

# A Comparative Study to Assess the Knowledge Regarding Postnatal Care among Primiparous And Multiparous Mothers At Postnatal Ward Of Smgs Hospital, Jammu (J&K)

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## Abstract:

*Postnatal care is one of the most important physical and maternal health care for not only prevention of impairment and disabilities but also for reduction in maternal mortality. Lack of knowledge regarding postnatal care may lead the mother to wide range of postpartum problems. Present study was under taken to assess knowledge regarding postnatal care among primiparous and multiparous mothers at postnatal ward of SMGS Hospital, Jammu (J&K). The sample consisted of 60 mothers, 30 were primiparous and 30 were multiparous. Convenient sampling technique was used to select the sample. Socio-demographic profile and Structured knowledge questionnaire was used to collect data from the subjects. The results of the study revealed that there was significant difference between knowledge score regarding postnatal care in primiparous and multiparous mothers. The association of knowledge score regarding postnatal care with selected socio-demographic variables showed that only source of information had significant association with knowledge score of primiparous mothers. There was no significant association between knowledge score of multiparous women with the selected socio-demographic variables.*

**Key Words:** Postnatal care, Knowledge, Primiparous, Multiparous.

## 1. Introduction:

Mother and children represent more than half of the total population in our country. Delivery of a new baby is one of the happiest times in one women's life. But it is also presents both physical and emotional challenges. Motherhood is a joy full stage as she is the only one capable to bring forth the new life.<sup>1</sup>

Postnatal period is the time just after delivery and through the first six weeks of life and the period is called puerperium. Puerperium is period following childbirth during which body tissues, specially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically.<sup>2</sup> The immediate postpartum period most often occur in the hospital setting, where the majority of women remain for approximately 2 days after a vaginal delivery and 3-5 days after a cesarean delivery. The period is used to make sure the mother is stable and to educate her in the care of her baby especially the first time mother.<sup>3</sup>

Postnatal care is one of the most important maternal health care for not only prevention of impairment and disabilities but also for reduction of maternal mortality. Mother's as well as baby's future depends upon the type of health practices followed by the mother's after delivery. Postpartum care can be

categorized to different categories such as external, internal and mental care. For a new mother, she has to make sure she takes good care of herself in these three aspects in order to avoid postnatal complications.<sup>4</sup>

Postnatal care is defined as the systematic examination of the mother and the baby and appropriate advice given to the mother during post-partum period. It is done at least twice during puerperium.<sup>5</sup> Lack of knowledge regarding postnatal care may lead the mother to wide range of post-partum problems, common problems experienced by the mothers include post-partum infections, including uterine, bladder, or kidney infections, excessive bleeding after delivery, pain in the incision area, vaginal discharge, breast problems such as swollen breasts, infection and clogged ducts, marks, hemorrhoids and constipation, urinary or fecal incontinence, depression.<sup>6</sup>

In order to prevent all these problems, prompt postnatal care is very essential after the delivery of the baby till the six weeks. During this period the care is essential not only for the mother but also for the child. The general postnatal home based care includes provision of adequate rest and ambulation, diet, sleep, care of the breast, importance of postnatal exercise, family planning advice and guidance, importance of postnatal check up for the mother and adequate breastfeeding and newborn care.<sup>7</sup>

Postnatal care is necessary to ensure that no complications have developed to the women after child birth. It is important that mother and their partners are informed of what normally happens during this period, and that can compromise the health of the mother or the newborn. Post-partum maternal health care influences the health of both mother and their children. Postnatal care includes various

components like Breastfeeding, Newborn care, Family planning, Post-natal complications and Post-natal diet etc.<sup>8</sup>

### **Objectives of the study**

1. To assess the knowledge regarding postnatal care among primiparous mothers.
2. To assess the knowledge regarding postnatal care among multiparous mothers.
3. To compare the knowledge score regarding postnatal care among primiparous and multiparous mothers.
4. To determine the association of knowledge score with selected socio-demographic variables.

