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ORIGINAL ARTICLE

Knowledge Regarding Fetal Movement Counting on Prenatal Attachment and Maternal Worries among Antenatal Mothers

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ABSTRACT

Background: This study is done to check antenatal mothers experience on fetal movement counting and prenatal attachment and maternal worries. Most information on fetal movement counting is from home setting. Mostly women may know less about fetal movement counting and its worries. Less knowledge about available service, and reluctance to discuss symptoms with those involved in the decision to seek care.

Aim: The aim of this study was to assess the effectiveness of fetal movement counting on prenatal attachment and maternal worries among antenatal mothers in selectedrural area, Bhopal.

Objectives:

1. To assess pre test knowledge of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries.
2. To assess post test knowledge of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries.
3. To identify significant association between pre test knowledge score of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries and socio demographic variable.

Material: In this study, one group pre-test post-test pre- experimentaldesign was used and non-probability purposive sampling technique was adoptedto select 40 antenatal mothers in home setting in adampur chhavni, Bhopal.

Result: The antenatal mothers pre-test and post-test knowledge score was compared and the pre-test and post-test, mean is 14.95, 23.67 respectively and SD is 5.183, 4.434 and there is significant difference between pre-test and post-test

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knowledge of antenatal mothers and test score "t" value is 3.726 which is greater than the (p>005) level of significant.

Conclusion: It concluded that the planned teaching programme found to beeffective in improving the knowledge of rural antenatal mothers regarding fetal movement counting and prenatal attachment and maternal worries, as the knowledge increase in the post test and it shows that health education is must for remotest area people to adopt their health positively in preventive, Promotive and curative aspects.

KEYWORDS

• Fetal movement counting • Prenatal attachment • Maternal worries

INTRODUCTION

Women is having uncommon part in multiplication by being the vital portion in propagation. It is her extraordinary blessing from the God to ended up mother. Pregnancy, too known as gravidity or development, is the time amid which one or more descendant creates interior a lady. Pregnancy is considered as a exceptionally valuable occasion in each woman's lifeFetal development tallying is a strategy by which a lady measures the developments she feels to evaluate the condition of the child. Fetal development tallying is a straightforward and non obtrusive strategy to evaluate the fetal well being. The reason is to diminish perinatal mortality by cautioning care providers when the fetal condition is in peril. Maternal Fetal Connection has been characterized as "the passionate tie or bond which regularly creates between the pregnant lady and her unborn child. Quality of connection specifically influences maternal and fetal wellbeing. Ladies may gotten to be unreasonably on edge around their pregnancies since it is considered as the major part for a lady to provide a solid child.

Background of the study

Assessment of fetal well-being incorporates subjective maternal recognition of fetal action and a few objective tests utilizing electronic fetal checking and ultra sonography. Tests of fetal well-being have a wide range of utilize, counting the evaluation of fetal status at a particular time and prediction of future well-being for varying time interims, depending on the test and the clinical circumstance. Assessment of fetal movement is a common roundabout degree of fetal prosperity. Different strategies can be utilized to measure fetal action after practicality, counting the time fundamental to achieve a certain number of developments each day, or counting the number of developments ("kick counts") in a given hour. This sort of testing is effectively performed and includes the understanding in her claim care. If the mother notices less development, advance assessment may be required. Fetal checking tests can give more objective data about fetal well-being. These tests incorporate the nonstress test (NST), compression push test (CST) (called the oxytocin challenge test [OCT] if oxytocin is used), biophysical profile (BPP), and ultrasonography of umbilical supply route blood flow speed (too known as umbilical course Doppler velocimetry). In spite of the fact that there is no ideal time to start fetal testing, there are a few maternal- and pregnancy-related signs.

Objectives:

1. To assess pre test knowledge of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries.
2. To assess post test knowledge of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries.
3. To identify significant association between pre test knowledge score of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries and socio demographic variable.

