

Research Journal of Pharmaceutical, Biological and Chemical Sciences

Effect Of Health Education Program On Knowledge And Practices Related To Postnatal Exercises.

Nimmi*.

Bharath University (BIHER), Tamil Nadu, India.

ABSTRACT

The terms puerperium or puerperal period, or immediate postpartum period are commonly used to refer to the first six weeks following childbirth. Postnatal exercises are important after childbirth. They not only make your body fit and alert but are also important for your overall well-being. Quasi-experimental approach was used to evaluate the effect of health education program on knowledge and practices related to postnatal exercises among postnatal mothers(30) in selected hospital. In the present study the level of knowledge regarding postnatal mothers among 30 postnatal mothers 3(10%) had inadequate knowledge , 11 (70%) had moderately adequate knowledge and 6 (20%) had adequate knowledge. The findings of the study reveals that health education programme is effective to improve the knowledge about postnatal exercises in postpartum recovery period.

Keywords: Health Education, Knowledge, Postnatal Exercises, Puerperium.

<https://doi.org/10.33887/rjpbcs/2019.10.4.33>

**Corresponding author*



INTRODUCTION

A postpartum (or postnatal) period begins immediately after the birth of a child as the mother's body, including hormone levels and uterus size, returns to a non-pregnant state. The terms puerperium or puerperal period, or immediate postpartum period are commonly used to refer to the first six weeks following childbirth. Postnatal exercises are important after childbirth. They not only make your body fit and alert but are also important for your overall well-being.

Regular exercise has numerous health benefits, all of which apply equally to the new mother as at any other stage of life. These benefits include assistance with weight loss, increased aerobic fitness, social interaction and psychological wellbeing. Exercise after giving birth can also hasten recovery, and assist with muscle strength and toning. Health care of the women of child bearing age has been given due attention and importance, through various maternal and child health programs [1-4].

STATEMENT OF THE PROBLEM

A study to assess the effect of health education programme on knowledge and practices related to postnatal exercises among postnatal mothers in selected hospital in Chennai

OBJECTIVES

1. To assess the existing knowledge of the women related to postnatal exercises in control and experimental groups
2. To assess the effect of planned health education programme on postnatal exercises
3. To find the association between knowledge and self-expressed practices regarding common selected postnatal exercises with selected demographic variables in control and experimental group.

MATERIALS AND METHODS

Quasi-experimental approach was used to evaluate the effect of health education program on knowledge and practices related to postnatal exercises among postnatal mothers in selected hospital. Data collection tools and techniques:

In order to meet the objectives, a tool questionnaire was prepared to assess knowledge and practices (Self expressed practices were assessed which is defined in operational definition) scores of the respondents Health education plan.

RESULTS

Major findings of the study: . Findings related to demographic variables: Majority of the women in both the groups were married between 18-22 years of age, In experimental group, 64.3% of them had irregular menstrual pattern and 35.7% of them had regular menstrual pattern. In control group, 64.1% of them had irregular menstrual pattern and 35.9% of them had regular menstrual pattern. Majority of them had normal and hospital deliveries Regarding contraceptive use in partners in experimental group, 7.6% of the husbands were using temporary measures and 3.5% of them had vasectomy. In control group, 7.1% of the husbands were using temporary measures and 2.8% of them had vasectomy In experimental group, only 19% of them had participation of the partner. In control group only 21.7% of them had participation of the partner. In the present study the level of knowledge regarding postnatal mothers among 30 postnatal mothers 3(10%) had inadequate knowledge, 11 (70%) had moderately adequate knowledge and 6 (20%) had adequate knowledge.

CONCLUSION

The findings of the study reveals that health education programme is effective to improve the knowledge about postnatal exercises in postpartum recovery period. Regular exercise has numerous health benefits, all of which apply equally to the new mother as at any other stage of life. These benefits include



assistance with weight loss, increased aerobic fitness, social interaction and psychological wellbeing. Exercise after giving birth can also hasten recovery and assist with muscle strength and toning.

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