## **2. Methodology**

For the present study, **Quantitative research approach** and **Comparative Survey design** was used. The research setting was **postnatal ward of SMGS hospital, Jammu (J&K)**. The sample consisted of 60 postnatal mothers comprising of 30 primiparous and 30 multiparous mothers. **Convenient sampling** technique was used to select the sample. Prior to the data collection procedure the formal permission was obtained from the Superintendent of the hospital.

Socio-demographic profile and structured knowledge questionnaire was used to collect personal information. Prior to giving the questionnaire to the mothers, investigator gave self introduction to the subjects and explained the purpose of gathering information. A good rapport was established with the subjects. They were assured that their responses will be used kept confidential and the information will be used only for research purpose. Formal consent

was taken from the subjects. The data gathered was analyzed and calculated by percentage, mean and standard deviation.

**Description of tool:**

**Part A: socio-demographic variables -**

It includes items like age (in yrs), education, occupation, religion, dietary habit, type of family, family income, source of information.

**Part B: self structured knowledge questionnaire to assess the knowledge regarding postnatal care.** It consists of 44

items which include the questionnaire on selected components of postnatal care with score 1 for correct answer and 0 for wrong answer.

Level of knowledge	Score
Inadequate	Below 50%
Moderate	50 -75%
Adequate	Above 75%

**3.Results**

**Table 1- Frequency and percentage distribution of socio-demographic variables of primiparous and multiparous mothers**

**N=60**

Sr. no.	Socio-demographic Variable	Primiparous mothers (N=30)		Multiparous mothers (N=30)	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1.	<b>Age (in yrs)</b>				
	a) 20-23	7	23.3	5	16.6
	b) 24-27	21	70	13	43.3
	c) 28- 31	2	6.7	9	30
	d) >-31	0	0	3	10
2.	<b>Education</b>				
	a) Illiterate	7	23.3	2	6.6
	b) Primary	3	10	2	6.6
	c) Secondary	12	40	10	33.3
	d) Graduate	5	16.7	14	46.7
	e) Post graduate	3	10	2	6.6
3.	<b>Occupation</b>				
	a) Housewife	26	86.7	24	80
	b) Laborer	0	0	2	6.6
	c) Private job	3	10	3	10
	d) Govt. job	1	3.3	1	3.3

4.	<b>Religion</b>				
	a) Sikh	29	96.7	23	76.6
	b) Hindu	1	3.3	5	16.6
	c) Muslim	0	0	1	3.3
	d) Christian	0	0	1	3.3
5.	<b>Dietary habit</b>				
	a) Vegetarian	22	73.3	18	60
	b) Non-vegetarian	8	26.7	12	40
6.	<b>Type of family</b>				
	a) Joint family	16	53.5	20	66.6
	b) Nuclear	14	46.7	10	33.3
7.	<b>Family income per month(in Rs.)</b>				
	a) < 5000	11	36.7	13	43.3
	b) 5001- 10,000	12	4.0	10	33.3
	c) 10,001- 15,000	2	6.7	5	16.6
	d) > 15,000	4	13.3	2	6.6
8.	<b>Source of information</b>				
	a) T.V, Newspaper	20	66.7	19	63.3
	b) Family, friends	5	16.7	4	13.3
	c) Nurse	4	13.3	4	13.3
	d) Doctor	1	3.3	3	10

**Table 1** reveals socio-demographic variables of the primi-parous and multi-parous women. In context to **primiparous mothers**, maximum were in age group of 24-27 were educated up to secondary, housewives from Sikh religion. Maximum primiparous mothers were vegetarian and from joint family, having family income between 5001-10,000 and source of information was TV, Newspaper.

In context to **multiparous mothers**, maximum were in age group of 24-27 were graduates, housewives and belonged to Sikh religion. Maximum multiparous were vegetarians, also from joint family having income between 5001-10,000 and TV/ newspapers were source of income.

