



# International Journal of Advance Research in Community Health Nursing

E-ISSN: 2664-1666

P-ISSN: 2664-1658

[www.communitynursing.net](http://www.communitynursing.net)

IJARCN 2025; 7(1): 103-106

Received: 12-01-2025

Accepted: 17-02-2025

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## A study to evaluate the effectiveness of a planned training programme on knowledge regarding Janani Suraksha Yojana among mothers in selected pastoral areas of Dahod city

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**DOI:** <https://www.doi.org/10.33545/26641658.2025.v7.i1b.227>

### Abstract

**Background:** The Government of India launched the National Rural Health Mission (NRHM) in 2005 with the aim of providing accessible, accountable, affordable, effective, and reliable primary healthcare, particularly to the poor and vulnerable sections of society. As an integral component of NRHM, the Honourable Prime Minister introduced the Janani Suraksha Yojana (JSY) on April 12, 2005, as a safe motherhood intervention aimed at reducing maternal and neonatal mortality.

Since its implementation, JSY has been operational for several years. It is therefore important to review and assess its effectiveness, especially in terms of increasing awareness, institutional deliveries, maternal satisfaction, and quality of care. The scheme offers various benefits, including cash incentives, immunisation services, and free distribution of iron and folic acid tablets to anaemic mothers. Raising awareness among mothers regarding these services is crucial for enhancing the scheme's impact and identifying areas for further improvement and strengthening.

**Need of the Study:** Maternal and neonatal mortality remain significant public health concerns in India, particularly in rural and underserved areas. Although the Government of India has implemented the Janani Suraksha Yojana (JSY) under the National Rural Health Mission (NRHM) to address these issues, lack of awareness and inadequate utilization of the scheme continue to hinder its full potential.

In many pastoral and tribal regions, including parts of Dahod City, mothers may remain unaware of the benefits provided by JSY—such as cash incentives, institutional delivery services, free immunization, and nutritional supplements. Cultural beliefs, low literacy levels, and limited access to healthcare information further contribute to underutilization.

Therefore, there is a pressing need to educate and empower mothers through structured and well-planned training programmes. Improving their knowledge about JSY can lead to increased uptake of services, improved maternal and neonatal health outcomes, and overall reduction in mortality rates.

This study aims to assess whether a planned training intervention can significantly enhance mothers' awareness and understanding of JSY in the selected pastoral areas of Dahod City, thereby supporting the broader goals of safe motherhood and child survival.

### Objectives of the Study

1. To assess the pre-test knowledge regarding *Janani Suraksha Yojana* among mothers in selected pastoral areas of Dahod City.
2. To assess the post-test knowledge regarding *Janani Suraksha Yojana* among mothers after the implementation of a planned training programme.
3. To estimate the effectiveness of the planned training programme on improving knowledge regarding *Janani Suraksha Yojana* among mothers.

To determine the association between pre-test knowledge scores and selected demographic variables among mothers.

**Keywords:** Janani Suraksha Yojana (JSY), national rural health mission (NRHM)

### Introduction

#### Hypotheses

- **H<sub>1</sub>:** There is a significant difference between the pre-test and post-test knowledge scores regarding *Janani Suraksha Yojana* among mothers following the implementation of the planned training programme.

- **H<sub>2</sub>:** There is a significant association between the pre-test knowledge scores and selected demographic variables among mothers.

**Methodology**

This study adopted an evaluative research approach, utilizing a pre-experimental one-group pre-test and post-test design to assess the effectiveness of a Planned Training Programme (PTP) on knowledge regarding the *Janani Suraksha Yojana* among mothers.

A total of 60 participants were selected using non-probability purposive sampling. The study was conducted in a selected pastoral area of Dahod City between May 15 and May 30, 2023.

To evaluate the participants' knowledge, a structured questionnaire was developed. The Planned Training Programme was designed after a comprehensive review of relevant literature and in consultation with subject matter experts. Both the questionnaire and the PTP content were validated by experts, and the reliability of the questionnaire was established using the test-retest method.

The procedure was as follows:

- **Pre-test:** Administered to assess baseline knowledge regarding *Janani Suraksha Yojana*.
- **Intervention:** Immediately after the pre-test, the Planned Training Programme was delivered to the participants.

