iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 13 **Issue:** VII **Month of publication:** July 2025

DOI: https://doi.org/10.22214/ijraset.2025.72996

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 13 Issue VII July 2025- Available at www.ijraset.com

Knowledge on Minor Ailments and its Management among Antenatal Mothers Attending Antenatal OPD in Selected Hospitals of Kamrup(M), Assam with a View to Develop an Information Booklet

Rituparna Pathak[1], Mrs. Khundongbam Pinky[2], Mrs. Sangeeta Paul[3]
CPMS College of Nursing, India

Abstract: ***Introduction: Pregnancy is considered as a natural phenomenon, it is a transition phase in every women life towards motherhood. Minor ailments are generally defined as medical conditions that will resolve on their own and can be reasonably self-diagnosed and self-managed with over-the-counter medications.***
Title of the study: A Study to Assess the Knowledge on Minor Ailments and its Management among Antenatal Mothers attending Antenatal OPD in selected Hospitals of Kamrup(M),Assam with a view to develop an Information booklet.
Objectives: The objectives of the study were to assess the knowledge on minor ailments and its management among antenatal mothers and too find the association between knowledge of antenatal mothers on minor ailments and its management with selected demographic variables.
Methodology: A Non Experimental Descriptive Research design was adopted for the study. The sample consists of 138 antenatal mothers who were selected using convenience sampling technique from two hospitals of Kamrup(M),Assam. Data were collected using a structured interview schedule to assess the knowledge on minor ailments and its management.
Results: Results showed that majority i.e.58% of the antenatal mothers had inadequate knowledge,19% had moderate knowledge and 23.18% had adequate knowledge. Age ,educational status ,occupation and source of information were found statistically significant at P<0.05 level with the knowledge of antenatal mothers regarding minor ailments and its management.
Conclusion: The study concluded that antenatal mothers require more knowledge regarding minor ailments and its management. More studies can be undertaken not only to assess the knowledge but also to find out the attitude and practice regarding management of minor ailments.
Keywords: Knowledge, Antenatal Mothers, Minor Ailments, Information Booklet.

I. INTRODUCTION

Pregnancy is a creative and productive period in the life of a woman. It is one of the vital events, which needs special care from conception to postnatal period. Every mother wants to enjoy the nine months period with the baby inside her; the joyful experience of the pregnancy is not always joyful. Sometimes it is associated with problems of varying severity. Minor disorders are one among those problems, which causes discomfort to the mothers during pregnancy Although such disorder are often termed as minor disorder they are far form, the minor for women who experience it.

In the year 2016(6th Feb) WHO states that in low income settings about 70% of women report signs and symptoms of one or other minor ailments throughout whole period of pregnancy .Nausea and vomiting in pregnancy affects approximately 75% pregnancies globally.

In the year 2022(25th March) Indian scenario states minor ailments by 50-80% of women in pregnancy . Nausea ,vomiting ,increased frequency of micturation and fatigue are commonly seen in early pregnancy. According to census 2018 , adolescent girls constitute 20.7% of total female population in India. More than 31% of women aged 15-19 year are married.

Research on the minor ailments of pregnancy from others remains quite limited and there is paucity of data. With this view in mind as a student researcher the need was felt to undertake a study to assess knowledge on minor ailments and its management among antenatal mothers attending Antenatal OPD at selected hospitals in Kamrup(M),Assam Therefore the study is planned to identify minor ailments and their remedial measures to manage pregnant women in our scenario.

©IJRASET: All Rights are Reserved

II. OBJECTIVES OF THE STUDY

1) To assess the knowledge on minor ailments and its management among antenatal mothers attending antenatal OPD in selected hospitals of Kamrup(M),Assam .
2) To find the association between knowledge of antenatal mothers on minor ailments and its management with selected demographic variables.

III. REVIEW OF LITERATURE

The review of literature relevant to the study is presented below:

1) *Literature related to knowledge on minor ailments among antenatal mothers.*

Deori E and Das LK (2023) conducted a study on Knowledge on Minor Disorders of Pregnancy and its Management among 100 Antenatal Mothers of Selected Hospitals of Tinsukia District, Assam by using Convenience sampling technique The objective of the study was to assess the knowledge on minor disorders of pregnancy and its management among antenatal mothers of selected hospitals of Tinsukia District, Assam. A structured interview schedule was developed to assess the knowledge on minor disorders of pregnancy and its management. Results shows 51% had moderate knowledge, 24% had adequate knowledge and 25% had inadequate knowledge on minor disorders of pregnancy, 28% had adequate knowledge, 50% had moderate knowledge and 22% had inadequate knowledge on management of minor disorders of pregnancy. There is a significant association between knowledge of antenatal mothers on minor disorders of pregnancy and its management with demographic variables age, religion, education, occupation, family income, type of family, parity, gravida and area of residence. Study concludes that majority of the antenatal mothers had moderate knowledge on management of minor disorders of pregnancy but there is a lack of knowledge regarding minor disorders of pregnancy.