**Table 2- Frequency and percentage distribution of level of knowledge of primiparous mothers regarding postnatal care**

N=30

Sr. No	Level of knowledge	Frequency (f)	Percentage (%)	Mean	SD
1.	<b>Inadequate (&gt; 50%)</b>	28	93.33		
2.	<b>Moderate (50-75%)</b>	2	6.66	16.73	3.7
3.	<b>Adequate (&gt;75%)</b>	0	0		

**Table 2** reveals the level of knowledge of primiparous mothers regarding postnatal care that shows maximum mothers 28(93.33%) had inadequate knowledge, 2(66.6%) moderate knowledge regarding postnatal care. The

average mean for the level of knowledge of primiparous women was 16.73 and S.D. was 3.7 regarding postnatal care.

Hence, primiparous mothers had inadequate knowledge regarding postnatal care.

**Table 3- Frequency and percentage distribution of level of knowledge of multiparous mothers regarding postnatal care**

**N=30**

Sr. no	Level of knowledge	Frequency (f)	Percentage (%)	Mean	SD
1.	<b>Inadequate (&gt;50%)</b>	23	76.6		
2.	<b>Moderate (50-75%)</b>	7	23.3	16.8	4.56
3.	<b>Adequate (&gt;75%)</b>	0	0		

**Table 3** reveals the level of knowledge of multiparous mothers regarding postnatal care that shows maximum 23(76.6%) multiparous mothers had inadequate knowledge, 7(23.3%) had moderate knowledge regarding postnatal

care. The average mean for the level of knowledge of multi-parous women was 16.8 and S.D. was 4.56 regarding postnatal care.

Hence, multi parous mothers had inadequate knowledge regarding postnatal care.

**Table 4 Mean percentage distribution of primiparous and multiparous mothers regarding components of postnatal care.**

**N=60**

Sr. no	Components of postnatal Care	Primiparous (n=30) Percentage (%)	Multiparous (n=30) Percentage (%)
1.	<b>Breastfeeding</b>	40	20
2.	<b>Newborn care</b>	40.7	39.25
3.	<b>Postnatal complications</b>	31.85	28.14
4.	<b>Family planning</b>	30	28.75
5.	<b>Postnatal diet</b>	35	36.25

**Table 4** reveals the area-wise mean percentage of primiparous and multiparous mothers regarding various components of postnatal care. In primiparous mothers area-wise mean

percentage was (40.7%) in the area of newborn care, (40%) in the area of breastfeeding, (35%) in the area of postnatal diet, (31.85%) in the

area of postnatal complications, (30%) in the area of family planning.

In multiparous women area-wise mean percentage was (39.25%) in the area of newborn

care, (36.25%) in the area of postnatal diet, (28.75%) in the area of family planning, (28.14%) in the area of postnatal complications, (20%) in the area of breastfeeding.

**Table 5- Comparison of level of knowledge of primiparous and multiparous mothers regarding postnatal care**

N=60					
Sr. No	Postnatal mothers	Mean	SD	t-value	df
1.	Primiparous	16.73	3.7	-0.06	58
2.	Multiparous	16.8	4.56		

**Table 5** reveals comparison of level of knowledge of primiparous and multiparous mothers regarding postnatal care. Unpaired t-test was applied to check the statistical significance. In primi-parous women knowledge score mean & S.D was  $16.73 \pm 3.7$  and in multiparous women knowledge score mean & S.D

was  $16.8 \pm 4.56$ . The obtained 't' value was -0.06. So tabulated 't' value was more than calculated 't' value ( $p < 0.05$ ).  $H_0$  is rejected and the alternative hypothesis is accepted.

Hence, it is concluded that there was significant difference in knowledge score of primiparous and multiparous mothers.