- **Post-test:** Conducted on the same day following the training to evaluate the immediate impact of the intervention.

Data analysis was performed by comparing the pre-test and post-test scores to measure the effectiveness of the training programme.

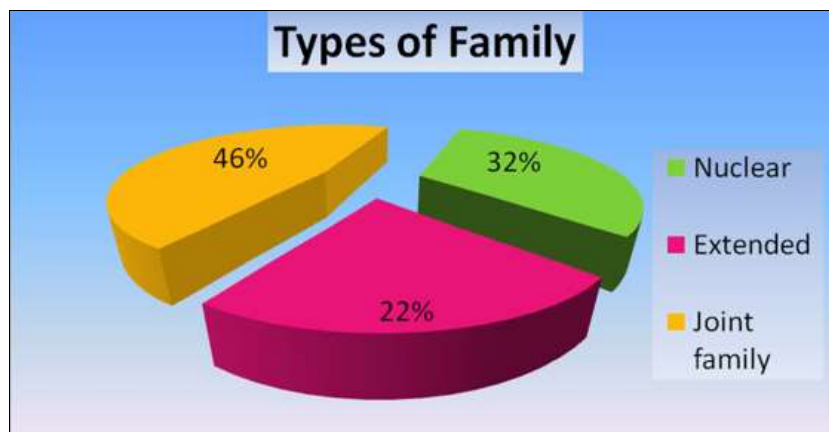
**Data Analysis and Description**

**Table 1:** For showing Frequency and percentage distributions of samples according to age

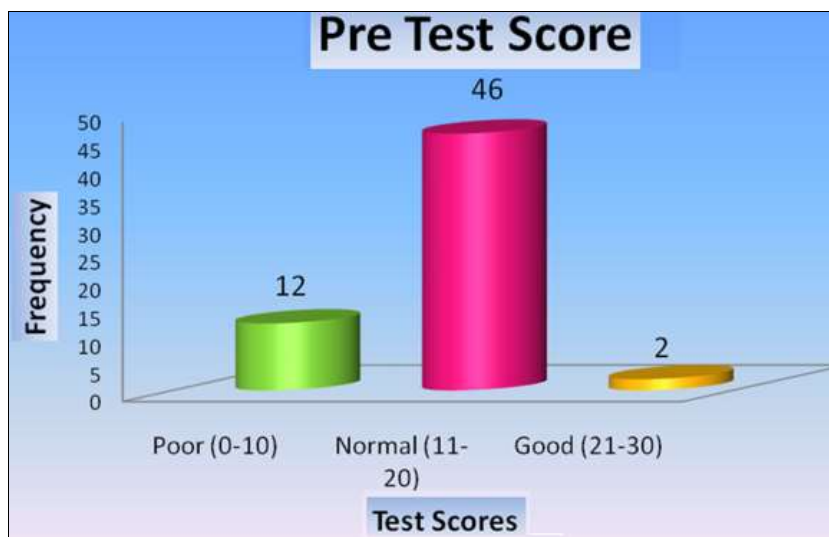
Age limit in years	Frequency	Frequency Percentage%
19-22	19	31.7%
23-26	17	28.3%
27-30	9	15%
31-34	15	25%
Total	60	100.0

**Table 2:** For showing the Frequency and Percentage Distribution of pre-test knowledge score

Pre-test knowledge score	Frequency(f) (N)	Percentage (%)
Poor(0-10)	12	20.0%
Normal(11-20)	46	76.7%
Good(21-30)	2	3.3%
Total	100	100.0%



