable changes in her normal life and introduces an exposure to a new role within her.



Who needs to do pelvic floor exercise?

- Pregnancy.
- Childbirth, including a C-section.
- Having obesity (a body mass index, or BMI, greater than 30) or overweight (a BMI greater than 25).
- Surgery in your pelvic area.
- Aging. The muscles of your pelvic floor, as well as muscles in your rectum and anus, naturally weaken with age.
- Excessive straining while pooping (constipation) or chronic coughing.
- Exercises (especially jumping, running and lifting heavyweights).
- Leak urine or feces when you:-
 - ✓ Laugh
 - ✓ Run
 - ✓ Cough
 - ✓ Lift something
- **Have started menopause.** Menopause is the time in life when menstruation (Monthly period) stops. As menopause starts the body makes less of the hormones that keep your muscles strong.
- **Have had cancer treatment that cause early menopause.**
 - ✓ Chemotherapy
 - ✓ Radiation to the pelvis
 - ✓ Surgery to remove ovaries

❖ **OBJECTIVES:-**

1. To Assess the Pre and Post test knowledge score regarding kegel exercise among Postnatal mothers
2. To assess the effectiveness of informational booklet regarding kegel exercise among postnatal mothers by comparing pre and post test knowledge score.
3. To find out the association between Pretest Knowledge regarding kegel exercise among Postnatal mothers with selected demographic variables.
4. To implement informational booklet regarding kegel exercise among postnatal mothers.

❖ **HYPOTHESIS:-**

1. H₁: There is significant difference between pre and post test knowledge regarding kegel exercise among postnatal mothers.
2. H₂: There is significant association between the pre-test knowledge regarding kegel exercise with selected demographic variables among postnatal mothers.

❖ **METHODOLOGY:-**

In this section, the following topics are discussed in relation to the methodology adopted by the investigator. It includes research design, setting of the study, variables, population, sample size, sampling technique, and sample selection criteria, description of the tool, content validity, reliability, pilot study, and method of data collection and plan for data analysis. Quasi experimental research design was adopted in this study. Process to making the subject to do Kegel exercise for 10 seconds for 3 times a day, 10 repetitions each time for three days among the postnatal mothers. Setting for the present study was **the postnatal ward at CHC kolar**, though many hospitals are there in the private sector, people residing in and around **CHC kolar** to meet their health care needs. This is because of economical reasons as well as availability of health care facilities and infrastructure in this institution. Postnatal mothers from day one delivery admitted in the postnatal wards at CHC kolar.

The sample size for the study will comprise of 30 postnatal mothers will be in experimental group. Non probability purposive sampling will be used to select the samples.

❖ **FINDINGS AND DISCUSSION:-**

The post intervention Assessed Knowledge regarding kegel exercise among postnatal mothers through booklet. Process to making the subjects to do kegel exercise for 10 seconds for 3 times a day, 10 repetitions each time for three days. Data analysis and interpretation were done by using frequencies, percentage, mean and standard deviation, chi-square test, student's independent t-test. The result of the study was discussed based on the objectives and the following supportive studies.

➤ According to the demographic information of post natal mothers. Age of post natal mothers (36.7%) belonged to < 20 years age group. With record to Religion majority belonged to Hindu 19 (63.3%). Mostly post natal mothers are educated at the level of primary school in both the 11 & 12 (40.0%). Most of women's are house wife 21 (70%). Monthly income of the majority of post natal mothers ranges from RS 12000 to 15000 18 (60.0%). Majority of the women come from joint family 13 (43.3%).

➤ Most of the women came from urban 18 (60.0%). Majority of the women close relative marriage in 18 (60.0%). In control group 17 (56.7%) Most of the women are non relative marriage. Most of the women height 146 to 150 cm

➤ Most of the women age at the menarche 12 to 15 years,

➤ **The first objective: - Assess the Pre and Post test regarding kegel exercise among postnatal mothers.**

The investigator faced that about 53.3% of mothers and having slow Excruciating pain in pre test, and about 86.7% of mothers and 93.3% of mothers having slow involution of uterus in pre test.