**Table 6 - Association of knowledge score of primiparous mothers with selected socio-demographic variables**

N=30						
Sr. No.	Socio-demographic Variables	Level of knowledge		df	$\chi^2$	p value
		Inadequate	Moderate			
1.	<b>Age(in years)</b>					
	a.) 20-23	5	0			
	b.) 24-27	12	1	3	0.879	0.830 <sup>NS</sup>
	c.) 28-31	8	1			
	d.) > 31	3	0			
2.	<b>Education</b>					
	a.) Illiterate	12	0			
	b.) Primary	2	0	4	7.50	0.112 <sup>NS</sup>
	c.) Secondary	9	1			
	d.) Graduate	4	0			
	e.) Post-graduate	1	1			
3.	<b>Occupation</b>					
	Housewife	23	1			

	Labour	2	0	3	3.88	0.274 <sup>NS</sup>
	Govt. job	2	1			
	Private job	1	0			
4.	Religion					
	a.) Sikh	21	2			
	b.) Hindu	5	0	3	0.652	0.884 <sup>NS</sup>
	c.) Muslim	1	0			
	d.) Christian	1	0			
5.	<b>Dietary habits</b>					
	a.) vegetarian	16	2	1	1.43	0.232 <sup>NS</sup>
	b.) non-vegetarian	12	0			
6.	<b>Type of family</b>					
	a.) joint	17	2	1	1.24	0.265 <sup>NS</sup>
	b.) nuclear	11	0			
7.	<b>Family income</b>					
	a.) <5000	12	1			
	b.) 5001-10,000	10	0	3	2.31	0.511 <sup>NS</sup>
	c.) 10,001-15,000	4	1			
	d.) >15,000	2	0			
8.	<b>Source of information</b>					
	a.) T.V, newspaper	19	0			
	b.) Family, Friends	3	2	3	10.7	0.013*
	c.) Nurse	4	0			
	d.) Doctor	2	0			

\*Significant at  $p < 0.05$ , NS= Non-significant

**Table 6** reveals the association of knowledge score regarding postnatal care with selected socio-demographic variables. Chi square test was applied and the test revealed that source of information have significant association with

knowledge score of primiparous mothers regarding postnatal care and there is no significant association between knowledge score of primiparous women with other socio-demographic variables.

**Table 7- Association of knowledge score of multiparous mothers with selected socio-demographic variables**

**N=30**

Sr. no.	Socio-demographic Variable	Level of knowledge Inadequate	knowledge Moderate	df	$\chi^2$	p value
1.	<b>Age(in years)</b>					
	a) 20-23	7	0		3.25	0.197 <sup>NS</sup>



	b) 24-27	15	6	2		
	c) 28-31	1	1			
2.	<b>Education</b>					
	a) Illiterate	5	1			
	b) Primary	2	1			
	c) Secondary	11	2	4	1.72	0.787 <sup>NS</sup>
	d) Graduate	3	2			
	e) Post-graduate	2	1			
3.	<b>Occupation</b>					
	a) Housewife	20	6			
	b) Govt. job	2	1	2	0.473	0.789 <sup>NS</sup>
	c) Private job	1	0			
4.	<b>Religion</b>					
	a) Sikh	22	7		0.624	0.430 <sup>NS</sup>
	b) Hindu	1	0	1		
5.	<b>Dietary habits</b>					
	a) Vegetarian	7	1	1	0.716	0.398 <sup>NS</sup>
	b) Non-vegetarian	16	6			
6.	<b>Type of family</b>					
	a) Joint family	12	4		0.487	0.825 <sup>NS</sup>
	b) Nuclear	10	4	1	E-01	
7.	<b>Family income</b>					
	a) <5,000	8	3			
	b) 5,001-10,000	10	2	3	1.22	0.748 <sup>NS</sup>
	c) 10,001-15,000	1	1			
	d) >15,000	4	1			
8.	<b>Source of information</b>					
	a) T.V, newspaper	17	3			
	b) Family, friends	2	3	3	4.84	0.184 <sup>NS</sup>
	c) Nurse	3	1			
	d) Doctor	1	0			

**NS= Non-significant**

**Table 7:** reveals the association of knowledge score regarding postnatal care with selected socio-demographic variables. Chi square test was applied and the t test revealed that there is no significant association between knowledge score of multi-parous women with selected socio-demographic variables.