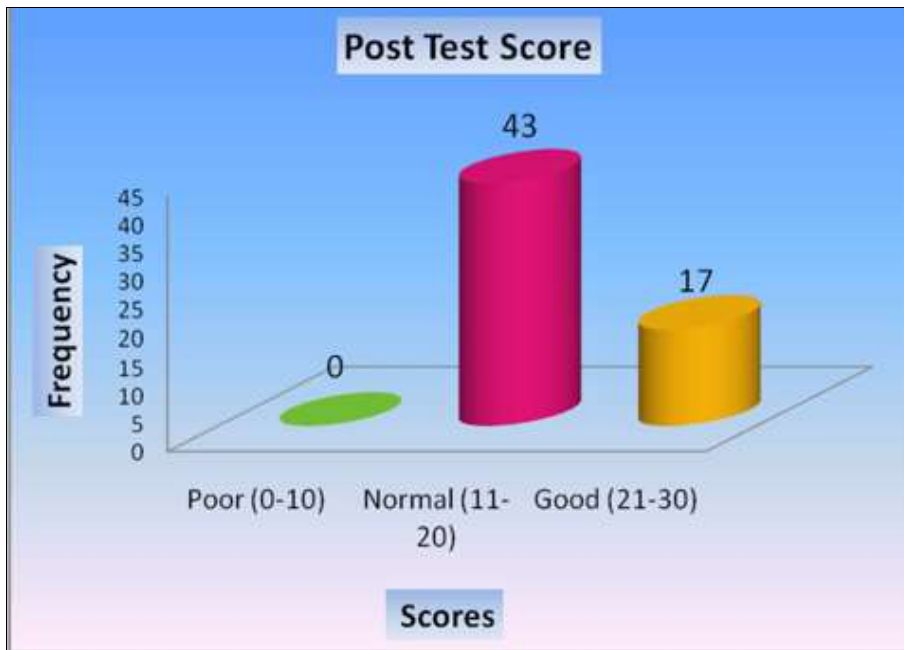
**Fig 1:** Pie chart showing the distribution of samples according types of family



**Fig 2:** Cylinder graph for showing the Frequency and Percentage Distribution of pre-test knowledge score

**Table 3:** For showing the Frequency and Percentage Distribution of post-test knowledge score

Pre-test knowledge score	Frequency (f) (N)	Percentage (%)
Poor(0-10)	0	0.0%
Normal(11-20)	43	71.7%
Good(21-30)	17	28.3%
Total	100	100.0%



**Fig 3:** Cylinder graph for showing the Frequency and Percentage Distribution of pre-test knowledge score

**Table 4:** Comparison of Knowledge Scores between Pre-test and Post-test

Knowledge	Mean (X)	Std. Error of Mean	D. F.	t-value	Level of Significance
Pre-test	13.42	0.354	59	16.59	0.001 <sup>□</sup> S
Post-test	19.28				

**Results**

The study included 60 mothers from selected pastoral areas of Dahod City. The distribution of participants by age showed that:

- 19 mothers (31.7%) were between 19–22 years.
- 17 mothers (28.3%) were between 23–26 years.
- 9 mothers (15%) were between 27–30 years.
- 15 mothers (25%) were between 31–34 years.

**In terms of family structure**

- 28 mothers (46.7%) belonged to joint families.
- 19 mothers (31.7%) were from nuclear families.
- 13 mothers (21.7%) were from extended families.

The analysis revealed a statistically significant increase in knowledge following the planned training programme. The calculated t-value was 16.59, with a p-value < 0.001, indicating a highly significant difference between pre-test and post-test knowledge scores. Thus, the research hypothesis (H<sub>1</sub>) stating that the planned training programme would significantly improve knowledge about *Janani Suraksha Yojana (JSY)* was accepted.

Furthermore, there was a significant association between knowledge scores and demographic variables such as: Age of the mother, Educational status, Monthly family income, and Time and source of information about JSY.

However, no significant association was found between knowledge levels and variables such as: Number of children, Religion, and Type of family.

**Conclusion**

The study concludes that awareness of the Janani Suraksha Yojana (JSY) has a significant impact on encouraging institutional deliveries and improving maternal healthcare utilization. When beneficiaries are well-informed about the programme and its benefits—such as free services, financial incentives, and health support—they are more likely to access and utilize these services.

The implementation of a Planned Training Programme proved to be an effective strategy for enhancing mothers’ knowledge about JSY. This intervention can be instrumental in promoting informed health-seeking behaviors, thereby contributing to reduction in maternal and neonatal mortality. Group discussions and community-based awareness efforts are recommended to further strengthen the outreach and effectiveness of the Janani Suraksha Yojana in rural and underserved populations.

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**How to Cite This Article**

Rathod PB, Lata L. A study to evaluate the effectiveness of a planned training programme on knowledge regarding Janani Suraksha Yojana among mothers in selected pastoral areas of Dahod city. International Journal of Advance Research in Community Health Nursing. 2025; 7(1): 103-106.

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