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A study to assess the effectiveness of community-based programme on knowledge regarding maternal and child health schemes among antenatal mothers in Nanganallur urban primary health centre

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Abstract
The study aimed to evaluate the effectiveness of community-based programs on knowledge regarding maternal and child health schemes among antenatal mothers. Pre-experimental one-group pre-test and post-test design was used to conduct the study. The study was done on 30 selected samples by purposive sampling technique from a selected urban primary health center in Chennai. A Pre-test was done on the 30 selected samples by using self-structured multiple choice questions to assess the level of knowledge on the Maternal and child health scheme, following that Pamphlets were distributed as an intervention which includes the national schemes such as Vandhena Madharm and Jannani Suraksha yogagna, and state government scheme like Muthu Lakshmi Reddy followed with the post-test was done after 5 days by the using the same questionnaire. The study findings showed that the mean knowledge score and standard deviations regarding the maternal and child health schemes among antenatal mothers were assessed in a pre-test and post-test. The paired t-test yielded a high t value. This suggested a substantial improvement in knowledge scores after the intervention, demonstrating that the intervention significantly enhanced antenatal mothers' understanding of maternal and child health schemes.

Keywords: Knowledge, Effectiveness, community-based programme, Maternal and child health schemes, Vandhena Madharm Jannani Suraksha Yogna, and Muthu Lakshmi Reddy

Introduction
Public health nursing is a community-oriented and population focused nursing practice the health department's mission is to promote a healthy community As part of a agency responsible for promoting the health of the community. Lillian Hidalgo, RN.B.sc (n), Public health nursing.

The primary health center is the basic part of the health care system. It is the basic structural and functional unit of the public health service in developing countries. Primary health centers were established to provide accessible, affordable and available primary health care to people in accordance with the Alma Ata Declaration of 1978 by the member nations of the WHO.

Government scheme programs launched by the government to improve the standard of living of all citizens. Maternal child health schemes are typically categorized into Central and State government schemes.

The main objective of the state and the central government implementing these schemes is the welfare of Indian citizens. The central government schemes are Janani Suraksha Yojana, and Vande Mantaram and the state government scheme is Dr. Muthu Lakshmi Reddy Maternal Benefits Scheme. Maternal and child health is one of the eight millennium development goals. Maternal and child mortality can be reduced by promoting institutional deliveries. To achieve this, the Indian government has introduced some maternity benefits schemes. The utilization of schemes depends on the awareness among the beneficiaries. We conducted this study to estimate the awareness about government maternal and child health benefit schemes among antenatal mothers.

Statement of the proplem

A study to assess the effectiveness of community-based programme on knowledge regarding maternal and child health schemes among antenatal mothers in Nanganallur urban primary health center.

Objectives

To assess the pre test and post test level of knowledge regarding maternal and child health scheme among antenatal mothers at Nanganallur urban primary health centre in Chennai.

To assess the effectiveness of community-based programs on knowledge regarding maternal and child health schemes among antenatal mothers at Nanganallur Urban Primary Health Centre in Chennai.

To associate the post-test level of knowledge on community-based programs regarding maternal and child health schemes among antenatal mothers with their selected demographic variable.

Hypothesis

- HO_1 There will be a significance between pre and post-test level of knowledge on maternal and child health schemes.
- HO_2 There will be a significance relationship between post-test level of knowledge with their selected demographic variable.

Methodology: A quantitative research approach was adopted for the study. Pre-experimental one-group pre- test and post-test research design was selected. The study was conducted in Nanganallur urban primary health centre in Chennai. The total sample was 30 antenatal mothers between the age group of 15 - 49 years (According to WHO, the reproductive age group) who fulfilled the inclusion criteria was choosen using a purposive sampling technique. Investigator would introduce herself and the purpose of the study was explained to ensure for better co-cooperation. The pre-test was conducted by using self-structured multiple-choice questionnaire that consists of 30 questions. The total score for knowledge was 30. The scoring for knowledge on maternal and child health schemes is interpreted as inadequate, moderate and adequate knowledge. After obtaining consent from the urban primary health center and antenatal mothers, the data collection was conducted in antenatal out patient department. The knowledge on maternal and child health schemes among antenatal mothers was assessed using self-structured multiple-choice questionnaire for 30 minutes. The post-test was done by using the same tool.

Results and Discussion

These findings provide a comprehensive overview of the demographic characteristics of the antenatal mothers participating in the community-based program.