#### 4. Discussion

**Objective1: To assess the knowledge regarding postnatal care among primiparous mothers.**

The findings of the study shows 2(6.66%) of primi-parous women had moderate knowledge and 28(93.33%) had inadequate knowledge regarding postnatal care. Area-wise mean percentage was (40%) in the area of breastfeeding, (40.7%) in the area of newborn care, (35%) in the area of postnatal diet, (31.85%) in the area of postnatal complications,



(30%) in the area of family planning. These findings are consistent with a comparative study conducted to assess the knowledge among primiparous and multiparous mothers which showed that the assessment of knowledge of primiparous mothers was (42.46%). Area wise mean % was (55.37%) postnatal diet, (47.20%) newborn care and (21.88%) family planning.<sup>9</sup> Another study conducted to assess the knowledge, attitude and practices of postnatal care among postnatal mothers. The findings showed that 92% of mothers had no knowledge regarding postnatal care.<sup>10</sup> A descriptive study on breastfeeding revealed that 31.4% were exclusively breastfeeds.<sup>11</sup>

**Objective2: To assess the knowledge regarding postnatal care among multiparous mothers.**

The findings of the study showed that 7(23.3%) of multiparous mothers had moderate knowledge and 23(76.6%) had inadequate knowledge regarding postnatal care. In multiparous mothers area-wise mean percentage was (39.25%) in the area of newborn care, (36.25%) in the area of postnatal diet, (28.75%) in the area of family planning, (28.14%) in the area of postnatal complications, (20%) in the area of breastfeeding. The findings of the study are consistent with a study conducted between primiparous and multiparous mothers to assess the knowledge and practices of postnatal care which revealed the mean percentage of response was (61.86%). Area wise mean % was (66.62%) postnatal diet, (72.79%) newborn care and (40%) family planning with regard to item-wise analysis the highest % of score in multiparous mothers (96.66%) was observed.<sup>9</sup> Another study conducted results revealed that 72% of multiparous women had good knowledge regarding postnatal care.<sup>13</sup> One more

study conducted whose results show that exclusive breast feeding rate was 26%.<sup>14</sup>

**Objective3: To compare the knowledge score regarding postnatal care among primiparous and multiparous mothers.**

Unpaired t-test was applied to check the statistical significance. In primiparous mothers knowledge score mean & S.D was  $16.73 \pm 3.7$  and in multiparous mothers knowledge score mean & S.D was  $16.8 \pm 4.56$ . The obtained 't' value is -0.06. So tabulated 't' value was more than calculated 't' value ( $p < 0.05$ ). Hence,  $H_0$  was rejected and the alternate hypothesis was accepted. The study findings are consistent with the study conducted between primiparous and multiparous mothers to assess the knowledge and practices of postnatal care which revealed that using unpaired 't' test a very high score ( $p < 0.001$ ) difference was found in knowledge score of primiparous and multiparous mothers.<sup>12</sup>

**Objective4: To find the association of knowledge score regarding postnatal care with selected socio-demographic variables.**

Chi square test was applied and the test revealed that source of information have significant association with knowledge score of primiparous mothers regarding postnatal care and there is no significant association between knowledge score of primiparous mothers with other socio-demographic variables. There is no significant association between knowledge score of multiparous mothers with the selected socio-demographic variables.

**5. Conclusion**

Postnatal care is defined as the systematic examination of the mother and the baby and

appropriate advice given to the mother during post-partum period. The components of postnatal care are: Breastfeeding, newborn care, postnatal diet, family planning and postnatal complications. The present study highlights that the level of knowledge in maximum primiparous and multiparous mothers was inadequate. Results showed that there was a significance difference between the knowledge score of primiparous and multiparous mothers regarding postnatal care. Awareness programmes are required to improve knowledge on the different aspects of postnatal care. Further studies can be conducted to make more clear views and to plan for future on reproductive rights and to utilize the reproductive health services by people.

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