➤ **The second objective: - To assess the effectiveness of informational booklet regarding kegel exercise among Postnatal mothers.**

The investigator discussed about the effectiveness of Kegel exercise and involution of uterus. At the time of Pretest Knowledge level is 25% and after done by posttest & distribution of booklet level of knowledge is 87.6% this shows the effectiveness of the study.

➤ **The third objective: - To find out the association between Pretest Knowledge regarding kegel exercise among Postnatal mothers with selected demographic variables.**

The association between level of knowledge regarding kegel exercise with mother's demographic variables. There is a statistical significance between age of the mother and reduction of fundal height ($\chi^2=9.72$ $p=0.01^{**}$) specifically in mothers between 26-30 years, and also there is a marked reduction of fundal height among educated mothers ($\chi^2=8.33$ $p=0.04^*$) who are graduates.

There is a statistical significance between pain reduction and mother's age between 26-30 yrs, ($\chi^2=7.79$ $p=0.05^*$), the mother's who attained menarche at the age between 12-15yrs were also having a marked reduction in pain ($\chi^2=6.43$ $p=0.04^*$) statistical value is calculated by using Chi square test.

❖ CONCLUSION:-

Most of the women experience some degree of Involution of uterus, Muscles weakness, and passing gas & stool Spontaneously, Reproductive organs are weak now a day is a main Problem in postnatal mothers. Involution of uterus, Muscles weakness, passing gas & stool Spontaneously, Reproductive organs are weak now a day is a main Problem in postnatal mothers. So Need to do kegel exercise for preventing these Problem. The postnatal period is a time of maternal changes that are both retrogressive (involution of uterus and vagina) and progressive (production of milk for lactation, restoration of the normal menstrual cycle, and beginning of a parenting role). Protecting a women's health as these changes occur is important for preserving her future childbearing function and for ensuring that she is physically fit to incorporate her new child into her family... It is estimated that approximately about 58% women experience tiredness, 23% perineal problems, 42% backache, 24% Haemorrhoids, 13% bowel problems, 23% sexual problems, 20% vaginal bleeding, 46%.

Pain, Involution of uterus, Muscles weakness, passing gas & stool, Reproductive organs are weak is a main Problem in postnatal mothers. So this study is done to reduce the post natal problem by administering the kegel exercise for selected post natal mothers who admitted at the post natal ward at CHC Kolar Bhopal.

❖ REFERENCES:-

1. Avidson AB, Chintu K, Erikson B. Maternal and infant health problems after normal childbirth – a randomised controlled study in Zambia. *Journal of Epidemiology and Community Health* 1998; 52:385-91.
2. Babu M. A study of the postnatal and neonatal health problems and home remedies used during puerperium in an urban community of New Delhi. *The Indian Journal of Nursing and Midwifery* 1998; 1(3):49-52.
3. Benett RV, Brown LK. Myles textbook for midwives. 14th ed. Edinburgh: Churchill Livingstone; 2003.
4. Dutta DC. Textbook of obstetrics. 6th ed. Calcutta: New Central Book Agency (P) Ltd.; 2004.
5. Gamble J, Creedy D. Midwifery preparation for practice. Marrickville: Churchill Livingstone; 2006.
6. Gonzales H. How to ease after-pains after giving birth. Philadelphia: Lippincott Williams and Wilkins; 2008.
7. Aeikan O.N and Tomlinson. Appraisal of patient training for child birth. *American Journal of Obstetrics and gynecology*. Vol: 102, 953: PP: 66-100
8. Allen, R.E. Pelvic floor damage and child birth. *Obstetrics and gynecology*. Vol: 97: 200:42.
9. Berg. LB. P& post natal discomfort during postpartum period. *Journals of OBG*. Lincoping. 1998; Jan: 7(1): 71.5.
10. Beaty, Ib ache drupes, acute homodynamic effects of lumbar support. *Journal of OBG*. Oklama city. U.S.A. 2004; Dec: 449120: 1007-11.
11. <http://www.Medline.Com>
12. <http://www.Medscape.Com>
13. <http://www.Wilipedia.Com>