



## Effectiveness of information booklet on knowledge regarding prevention of preterm birth, among women of reproductive age group in selected urban community of Indore

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### Abstract

A research was conducted among women of reproductive age group of selected urban community of Indore. Total 40 women of reproductive age group were selected. A pre-experimental one group pre-test and post-test research design was used for the current study. The study revealed that in the pre-test, the level of knowledge of women of reproductive age group regarding prevention of preterm birth was found to be poor (23%), average (17%) and good (0%). In the post test, the level of knowledge was found to be poor (0%), average (30%) and good (70%). Thus the information booklet has created a knowledge regarding prevention of preterm birth.

**Keywords:** women of reproductive, term of pregnancy, urban community of Indore

### Introduction

The shorter the term of pregnancy, greater is the risks of mortality and morbidity for the newborn primarily due to the related prematurity. Preterm babies have an increased risk of death in the first year of life (infant mortality), with most of that occurring in the first month of life (neonatal mortality). Worldwide, prematurity accounts for 10% of neonatal mortality, or around 500,000 deaths per year. Children who are born preterm have higher rates of cerebral palsy, sensory deficits, learning disabilities and respiratory illnesses compared with children born at term. The morbidity associated with preterm birth often extends to later life, resulting in enormous physical, psychological and economic costs. Of all early neonatal deaths (deaths within the first 7 days of life) that are not related to congenital malformations, 28% are due to preterm birth. Preterm birth rates have been reported to range from 5% to 7% of live births in some developed countries, but are estimated to be substantially higher in developing countries.

### Objectives of the Study

1. To assess pre-existing knowledge on prevention of preterm birth, among women of reproductive age group.
2. To determine the effectiveness of self-information booklet regarding prevention of preterm birth among women of reproductive age group.
3. To find out association between mean pretest knowledge & selected demographic variable regarding prevention of preterm birth.

### Assumptions

It is assumed that

1. Women of reproductive age group participating in the study will have limited knowledge on prevention of preterm birth.

2. Self-Information booklet is will be effective to improve the knowledge on prevention of preterm birth.

### Hypotheses

- H1- There is significant difference in the mean pre-test and post-test knowledge scores regarding prevention of preterm birth among Women of reproductive age group.
- H2- There is significant association of the pre-test knowledge scores regarding prevention of preterm birth with selected socio demographic variables among Women of reproductive age group

### Materials & methods

**Research design:** A pre experimental, one group pre-test post-test research design.

**Setting:** The study was conducted in selected urban community of Indore.

**Population:** Women of reproductive age group of selected urban community of Indore

**Sampling Procedures:** Non probability purposive sampling technique

**Sample size:** 40 women of reproductive age group of selected urban community of Indore

### Inclusion criteria for sampling

- Women of reproductive age group who are willing to participate.
- Women of reproductive age group who are available during the period of data collection.

### Exclusion criteria for sampling

- Women of reproductive age group who are not willing to participate.
- Women of reproductive age group who are unable to read or write.

### Instruments used

To meet the objectives of the study, the tool used for the study is comprised of

**Part 1:** Description of socio demographic variables of Women of reproductive age group.

**Part 2:** Structured knowledge questionnaire on regarding prevention of preterm birth.

**Table 1:** showing the level of knowledge on prevention of pre-term birth among women of reproductive age group in their pre-test and post-tests.

Score	Frequency	Pre Test (%)	Frequency	Post Test (%)
Poor (<6)	23	57.5	0	0
Average (7-12)	17	42.5	12	30
Good (13-18)	0	0	28	70

### Result

The study revealed that in the present study, the level of knowledge of women of reproductive age group 57.5 % of the respondent had poor knowledge regarding prevention of preterm birth before the implementation of information booklet. But after the implementation of information booklet 10 % of them had average knowledge and 90% of them and good knowledge.

The mean post test scores of 89.84 % was higher than the mean pretest score of 26.60% the improvement in mean score overall knowledge was 31.11 with 't' test value found to be significant at level of  $p \leq 0.05$  which shows significant increase in knowledge and thus it proves the effectiveness of the information booklet.

### Conclusion

Preterm birth occurs in about one out of every ten pregnancies. Preterm birth can happen in any pregnancy, there are conditions called risk factors known to increase a mother's chances for an early birth as well as in mothers who don't have the usual risk factors for preterm birth. The exact cause for a particular mother may not be known. Some risk factors are known before pregnancy, and some develop during pregnancy. Maternal complications are subject to screening, treatment and prevention.

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