‘Assess the knowledge and practice of postnatal exercises among postnatal mothers in selected hospital.’

* Mr. Swastik Mulay, Mr. Tauphik Khairate, Mr. Kishor Chavan, Mr. Pramod Kondhari, Ms. Anjana Nagargoje **Mrs. Harilakshmi.

INTRODUCTION

“The movement a child is born, the mother is also born. She never existed before. A mother is something absolutely new”. - Rajneesh

The act of giving birth is the only moment when both pain and pleasure converge in a moment of time. The birth of a child is a life changing experience. After the child birth, the woman is transformed into a mother. This is a revolutionary act. As a period of biological, psychological, behavioral and social change, the transition into motherhood is dramatic in postnatal period. It is estimated that maternal mortality rate is 400/100,000 worldwide, due to inadequate postnatal care. Researchers have proved that postnatal exercises can tackle many postnatal problems like urinary and fecal incontinence, postpartum depression, diastases recti, and postpartum backache.

TITLE OF THE STUDY

‘Assess the knowledge and practice of postnatal exercises among postnatal mothers in selected hospital.’

OBJECTIVES

1. To assess the knowledge of postnatal exercises among postnatal mothers in selected hospitals.
2. To evaluate the practice of postnatal exercise among postnatal mothers in selected hospitals.
3. To associate the study findings with selected demographical variables among postnatal mothers in selected hospitals.

METHODOLOGY

The research methodology adopted for the study was Descriptive exploratory design. The data collection was done on 60 samples of age group 18-37 by probability convenient sampling technique at PNC wards of hospitals of Pune. The collected data was analyzed using descriptive and inferential statistics.

ANALYSIS AND INTERPRETATION

- 15% of mothers having Good Knowledge.
- 60% of mothers having Average Knowledge.
- 25% of mothers having Poor Knowledge.
- 88% postnatal mothers take consultation from doctors before practicing postnatal exercises.
- 32% postnatal mothers practices postnatal exercises on daily basis.
- 55% postnatal mothers use proper technique of postnatal exercises.
88% postnatal mothers think that they are getting benefits from postnatal exercises.

**Bar Graph showing knowledge of postnatal exercises among postnatal mothers in selected hospital in percentage**

From the Desk of Editor in Chief

Membership Details of Sinhgad e Journal of Nursing

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Description</th>
<th>For issue I</th>
<th>For issue II</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>For June</td>
<td>For December</td>
</tr>
<tr>
<td>1</td>
<td>Full length submission closes on</td>
<td>30th June</td>
<td>30th November</td>
</tr>
<tr>
<td>2</td>
<td>Acceptance due upto</td>
<td>25th July</td>
<td>25th December</td>
</tr>
<tr>
<td>3</td>
<td>Last date of registration for authors</td>
<td>30th July</td>
<td>30th December</td>
</tr>
<tr>
<td>4</td>
<td>Publication of the article on website</td>
<td>15th August</td>
<td>26th January</td>
</tr>
</tbody>
</table>


CONCLUSION

This study helped the investigator to understand knowledge and practice of postnatal exercises in postnatal mothers. It also helped to correlate between demographic variables and main study. The study also helped to bring insight that every postnatal mother should require to practice the postnatal exercises daily.

REFERENCE

1. Suresh k Sharma, “Nursing Research and Statistics “Published by Elsevier, a division of Reed Elsevier India private limited; reprinted 2011; pg no 93-95.
2. Carolyn Jenkins et al. Postnatal exercise: The mother’s well being is important too. Journal of the New Zealand medical association 2005 June 24; 118 (1217).