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Knowledge Regarding Management of Minor Ailments during Pregnancy among Antenatal Mothers in Selected Areas of Aizawl, Mizoram

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Abstract: Introduction: Pregnancy is a normal physiological condition accompanied by various minor ailments such as nausea and vomiting, heartburn, constipation, backache, fatigue, leg cramps, and frequent urination. Although these conditions are generally not life-threatening, they can affect the comfort, daily activities, and overall well-being of antenatal mothers. Adequate knowledge regarding the management of these minor ailments is essential for promoting maternal health and preventing unnecessary complications.

Title of the Study: Knowledge regarding Management of Minor Ailments during Pregnancy among Antenatal Mothers in Selected Areas of Aizawl, Mizoram.

Objectives: The objectives of the study were to assess the knowledge regarding the management of minor ailments during pregnancy among antenatal mothers and to determine the association between knowledge level and selected demographic variables.

Methodology: A quantitative approach with a descriptive cross-sectional research design was adopted for the study. The sample consisted of 60 antenatal mothers selected through a non-probability convenience sampling technique from Health and Wellness Centres under Aizawl East District, Mizoram. Data were collected using a self-structured knowledge questionnaire. The collected data were analyzed using descriptive and inferential statistics with SPSS version 25.

Results: The findings revealed that 65% of antenatal mothers had moderately adequate knowledge, 18.3% had adequate knowledge, and 16.7% had inadequate knowledge regarding the management of minor ailments during pregnancy. No statistically significant association was found between knowledge level and selected demographic variables ($p > 0.05$).

Conclusion: The study concluded that the majority of antenatal mothers possessed moderately adequate knowledge regarding the management of minor ailments during pregnancy. However, there remains a need for strengthened health education and counselling to improve maternal knowledge. Healthcare professionals should provide focused education and guidance during antenatal visits to enhance awareness and promote appropriate self-care measures during pregnancy.

Keywords: Knowledge, Minor Ailments, Management, Pregnancy, Antenatal Mothers.

I. INTRODUCTION

Pregnancy is a normal physiological process accompanied by various hormonal, anatomical, and psychological changes that often result in minor ailments such as nausea and vomiting, heartburn, constipation, backache, fatigue, leg cramps, and frequent urination. Although these conditions are generally not life-threatening, they can significantly affect the comfort, daily activities, and overall well-being of antenatal mothers^[1]. Studies indicate that a large proportion of pregnant women experience one or more minor ailments during pregnancy, and effective management of these conditions largely depends on adequate knowledge regarding appropriate self-care measures^[2]. Lack of awareness about the safe management of minor ailments may lead to unnecessary discomfort, anxiety, and delayed healthcare-seeking behaviour^[3].

Maternal health organizations emphasize the importance of antenatal education in enhancing maternal knowledge and promoting healthy pregnancy outcomes. Adequate knowledge enables antenatal mothers to recognize common minor ailments and adopt suitable measures for their management^[3]. Previous studies conducted in different parts of India have reported varying levels of knowledge among antenatal mothers regarding the management of minor ailments during pregnancy, with many women demonstrating inadequate awareness^[4,5,13].

In Mizoram, limited research has been conducted on this subject despite the influence of unique socio-cultural practices and healthcare accessibility challenges. Therefore, the present study was undertaken to assess the knowledge regarding the management of minor ailments during pregnancy among antenatal mothers attending Health and Wellness Centres under Aizawl East District, Mizoram.

II. OBJECTIVES OF THE STUDY

- 1) To assess the knowledge of antenatal mothers regarding management of minor ailments during pregnancy.
- 2) To find out the association between level of knowledge and selected socio demographic variables.

III. REVIEW OF LITERATURE

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

1) Literature related to knowledge and practice regarding minor ailments during pregnancy

Pathak et al. (2025) conducted a study on knowledge regarding minor ailments and their management among 138 antenatal mothers attending antenatal OPD in selected hospitals of Kamrup (M), Assam, using a non-experimental descriptive research design. The objective of the study was to assess the knowledge of antenatal mothers on minor ailments and their management and to determine the association between knowledge and selected demographic variables. A structured interview schedule was used to collect the data through a convenience sampling technique. The results revealed that 58% of the antenatal mothers had inadequate knowledge, 19% had moderate knowledge, and 23.18% had adequate knowledge regarding minor ailments and their management. A statistically significant association was found between knowledge and demographic variables such as age, educational status, occupation, and source of information at the $p < 0.05$ level. The study concluded that antenatal mothers require improved knowledge regarding minor ailments and their management, and recommended further studies to assess not only knowledge but also attitude and practices related to the management of minor ailments^[5].

