



# International Journal of Obstetrics and Gynaecological Nursing

E-ISSN: 2664-2301  
P-ISSN: 2664-2298  
IJOGN 2020; 2(2): 92-94  
Received: 24-05-2020  
Accepted: 26-06-2020

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## Effectiveness of yoga video assisted teaching among antenatal mothers

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### Abstract

This study was conducted to determine the effectiveness of yoga video assisted teaching among antenatal mothers. Pregnancy is a period when biochemical and physiological changes occur rapidly as the body adapts to support the growing fetus. Every women experience pregnancy differently and there can be a variety of physical and emotional symptoms with support, tools, resources, and appropriate types and amounts of exercises during pregnancy to reduce the risk of complication and increase the changes of healthy pregnancies and increase the chances of healthy pregnancies and deliveries. A quantitative experimental research was conducted among 60 antenatal mothers. A non-probability consecutive sampling techniques was used to select the sample. Self-administered structured questionnaires were used to collect the demographic data. After pre-test, intervention was given to the study participants. i.e yoga video assessed teaching among antenatal mother after intervention the post test was conducted by structured questionnaires'. The present study also shows that demographical variable had shown statistically significant association with the post-test level. The calculated paired t test value of  $t = 11.261$  was found to be statistically highly significant at  $p < 0.001$  level study has indicates that the antenatal mothers had increase in knowledge level after administering yoga video assisted teaching is also an effective method.

**Keywords:** Antenatal mothers, yoga, pregnancy, video assisted technique

### Introduction

Yoga is an ancient mind-body practice that originated in India and is becoming increasingly recognized and used in developed nations as a health practice for a variety of immunological, neuromuscular, psychological, and pain conditions. The word yoga comes from the Sanskrit term "yug" and directly translates as "to unite"; more broadly, it means to work towards a unified experience of the self and improved health. Most recognized for its potential to create balance along emotional, mental, physical, and spiritual dimensions, yoga is a comprehensive system that uses physical postures (asana), breathing exercises (pranayama), concentration and meditation (dharana and dhyana), and contemplative practice.

Pregnancy is a condition in which women undergo distinct physiological changes and stress and is accompanied by unique physical and psychological demands. There is a need to manage the various physical, emotional, mental, and pain states that arise throughout the stages of pregnancy and labour. The wellbeing and quality of life of the mother is critical for optimal pregnancy outcomes; self-soothing techniques, psychoeducation, and relaxation are particularly important in this transitional and meaningful time. Prenatal yoga provides the expectant mother with the opportunity to develop mental health and well-being and build a connection with her unborn baby during pregnancy. Over the past 10 year, an increasing number of studies have focused on the potential health benefits of yoga on pregnant women because yoga became popular in the western countries. The benefits of Yoga surpass the physical level and extend to the mental and spiritual level as well. Relaxed body and positive state of mind results in an overall healthy pregnancy where the mother is in tune with the changes in her body: Yogasanas provide the needed flexibility and strength to the right set of muscles required for child birth. Hip openers and gentle supported back bends can help ease tension and prepare the body for delivery. Relaxation techniques like Yoga Nidra and Meditation are beneficial in keeping depression and anxiety away. Pranayama increases the he Prana and is great for energizing the entire body. Breathing techniques practised during pregnancy are also helpful when in labour. Regular Yoga practice can result in mindful eating and healthy weight gain. Improvement in the quality of sleep. Prenatal yoga classes are a

Perfect time to connect with the baby and feel its movements. A stress-free healthy pregnancy reduces the chances of complications during birth and thereafter.

Panela. Mooventhan (2019) conducted a study to evaluate the comprehensive review on scientific evidence-based effects (including adverse effects) of yoga for normal and high-risk pregnancy-related health problems. Women undergo distinct physiological changes and stress during pregnancy that are accompanied by various physical and psychological demands. Yoga is a complementary therapy that is commonly used by pregnant women and recommended by healthcare professionals. This comprehensive review suggests that yoga could be considered as an evidence-based complementary therapy in improving both physical and psychological wellbeing in pregnant women during pregnancy (normal and high-risk), childbirth, and post-partum. However, types, duration, and frequency of yoga practices varied among the studies and the exact mechanisms behind the effects of yoga are less understood and need to be explored.

Mohamed El Samra (2018) conducted a study to evaluate the effect of yoga exercises on the course of pregnancy, labour and puerperium. Also accompanied by unique physical and psychological demands, yoga is thought to alter nervous system regulation and physiological system. Patients and Methods: 250 primigravida females selected from the antenatal clinic of El-Shatby Maternity University Hospital, and allocated into two groups; group A: 125 females who will practice yoga exercises and group B: 125 females who will not practice any kind of exercises. Results: Both groups are matched in age, height ( $p > 0.05$ ). Pulse, systolic, diastolic blood pressure and respiratory rate are matched in both groups ( $p > 0.05$ ). Incidence of edema, varicose vein, sleep disturbance, mood changes were significantly higher in group B ( $p < 0.05$ ). All women in group A had smooth course ( $p = 0.000$ ). Abnormal ultrasound findings, puerperium problems and mild postpartum hemorrhage were statistically significantly higher in group B ( $p < 0.05$ ). Conclusion: Prenatal yoga is an excellent choice for any healthy woman to use in order to prepare herself physically and emotionally for child birth.