2) *Literature related to knowledge on management of minor ailments among antenatal mothers.*

Kaur B and Singh V(2018) conducted A Descriptive Study to Assess the Knowledge of Antenatal Mothers Regarding the Self Management of Minor Ailments During Pregnancy in Selected Hospital of Jalandhar, Punjab, India .Objectives :To assess the knowledge regarding minor ailments among antenatal mothers, to associate knowledge level on management of minor ailments during pregnancy with socio-demographic variables like age, parity, qualification, residence and occupation, to prepare and distribute the information booklet to antenatal mothers regarding self management of minor ailments during pregnancy. Methodology: The descriptive approach was used for the study, it was conducted on 100 antenatal mothers attending gynecology outpatient department and admitted in maternity ward at Military Hospital, Jalandhar, Punjab. Results: The study revealed that 01% of antenatal mother has excellent knowledge, 06% of antenatal mothers had good knowledge, 73% of antenatal mothers had average knowledge,16% of antenatal mothers had below average knowledge and 04% of antenatal mothers had poor knowledge regarding the self management of minor ailments during pregnancy. The chi -square test was used to test the association between quantitative characters or attributes for which occupation as a socio demographic variable proved to be significant. Conclusion: The study concluded that the antenatal mothers had little knowledge regarding minor ailments during pregnancy.

IV. RESEARCH METHODOLOGY

1) Research approach: In the present study, Quantitative survey research approach is considered as an appropriate research approach to assess the “Knowledge on minor ailments and its management among antenatal mothers attending antenatal OPD in selected hospitals of Kamrup (M),Assam with a view to develop an information booklet”.
2) Research design: In the present study, Non-experimental descriptive research design was used to assess “knowledge on minor ailments and its management among antenatal mothers attending antenatal OPD in selected hospitals of Kamrup(M),Assam with a view to develop an information booklet”.
3) Research variable: In this study the research variables is the knowledge regarding the minor ailments and its management among antenatal mothers .
4) Demographic variable: In this study, the Demographic variables such as age ,education, occupation ,income ,parity, religion, type of family, source of information are taken into consideration.

A. *Setting of the Study*

The present study is conducted in 2 conveniently selected hospitals of Kamrup(M), Assam.

B. *Population*

In this study, the population includes all the antenatal mothers

C. Target Population

In this study, the target population includes the antenatal mothers of Kamrup(M), Assam.

D. Accessible Population

In this study accessible populations are the antenatal mothers who are attending antenatal OPD of two conveniently selected hospitals of Kamrup(M), Assam namely Pratiksha Hospital and Satribari Christian Hospital. As per the data obtained from the outpatient register of the selected hospitals, the average number of antenatal mothers attending in the OPD in last 3 months are found to be 200 from Pratikhsa Hospital and 14 from Satribari Christian Hospital . Thus, the sample size was found to be 138 by using Raosoft sample size calculator.

E. Sample and Sample Size

In the present study, the sample consists of antenatal mothers who are attending antenatal OPD of two hospitals of Kamrup(M), Assam.

In the present study, the sample size was 138 . The sample size was calculated using Raosoft sample size calculator with 5% margin of error, 95% confidence level and response distribution of 50%.

F. Sampling Criteria

Sampling criteria is that which specifies the characteristics that the sample in the population must possess.

The following criteria were used in the present study to select samples.

- Inclusion criteria-Antenatal mothers who are in 1^{st} ,2^{nd} and 3^{rd} trimester attending antenatal OP
- Exclusion criteria-Antenatal mothers who are critically ill with other medical conditions.

G. Description of the Tool

After reviewing the literature (research and on-research) discussion with experts, a structured interview schedule and information booklet was prepared. The tool consists of the following sections:

Section A: Demographic variables such as age ,education, occupation ,income ,parity, religion, type of family, source of information of antenatal mothers.

