



# A Quantitative Study To Assess The Knowledge Regarding Antenatal Exercise Among Pregnant Women At CHC Sanwar, Indore, MP.

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## **ABSTRACT**

Antenatal exercises contribute significantly to the well-being of pregnant women and fetal development. The present quantitative study evaluates the knowledge of antenatal exercise among pregnant women at CHC Sanwar, Indore, MP. A total of 40 pregnant women participated in the study, with 10 participants assessed before a structured teaching program (pre-test group) and 30 assessed post-intervention (post-test group). The knowledge scores were compared using independent t-test. The post-test scores showed a statistically significant improvement, indicating the effectiveness of the teaching intervention.

## **BACKGROUND OF THE STUDY**

Antenatal exercises such as pelvic tilts, Kegel exercises, and mild aerobics are recommended to enhance maternal comfort and facilitate labour. However, awareness and practice of such exercises remain inadequate in many semi-urban and rural communities. CHC Sanwar serves as a crucial healthcare point for pregnant women in Indore, MP. The knowledge of antenatal exercise can lead to improved maternal outcomes, but prior observations indicated a lack of awareness, necessitating structured education.

## **OBJECTIVES**

1. To assess the existing knowledge of pregnant women regarding antenatal exercises.
2. To implement a structured teaching program on antenatal exercises.
3. To evaluate the effectiveness of the structured teaching program by comparing pre-test and post-test knowledge scores.
4. To find associations between knowledge scores and selected demographic variables.

## **HYPOTHESIS**

- H0: There is no significant difference in knowledge scores regarding antenatal exercise between pre-test and post-test groups.
- H1: There is a significant difference in knowledge scores regarding antenatal exercise between pre-test and post-test groups.

## **METHODOLOGY -**

**Research Approach:** Quantitative

**Research Design:** Pre-experimental, two-group design (pre-test and post-test)

**Setting:** CHC Sanwar, Indore, Madhya Pradesh

**Population:** Pregnant women attending antenatal care at CHC Sanwar

**Sample Size:**

- **Pre-test group:** 30 pregnant women
  - **Post-test group:** 30 pregnant women
- Sampling Technique:** Purposive sampling

**Data Collection Tool:**

- Section A: Demographic information (age, education, trimester, parity)
- Section B: Structured questionnaire (20 multiple-choice questions on antenatal exercise knowledge)

**Scoring Criteria:**

- Good: 15–20
- Average: 10–14
- Poor: <10

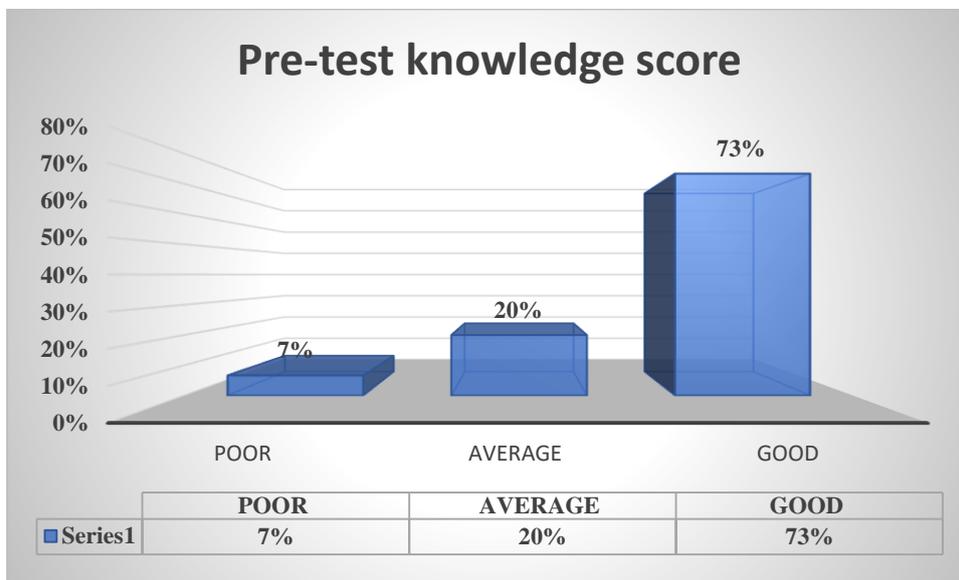
## **Data Collection Procedure:**

- Pre-test knowledge assessment in Group A (30 participants)
- Structured teaching session
- Post-test knowledge assessment in Group B (30 participants after 7 days of the intervention)

## **RESULTS AND STATISTICAL ANALYSIS**

**Pre-test** – Among 30 participants, 18 (60%) had poor knowledge, 9 (30%) had average knowledge, and 3 (10%) had good knowledge regarding antenatal exercise. Pre-test mean knowledge score was  $8.20 \pm 2.25$ .

