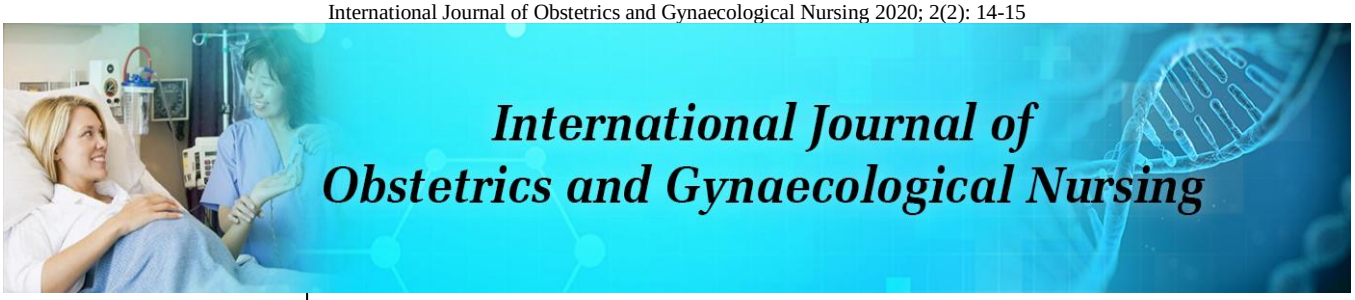

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A comparative study to assess the effectiveness of lecture cum demonstration vs video assisted teaching method on knowledge regarding antenatal exercises among antenatal mothers in MCH center at Tirupathi

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Abstract
Introduction: The objective of the study are to assess the knowledge of antenatal mothers regarding antenatal exercises by pretest, to evaluate the effectiveness of video assisted teaching and lecture cum demonstration on knowledge regarding antenatal exercises among antenatal mothers by posttest, to compare the effectiveness between video assisted teaching and lecture cum demonstration on knowledge regarding antenatal exercises among antenatal mothers, to identify the association between knowledge regarding antenatal exercises among antenatal mothers with their selected demographic variables.
Methodology: pretest and posttest design with two comparison treatments as adopted for hundred antenatal mothers were selected by using non-probability convenient sampling techniques at MCH center, Tirupathi, to assess the knowledge of antenatal mothers regarding antenatal exercises by using structured questionnaire. Interview schedule was done, flash cards and videos on antenatal exercises was provided after data collection.
Results: The results of the study show the association that there was significant association of posttest knowledge regarding antenatal exercises with various demographic variables like age, educational status of antenatal mother, educational status of spouse, occupation of the spouse, type of family, domicile, family income, source of knowledge at $p<0.05$ level after lecture cum demonstration method, it also showed that there was significant association of posttest knowledge regarding antenatal mothers with various demographic variables like religion, educational status, occupation of the spouse and family income per month at $p<0.05$ level, after video assisted teaching. The comparative value was $p<0.016$ level which clearly indicates that there is on much significant difference between lecture cum demonstration and video assisted teaching on regarding antenatal exercises among antenatal mothers**.**
Conclusions: the comparative value was $p<0.016$ level which clearly indicates that there is no much significant different between lecture cum discussion and video assisted teaching on regarding antenatal exercises among antenatal mothers.

Keywords: lecture cum demonstration, antenatal exercises, antenatal mothers

Introduction
Motherhood is another name for the selfless love and devotion towards the baby. Before the childbirth the woman was a women after the childbirth the women is transformed into mother. Pregnancy is a life changing momentous event, which can leave a feeling of ecstatic. Pregnancy is life cycle in every woman's life. It is a time when women need to be prepared mentally, physically, to meet the challenges of childbirth and the transition to parenthood. Giving birth is asking to run a marathon it requires stamina, determination and focus. Keeping physically active during pregnancy is good preparation for the hard work of labor [1].
Preparation for parenthood classes provide the opportunity for talks, exercises and discussion sessions with a combined approach from midwives, physiotherapists, health visitors and other care professional. They should aim to create a learning environment with a relaxed atmosphere, where parents can enjoy developing a confidence to cope with pregnancy, labor, and delivery. Specific therapeutic aims of physical preparation include the prevention, relief of minor discomforts such as backache, the prevention of future gynecological, orthopedic problems. Exercise sessions should be designed to stimulate interest in the physical changes occurring, to promote body awareness and to facilitate physical and mental relaxation [2].
Most pregnant women restrict their mobility and their participation in routine activities, but

