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A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING KANGAROO MOTHER CARE AMONG ANTENATAL MOTHERS AT SELECTED RURAL AREA IN CHENNAI

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ABSTRACT:

A special type of care for neonates and their parents that provide early skin to skin contact between baby and the parents is Kangaroo Mother Care. It is special way to care the neonates to foster their health and wellbeing by promoting effective thermal control, breastfeeding, infection prevention and bonding. A study was conducted to assess the effectiveness of structured video assisted teaching programme on knowledge and attitude regarding kangaroo mother care among antenatal mothers at selected rural area in Chennai. The objectives were, to assess the level of knowledge and attitude regarding Kangaroo Mother Care and to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding Kangaroo mother care. A quantitative research approach of pre experimental with one group pre and post test design was chosen for this study. By using purposive sampling technique a total of 50 samples were included for the study. The result revealed that there was a statistically significant difference between pre and post test knowledge and attitude scores regarding Kangaroo Mother Care among Antenatal Mothers at level $p < 0.001$.

KEY WORDS: neonates, Kangaroo Mother Care, breastfeeding, infection prevention, bonding.



INTRODUCTION:

Kangaroo mother care is a method of care of preterm infants. The method involves infants being carried, usually by the mother, with skin-to-skin contact. This guide is intended for health professionals responsible for the care of low-birth-weight and preterm infants.- WHO. Some 20 million low-birth-weight (LBW) babies are born each year, because of either preterm birth or impaired prenatal growth, mostly in less developed countries. They contribute substantially to a high rate of neonatal mortality whose frequency and distribution correspond to those of poverty. LBW and preterm birth are thus associated with high neonatal and infant mortality and morbidity. Of the estimated 4 million neonatal deaths, preterm and LBW babies represent more than a fifth. Therefore, the care of such infants becomes a burden for health and social systems everywhere. This study implied that proper education regarding Kangaroo Mother Care to the antenatal mothers will foster the health and wellbeing of the neonates and thereby reduce the mortality and morbidity of the neonates during the initial stages of life after birth.

OBJECTIVES OF THE STUDY:

- ✓ To assess the level of knowledge and attitude regarding Kangaroo Mother Care
- ✓ To evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding Kangaroo mother care.

METHODOLOGY:

RESEARCH APPROACH: A Quantitative research approach was used for this study.

RESEARCH DESIGN: A pre experimental one group pre and post-test design was chosen.

TABLE I: SCHEMATIC REPRESENTATION OF RESEARCH DESIGN

GROUP	PRE-TEST	INTERVENTION	POST-TEST
STUDY GROUP	01	X	02

KEYS

- ✓ O1 - Pre-test on knowledge and attitude regarding kangaroo mother care.
- ✓ X - Video assisted structured teaching programme regarding kangaroo mother care
- ✓ O2 - Post-test on knowledge and attitude regarding kangaroo mother care.

SETTING OF THE STUDY:

The study was conducted among the Antenatal Mothers at Community Health Centre, Anagapathur – Chennai.

SAMPLE SIZE:

A Sample of 50 Antenatal mothers who visited the Community Health Centre at Anagapathur – Chennai.

Inclusion criteria:

1. Antenatal Mother's belong to age between 19 -30 years and who are interested in the study.
2. Antenatal mothers who were in their second and third trimester of pregnancy who visited community health centre Centre at Anagapathur – Chennai.
3. Antenatal Mothers who could talk and understand Tamil or English.

Exclusion Criteria:

1. Antenatal mothers who were categorized as high risk cases at community health centre.
2. Antenatal mothers who were not willing to participate in the study.

DATA ANALYSIS AND INTERPRETATIONS:

20 questions about Kangaroo Mother Care were selected. The scores for the correct and incorrect answers were coded as 2 and 1 respectively. The maximum score was 20.

CATEGORY	SCORES	PERCENTAGE	LEVEL OF KNOWLEDGE
I	1-10	0-50	Poor
II	11-15	51-75	Average
III	16-20	76-100	Good

TABLE 2: Distribution of level of knowledge on kangaroo mother care among antenatal mothers in pre and post test

N=50

SL.NO	LEVEL OF KNOWLEDGE	PRE TEST		POST TEST	
		N	%	N	%
1	Poor	50	100	0	0
2	Average	0	0	6	12
3	Good	0	0	44	88
TOTAL		50	100	50	100

The above table illustrates the level of knowledge on Kangaroo Mother Care among Antenatal Mothers in pre and post-test. In pre test 100% of antenatal mothers had poor knowledge whereas in post test 88% and 12% had good and average knowledge respectively.

TABLE 3: Comparison of pre and post test level of knowledge on kangaroo mother care among antenatal mothers

N=50

Sl. No	observation	mean	Standard deviation	Paired 't' value	P value
1	Pre test	2.64	1.61321	45.79*** SS	0.001
2	Post test	17.50	1.60675		

***Significant at $p < 0.001$, SS-Statistically significant

The above table unveils that there was statistically significant difference at level $p < 0.001$ between pre and post-test knowledge score on kangaroo mother care among antenatal mothers .

TABLE 4: Comparison of pre and post test level of attitude on kangaroo mother care among antenatal mothers

Sl. No	observation	mean	Standard deviation	Paired 't' value	P value
1	Pre test	27.9000	4.48	29.68*** SS	0.001
2	Post test	51.9800	4.77		

***Significant at $p < 0.001$, SS-Statistically significant

The above table unveils that there was statistically significant difference at level $p < 0.001$ between pre and post attitude score on Kangaroo mother care among antenatal mothers.

MAJOR FINDINGS OF THE STUDY:

- ✚ The distribution of level of knowledge on kangaroo mother care among antenatal mothers revealed that 100% of the samples had poor knowledge, whereas in post-test 88% and 12% had good and average knowledge respectively.
- ✚ The level of distribution at level of attitude on kangaroo other care among antenatal—mothers revealed that 66% and 34% had poor and better attitude respectively in pretest, whereas in post test 90% and 10% had best attitude and better attitude respectively.
- ✚ The comparison of pre and post test values on kangaroo mother care among— antenatal mothers disclosed that there is statistically significant difference at level $p < 0.001$.

- ✚ Also there was statistically significant association of education status of mother with level of attitude on kangaroo mother care at level $p < 0.05$.

CONCLUSION:

The study finding proved that the structured video assisted teaching program was effective to increase the knowledge and attitude of the Antenatal Mothers regarding Kangaroo Mother Care.

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