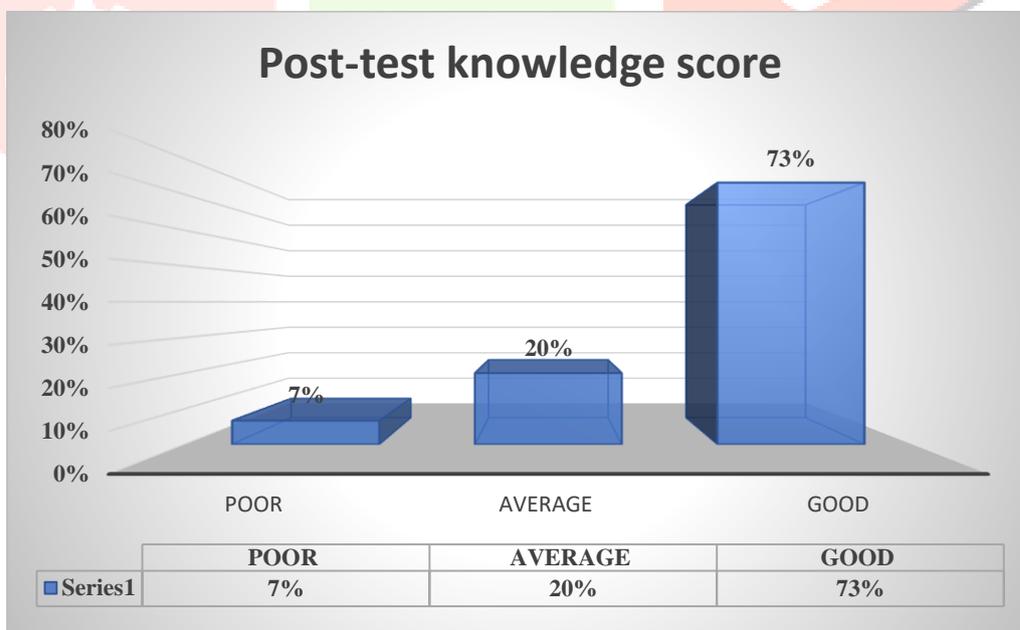
- Poor: 18 participants (60%)
- Average: 9 participants (30%)
- Good: 3 participants (10%)



(Bar-diagram of pre-test knowledge score regarding antenatal exercise)

**Post-test** – Among 30 participants, 2 (6.7%) had poor knowledge, 6 (20%) had average knowledge, and 22 (73.3%) had good knowledge regarding antenatal exercise. Post-test mean knowledge score was **15.70 ± 1.85**.

- Poor: 2 participants (6.7%)
- Average: 6 participants (20%)
- Good: 22 participants (73.3%)



(Bar-diagram of post-test knowledge score regarding antenatal exercise)

**Inferential Statistics:**

- Statistical test: Independent t-test
- Calculated t-value: 9.76
- Degrees of freedom (df): 58
- p-value: < 0.001 (highly significant)

**Interpretation:**

The comparison of knowledge scores between pre-test and post-test groups revealed a statistically significant improvement in the post-test group, indicating the effectiveness of the structured teaching program in enhancing knowledge about antenatal exercises among pregnant women.

**CONCLUSION**

The structured teaching program significantly improved pregnant women's knowledge of antenatal exercises. The findings support the implementation of regular educational interventions during antenatal visits to enhance maternal awareness and promote healthy pregnancy practices.

**Recommendations**

1. Conduct regular antenatal educational sessions in CHCs and PHCs.
2. Encourage community health workers to promote antenatal exercises.
3. Extend research with a larger sample and control group for better generalizability.

**References**

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