studies have proved that daily exercise can reduce chance of miscarriage by 40% United States researchers, James clap and coworkers have observed that moderate exercise such as walking can prevent pregnancy-induced hypertension (PIH). Exercise can also prevent early onset of labor, premature rupture of membrane and can help to shorten the duration of labor. Exercise helps mother to loose pregnancy weight faster, it decreases aches and pain associated with pregnancy [3].

The general benefits of antenatal exercise for pregnant women include reducing blood pressure decreases cardiac vascular such as clot formation, helping to maintain ideal body weight and managing stable diabetes. Pregnant women who exercise have generally shorter labor and faster, easier deliveries. A study of conditioned female athletes showed that second stage of labor was shorter, presumably owing to strengthened abdominal muscles [4].

Exercise during pregnancy continues to demonstrate marked benefits for mother and fetus. The type, intensity, frequency and duration of the exercises seem to be important determinants of beneficial effects. Maternal benefits include improved cardiovascular function, limited weight gain and fat retention, improved attitude and mental state, easier and less complicated labor, quick recovery and improved fitness. Fetal benefits may include decreased growth of the fat organ, improved stress tolerance, and advanced neurobehavioral maturation. In the absence of medical contraindication, women should be encouraged to maintain their pregnancy activity level [5].

This initiated the investigator to conduct study on antenatal exercises among antenatal mothers.

Methodology

Pretest and posttest design with two comparison treatments was adopted for the present study. Which include the sample size of among them 50 was assigned for group1 to receive video assisted teaching and 50 for group2 to receive structured teaching programmer on antenatal exercises. Sample selected by convenient sampling technique. The tool was organized in two sections:

Section A- It include demographic data related to age, religion, educational status of antenatal mother, educational status of the spouse, occupation of the antenatal mother, occupation of the spouse, type of family, domicile, family income, source of information about antenatal exercises.

Section B- It includes structured questionnaire regarding knowledge on antenatal exercises. Group1 was given video assisted teaching regarding antenatal exercises. Group2 was given lecture cum discussion regarding antenatal exercises and posttest conducted for both the groups. The duration of total data collection was two weeks.

Discussion

In group1 (lecture cum demonstration) 46% had inadequate knowledge, 50% had moderate knowledge, and 4% had adequate knowledge. In group 2 (video assisted teaching) 48% had inadequate knowledge, 48% had moderate knowledge, and 4% had adequate knowledge.

The findings in group- 1(lecture cum demonstration) shows that 17(34%) had adequate knowledge, 30(60%) had moderate knowledge and3 (6%) had inadequate knowledge, the findings in group-2. (Video assisted teaching) shows that 22(44%) had adequate knowledge, 22(44%) had moderate knowledge and six (12%) had inadequate knowledge in the posttest assessment. The overall pretest value in group-1 (lecture cum demonstration) mean was 27.06, standard deviation 5.362 and the posttest mean value is 33.48, standard deviation 5.541, with ‘t value 16.17 which is significant at 26.340, standard deviation 5.713 and the posttest mean value is 33.460, standard deviation is 6.622, with ‘t value 15.836 which is significant at 0.01 level.

The overall posttest mean score was 33.480, standard deviation 5.541in group-1 in group-2 the overall posttest mean score was33.460, standard deviation 6.622 with comparative ‘t’ value 0.016, which clearly indicates there is no much difference between lecture cum demonstration on knowledge and video assisted teaching.

The researcher revealed that there was significant association between the selected demographic variables with the knowledge on antenatal exercises between both groups of antenatal mothers. So hypothesis (HO4) is rejected.

Conclusion

The study indicate that young and educated urban women too lack adequate knowledge, attitude and practice regarding antenatal exercise and further insights into the existing situation will enlighten to understand the problem and definite way out.

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