

Research Article

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.

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INTRODUCTION:

According to Health day news a new study suggests that pregnancy behaviour and certain childbirth complications may influence a child's risk of developing obsessive compulsive disorder. Certain C-sections, preterm and breech birth presentation, smoking while pregnancy and unusually large or small babies may be the factors responsible. While both genetic and environmental risk factors are thought

to be associated with associated with increased risk for the mental health disorder, " While both genetic and environmental risk factors are thought to be associated with Obsessive Compulsive Disorder (OCD), this is the first time that a set of environmental risk factors is convincingly associated with the condition.^[1]

Attention deficit hyperactivity disorder (ADHD) has a worldwide prevalence of 2.5% with most symptoms appearing by the age of 6 years. General prenatal stress and stressful life events during

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pregnancy increase the risk of having a child who develops ADHD. Autism spectrum disorders affect 1-2% of the population and symptoms of poor sociability and communication skills repetitive behaviors, and circumscribed interests tend to become apparent by the age of 3 years. Inflammatory responses in the mother may affect fetal and postnatal brain development. Originally based on the knowledge that Autism Spectrum disorder (ASD) was associated with season of birth, exposure to viral infections has been shown to increase the risk of ASD in many but all studies.

It has been estimated that approximately one third of the children are suffering not from physical but from psychological illness. Identification and handling of the emotional, behavior and developmental disorder problem of the childhood and adolescence is very essential for any health care worker including nurses. The common behavior problem according to their nature of deviation in behavior includes Habits, Eating, Sleep, speech, Scholastic sexual, Antisocial Personality^[2]

WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life productive work and contribution to their community. Cultural differences, subjective assessments and competing professional theories all affect how "Mental Health is defined"^[3].

There are more than 200 classified forms of mental illness. Some of the more common disorders are Depression, Bipolar mood disorder, Dementia, Schizophrenia and anxiety disorder. Symptoms may include changes in mood, personality, personal habits and social withdrawal. As with cancer, diabetes and heart disease, mental illness is often physical as well as emotional and psychological. Mental illness is caused by reaction to environmental stress, genetic factors, biochemical imbalance, or a combination of these. With proper care and treatment may individuals learn to cope or recover from a mental illness or emotional disorder.^[4]

Primitive beliefs regarding disturbance have several views. Some thought that an individual with mental disorders had been dispossessed of his/her soul and that the only way wellness could be achieved was if the soul should return. Other believed that evil spirits or supernatural powers or magical power had entered the body. The cure of these individuals involved a ritualistic exorcism to purge the body of these unwanted forces^[5]

In the medieval times, childhood was not regarded as a psychologically distinct period.

Childhoods were merely viewed as under developed adult at the fringes of society. In the 17th and 18th century philosophies, children were seen to have unique physiological, educational and physical need. In the 19th century a new approach to understand the childhood emerged. In the child guidance clinic, the common mental illnesses include mental retardation, conduct disorders, hyperkinetic syndrome enuresis etc.^[6]

Mental disorders have turned out to be major killer in Madhya Pradesh with 1,227 people suffering from such illnesses committing suicide in Madhya Pradesh in 2015, as per the National Crime Records Bureau (NCRB). As per the NCRB, Madhya Pradesh witnesses a 128% hike in such deaths in 2015 compared to 2014 when 538 such suicides were reported.

The present study was done to assess the knowledge regarding prenatal factors leading to mental disorders among prenatal mothers and to implement Planned Teaching Programme to prenatal mothers. The effectiveness of Planned Teaching Programme on knowledge regarding prenatal factors leading to mental disorder was determined.

MATERIALS & METHODS:

The prospective study was carried out in People's College of Nursing & Research Centre (PCN & RC), Bhopal. The study subjects were informed about the study and due consent was obtained from them. Ethical clearance certificate was obtained from the PCN&RC as per norms. The study involved 60 Prenatal mothers of selected rural areas of Bhopal. Interventional research approach was used in this study.

"One group, pretest post test research design" was selected which is a quasi-experimental design to evaluate the effectiveness of Planned Teaching Programme on knowledge regarding prenatal factors leading to mental disorders. Non-probability convenient sampling technique was used for the study. The duration of data collection was for 1 and half month. The inclusion criteria were that the prenatal mothers should understand Hindi language. Prenatal mothers who were not willing to participate were excluded from the study. In this study dependent variable was the knowledge of prenatal mothers regarding prenatal factors leading to mental disorders whereas independent variable are Planned Teaching Programme regarding prenatal factors leading to

mental disorders.

