

“A COMPARATIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING HOME MANAGEMENT OF MINOR AILMENTS IN PREGNANCY AMONG RURAL & URBAN WOMEN IN SELECTED AREAS AT KANPUR DISTRICT”.

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ABSTRACT

“A comparative study to assess the knowledge and attitude regarding home management of minor ailments in pregnancy among rural and urban women in selected areas”. Acidity and heart burns is quite normal. It can be prevented by avoiding fatty foods, oily foods and by taking antacids syrups or tablets. Back ache is relieved by Relaxation of the pelvic joints, faulty posture, high heel shoes leading to increase in lumbar lordosis are often responsible for back pain. Constipation is one of the common ailment during pregnancy. Atonicity of the gut due to effect of progesterone's, diminished physical activity and pressure of the enlarged uterus over the gut are the causes of constipation. Ankle swelling: It is due to excess fluid retention. No treatment is required. It subsides on taking adequate rest with slight elevation of limbs. The research design used for the study was quantitative research design and non probability convenient sampling technique was adopted among 60 samples 30 ante natal mothers from rural area 30 ante natal women from urban ante natal women of selected areas in Nellore based on the inclusion & exclusion criteria. Data was collected by using tool which consists of socio demographic variables, knowledge questionnaire which consists of 30 items and attitude scale which consists of 20 items. A total 60 antenatal women were included for the study and informed consent was obtained. Confidentiality of shared information was assured. The purpose of the study was explained. Data was analyzed and interpreted by using descriptive and inferential statistical method (i.e. frequency and percentage mean, standard deviation, Z – test, chi – square).

Key Words: Comparative, Rural, Urban, Minor ailments

INTRODUCTION:

During the course of pregnancy period many changes occur in a woman's body as a result of hormonal influences and adaptation to the gestational process. Thereby, they experience a variety of physiological and psychological symptoms such as nausea, vomiting, backache, giddiness, heartburn and anxiety etc. These are termed as minor ailments or discomforts of pregnancy.

Ghosh (1987) stated that it has been estimated that an average Indian woman becomes pregnant 8 times and gives birth to 6-7 children out of which 4-5 survive. In between, she is breast feeding the babies, and so it seems that she spends 80% of her reproductive life in pregnancy and lactation.

The expectant women contribute further to family health, where she seeks guidance throughout the pregnancy and follows the advice of experienced personnel to overcome or treat these minor ailments of pregnancy. Most of the expectant mothers rely on home remedies for the minor ailments of pregnancy thinking that they will be subsiding by the end of pregnancy.

STATEMENT OF THE PROBLEM

“A comparative study to assess the knowledge and attitude regarding home management of minor ailments in pregnancy among rural & urban women in selected areas at Kanpur District”.

OBJECTIVES:

1. To assess the level of knowledge regarding home management of minor ailments of pregnancy among women.
2. To assess the attitude regarding home management of minor ailments of pregnancy among women.
3. To compare the knowledge and attitude of rural and urban ante natal women regarding home management of minor ailments during pregnancy.

4. To find out the association between the level of knowledge and attitude of antenatal women regarding home management of minor ailments in pregnancy demographics.

HYPOTHESES:-

H1: There will be a significant difference in the level of knowledge of rural and urban women regarding home management of minor ailments.

H2: There will be a significant difference in the attitude of rural and urban women regarding minor ailments in pregnancy and home management.

H3: There is a statistically significant association between the knowledge and attitude scores of women and the socio-demographic variables.

METHODOLOGY:-

The research design used for the study was quantitative research design and non-probability convenient sampling technique was adopted among 60 samples. 30 antenatal mothers from rural area, 30 antenatal women from urban area, antenatal women of selected areas in Kanpur based on the inclusion & exclusion criteria. Data was collected by using a tool which consists of socio-demographic variables, knowledge questionnaire which consists of 30 items and attitude scale which consists of 20 items. A total of 60 antenatal women were included for the study and informed consent was obtained. Confidentiality of shared information was assured. The purpose of the study was explained. Data was analyzed and interpreted by using descriptive and inferential statistical methods (i.e. frequency and percentage, mean, standard deviation, Z-test, chi-square).

Results:

Attitude of rural and urban antenatal women regarding home management of minor ailments during pregnancy.

The frequency and percentage distribution on attitude among antenatal women regarding minor ailments and home management. In urban: Out of 30 antenatal women, 4 (13.32%) had unfavorable, 9 (30%) had less favorable, and 17 (56.66%) women had favorable. Attitude towards Rural: 3 (10%) women are unfavorable, 6 (20%) had moderately favorable, and 21 (70%) women had favorable.

To compare the knowledge and attitude among rural and urban ante natal women regarding minor ailments during pregnancy and home management.

The comparison of mean and standard deviation attitude in urban areas mean is (43.23), standard deviation (2.15), rural mean (34.56), standard deviation (2.55).

Association between the level of knowledge and attitude its home management with socio demographic variables.

There is a significant association between the rural attitude score with socio demographic variables such as religion, educational status and income and no significant association between other socio demographic variables.

The results shows that frequency and percentage distribution on attitude among antenatal women regarding minor ailments and home management. In urban Out of 30 ante natal women 4 (13.32%) had unfavorable 9(30%) had less favorable and 17(56.66%) women had favorable. Attitude towards Rural 3(10%) women are unfavorable 6(20%) had moderately favorable and 21(70%) women had favorable.

CONCLUSION:-The study was found to be effective to assess the knowledge and attitude on minor ailments & its home management of pregnancy among rural & urban women.

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