

## A study to assess the knowledge regarding antenatal exercise among antenatal mothers in selected hospital, karaikal

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### Abstract

**Objectives:** To assess the knowledge regarding antenatal exercise among antenatal mothers in selected hospitals at karaikal. To find the association between the knowledge regarding antenatal exercise among antenatal mothers with their selected demographic variables.

**Methods:** A total 60 antenatal mother were selected by using non-probability purposive sampling method. The tools for data collection used for this study is structured questionnaire to assess the knowledge regarding antenatal exercise and demographic variables.

**Result:** This study result shows that 60 antenatal mothers, 27 (45%) mothers have below average regarding antenatal exercise, 33 (55%) mothers have above average regarding antenatal exercise and there is a significant association between the knowledge regarding antenatal exercise among antenatal mothers with their demographic variables such as age, occupation, type of family. There is no association with respected to other variables.

**Conclusion:** The nursing administrator can encourage the nurse for conducting research in various aspects regarding importance of antenatal exercise and early identification of disorders among antenatal period.

**Keywords:** karaikal, Antenatal, demographic variables

### Introduction

Pregnancy often been viewed as a period of great development change for women pregnancy can bring on a flood of conflicting feeling. For the vast of majority of mother to be pregnancy is the time in their lives during which they may experience different kinds of aches and pain. Pregnancy brings both physiological and psychological changes to women and his partner.

Antenatal period is the period of preparing for delivery from conception till delivery. In this period various physiological and psychological changes will occur. They were anxious about their body image changes and about growth of the baby. In this period the women want to get love and affection from the husband and also from the family members.

Exercise is essential for the well-functioning of body. It is increasingly being recognized that it is helpful for stabilizing and improving mood. However most people do nothing like enough exercise and this becomes apparent when trying to achieve something like contraception, which requires body to function well. Exercise helps energy levels, improves mood and acids relaxation and sleep.

Antenatal exercise is exercise during pregnancy for pregnant women. It is recommended to exercise throughout the pregnancy but reduce the number of repetition of the exercises per session as pregnancy progress.

There are different types of exercise which an antenatal mother can do, some of them are circulatory exercise, stretching exercise, breathing exercise, back stretch, neck exercise, abdominal exercise, pelvic tilting, pelvic floor exercise. And it is well known that exercise is not only beneficial for the health and well-being of the body but also

that of the mind.

Exercises reduce the risk of miscarriage. A beginner start very slowly and be careful not get overexert, regular exercises sessions at least 3 times per week are safer than intermittent bursts of activity, eat healthy diet that includes plenty of fruits, vegetables and complex carbohydrates.

### Material and Methods

The research design for the present study non-experimental descriptive design. The study setting was government hospital karaikal. The sampling technique was purposive sampling technique. Structured questionnaire was used to assess the knowledge regarding antenatal exercise.

The obtained data from the respondents were tabulated with appropriate descriptive and inferential statistics. The descriptive statistics used are mean, percentage and inferential statistics are Chi-square used to associate the demographic variables.

**Table 1:** Data on assess the knowledge regarding antenatal exercise among antenatal mothers

S. No	Knowledge regarding antenatal exercise	Frequency	Percentage (%)
1	Below average	27	45
2	Above average	33	55
Total		60	100

Table 1: shows that among 60 antenatal mothers, 27 (45%) mothers have below average regarding antenatal exercise, 33 (55%) mothers have above average regarding antenatal exercise.