### Methods and Materials

The study is conducted after getting the formal permission from the Medical officer, urban primary health centre, Koyambedu. The data collection period was 1 week from (24.12.19 to 26.12.19). A total of 60 subjects were selected through consecutive sampling in one week (5 days). On the first day researcher introduced herself and had a general talk with all subjects who fulfilled the inclusion criteria and selected 18 sampling (Group-I) by consecutive sampling technique and explained the purpose of the study and got written consent from all subjects who took part in the study and the subjects were reassured regarding the confidentiality of their score. On the second day pre-test was conducted for 1 group by using structured knowledge questionnaire regarding yoga during pregnancy. Each mother was allowed to answer the entire set of questionnaire for 60 min. Next four consecutive days video assisted teaching was given to the mother for about 20 min in morning and on 2nd day. The post test was conducted for the first group with the same tool of 4<sup>th</sup> day. Paired t test. Chi-square was used to associate the post-test level of pain with the selected demographic variables.

### Result and Discussion

The frequency and percentage distribution of primi mothers attending Koyambedu Primary Health Centre with respect to their age, education, type of family, income, occupation, religion, place of residence, weight of mother. With respect to age majority of primi mothers, 34 (56.7%) were in the age group of 21-30 years, 18 (30%) were below 20 years, 8 (13.3%) were in the age group of 31-40 years and no one was there above 40 years. Based on the education of primi mother, 30 (50%) of the completed secondary education, 16 (26.7%) completed Higher secondary education, 11 (18.3%) completed Primary education and 4 (6.7%) completed graduate level of education. They belong to nuclear family, 16 (26.7%) of them belong to joint family and no one belongs to extended family. With regard to monthly income of family, 30 (50%) of them are having monthly income of Rs 2001-3000, 17 (28.3%) of them are having the monthly income of Rs 30001-4000, 7 (11.6%) of them are having monthly income of more than Rs 4000 only 6 (10%) of them are having monthly income of Rs 1500-2000. Based on the occupational status, 50 (83.3%) of primi mothers are housewife, 7 (11.7%) of them are going for daily labour, 3 (5%) of them are going for company job and no one has government job. With respect to the religion, most of them 55 (91.7%) belong to Hindu religion, 4 (6.7%) belongs to Muslim religion and 1 (1.7%) belong to Christianity religion. Majority of primi mothers 49 (81.7%) belong to rural area and 11 (18.3%) of them belongs to urban area. Based on the weight of primi mothers 40 (66.7%) had 41-50kg, 11 (18.3%) had 51-60kg, 5 (8.3%) of them were below 40 kg, and only one 4 (1.7%) was above 60kg. With regard to food habits all antenatal mothers 60 (100%) were non-vegetarian.

**The second objective was to evaluate the effectiveness of video assisted teaching on yoga during pregnancy among antenatal mothers:** Video assisted teaching regarding management of minor ailments during pregnancy was given to antenatal mothers for 20 minutes in morning for 4 consecutive days. After the intervention the mean post test score was 24.43. In the post-test 66.7% gained adequate knowledge, 33.3% gained moderate knowledge and none of them had inadequate knowledge. The difference in mean percentage is about 55%. The calculated 't' value was 35.14 which is highly significant.

**The third objective was to associate the level of knowledge regarding yoga during pregnancy among antenatal mothers with selected demographic variable**

The present study was consistent with the pre experimental study conducted by Laxmi kumar (2014) to assess the effectiveness of self-instructional module on the level of knowledge regarding selected minor ailments and their remedial measures among pregnant women in community health centre in Uttarakhand. 60 antenatal mothers were selected using simple random sampling. The mean post-test knowledge score was (25.3±4.3) which was higher than the pretest mean score (18.16±4.8). Calculated t value was 8.6 which is significant at 5% level. Education and type of family was found to be associated with knowledge of antenatal mothers regarding minor ailments of pregnancy and its management. Thus the Hypothesis 2 (H2) There is a significant association between levels of knowledge with selected demographic variables was accepted.

**Table 1:** Description of pretest level of knowledge regarding Video assisted yoga during pregnancy among antenatal mothers. n=60

Level of Knowledge	Pretest	
	Frequency	Percentage
Inadequate	40	66.67
Moderate	10	16.67
Adequate	10	16.67

Above table describes above mother had 40 (66.7%) inadequate knowledge and them 10 (16.67%) had moderately adequate knowledge and 10 (16.67%) had adequate knowledge

**Table 2:** Description of posttest level of knowledge regarding video assisted yoga during pregnancy among antenatal mothers.

Level of knowledge	Post test	
	Frequency	Percentage
Inadequate	2	3.3%
Moderate	3	5%
Adequate	55	91.67%

In post-test most of the antenatal mothers about of them gained 55 (91.67 %) adequate knowledge, and 3 (5%) of primi mothers gained moderately adequate knowledge and 2 (3.3 %) had inadequate knowledge.

### Conclusion

A study assessed that effectiveness of video assessed yoga teaching among antenatal mothers. The study is effective and improved knowledge regarding yoga among antenatal mothers.

### Acknowledgement

We would like to extend our gratitude to the authors of Saveetha College of nursing and to all the adolescent girls those who cooperate for the study.

### Conflicts of interest

The author declares no conflicts of interest.

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