Hypothesis:

- **H_0:** There will be no significant association between pre test knowledge score and socio demographic variable.
- **H_1:** There will be significant association between pre test knowledge score and socio demographic variable.
- **H_2:** There will be significant difference between pretest and post-test knowledge

regarding fetal movement counting and prenatal attachment and maternal worries among antenatal mother's at the level of ≤ 0.05.

METHODS

Study design

In the present study investigator has adopted a pre-experimental one group pre-test post-test design to comparative study to assess the effectiveness of planned teaching programme on knowledge regarding fetal movement counting on prenatal attachment and maternal worries among antenatal mother's at selected rural area adampur chhawani Bhopal.

Study population, sample size and sample technique.

Target population: In the present study the largest population consists of all Antenatal mother's. Accessible population place: The accessible population is rural area antenatal mothers was taken from aadampur chhawani Bhopal (M.P.). sample size for the present study was 40 antenatal mothers. In the present **study** due to limited time and availability of the subjects as pre sampling criteria, made the investigator to adopt the purposive sampling techniques.

Inclusion criteria:

- Antenatal mothers beyond 18 weeks of gestation.
- Antenatal mothers who follow English, Hindi.
- Mothers who are willing to participate and available at the time of study.

Exclusion criteria:

- Mothers who are mentally disturbed.
- Mothers who are not willing to participate inthe study.

MATERIAL AND METHOD

In the present study investigator has adopted a pre-experimental one group pre-test post-test design to comparative study to assess the effectiveness of planned teaching programme on knowledge regarding fetal movement counting on prenatal attachment and maternal worries among antenatal mother's at selected rural area in Bhopal. The sample ware 40 rural antenatal mother's pre-test and post-test knowledge was assessed by using planned teaching questionnaire for antenatal mother's and result were analyses.

In present study the independent variables is structured teaching programme regarding fetal movement counting on prenatal attachment and maternal worries. In the present study dependent variable is knowledge of rural antenatal mother's.

The first part of the tool consist of 06 item for obtaining an information about the selected socio demographic such as age, education, occupation of mother, family income, gestational age, number of children. section B consists of 28 items of structured knowledge questionnaire to assess their knowledge regarding fetal movement counting on prenatal attachment and maternal worries. The scoring criteria was done as follows:

- Excellent : 24-28
- Good : 19-23
- Average : 14-18
- Poor : ≤ 13

In the present study by using Split – Half method the reliability of structured knowledge questionnaire tool assessed and was calculated by karl pearson's co-relation formula used to find the reliability of questionnaire. The tool was tested for reliability on 4 antenatal mothers at rural area. The reliability of structured knowledge questionnaire was r=0.812, which showed that the tool was reliable.

A total of 40 samples were selected as participants through purposive sampling. The investigator collected data of married women who fulfilled the inclusion criteria.

Permission was taken from the adampur chhavani rural area. Antenatal mother from area were selected as per the inclusion criteria for the main study. Pre test was conducting to assess the knowledge of antenatal mothers through structured knowledge questionnaire; an average time for each sample was about 30 minutes. After pre test the researcher introduced the topic and planned teaching was given through power point presentation for 25 minutes & distribution of pamphlets queries and concerns regarding fetal movement counting on prenatal attachment and maternal worries. After 7 days post test was conducted to assess the knowledge of fetal movement

counting using same tool, structured knowledge questionnaire. An average time taken for each sample was about 20 minutes. And at last the investigator terminated the interaction by thanking the respondent for their cooperation and participation

DATA ANALYSIS

The association between pre test knowledge score and socio demographic variable. Based on Chi square test used to associate the level of knowledge with selected demographic variables. Chi-square value Shows that there is significance association between the pre-test level of knowledge in demographic variables. There is no association between the level of scores The calculated chi-square values were less than the table value at the 0.05 level of significance.