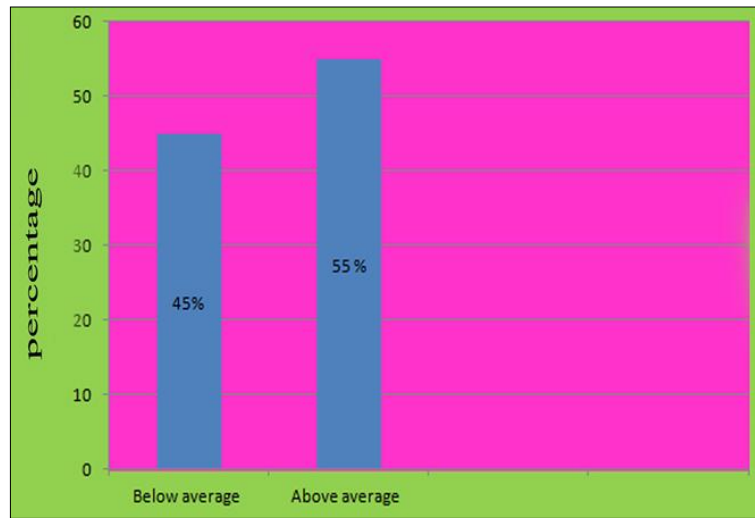


Fig 1

Table 2: Data on Association between the Knowledge Regarding Antenatal Exercise among Antenatal Mothers with Their Selected Demographic Variables

S. No	Demographic variables	Level of perceived knowledge		Total	Chi-square value	Interference
		Below average	Above average			
1	Age				12.3	significant
	a. Below 20 yrs	6	1	7		
	b. 21-30 yrs	3	17	20		
2	Education				1.78	Non-significant
	d. Primary	4	5	9		
	e. Secondary	4	5	9		
	f. High school	2	3	5		
	g. Graduate	3	1	4		
3	Occupation				6	significant
	a. House wife	12	12	24		
	b. Professional	1	0	1		
	c. Daily labour	0	3	3		
4	Income				1.38	Non-significant
	a. 1000-1500 rs	12	13	25		
	b. 1501-2000 rs	2	1	3		
	c. 2001-2500 rs	0	0	0		
5	Religion				0.36	Non-significant
	a. Hindu	11	11	22		
	b. Muslim	2	1	3		
6	Marital status				0	Non-significant
	a. Married	15	15	30		
	b. Unmarried	0	0	0		
	c. Widowed	0	0	0		
7	Type of family				3.93	Significant
	a. Nuclear family	8	5	13		
8	Parity of mother				2.8	Non-significant
	a. Primigravida	8	8	16		
	b. Multigravida	6	3	9		
9	Place of residence				0	Non-significant
	a. Urban	6	6	12		
10	Source of information				0	Non-significant
	a. Printed material	0	0	0		
	b. Media	0	0	0		
	c. Human source	15	15	30		

Table 2 reveals that there is a significant association between the knowledge regarding antenatal exercise among antenatal mothers with their demographic variables such as age, occupation, type of family. There is no association with respected to other variables.

### Discussion

The first objective of this study is to assess the knowledge regarding antenatal exercise among antenatal mothers in selected hospital. Edinah Sabiri *et al.* (2018) the study sessed the knowledge and attitude of expectant mothers on benefits of exercise during pregnancy. Self-administered questionnaire were used to collect data from the subjects on maternal characteristics and knowledge on benefits of exercise during pregnancy. The subjects showed knowledge of exercise in preventing incontinence (80.4%), decreased risk of pre-eclampsia (71.6%) and decreasing the risk of gestational diabetes and hypertension at 65.7% and 68.6% respectively. The results indicate that there was strong association between the level of education and knowledge in the role of exercise during pregnancy.

The second objective of this study is to find the association between the knowledge regarding antenatal exercise among antenatal mothers with their selected demographic variables. AT Sajitha *et al.* 2018. A study regarding the antenatal exercises was given to the mothers in experimental group. The practice of antenatal exercise was assessed by rating scale on day 28. The mean post-test score of practice in control group was (24.63 +4.5) and experimental group was (66.3+8.4). The mean post-test score of minor ailments in control group was (33.1±1.47) and in experimental group (25.27±2.12). Performing exercise during pregnancy period helps the mother to be healthy and free from minor ailments.

### Conclusion

The research study result shows that 60 antenatal mothers, 27 (45%) mothers have below average regarding antenatal exercise, 33 (55%) mothers have above average regarding antenatal exercise and there is a significant association between the knowledge regarding antenatal exercise among antenatal mothers with their demographic variables such as age, occupation, type of family. There is no association with respected to other variables.

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