

A study to assess knowledge and attitude regarding Garbhasanskar among antenatal mothers in selected Urban Area

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Introduction

Garbhasanskar means imbibing good values (Sanskar) in the fetus. Today science has proved that intrauterine baby can not only listen, touch, feel but also can respond by its own way. 60-70% of brain development occurs in intrauterine period. Garbhasanskar are special effort taken to stimulate baby's senses gently so that cortical development is maximum. Various examples from history also showed the impact of garbhsanskar on pregnancy. Story of Abhimanyu, lord Buddha and Pralhad are well known to us. The parent to be couple must be prepared mentally & physically to welcome the unborn child. Also during pregnancy, Yogasanas are a gentle way to keep females active and supple. Thus yogic practices integrate harmony and perfection of body, mind and spirit [1]. They bring harmony; develop a restful and positive attitude towards life. This comprehensive programme of yogic practice designed for pregnant women will help them to have correct positive flexibility of spine and improve their breathing capacity to manage stress [2,3]. It helps to build immunity, inner strength and improve control over body and emotions

Objectives of the study

- To assess the knowledge regarding Garbhasanskar among Antenatal Mothers in selected urban Area
- To assess attitude regarding Garbhasanskar among Antenatal Mothers in selected urban area.
- To correlate between the knowledge with demographic variables among antenatal mothers regarding Garbhasanskar.
- To correlate between the attitude with demographic variables among antenatal mothers regarding Garbhasanskar.

Material & Methods

The study was conducted at a Private Nursing Home. Posters were displayed as advertising mode for recruitment of subjects. Informative pamphlets were distributed in ANC outpatient department.

History and Clinical Examination:

A thorough history have been collected from all the participants including personal history such as name, age, sex, ethnicity, address, and medical history, obstetric history. All the subjects underwent an anthropometrical assessment including standing height and weight. The subjects for this study were included based on the following criteria.

Research Design

- **Population, Samples, Sampling technique:** The study population consists of 50 ANC mothers visiting outpatient department of OBG-ANC Clinic in selected urban area. A Nonprobability purposive sampling method was adopted for the present study. Antenatal mothers in their first trimester and belonging to 20 to 50 years age group were included in the Study population.
- **Duration of Study:** 1 month
- **Collection and processing of Data:**

1. Development and Description of the Questionnaire and Attitude scale: A descriptive survey method was adopted for data collection in the present study. A structured questionnaire and attitude

scale was prepared to extract information on 1. Knowledge 2. Attitude respectively about Garbhsanskar.

The Questionnaire was developed in 3 parts:

Part A – Deals with the demographic data of the ANC mother

Part B – Deals with the assessment of knowledge on Gurbhasanskar.

Part C: Deals with assessment of Attitude regarding Garbhsanskar.

2. Analysis of the Data: Data collected by above method were tabulated and analyzed by using descriptive statistic.

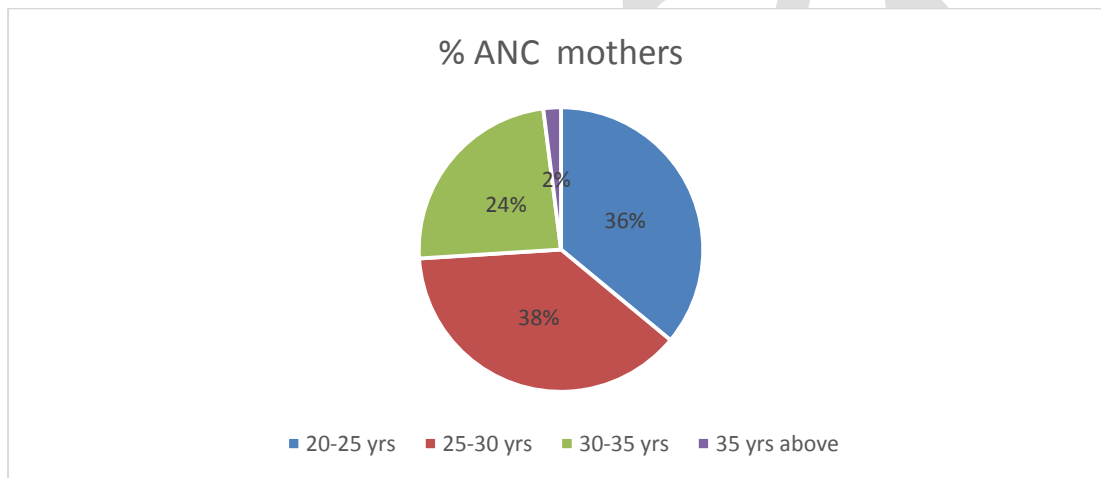
Result

On analysis of data the major observations emerged from our result are as follows:

Age: Among 50 ANC mothers, 36% mothers were in 20-25 years age group, 38% mothers were in 25-30 years age group, 24% mothers were in 30-35 years age and only 2% mothers were above 35years of age

Table 1- Age:

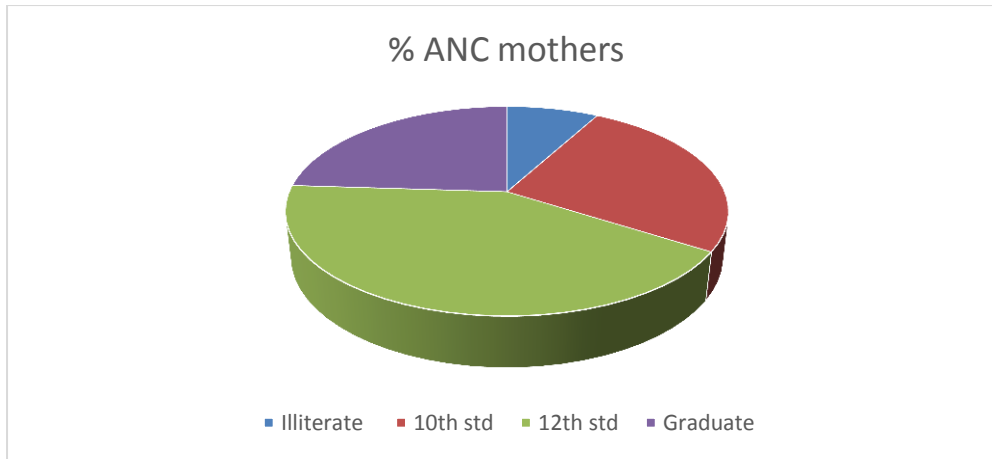
Age group	% ANC mothers	No of ANC mother
20-25	36	18
25-30	38	19
30-35	24	12
35 above	2	1



Education: Among 50 mothers, only 8% were illiterate were as out of 93% educated females. 24% were graduates, 42% studied up to higher secondary and 26% were educated up to 10th standard.

Table 2- Education:

Education	% ANC mothers	No of ANC mother
Illiterate	8	4
10 th std	26	12
12 th std	42	21
Graduate	24	12



Employment: Out of 100 pregnant mothers, 54% were working women attending government (11%) Private company (43%) offices in a radius of 20-25km from home. 46% mothers were either remaining at home or involved in household work

Religion: Among 50 antenatal mothers, 87% were Hindu, 12% were Muslin and 1% mothers were Christian.

Type of Family: Among 50 antenatal mothers, 22 % were staying in nuclear family whereas 78 % were staying in joint family.

Monthly family income: Among 50 antenatal mothers, 29 % have reported their monthly family income as 2000-4000Rs. , 35 % as 4000 to 6000Rs, 36 % were having monthly family income in the 6000 to 8000 Rs range

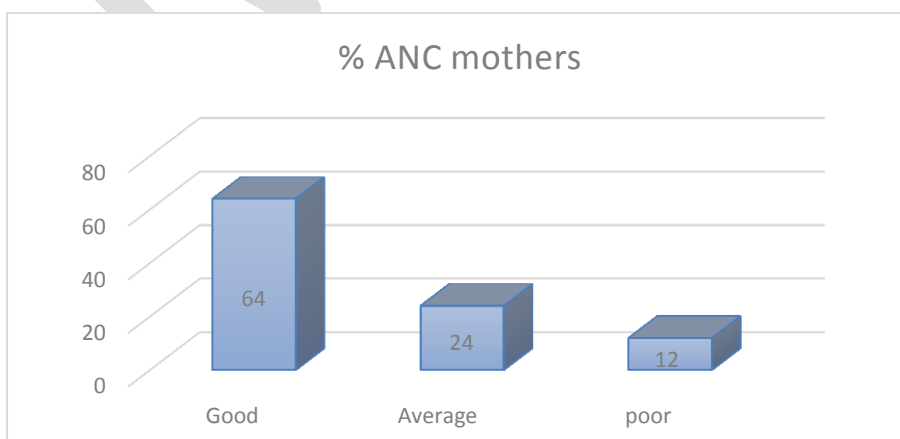
Awareness of garbhasanskar: Among 50 antenatal mothers, 39 % of mothers expressed that they were having some idea about garabhasanskara whereas for 61% of mothers this was totally a new concept.

Source of Knowledge about Garbhasanskar: Among 64% ANC mothers who have good knowledge of garbhsanskar received this information either from senior family members 24% of ANC mother have average knowledge of garbhsanskar and 12% who have good knowledge of garbhsanskar .

Table 3- knowledge

Knowledge	% ANC mothers	No of ANC mother
Good	64	32
Average	24	12
poor	12	6

Knowledge of ANC mother regarding Garbhasanskar



Faith and belief about Garbhasanskar: About 35% ANC mothers expressed faith in Garbhasanskar and they believe a positive result of practicing of Garbhasanskar.

Discussion

Yoga helps in relaxation and softening of deep inner tension and blockages. It helps in mind equilibrium and feeling of energetic. All this due to parasympathetic activity increases and stability of autonomic balance. This will help primigravida to tackle stress though out pregnancy and during delivery. Mood swings are also control due to yoga and garbhasanskar practices.

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