A structured questionnaire was designed for the study. It was divided into 2 parts. First part consisted of demographic questionnaire that includes age, education, type of family, religion, and source of information regarding mental health and occupation.

The second part consisted of 30 Multiple choice Questions to evaluate the knowledge regarding prenatal factors leading to mental disorders. The validity of the questionnaire was confirmed.

The sample questionnaire is depicted in Figure 1. Broadly the questions were aimed to ascertain the knowledge regarding mental health & mental illness, prenatal factors leading mental disorders and prevention of mental illness.

RESULTS:

The demographic data revealed that majority of prenatal mothers were between 24 to 29 years [Table 1]. Majority of Prenatal mothers approximately 46% were primary educated [Table 2]. 58% belonged to joint family [Table 3] and 76% were Hindu [Table 4].

Very few prenatal mothers have access to either television or newspaper. Around 43% have no access to any kind of media [Table 5]. Most (58.4%) worked as laborer followed by housewife [Table 6]. The study finding reveals that the mean post-test knowledge score (15.8) is higher than the mean pre-test knowledge score (8.8) [Table 7].

Table 1: Frequency and percentage distribution of prenatal mothers according to Age in years.

Age in years	Number	Percentage
18-23 yrs	21	35.0
24-29 yrs	29	48.3
30-35 yrs	10	16.7
More than 35 yrs	00	00
Total	60	100.0

DISCUSSION:

A child is the purest form of a human being as he is not yet molded by the harsh realities of life. As each child looks at the world through innocent eyes all he can see, the way of life and the way he think life should be. We owe our children, the most vulnerable citizens in our society, they are like flowers and they fill our life with joy and fragrance.

Table 2: Frequency and percentage distribution of prenatal mothers according to Education.

Education	Number	Percent
Primary	28	46.7
Secondary	18	30.0
Higher Education	13	21.7
Graduate	1	1.7
Total	60	100.0

Table 3: Frequency and percentage distribution of prenatal mothers according to type of family.

Type of family	Number	Percent
Joint family	35	58.3
Nuclear family	19	31.7
Extended family	6	10.0
Single parent family	00	00
Total	60	100.0

Table 4: Frequency and percentage distribution of prenatal mothers according to Religion.

Religion	Number	Percent
Hindu	46	76.7
Muslim	14	23.3
Christian	00	00
Others	00	00
Total	60	100.0

Table 5: Frequency and percentage distribution of prenatal mothers according to source of information.

Source of information	Number	Percent
Television	15	25.0
Health Professional	13	21.7
Newspaper	6	10.0
None of the above	26	43.3
Total	60	100.0

Table 6: Frequency and percentage distribution of prenatal mothers according occupation.

Occupation	Number	Percent
House wife	23	38.3
Private Job	2	3.3
Government job	0	0
Labourer	35	58.4
Total	60	100.0

Proper education should be given to the mothers to make them vigilant towards the prenatal factors leading to mental disorders of child. Nurses process a major obligation in the education, motivation, and also in the guidance of the mentally ill children by that, she can help them to stay away from mental illness. The present study was aimed to evaluate effectiveness of teaching program on knowledge regarding prenatal factors leading to mental disorders among the prenatal mothers of selected rural areas of Bhopal.

A Structured knowledge questionnaire was used to collect the data. The participants were grouped as pre-test and post-test to evaluate the knowledge of 60 prenatal mothers. After the administration of pretest Planned Teaching Program was administered, post-test knowledge was determined after 7 days using same structured knowledge questionnaire to find out the effectiveness. We found that pre-test mothers in selected areas of Bhopal were not having knowledge regarding prenatal factors leading to mental disorders. We also determined that Planned Teaching Programme is an effective intervention to enhance the knowledge of prenatal mothers.

CONCLUSION:

The study was conducted with the objective to evaluate the effectiveness of Planned Teaching Programme knowledge regarding prenatal factors leading to mental disorders among prenatal mothers. We concluded that with the intervention of Planned teaching program amongst prenatal mothers, their knowledge increased which could have positive impact on reducing mental illness.

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Conflicts of interest

There are no conflicts of interest.

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