Section B: Structured interview schedule for assessing knowledge regarding minor ailments and its management of antenatal mothers which comprised of 20 items (MCQ) with four options having only one correct answer. Each correct answer carry 1 mark and the wrong answer carry 0 marks.

To interpret level of knowledge, the scores were distributed as follows:

(Mean + 1Standard deviation) = Inadequate knowledge (<5)

(Mean ± 1Standard deviation) = Moderately adequate knowledge (5-11)

(Mean - 1Standard deviation) = Adequate knowledge (≥12)

Section C: Information booklet for imparting knowledge regarding minor ailments and its management.

H. Content Validity of the tool

The content validity of the tools was determined by submitting the demographic variables and structured interview schedule along with the statement of the problem, information booklet, the blueprint, answer keys to seven experts. Among them five were from Obstetrics and Gynaecological Nursing Department, one from Community Health Nursing Department and one physician from Obstetrics and Gynaecological department . The experts were requested to judge the tool in terms of relevancy, adequacy and appropriateness. The tool consisted of 20 questions which were modified and prepared as per suggestion and advice by the experts. On the basis of suggestions given by experts, item number 2 and 10 were modified. Finally with 100% agreement the approved items were used in the study.

I. Reliability of the Tool

The reliability of the tool was performed among the antenatal mothers who are attending OPD of conveniently selected 2 hospitals of Kamrup(M), Assam who meets the required population criteria.The reliability of the tool has been done using Karl Pearson's Split Half method. The items of the tool were divided in two equal parts through grouping in odd number questions and even number questions. In split half method, the value of "r" used to estimate the reliability of the knowledge is found to be 0.79 which is found to be significant, thus the tool is reliable to carry out the study.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

J. Ethical Consideration

Ethics in nursing research is the act of moral principles which the researcher has to follow while conducting nursing research to ensure the right and welfare of individuals, group or community under study.

In the present study, following ethical formalities were taken into consideration.

1) Ethical Approval obtained from the Institutional Ethical committee of PEWS group of Institutions, Guwahati-26.
2) Permission obtained from the office of the Medical Superintendent (Satribari Christian Hospital) and the chairman's office (Pratiksha Hospital) of Kamrup(M),Assam.
3) Informed written and verbal consent were obtained from the antenatal mothers who were attending antenatal OPD
4) The participants were assured of confidentiality of the data obtained
5) Anonymity of the respondents was maintained by using a coded number instead of their name.

K. Pilot Study

The pilot study was conducted at Marwari Maternity Hospital & Research Centre of Kamrup(M), Assam from January (18/01/24 to 25/01/24). After a brief explanation of the research procedure, consent was taken from the subjects. The data were collected from 20 antenatal mothers attending antenatal OPD. A non-probability convenient sampling technique was taken into consideration during sample selection and information booklet distributed thereafter.

L. Main Study

The data was collected during the month of April to May (29/4/24 to 25/5/2024) from 138 subjects using Non Probability consecutive Sampling technique.

V. RESULTS

Table 1: Frequency and percentage distribution of antenatal mothers according to demographic variables.

n = 138

Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
18-20	0	0
21-28	64	46
29-30	40	29
31-35	34	25
Educational status		
Professional degree	10	7.2
Graduate	88	64
Intermediate	0	0
High school	20	14.4
Middle school	20	14.4
Primary school	0	0
No formal education	0	0
Occupation		
Govt employee	15	11
Business	0	0
Private	80	57
Daily wages worker	5	4
Homemaker	38	28
Monthly Income		
Rs ≥ 184,376	0	0
Rs 92,191-184,370	0	0
Rs 68,967-92,185	0	0

Demographic Variables	Frequency (f)	Percentage (%)
Rs 46,695-68,961	40	29
Rs 27,654-46,089	50	36
Rs 9,232-27,648	38	28
Rs ≤ 9226	10	7
Parity		
Primipara	108	78
Multipara	30	22
Religion		
Hinduism	70	50.7
Islam	40	29
Christianity	28	20.1
Others	0	0
Type of family		
Nuclear	80	58
Joint	58	42
Source of information		
Media sources	40	29
Medical sources	38	28
Family members & friends	60	43

Table II: Assessment of knowledge regarding minor ailments and its management among antenatal mothers.

