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Knowledge regarding postnatal diet among postnatal mother's admitted in selected hospitals of Pune city

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Abstract

A good post-partum care and well giving birth to a new life can be very emotional and at the same time very exhausting but this is also phase of balanced diet during the puerperal period can for rest of her life A study was undertaken was to assess the knowledge regarding postnatal diet among postnatal mothers admitted in selected Hospitals of Pune city". Objectives of the study are to assess the knowledge regarding postnatal diet among postnatal mothers, and To associates the findings with selected demographic variable.

A non-experimental research design was adopted to conduct the study. A total of 100 samples was selected by using non probability convenient sampling technique. Study instrument was self-structured questionnaire used by the researcher, section 1 consist of demographic variables and section 2 consist of structured knowledge questionnaire. The tool was content validated by expert and translated in to Marathi which was again validate.

The value is 0.71 which is reliable. Maximum sample (45%) were in the age group of 16 to 22 years maximum samples (67%) were Hindu, Maximum sample (47%) studied till Graduation., maximum sample (65%) are having job as a Private sector employee, Maximum samples (74%) are having family income between Rs 10001-30000. maximum samples (53%) belongs to nuclear family. Majority (20%) of the sample had average knowledge. followed by (74%) was in good knowledge score, 10% of the mother had poor knowledge and (6%) of mother had poor knowledge score about postnatal diet.

Keywords: Knowledge, postnatal diet, postnatal Mother's

1. Introduction

A good post-partum care and well giving birth to a new life can be very emotional and at the same time very exhausting but this is also phase of balanced diet during the puerperal period can for rest of her life. Maternal nutrition focuses on women as mothers and their losing weight immediately. Post Natal diet is the diet which is taken after delivery. The Customary amount and kind of food and drink taken by person from day to day, a diet planned to meet specific requirements of an individual ^[1].

According to Margaret. S. Myles, 1981 The mother should be informed that during lactation she needs approximately 550 Kcal extra in a day for the first six months and 400 Kcal for the next 6 months compared to her pre pregnancy diet. This is not only because she needs to regain her strength, but also because during the period of exclusive breast feeding the baby relies solely on her for his/her nutritional requirements ^[1].

- Food rich in calories, proteins, iron, vitamins and other micro nutrients should be advocated.
- Food taboos immediately post partum and during lactation her usually stronger and more in number than during pregnancy these should be enquired in to and if they are harming the woman and/or her baby. She should be advised against them ^[1].

A Breast feeding mother will gradually loose weight of 08 to 09 kgs she chooses a well balanced diet with nutrient dense foods, even with the increase intake foods with strong flavors may alter the flavor of breast milk for the study. It is very important to drink plenty of water and caffeine and alcohol should be avoided.

Kapil.U, Bhasin.S, 1991 states that the health education campaign must address and discourage incorrect dietary beliefs and re in force correct beliefs. There is a study conducted regarding nutritional and medical status of lactating woman and their Infants in the Kathmandu valley of Nepal, The study was conducted on 26 lactating woman and their 2-6 months old infants. Analysis of 24h duplicate diet composites indicated that mothers were consuming approximately 2100 Kcal energy/day. The diets contain approximately 62g of protein, 392g of carbohydrates and 20.9g of fat and a mean of 24g neutral detergent fibril ^[2].

2. Methodology

A non experimental research design was adopted to conduct the study. A total of 100 samples was selected by using non probability convenient sampling technique. Study instrument was self structured questionnaire used by the researcher, section 1 consist of demographic variables and section 2 consist of structured knowledge questionnaire. The tool was

content validated by expert and translated in to Marathi which was again validate. The value is 0.71 which is highly reliable the samples were selected by using non probability convenience sampling method. The collected data were analyzed by using descriptive and inferential statistics.

