



# International Journal of Nursing and Healthcare Research

Journal home page: [www.ijnhr.com](http://www.ijnhr.com)

<https://doi.org/10.36673/IJNHR.2023.v07.i01.A01>



## THE KNOWLEDGE ON POST NATAL EXERCISE AMONG MOTHER'S IN POST NATAL WARD

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### ABSTRACT

Post natal exercise is very important to the global world and after delivery of the women exercise is great way to get back to the pre-pregnant weight. Exercise is the physical activity that is planned structured and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain stiffness and is important as a means of physical rehabilitation. After exertions of giving birth exercise actually help the body to recover. This study is descriptive in nature. The study sample consists of 30 mothers in post natal period that had normal delivery. Non-probability Sampling technique was used to select the sample. Self-structured questionnaire was used to find out the knowledge regarding postnatal exercise among post natal mothers. The study finding revealed that most the mothers 40% had adequate knowledge, 23% of participants had moderately adequate knowledge and only 7% of participants had inadequate knowledge regarding post natal exercise. And there was significant relation between the knowledge of post natal mothers regarding post natal exercise and the selected demographic variables. Health education was given to the mothers to help improve and upraise the mothers' knowledge and health.

### KEYWORDS

Post natal, Knowledge, Post natal mothers and Post natal exercise.

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### INTRODUCTION

Giving birth to a child is a vital and a repeatable event, which takes place in the life period of women. The birth of child acts as an event which brings the couple more close to each other. During pregnancy, labour and the puerperium the mother must be taken care off in a good manner. This is to prevent various post natal complications and improve mother's health.

According to various studies being conducted, it is estimated that around 5,30,000 women die each year from complications of pregnancy and child birth with over 90% occurring in the South Asia and Sub-Saharan Africa. Although during the 20<sup>th</sup> various changes have occurred in the field of obstetrics, which resulted in the reduction of maternal mortality and morbidity. Nurses can be a vital instrument in educating the mothers about importance of post natal care.

Moderate exercise a day on most, if not all, days of the week is recommended for both pregnant and mother after child birth. Moreover exercise is the best method to regain the normal physiological function of mother's body. This also prevents various post natal complications like puerperal venous thrombosis, backache and genital prolapse.

The aim of exercising after the baby is born is to gradually to regain and then improve the former level of fitness. Once the baby is born, women should return to exercising as soon as they feel able but this should be a gradual process. Post natal depression is likely in women who return to exercising relatively soon after birth but only if the exercise sessions are positive rather than negative experiences. Performing as moderate exercise by post natal mothers helps them to regain their normal pre-pregnant state and avoid various complications and health problems which are common in mothers after child birth.

Specific exercise for strengthening abdominal muscles or relieving aches and pains will have relevance for beyond the month of child bearing exercise must be regular and sustained if it is to be effective. Nurse play important role in teaching about the post natal exercise as soon as possible after delivery, which in turn will improve circulation, strengthen pelvic floor and abdominal muscles and enable mothers to come back to her normal life as early as possible.

#### **Problem statement**

A study to assess the knowledge on post natal exercise of mother's in post natal wards in selected hospital, Madurai

#### **Objectives**

To assess the knowledge of mother's regarding post natal exercise

To determine the association between knowledge and selected demographic variables of post natal mothers.

#### **MATERIAL AND METHODS**

##### **Research Approach**

Quantitative approach

##### **Study design**

Descriptive design was adopted

##### **Sampling Technique**

Non-probability Sampling technique was used to select the sample

##### **Sample Size**

The sample comprised of 30 Post-natal Mothers

##### **Tool**

The tool used for the study was Self-administered questionnaire. The tool comprised of 2 parts:

Part A: Demographic variables

Part B: Questions related to post natal exercise

#### **RESULTS AND DISCUSSION**

##### **Section I: Description of sample characteristics (Demographic Variables)**

Table No.1 depicts that 57% of participants belong to the age between 18 to 23 years, 93% of the participants were Hindu, 53% of participants had non-consanguineous marriage, 57% of participants belong to nuclear family, 53% of the participants were living in urban area, 63% of participants had the monthly family income less than 10,000 rupees, 27% of participants had completed their School education and 90% of the participants used to speak Tamil.

##### **Section II: Knowledge on post natal exercise among postnatal mothers**

Table No.2 depicts that most of the participants (40%) had adequate knowledge, 23% of participants had moderately adequate knowledge and only 7% of participants had inadequate knowledge.

