

Effectiveness of Planned Teaching Programme on knowledge regarding prenatal factors leading to mental disorders among prenatal mothers in selected areas of Bhopal

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ABSTRACT:

Background- The mental illness seen in children is worrisome and has many factors leading to such conditions. The need for positive intervention is need of the hour.

Materials & Methods- Quasi-experimental one group pre-test post-test design was used for the study. The sample consisted of 60 prenatal mothers in selected rural areas of Bhopal by Non-Probability convenient sampling technique. A pre-test was conducted by using a structured knowledge questionnaire to evaluate the effectiveness of Planned Teaching Programme on knowledge regarding prenatal factors leading to mental disorders.

Results- In this study, on comparing the pre-test and post-test knowledge score it was found that all prenatal mothers scored better in the post-test. Majority of respondents scored average and 20.0% scored good. The post test mean was more than pre test score. Conclusion- We concluded that the structured teaching program is effective in increasing knowledge of the prenatal mothers regarding prenatal factors leading to mental disorders.

KEY WORDS: effectiveness; planned teaching programme ; knowledge; prenatal mothers.