3. Results

Table 1: Demographic description of sample by frequency and percentage of demographic data, N=100

S. No	Data	Frequency	Percentage
	Age		
1.1	a) 16 to 22 years	45	45%
	b) 23 to 29 years	40	40%
	c) 30 to 37 years	15	15%
	d) 38 to 45 years	00	00%
	Religion		
1.2	a) Hindu	67	67%
	b) Muslim	22	22%
	c) Christen	05	05%
	d)Any other	06	06%
	Education		
1.3	a) Primary education & secondary education	34	34%
	b) Graduate	47	47%
	c) Post graduate	16	16%
	d) Illiterate	03	03%
	Family income		
1.4	a) Below Rs. 10,000	20	20%
	b) Rs.10,001 to 30,000	74	74%
	c) Rs.30,001 to 50,000	02	02%
	d) Rs.50,001 to 70,000	04	04%
	Family type		
1.5	a) Joint Family	36	36%
	b) Nuclear Family	53	53%
	c) Extended Family	11	11%
	d) Any Other	00	00%
	Occupation		
1.6	a) Government Employee	12	12%
	b) Private Sector	65	65%
	c) Own Business	13	13%
	d) Any Other	10	10%
	No. of children		
1.7	a) 1	23	23%
	b) 2	57	57%
	c) 3	12	12%
	d)4 and above	08	08%
	No. of family member excluding with children		
1.8	a) 2-4	11	11%
	b) 4-6	09	09%
	c) 6-8	36	36%
	d) 8 and above	44	44%

The data given in table-1 shows that Maximum sample (45%) were in the age group of 16to 22 years. Maximum of samples (67%) were Hindu. Maximum sample (47%) studied till Graduation. Maximum sample (65%) are having

private sector employee as a Occupation. Maximum samples (74%) are having family income between Rs 10001-30000. Maximum samples belongs to nuclear family Maximum (51%).

Table 2: Showing knowledge regarding postnatal diet among the postnatal mothers selected hospital of pune city, N=100

S. No	Level of Knowledge	Frequency N=100	Percentage
1.1	00 to 05 (Poor knowledge)	06	06%
1.2	06 to 10 (Average knowledge)	20	20%
1.3	11 to 15(Good knowledge)	74	74%

The above table shows that out of samples, 74% of the mothers are showing the good knowledge about postnatal

diet, 20% are showing average knowledge, and 6% mothers are showing poor knowledge about postnatal diet.

Table 3: Mean, standard deviation values of knowledge score regarding post - natal diet, N = 100

S. No	Categories	Mean N=100	Standard deviation N=100
1	Identification of knowledge score	10.6	1.5523084

The data represents in table-3 shows that the mean and standard deviation is 10.6 and 1.5523084 respectively.

Table 4: Association of knowledge score with demographic data

Demographic data	Degree of association	Table value	Calculated Value	P- value
Age	6	0.8769	0.87	0.99
Religion	6	3.69	10.64	0.1
Education	6	16.44	16.81	0.01
Occupation	6	8.14	10.64	0.1
Family income	6	6.59	10.64	0.1
Family type	6	13.61	14.25	0.025
No. of family member	6	8.25	10.64	0.1
Child excluded	6	2.227	2.20	0.09

The above table depletes that there is a association of Education and family type with knowledge as the p value is less than 0.05.

5. Conclusion

The purpose of the present study was to assess the knowledge regarding postnatal diet. The 100 sample were selected from selected Hospital of Pune city. Descriptive research design was used for the study. The content validity and reliability of the tool was done, which suggested that the tool was reliable. The pilot study was conducted on 20 samples and the feasibility of the study was established. It was found that the tool had no major flaws and was used for the final study with the changes as per the experts and Guide.

Based on the objectives, the collected data was analyzed by using descriptive statistics.

In this majority of the samples i.e 6% of the people are showing the poor knowledge about postnatal diet, 20% are showing average knowledge, 74% are showing good knowledge about postnatal diet.

A descriptive study to assess the knowledge regarding postnatal among postnatal mothers generated by Bharati hospital and research centre of Pune city, was under taken as Bharati Vidyapeeth College of nursing Pune – 43. The following conclusion were based on findings the results were described by using descriptive and inferential statistics.

- All mother had moderate knowledge regarding postnatal diet.
- To improve the postnatal mothers knowledge.

6. Recommendation

- The study can be done in a large sample size to confirm the results of the study.
- The comparative between postnatal diet and antenatal diet study can be conducted.
- An evaluating study can be done to determine the effectiveness of structured teaching program of mother knowledge regarding postnatal diet.

7. References

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