##### **Section III: Association of knowledge score with demographic variables**

Table No.3 shows that there was association between knowledge on post natal exercise among Postnatal

Mothers with their demographic variable like age and socio demographic status, were as there is no association with religion, marriage type, nativity, family income, education and family type.

**Table No.1: Frequency and percentage distribution of demographic variables**

S.No	Variables	Frequency (n=30)	Percentage (%)
<b>Age</b>			
1	18-23	17	57
2	24-29	12	40
3	30-35	1	3
<b>Religion</b>			
4	Hindu	28	93
5	Muslim	2	7
6	Christian	0	0
<b>Marriage Type</b>			
7	Consanguineous	14	47
8	Non consanguineous	16	53
<b>Family type</b>			
9	Nuclear	17	57
10	Joint	13	43
<b>Nativity</b>			
11	Urban	16	53
12	Rural	14	47
<b>Family Income</b>			
13	<10,000	19	63
14	10,000 – 20,000	5	17
15	>20,000	6	20
<b>Educational Status</b>			
16	Illiterate	2	7
17	Primary	8	27
18	Secondary	8	27
19	Higher Secondary	8	27
20	Graduate	4	13
<b>Language</b>			
21	Tamil	27	90
22	English	-	-
23	Telugu	3	10
24	Others	-	-

**Table No.2: Frequency and percentage distribution of level of knowledge on post natal exercise among postnatal mothers**

S.No	Level of Knowledge	Frequency (n=30)	Percentage (%)
1	Inadequate (below 50%)	2	7
2	Moderately Adequate (50-75%)	7	23
3	Adequate (75-100%)	12	40

**Table No.3: Frequency and percentage distribution level of Knowledge score with demographic variables**

S.No	Variables	N=30	Adequate		Moderate		Inadequate		$\chi^2$
			n	%	N	%	n	%	
<b>Age</b>									
1	18-23	17	13	43.3	3	10	1	3.3	5.375
2	24-29	12	7	23.3	4	13	1	3.3	
3	30-35	1	1	3.3	0	0	0	0	
<b>Religion</b>									
4	Hindu	28	19	63.3	7	23.3	2	6.6	0.757
5	Muslim	2	2	6.6	0	0	0	0	
<b>Marriage Type</b>									
6	Consanguineous	14	8	26.6	5	16.66	1	3.3	2.354
7	Non consanguineous	16	13	43.3	2	6.6	1	3.3	
<b>Family type</b>									
8	Nuclear	17	12	40	4	13.3	1	3.3	0.0384
9	Joint	3	9	30	3	10	1	3.3	
<b>Nativity</b>									
10	Urban	16	12	40	3	10	1	3.3	1
11	Rural	14	9	30	4	13.3	1	3.3	
<b>Family Income</b>									
12	<10,000	19	16	53.3	3	10	0	0	12.97
13	10,000 – 20,000	5	2	6.6	3	10	0	0	
14	>20,000	6	3	10	1	3.3	2	6.6	
<b>Educational Status</b>									
15	Illiterate	2	2	6.6	0	0	0	0	3.727
16	Primary	8	5	16.6	2	6.6	1	3.3	
17	Secondary	8	6	20	2	6.6	0	0	
18	Higher Secondary	8	5	16.6	3	10	0	0	
19	Graduate	4	3	10	0	0	1	3.3	
<b>Language</b>									
20	Tamil	27	19	63.3	6	20	2	6.6	0.5387
21	Telugu	3	2	6.6	1	3.3	0	0	

**CONCLUSION**

Post natal exercise is essential for the mothers to regain her health and wellbeing after the delivery, giving knowledge regarding post natal exercise will enable the mother to have a positive attitude towards the exercise and to do it regularly. This study was done in order to determine the knowledge of post natal mothers regarding post natal exercise. It was noticed that that the level of knowledge was adequate among most of the samples. Practicing nurses have favourable opportunities to educate women regarding post natal exercise. The clinical

nurse, specialist, primary health nurse and community health nurse to take up the responsibility to create awareness through various teaching.

**ACKNOWLEDGEMENT**

The authors wish to express their sincere gratitude to their family member and support groups for sincere guidance and motivation.

**CONFLICT OF INTEREST**

We declare that we have no conflict of interest.

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**Please cite this article in press as:** Deepak Stephen D and Priyanka Panneerselvam. The knowledge on post natal exercise among mother's in post natal ward, *International Journal of Nursing and Healthcare Research*, 6(1), 2023, 1-5.