

**“ A STUDY TO ASSESS THE KNOWLEDGE REGARDING PRE-CONCEPTIONAL CARE AMONG MARRIED COUPLE IN SELECTED AREA OF PUNE CITY.”**

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**ABSTRACT**

**Introduction:** Becoming a mother is a dream for every woman and being a mother is divine and unique process which makes a woman feel complete and adds value to her life. Every woman feels accomplished after achieving childbirth and raising children. She is constantly monitored during her antenatal period and postnatal period to make sure that she maintains optimum health. Unfortunately, there are instances when a woman even though pregnant is not able to achieve her dreams. Unforeseen circumstances lead to many complications in mother and child and in return endanger their lives. Preconception care aims to improve health before conception by facilitating risk screening, health promotion, and effective interventions as part of routine health care. Despite major advances in medical care, poor pregnancy outcomes continue to be a worldwide problem because prenatal care is often provided too late to prevent serious maternal and child health complications. Title of the study: “ A study to assess the knowledge regarding Pre-conceptional Care among married couple in selected area of Pune city.” Objectives were to assess the knowledge regarding pre-conceptional care among married couples and to find the association of findings with selected demographic variables. **Methodology:** Quantitative approach was used, Descriptive Research design. purposive sampling technique was used. **Result:** Maximum study participants had genetic history of diabetes mellitus with 83(41.5%) responses, followed by thyroid abnormalities with 65(32.5%) responses, 27(13.5%) responded for chromosomal abnormalities and hypertension responded by 24(12.5%) participants. there is no association between knowledge and age, couple, education, marriage duration, age of menarche and duration of menstruation due to p-value being more than 0.05, at 0.05 level of significance. However, there is association between knowledge score and occupation as the ‘p’ value is less than 0.05 at 0.05 level of significance.

**INTRODUCTION**

Becoming a mother is a dream for every woman and being a mother is divine and unique process which makes a woman feel complete and adds value to her life. Every woman feels accomplished after achieving childbirth and raising children. She is constantly monitored during her antenatal period and postnatal period to make sure that she maintains optimum health. Unfortunately, there are instances when a woman even though pregnant is not able to achieve her dreams. Unforeseen circumstances lead to many complications in mother and child and in return endanger their lives. This is where pre-conceptional care comes in handy. We provide lot of care to mothers during their pregnancy period but we forget that a woman needs to be ready physiologically too before becoming pregnant. In simple words, it is making sure that a woman is physically fit and ready to conceive which is achieved through various means

and measures. Pre-conceptional care is directly focused on the maintenance of health of the mother, eating a healthy diet, doing enough exercise, avoiding smoking and alcohol intake and also having enough supplements and medications which are needed for a healthy and stable body before conceiving. Pre-conceptional care is a specific aspect which needs to be focused in a vast manner. There are certain areas where care giving need to be improvised. Most of the women's are aware of the care during pregnancy; it can be due to the knowledge given by the PHCs or hospitals. It is focused on every woman who is ready to conceive physically and mentally. Pregnancy is an important biological process and the conceiving mother need to be prepared before. She needs to be aware of the diet, nutrition, supplements or medications which need to be taken. In a study conducted by Sunila, Lekha and Anju to assess awareness regarding preconception care in Ernakulam district, Kerala.

### **NEED OF THE STUDY**

Pre-conceptional care is a specific aspect which needs to be focused in a vast manner. There are certain areas where care giving need to be improvised. Most of the women's are aware of the care during pregnancy; it can be due to the knowledge given by the PHCs or hospitals. Another way is that, there are many religious customs and old practices of taking care during pregnancy are also in common in certain areas.

But as compared to that, women's are not much aware of the care before getting pregnant i.e., pre-conceptional care. It is focused on every woman who is ready to conceive physically and mentally. Pregnancy is an important biological process and the conceiving mother need to be prepared before. She needs to be aware of the diet, nutrition, supplements or medications which need to be taken.

A study conducted in 2016 by YV Pimple and MD Ashturkar in India shows that, to promote a healthy lifestyle by 2030 the targets are to decrease the new born deaths, to less than 70 per 100,000 live births and also to prevent deaths of children under the age of 5. Neonatal mortality in India defers according states, and it is reported as 29 per 1000 live births in the year 2012. There is India New-born Action Plan (INAP) has gained neonatal mortality by the year of 2030. It always states that for a healthy baby, the care begins from the conception plan for the married couple. There are many health care programs which are provided for the mothers and as well as to the entire family. It also mentioned about the reproductive and adolescent health and lack of awareness is a main issue regarding the pre-conceptional care. Exposure of both the couples is importance as it is not only the responsibility of the women.

### **AIM OF THE STUDY**

The aim of the study was a to assess the knowledge regarding pre-conceptional care among married Couple in Selected area of Pune City.

