



Effectiveness Of Structured Teaching Program On Knowledge Regarding Water Birth Delivery Among Nursing Students

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ABSTRACT :

Background: The child birth need not be painful process, where women have to undergo unendurable pain because in the present day under water deliveries can reduce the labor pain by 70% which is the method for reducing painful delivery. Water delivery procedure is the best in form of reducing pain and can be widely used by spreading knowledge and awareness regarding the process. Water birth is a safe method for painless delivery, which takes place in pool or a tub filled with warm water. Water being a cooling agent helps the mother to relax physically and mentally.

Aim & Objectives: To assess the knowledge among 3rd year GNM students before and after administration of structured teaching programme regarding water birth delivery and To find out association of pre-test knowledge score with selected demographic variables regarding water birth delivery among 3rd year GNM students.

Material and methods: In this study pre-experimental research design was used. 60 students of 3rd year GNM were selected by simple random sampling technique. Data collection was done by administering the structured knowledge questionnaire. The collected data was optimized and analyzed by using descriptive and inferential statistics.

Results: The result reveals that in pre-test majority 42(70%) had average knowledge, 18(30%) had poor knowledge and no one had good knowledge where as in post-test 39(65%) had good knowledge, 21(35%) had average knowledge and no one had poor knowledge regarding water birth delivery.

Conclusion: The structured teaching programme on water birth delivery was highly effective in improving the knowledge of students.

Key Words: - Effectiveness, Knowledge, Structured teaching Programme, Water Birth Delivery

INTRODUCTION :

The experience of pain during labor is complex, individual and multifaceted response to sensory stimuli generated during child birth. Despite the fact that labor is painful for most women, a powerful myth of painless child birth still prevails. Many alternative methods of pain relief are available that are safe and inexpensive. One of them is water birth. Water birth is the process of giving birth in a tub of warm water. The theory behind water birth is that the baby has been in the amniotic sac for nine months and birthing into a similar environment is gentler for the baby and less stressful for the mother. Adolescence is the time to prepare for understanding great responsibilities, a time for exploration and widening horizons, and a time to ensure healthy all-round development. Puberty is also a time of behavioral changes when the reproductive capacities get established. Mid-wives are 'with women', providing the family with supportive and helpful relationships as they share the deep and profound experiences of child birth. To become skilled helpers nursing students need to develop reflective skill and valid mid-wifery. Knowledge grounded in their personal experiences and practice.

Child birth is a moment in women's life, she become a mother. Though the end result is regarding the process of labour is painful, which we believe it is a curse to the woman kind because of the first women sin otherwise which is called the original sin. Aim assess the knowledge regarding water birth technique among nurse materials and methods a quantitative research approach, descriptive research design was adopted for study. A sample of 30 staff nurses were selected by using simple random technique. Structured questionnaire was used to assess the knowledge of staff nurses regarding water birth delivery techniques.

STATEMENT OF THE PROBLEM:

“A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Water Birth Delivery Among 3rd Year GNM Students of Selected Nursing Colleges of Vadodara.”

OBJECTIVES OF THE STUDY:

1. To assess the knowledge among 3rd year GNM students before and after administration of structured teaching programme regarding water birth delivery.
2. To find out association of pre-test knowledge score with selected demographic variables regarding water birth delivery among 3rd year GNM students.

RESEARCH HYPOTHESIS:

H1: The mean posttest knowledge score of 3rd year GNM students after administration of structured teaching programme regarding water birth delivery will be significantly higher than their mean pretest knowledge scores determined by structured knowledge questionnaire at 0.05 level of significance.

H2: There will be significant association between pretest knowledge score with selected demographic variable regarding water birth delivery among 3rd year GNM students of selected nursing colleges of Vadodara.

MATERIAL AND METHODS :

Pre-experimental research design was used. Approval was obtained from concern authority of selected colleges of Vadodara. 60 students of 3rd year GNM were selected as a samples from selected colleges by simple random sampling technique. The data collection was carried out in the month of July 2024.

Structured knowledge questionnaire was administered to each study samples. The subjects were clarify about intention and need of the study and written consent was obtained. The obtained data were analyzed by descriptive and inferential statistics.

RESULTS:

60 students of 3rd year GNM were participated in the study for final analysis.

Table 1: Frequency and Percentage wise distribution of demographic data of samples. [N=60]

Sr. No	Demographic variable	Frequency (f)	Percentage (%)
1	Age group		
	a. 19-21 years	42	70
	b. 22-24 years	16	26.6
	c. >25 years	2	3.33
2	Gender		
	a. Male	6	10
	b. Female	54	90
3	Stream		
	a. Arts	27	45
	b. Commerce	22	36.6
	c. Science	11	18.33
4	Habitat		
	a. Urban	34	56.6
	b. Rural	17	28.33
	c. Tribal	9	15
5	Marital status		
	a. Married	7	11.6
	b. Un-married	53	88.33
	c. Widow	0	0

6	Did you attained any training workshop or conference regarding water birth a. Yes b. No	0 60	0 100
7	Source of information regarding water birth a. News-paper b. Media c. Book d. No	0 0 0 60	0 0 0 100

Above table show the demographic data of samples, that out of 60 samples under study, (70%) were belongs to 19-21 years age group, (90%) were belongs to female, (45%) were belongs to arts, (56.6%) were belongs to Urban, (88.33%) were Un-married.

Table: 2 Frequency and percentage wise distribution of the samples based on knowledge score regarding water birth delivery.

Knowledge	Classification of Score	Pre-Test		Post-Test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor	0 – 10	18	30	0	0
Average	11 – 20	42	70	21	35
Good	21 – 30	0	0	39	65
Total		60	100	60	100

Table 3: Mean, Mean difference, Standard Deviation, Standard Error and 't' value of pre-test and post-test knowledge score of samples.

Knowledge	Mean	Mean Difference	SD	SE	Calculated 't' value	Tabulated value
Pre-test	12.63	9.27	3.12	0.44	16.3	2.00
Post-test	21.9		3.54			

DISCUSSION :

The result showed that there was a significant improvement in knowledge of 3rd year GNM students regarding water birth delivery. Thus providing that the structured teaching programme was effective method for improving the knowledge of 3rd year GNM students. In this study total 60 samples of 3rd year GNM students of selected nursing colleges of Vadodara were participated. The present study was conducted to "A Pre-Experimental Study "A Study to assess the Effectiveness of Structured Teaching Programme on knowledge regarding Water Birth Delivery among 3rd Year GNM Students of Selected Nursing Colleges of Vadodara". Pre-experimental, one group pre-test post-test designed was adopted for present study. Probability convenient sampling technique was used to select the samples.

CONCLUSION :

The comparison of pre-test and post-test knowledge score showed that there was a significant gain in knowledge score of 3rd year GNM students after administration of STP at 0.05 level ($t =$) this shows that STP was effective.

Conflict of Interest: The authors declare that there is no conflict of interests regarding the publication of this manuscript.

Source of Funding: Researcher have used own finance to complete research study.

Ethical Clearance: Approval was obtained from concern authority of selected colleges of Vadodara prior to the conduction of the study. Privacy and confidentiality of collected information were insured throughout the process.

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