Level of knowledge	Frequency(f)	Percentage (%)	Mean	SD
Inadequate (<5)	80	58		
Moderate (5-11)	26	19	7.52	2.67
Adequate (≥12)	32	23.18		
Total	138	100		

The data presented in table II depicts that out of 138 antenatal mothers majority i.e 80(58%) had inadequate knowledge, 26(19%) had moderate knowledge and 32(23.18%) of antenatal mothers had adequate knowledge with mean knowledge score 7.52 and SD =2.67.

Table III: Association between the knowledge of antenatal mothers on minor ailments and its management with selected demographic variables.

Demographic variables	Chi square vale	df	p value	Remarks
Age	22.63	6	0.0001	* S at p<0.05
Educational qualifications	25.92	12	0.010	* S at p<0.05
Occupations	19.28	8	0.0134	* S at p<0.05
Monthly income	13.51	12	0.3331	NS at p>0.05
Parity	5.11	2	0.0777	NS at p>0.05
Religion	10.26	6	0.1141	NS at p>0.05
Type of family	2.07	2	0.3552	NS at p>0.05
Source of information	12.34	4	0.0150	* S at p<0.05

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

The overall statistical presentation of data presented in the table III shows that the demographic variables such as age ($\chi 2$ value=22..63,p value =0.0001),educational status ($\chi 2$ value =25.92,p value = 0.0110), occupation ($\chi 2$ value =19.28,p value =0.0134)and source of information ($\chi 2$ value=12.34, p value=0.0150) are found to be significant ,so these are significantly associated with knowledge on minor ailments and its management among antenatal mothers and there is no association between knowledge on minor ailments and its management among antenatal mothers with demographic variables such as monthly income, parity, religion and types of family.

VI. DISCUSSION

The finding of the study revealed that out of 138 antenatal mothers majority i.e 80(58%) had inadequate knowledge, 26(19%) had moderate knowledge and 32(23.18%) of antenatal mothers had adequate knowledge regarding minor ailments and its management.

The present study findings were supported by the findings of the following similar study:

Francis MA (2019) conducted a study on effectiveness of structured teaching programme on knowledge regarding management of minor ailments in pregnancy Effective management of that particular ailment is modifying the lifestyle and also using home care remedies. Providing a good teaching to the mothers will help them to manage the minor ailments effectively in first and second trimester. In order to know about the importance of management of minor ailments in pregnancy a study was conducted to know the knowledge regarding the management of minor ailments in pregnancy among antenatal mothers in selected hospital at Kollam district. Research design used was one group pre-test post-test design using a purposive sampling method, 30 samples were selected and participants were given a knowledge questionnaire and data was analyzed and interpreted using inferential and descriptive statistics. The study result shows that there is a significant association between age, education, occupation and source of information with the selected demographic variables.

VII. CONCLUSION

From the findings of the study it was concluded that most of the antenatal mothers have inadequate knowledge on minor ailments and its management. but an awareness programme would have been great effective to increase their knowledge which will be beneficial for the mothers as well as to the society. Therefore the investigator felt that more importance should be given on conducting awareness programme.