Table 1: Frequency and percentage distribution of sample according to demographic characteristics N=30

Sl. No	Demographic Characteristics	F	%
1	**Age in Years**		
	15-20 Years	3	10.0
	21-30 Years	20	66.7
	31-40 Years	7	23.3
	41-49 Years	0	0.0
2	**Educational Qualification**		
	School	1	3.3
	High School	10	33.3
	Under Graduate	14	46.7
	Post Graduate	5	16.7
3	**Type of Family**		
	Nuclear Family	20	66.7
	Joint Family	10	33.3
4	**Economic Status**		
	Lower	6	20.0
	Middle	21	70.0
	Upper	3	10.0
5	**Occupational Status**		
	Moderate Worker	16	53.3
	Sedentary Worker	5	16.7
	Heavy Worker	9	30.0
6	**Gestational Age**		
	First Trimester	10	33.3
	Second trimester	11	36.7
	Third trimester	9	30.0

The majority of antenatal mothers 20 (66.7%) were in the age range of 21 -30 years, 3 (10.0%) were in the age group 15-20 years and 7 (23.3%) belonged to 31-40 years of age. Nearly half of the antenatal mothers 14 (46.7%) had an undergraduate education, 5 (16.7%) had post graduate education, 10 (33.3%) had high school education and only 1 (3.3%) had school education. In the aspect of type of family, most of the samples 20 (66.7%) belonged to nuclear families and rest from joint family 10 (33.3%). Majority of the mothers 21 (70.0%) had a middle economic status, 6 (20.0%) had lower economic status and only 3 (10.0%) were with upper economic status. More than half of the antenatal mothers 16 (53.3%) were moderate workers, 9 (30.0%) were heavy workers and remaining 5 (16.7%) were sedentary workers in the aspect of gestational age, 10 (33.3%) were in the first trimester of gestation, 11 (36.7%) in the second trimester and 9 (30.0%) in the third trimester.

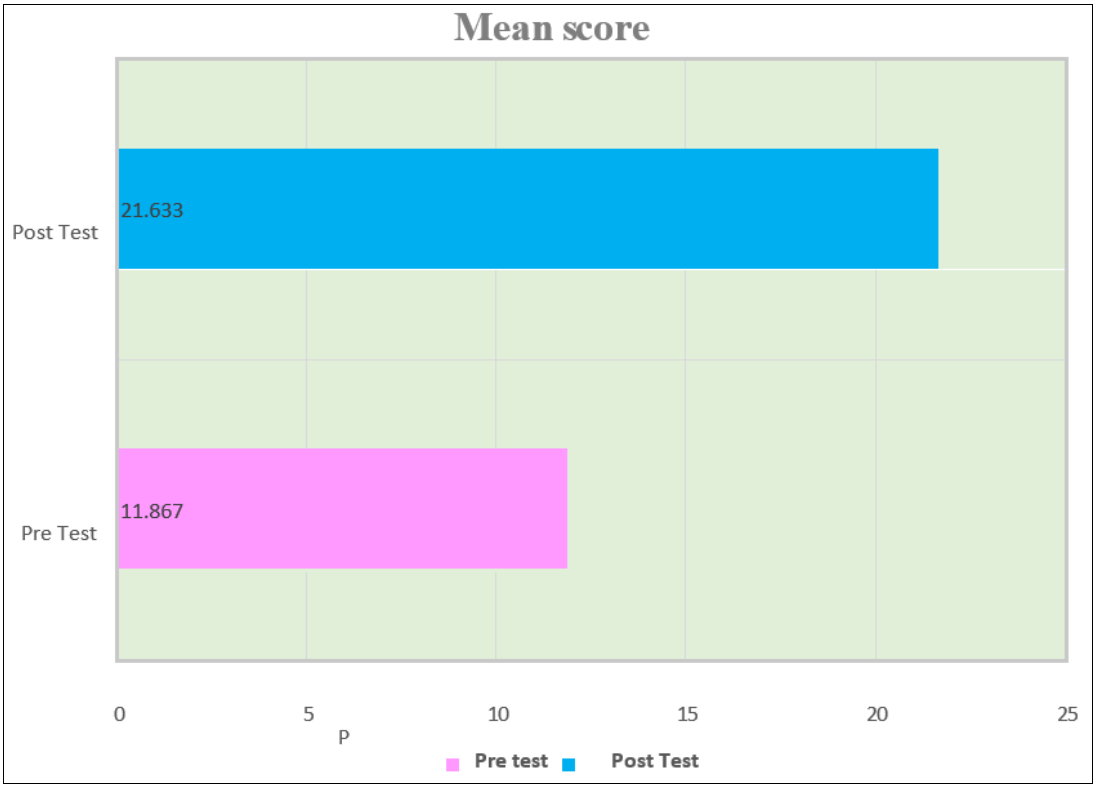

Fig 1: The objective first was to assess the pre-test and post-test level of knowledge regarding maternal and child health schemes among antenatal mothers at Nanganallur Urban Primary Health Centre in Chennai

In the pre-test, the majority of antenatal mothers 26(86.7%) had inadequate level of knowledge and remaining 4 (13.3%) had moderately adequate level of knowledge.