### **RESEARCH METHODOLOGY**

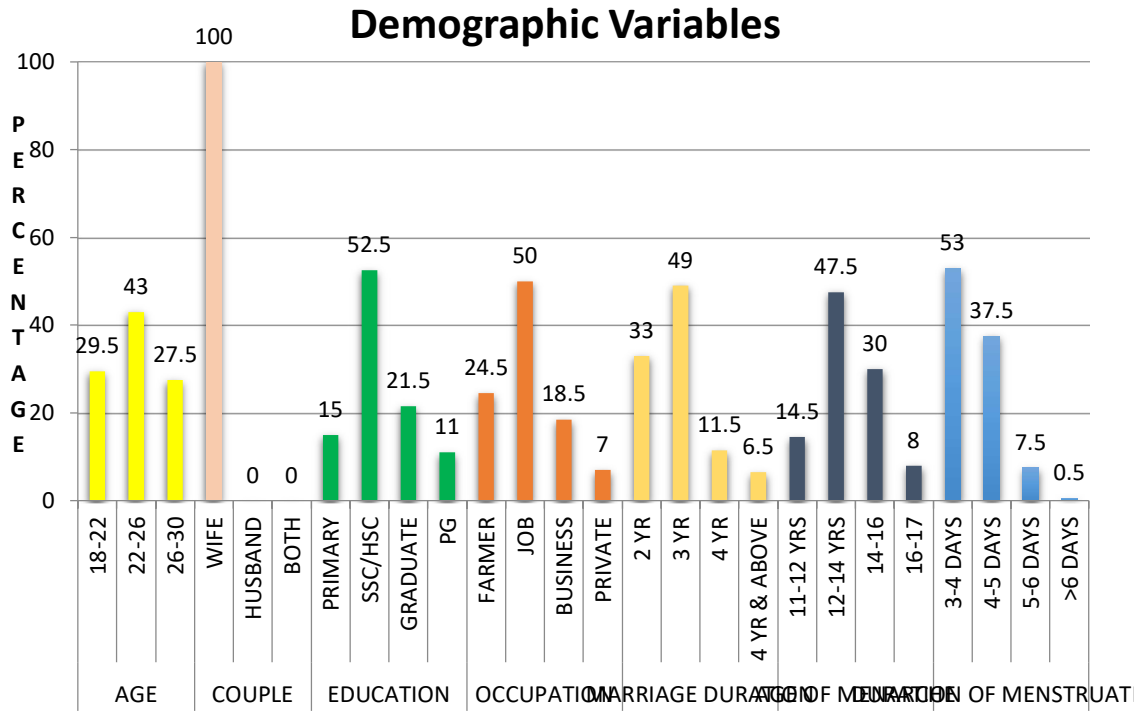
The objectives of the study are to assess the knowledge regarding pre-conceptional care among married couple in selected area of Pune City. and to find an association between knowledge of married new couple for management of pre-conceptional care with selected demographic variables in the study. The study used quantitative research approach. The non-probability purposive sampling technique was used. The sample consist of 200 married new couple in selected area of Pune city who had fulfilled the inclusion criteria of the study in order to assess the knowledge regarding pre-conceptional care for among married new couples Demographic

variables includes age, education, occupation, and Age of Menarche. A self-structured questionnaire containing 20 sets of questions was formulated to assess the knowledge pre-conceptional care for new married Couple. Content validity of the questionnaires was done, reliability demonstrated a high relevance of 0.7. The pilot study was conducted on 1/10<sup>th</sup> of the study sample, found that the investigation was feasible

**RESULT**

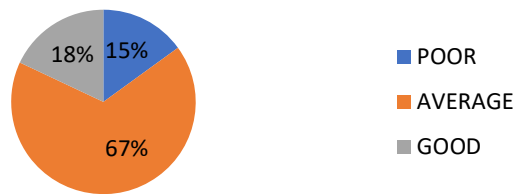
**Table no.1 Distribution of Demographic Variables**

**n = 200**



Maximum samples belonged to the age group of **22-26 years with 86 (43%) responses**, 59 (29.5%) samples were aged between 18-22 years and 55(27.5%) samples aged between 26-30 years

**Distribution of Knowledge Scores**



**Table No. 2 Distribution of Demographic Variables**

**n = 200**

Sr	Question	Options	Frequency	Percentage (%)
1.	Genetic History	a Chromosomal abnormalities	27	13.5%
		b Hypertension	25	12.5%
		c Thyroid abnormalities	65	32.5%
		d Diabetes mellitus	<b>83</b>	<b>41.5%</b>
2.	Any past medical history	a Acute illness	19	9.5%
		b Chronic illness	57	28.5%
		c Communicable disease	23	11.5%
		d Genetic disease	<b>101</b>	<b>50.5%</b>
3.	Have you taken any treatment regarding your conception, if yes – which one	a Ayurveda	44	22%
		b Homeopathic	<b>59</b>	<b>29.5%</b>
		c Allopathic	39	19.5%
		d Medical	58	29%
4.	Are you using any contraceptive method if yes, specify	a Oral pills	87	43.5%
		b Male/Female condoms	<b>92</b>	<b>46%</b>
		c Contraceptive injection	19	9.5%
		d Surgical sterilization	2	1%
5.	Is any stress affect for conception	a Social stress	<b>97</b>	<b>48.5%</b>
		b Mental stress	39	19.5%
		c Physical stress	56	28%
		d Dietary/Lifestyle changes	8	4%

**Maximum study participants had genetic history of diabetes mellitus with 83(41.5%) responses**, followed by thyroid abnormalities with 65(32.5%) responses, 27(13.5%) responded for chromosomal abnormalities and hypertension responded by 24(12.5%) participants.