Table 1: Association between pre-test knowledge score and socio-demographic variable

	Variables		Excellent	Good	Average	Poor	Chi Test	P-value	Df
Age	20-24 years	14	2	3	5	4			
	25-29 years	18	1	3	6	8	7.796	0.0052	9
	30-34 years	6	1	0	0	5			
	35 and above	2	0	0	1	1			
Religion	Hindu	36	4	5	11	16			
	Muslim	0	0	0	0	0	4.255	0.0391	9
	Christian	2	0	1	1	0			
	Other	2	0	0	0	2			
Education	Illiterate	10	0	0	4	6			
	Primery	12	0	1	4	7			
	High	10	1	2	3	4	18	0	12
	Higher	6	2	2	1	1			
	Graduate	2	1	1	0	0			
Income	Below 5000	12	2	2	1	7			
	5001-10000	10	1	1	4	4	7.209	0.0073	9
	10001-15000	14	0	2	6	6			
	15001 - Above	4	1	1	1	1			
Gestational age	20-24 weeks	18	4	4	4	6			
	25-29 weeks	10	0	2	2	6	10.888	0.001	9
	30-34 weeks	8	0	0	4	4			
	Above 35 weeks	4	0	0	2	2			
No of children	None	14	0	2	4	8			
	One	18	3	1	6	8	7.34	0.0067	9
	Two	8	1	3	2	2			
	Three & Above	0	0	0	0	0			

H_1: There will be significant association between pre-test knowledge score of antenatal mothers regarding fetal movement counting on prenatal attachment and maternal worries and socio demographic variable

Table 2: Frequency and percentage distribution of Pre-test and Post-test knowledge in antenatal mothers

Knowledge score	Pre-test		Post-test	
	f	%	f	%
Excellent	4	10%	28	70%
Good	6	15%	5	12.5%
Average	12	30%	6	15%
Poor	18	45%	1	2.5%

That **in pre test** 18(45%) of antenatal mothers were in poor criteria, 12(30%) were in average criteria, 6(15%) were women in good criteria and 4(10%) were in women in excellent criteria. **In post-test** 28(70%) of antenatal mothers were in excellent criteria, 5(12.5%) were in good criteria, 6(15%) were in average criteria, 1(2.5%) were in poor criteria.

Table 3: Statistic indicators showing difference between Pre-test and Post-test knowledge score in antenatal mothers

Knowledge score	Mean	M.D	S.D	S.E	DF	t-value	Table value
Pre-test	14.95	8.72	5.183	2.34	39	3.726	2.02
Post-test	23.67		4.434				

The antenatal mothers gain in knowledge score of pre-test and post-test, mean is 14.95, 23.67, respectively and SD is 5.183, 4.434 and there is significant relationship between pre-test and post-test knowledge of antenatal mothers and test score "t" value calculate is 3.726 which is greater than the (p>005) level of significant at df = 39.

DISCUSSION

This study was to assess the effectiveness of fetal movement counting on prenatal attachment and maternal worries among antenatal mothers in selected rural area, Bhopal. In this study, one group pre-test post-test pre- experimental design was used and non-probability purposive sampling technique was adopted to select 40 antenatal mothers in home setting in adampur chhavni, Bhopal. The antenatal mothers pretest and posttest knowledge score was compared and the pre-test and post-test, mean is 14.95, 23.67 respectively and SD is 5.183, 4.434 and there is significant difference between pre-test and post-test knowledge of antenatal mothers and test Score "t" value is 3.726 which is greater
The (p>0.05) level of significant.

RECOMMENDATION

1. A similar study can be conducted with experimental and control group & on large samples for wider generalization.
2. A similar study can be conducted to assess the effectiveness of felat movement counting in urban area with large sample size.
3. A similar study can be conducted by utelizing other interventions to assess the prenatal attachment

CONCLUSION

Fetal movement counting could be used to improve the prenatal attachment and prevent/ reduce the maternal worries among antenatal mothers. Since, it is something which requires no expensive equipment, articles or manpower, fetal movement counting can be routinely and effectively promoted among the pregnant population to help them achieve a positive pregnancy experience and outcome

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Ethics Declaration: None

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