REFERENCES

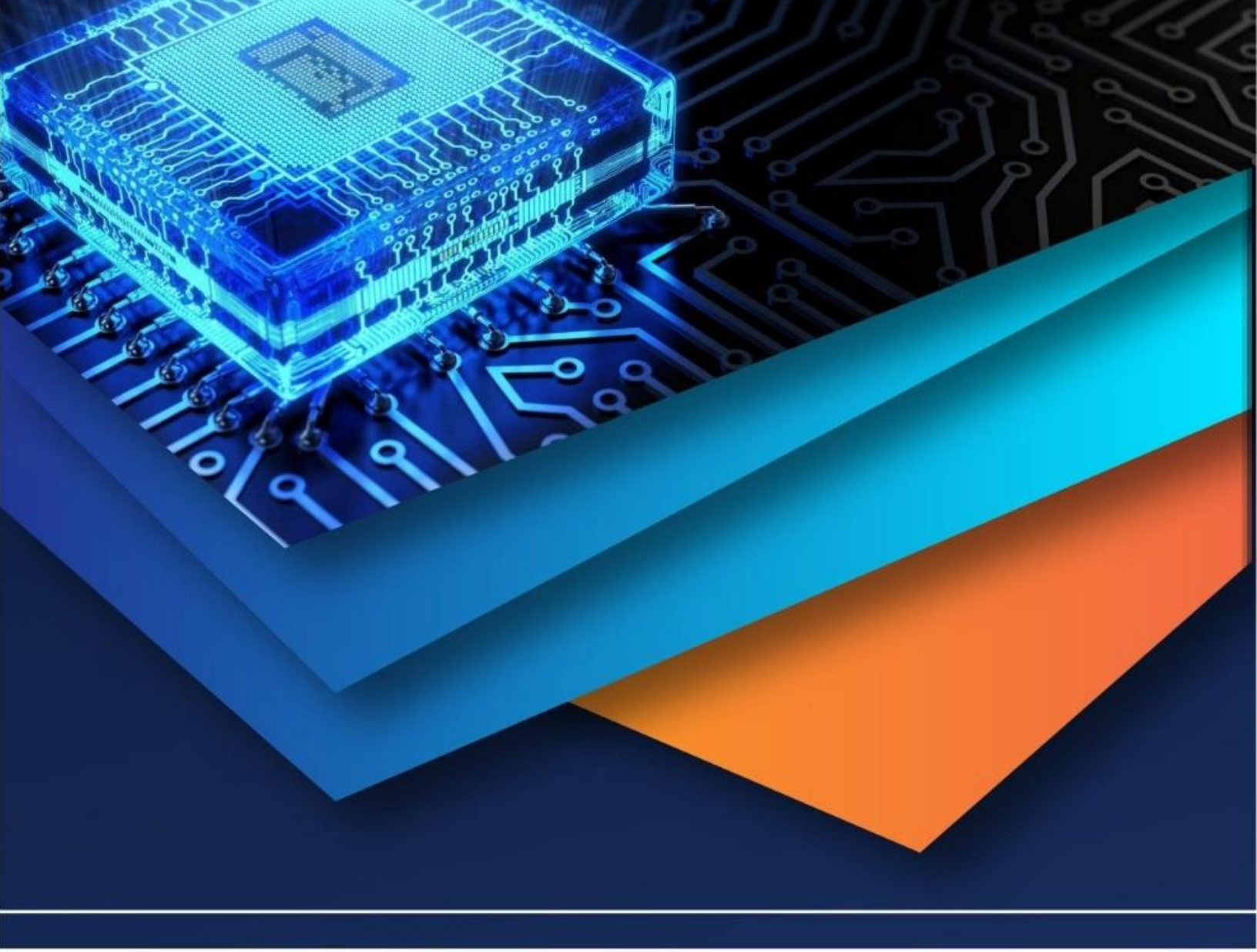
[1] Dayna AJ and Chaudhary V. A Study to Evaluate the Effectiveness of Structured Teaching Programme on Knowledge regarding antenatal care among Primi gravida mothers in a selected Villages of Mehsana District.Int. J. of Advances in Nur. Management. [series online] 2020 Dec [cited 2024 march]; 8(1):93-95. Available from URL:https://ijanm.com/HTML_Papers/International%20Journal%20of%20Advances%20in%20Nursing%20Management__PID__2020-8-1-22.html

[2] Sharma A, Rani R, Nebhinani M, Singh P. Knowledge and practices regarding management of minor ailments of pregnancy among antenatal mothers: a descriptive study from Rajasthan. International Journal of Community and Public Health Medicine.[series online] 2020 oct [cited 2024 march]; 7(10):4010-4016. Available from URL: https://www.researchgate.net/publication/344465320_Knowledge_and_practices_regarding_management_of_minor_ailments_of_pregnancy_among_antenatal_mothers_a_descriptive_study_from_Rajasthan

[3] Farooq Z, et .al. A descriptive study to assess the incidence and level of knowledge on minor ailments of pregnancy among antenatal women during first and second trimester in selected hospitals of Srinagar Kashmir. International Journal of Creative Research Thoughts(IJCRT).May 2022.[cited march 2024] Available from URL: https://ijcrt.org/papers/IJCRT2205439.pdf

[4] Liu C, Zhao G, Qiao D, Wang L, He Y, Zhao M, Fan Y, Jiang E. Emerging Progress in Nausea and Vomiting of Pregnancy and Hyperemesis Gravidarum: Challenges and Opportunities. Front Med (Lausanne). Jan 2022 .[cited 2024 march] Available from URL: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8785858/

[5] Sharma K , Minhas A. Incidence of minor ailments of pregnancy among antenatal mothers visiting the out-patient department of a secondary care centre. International Journal of Clinical Obstretics and Gynaecology. August 2021. Available from URL:https://www.gynaecologyjournal.com/articles/1017/5-5-4-791.pd



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)