Frequency and percentage distribution on level of knowledge regarding maternal and child health schemes among antenatal mothers in pre-test and post test.

Whereas, after the implementation of the community-based program, a significant positive shift in knowledge levels was observed. The post-test results showed a complete elimination of inadequate knowledge, with 0.0%, and a remarkable improvement in knowledge levels with 17(56.7%) of mothers achieved a moderately adequate level of knowledge, and 13(43.3%) attained an adequate level. This substantial improvement in knowledge levels underscores the effectiveness of the community-based program in enhancing maternal and child health awareness among antenatal mothers.

The second objective was to assess the effectiveness of community-based programme on knowledge regarding maternal and child health schemes among antenatal mothers at Nanganallur Urban Primary Health Centre in Chennai Table 2

Antenatal mothers' understanding regarding maternal and child health schemes. The mean knowledge scores and standard deviations regarding the maternal and child health schemes among antenatal mothers were assessed in a pre-test and post-test with a sample size of 30. In the pre-test, the mean knowledge score was 11.867 with a standard deviation of 3.137, while in the post-test, the mean score increased significantly to 21.633, with a standard deviation of 3.306.

Table 1: Mean knowledge score and standard deviation regarding maternal and child health schemes among antenatal mothers in pre-test and post-test and its level of significance, N=30

Observation	Mean	Standard Deviation	Paired t value df=29	Sig value
Pre-test	11.867	3.137	12.224 *	0.000
Post test	21.633	3.306		

* Significant at $p<0.05$

The paired t-test yielded a high t value of 12.224 with 29 degrees of freedom, resulting in a significant p-value of 0.000, indicating statistical significance at $p < 0.05$. This suggested a substantial improvement in knowledge scores after the intervention, demonstrating that the intervention had a significant impact on enhancing the knowledge.

The third objective was to associate the post test level of knowledge on community-based programme regarding maternal and child health schemes among antenatal mothers with their selected demographic variable Table 3

The from the table reveals that there was no significant association between the selected demographic characteristics such as age, educational qualification, type of family, economical status, occupational status and gestational age with post- test level of knowledge regarding maternal and child health schemes among antenatal mothers.

Table 3: Association of selected demographic variables with level of knowledge regarding maternal and child health schemes among antenatal mothers in post-test

Sl. No.	Demographic Characteristics	Level of Knowledge	χ2 Value	DF	Significant Value
1	**Moderately Adequate**				
	Age in Years				
	15-20 Years	1	2	1.774	NS 0.412
	21-30 Years	13	7		
	31-40 Years	3	4		
2	**Educational Qualification**				
	School/High School	5	6	1.673	NS
	Under Graduate	8	6		
	Post Graduate	4	1		0.433
3	**Type of Family**				
	Nuclear Family	12	8	0.271	NS
	Joint Family	5	5		0.602
4	**Economical Status**				
	Lower	3	3	0.233	NS
	Middle	12	9		
	Upper	2	1		0.890
5	**Occupational Status**				
	Moderate Worker	7	9	2.562	NS
	Sedentary Worker	4	1		
	Heavy Worker	6	3		0.278/0.524
6	**Gestational Age**				
	First Trimester	6	4	3.525	NS
	Second Trimester	4	7		
	Third Trimester	7	2		0.172

Not significant at $p<0.05$* - Significant at $p<0.05$

The table reveals that there was no significant association between the selected demographic characteristics such as age, educational qualification, type of family, economical status, occupational status and gestational age with post-test level of knowledge regarding maternal and child health schemes among antenatal mothers.

Conclusion

The present study was conducted to evaluate the effectiveness of community-based programmes on knowledge regarding maternal and child health schemes among antenatal mothers. The study findings shows that there was an significant difference mean knowledge score before and after community based programme. Hence hypothesis H1 is accepted, which shows the effectiveness of community-based programs on knowledge increase among antenatal mothers.

Conflict of Interest

Not available.

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Not available.

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