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**Bharathi P**  
Ph.D. Scholar, Department of  
Obstetrics and Gynecology,  
Malwanchal University,  
Indore, Madhya Pradesh,  
India

## **A study to assess the knowledge on pregnancy induced hypertension among antenatal mothers attending antenatal OPD at selected hospital, Trichy**

**Bharathi P**

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### **Abstract**

A study was conducted to assess the knowledge of pregnancy-induced hypertension (PIH) among antenatal mothers attending antenatal OPD at selected hospital, Trichy. The objectives were to evaluate their knowledge of PIH and examine its association with selected demographic variables. This study followed a descriptive research design and was conducted in the department of antenatal OPD at Government Hospital, Trichy. A total of 40 pregnant mothers attending the antenatal OPD were selected using a simple random sampling method. The investigator utilized a structured questionnaire consisting of 25 closed-ended questions to assess the mothers' knowledge of PIH. The total score for the questionnaire was 25 marks. The findings revealed that 38% of mothers had inadequate knowledge, 32% had moderate knowledge, and 30% demonstrated adequate knowledge.

**Keywords:** Pregnancy induced hypertension, Antenatal Mother, Pre-eclampsia

### **Introduction**

Pregnancy is a transformative phase in a woman's life, bringing both excitement and challenges. While many women experience a smooth pregnancy, some encounter complications that can pose risks to both mother and baby. One of the most concerning conditions is pregnancy-induced hypertension (PIH), which includes disorders such as preeclampsia and eclampsia. These hypertensive disorders are among the leading causes of maternal mortality worldwide. Preeclampsia, affecting approximately 3 to 5% of pregnancies, is characterized by high blood pressure and potential organ damage, posing significant risks if left unmanaged. Despite ongoing research, the exact cause of preeclampsia remains uncertain, though factors such as genetics, immunology, and vascular issues are believed to play a role. Early detection and proper management of PIH are crucial in ensuring a healthy pregnancy outcome and reducing complications for both the mother and the baby.

### **Statement of problem**

A study to assess the knowledge on Pregnancy Induced Hypertension among antenatal mothers attending antenatal OPD at selected hospital, Trichy.

### **Objectives**

- To assess the knowledge on PIH among antenatal mothers.
- To determine the association between knowledge and selected demographic variables.

### **Research Methodology**

The research design for this study was descriptive. It was conducted in the department of antenatal OPD at Government Hospital, Trichy. The target population for the study consisted of pregnant mothers, with a sample size of 40 pregnant women attending the antenatal OPD. The sampling technique employed was simple random sampling, ensuring equal chances for selection. The research tool used was a structured knowledge questionnaire, and data collection was carried out through a self-administered questionnaire.

**Corresponding Author:**  
**Bharathi P**  
Ph.D. Scholar, Department of  
Obstetrics and Gynecology,  
Malwanchal University,  
Indore, Madhya Pradesh,  
India

The tool was divided into two parts: Part I focused on the demographic characteristics of the mothers, while Part II consisted of a structured knowledge questionnaire to assess their knowledge. Before data collection, the investigator obtained formal permission to conduct the study and secured oral consent from each participant. The purpose of the study was explained to each subject, and the knowledge questionnaire was administered individually.

## Results and Discussion

### Major findings of the study

The study findings indicate that the majority (47%) of mothers were aged between 26 and 30 years, followed by 27% in the 21–25 age group, 16% under 20 years, and 10% over 30 years. Regarding education, 45% of the mothers had completed secondary education, while 35% had pursued higher secondary education or beyond. In terms of occupation, 64% of the mothers were housewives, whereas 36% were employed. The study also found that 62% of the participants belonged to nuclear families, while the remaining 38% were from joint families. Additionally, 56% of mothers had prior knowledge or exposure to pregnancy-induced hypertension (PIH), while 44% had no previous awareness of the condition.

### Distribution of mothers according to their level of knowledge

The study revealed that 38% of mothers had inadequate knowledge, while 32% demonstrated a moderate level of knowledge, and only 30% had adequate knowledge. Furthermore, a significant association was found between the mothers' knowledge levels and demographic factors such as age, education, and occupation, indicating that these variables play a crucial role in influencing their understanding of pregnancy-induced hypertension (PIH).

### Recommendations

1. The study can be expanded with a larger sample size to enhance the reliability and applicability of the findings.
2. Various demographic factors can be analyzed in different settings, and structured teaching programs can be introduced based on the assessment of knowledge levels.
3. A follow-up study can be conducted to determine the impact of Information, Education, and Communication (IEC) on self-care practices among mothers with pregnancy-induced hypertension (PIH) by observing their home management.
4. A comparative study can be carried out to assess the differences in knowledge and practices between primipara and multipara mothers with PIH.
5. Research can be undertaken to evaluate the practical skills of mothers after receiving the IEC package to measure its effectiveness.

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