**Table no. 3 Knowledge Score Distribution, Mean Score and Standard Deviation**

**n = 200**

Grade(Range)	Frequency	Percentage (%)	Mean	SD
Poor (0-4)	30	15	<b>6.44</b>	<b>±2.11</b>
Average (5-8)	<b>134</b>	<b>67</b>		
Good (9-12)	36	18		

## DISCUSSION

Maximum samples belonged to the age group of 22-26 years with 86 (43%) responses, 59 (29.5%) samples were aged between 18-22 years and 55(27.5%) samples aged between 26-30 years

All the 200 (100%) participants were wives.

Majority of the samples had completed SSC/HSC with 105(52.5%) participants, 43(21.5%) were graduates, 30(15%) had primary education and 22(11%) had completed post-graduation 100(50%) participants were doing job, 49(24.5%) were farmers, 37(18.5%) were having business and 14(7%) worked in private sector

Maximum participants 98(49%) were married for 3 years, 66(33%) were married for 2 years, 23(11.5%) were married for 4 years and 13(6.5%) were married for more than 4 years

Most participants age of menarche was 12-14 years with 95(47.5%) responses, 14-16 years for 60(30%) participants, 11-12 years for 29(14.5%) participants and 16-17 years for 16(8%) participants

More than half participants had menstruation duration for 3-4 days with 106(53%) responses, 4-5 days for 75 (37.5%) participants, 5-6 days for 15(7.5%) participants and more than 6 days for 1(0.5%) participants

Maximum study participants had genetic history of diabetes mellitus with 83(41.5%) responses, followed by thyroid abnormalities with 65(32.5%) responses, 27(13.5%) responded for chromosomal abnormalities and hypertension responded by 24(12.5%) participants.

Majority of the samples with 101(50.5%) responses had history of genetic diseases, 57(28.5%) had chronic illness, 23(11.5%) had communicable diseases and 19(9.5%) had acute illness.

Most participants with 59(29.5%) responses had taken homeopathic treatment for conception, followed by medical treatment by 58(29%) samples, ayurveda treatment by 44(22%) samples and allopathic treatment by 39(19.5%) samples.

In current study, majority (67%) of the samples had average knowledge and 18% had good knowledge. Similar result was recorded in the study of Prashansa Gautam *et.al* Nepal, in which majority of the women's (84.58%) had an average level of knowledge regarding the preconception care and the remaining 15.42% had good level of knowledge. In the existing study, 53.66% is the mean knowledge score. In line with this study, result of study done by K Fikadu *et.al* Ethiopia showed that 55.2% is the mean knowledge score. In present study, 15% of the samples had poor knowledge. Similar result was recorded in study of PG Patel *et.al* Vadodara, India, where 12% samples had poor knowledge. In current study, majority (67%) of the samples had average knowledge and 15% had poor knowledge. In line with current study, the result of study done by Hitesh Vaishnav *et.al* Bhopal showed that 55% had average knowledge and 10% had poor knowledge.

## CONCLUSION

Research studies have looked at married new couple to enhance the ability of individuals to respond effectively to actual or pre-conceptional care. Conducting research in different modalities will help to develop nursing knowledge and uplifting of the nursing profession. Teaching programs on married new couple during period of pre-conceptional care. Such programs should include a comprehensive guide, qualified team members, effective teamwork, and well-defined objectives and goals. A similar study can be done on a larger scale and different settings which may help in developing a more refined and clear conclusion. Pre-conception care is an important aspect which is focused on the care of the women and avoiding risk factors while becoming a mother. It allows the women to prepare themselves to conceive physically and mentally.

Women are not much aware of the care before getting pregnant and lack of awareness is a main issue regarding the pre-conception care.

In this study, it has been recorded that majority of the samples had average knowledge regarding preconception care. All the samples for this study were women. Despite that, women themselves lack knowledge regarding preconception care with only 18% having good knowledge.

Similar results are seen in our nation, as other previous research studies have indicated regarding the lack of awareness regarding preconception care.

It is a warning sign as lack of preconception care can lead to fatal complications during pregnancy to mother and child. There is a need to plan and construct a method to produce awareness among the general public regarding preconception services being available in the public sector.

### **CONFLICT OF INTEREST**

We, researchers, understand that conflict of interest refers to situations in which financial or other personal considerations may compromise our judgment in evaluating, conducting, or reporting research. We hereby declare that we do not have any personal conflict of interest that may arise from our application and submission of our research proposal.

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