2) Literature related to management and educational interventions for minor ailments during pregnancy

Chavan (2020) Effectiveness of planned teaching about knowledge regarding minor ailments and its management among primigravida women in a selected hospital. A Quasi experimental one group pre- test post- test researcher design study was conducted on 50 primigravida women who attending antenatal, OPD in selected hospital. The sample technique used in this study was non probability convenient method of sampling. : The major findings revealed that planned teaching enhanced the knowledge regarding minor ailments and its management among primigravida women. The overall mean percentage of post-test knowledge scores of the primigravida women 17.96% was apparently higher than the overall mean percentage of pre-test knowledge score 9.86% and is significant at 5% level. Paired 't' = 8.1, $p < 0.05$ indicating that the planned teaching was effective in gaining knowledge regarding minor ailment and its management among primigravida women^[6].

3) Literature related to prevalence of minor ailments during pregnancy

Farooq et al. (2022) 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. A descriptive study was conducted on 60 antenatal women in first and second trimester. The findings of the study showed that the incidence of Nausea and vomiting was 72.5%, Heartburn 72.5%, Increased Micturition 62.5% and Constipation 41.5%. Hence the most common reported minor ailments were Nausea/Vomiting and Heartburn followed by Increased Micturition (62.5%) and the least common reported minor ailment was Constipation (41.5%)^[2].

IV. RESEARCH METHODOLOGY

A. Research approach

Quantitative research approach

B. Research Design

Descriptive cross-sectional research design

C. Research variable

Knowledge regarding management of minor ailments during pregnancy among antenatal mothers.

D. Demographic variable

Age, education, occupation, duration of marriage, residence, obstetric history, gestational age in months, type of family, physical activity adopted and source of information.

E. Setting of the study

The present study was conducted in Ayushman Arogya Mandir-Sub Centre (AAM-SC) under Aizawl East District.

F. Population

- 1) Target population: In the present study, the target population is all antenatal mothers residing in Aizawl, Mizoram.
- 2) Accessible population: In the present study, the accessible population consisted of antenatal mothers who were available and attending selected Ayushman Arogya Mandir-Sub Centre (AAM-SC) under Aizawl East District.

G. Sample and sample size

In the present study, the sample consists of the antenatal mothers who met the inclusion criteria and were selected using non-probability convenient sampling technique.

In the present study, the sample size was 60. The sample size was calculated using Yamane's formula

H. Description of the tool

After reviewing the literature (research and on-research) discussion with experts tool was prepared. The tool consists of the following sections:

Tool I: Demographic Variables

Tool II: Self-structured knowledge questionnaire to assess knowledge level of antenatal mothers regarding management of minor ailments during pregnancy.

I. Content validity of the tool

The content validity of the tools was determined by submitting the demographic variables and self-structured knowledge questionnaire along with problem statement, objectives and blueprint to seven experts. Among them three experts were Gynecologist, four experts from Gynecological and obstetrical nursing. Experts were chosen on the basis of their experience and interest in this area and requested to give their opinion and suggestions regarding the tool. From the suggestion given by the experts, necessary modification and correction were made after consulting with the guide.

J. Reliability of the tool

The reliability self-structured questionnaire and practice checklist for assessment of knowledge and practice regarding management of minor ailments during pregnancy among antenatal mothers was test by Cronbach's Alpha and the results for the knowledge questionnaire was 0.780, indicating acceptable internal consistency.

K. Ethical consideration

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

- a) Ethical approval from Institutional Ethics Committee (IEC), RIPANS, Zemabawk
- b) Formal written permission letter from the Chief Medical Officer Aizawl East District, Mizoram.
- c) Written informed consent was taken from each participant after providing comprehensive information regarding the goals and purpose of the research.
- d) The participants were assured of confidentiality of the data obtained

L. Pilot study

Pilot study was conducted on 1st April 2026 in Ayushman Arogya Mandir-Sub Centre, Zemabawk. The pilot study was done after getting approval from the Chief Medical Officer, Aizawl East District. Using non-probability convenient sampling technique, 6 antenatal mothers from the accessible population who were willing to participate were chosen.

M. Main study

The data was collected during the month of April to May (6/04/2026 to 15/06/26) from 60 subjects using Non Probability convenient sampling technique.

V. RESULTS

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

n=60

Demographic variables	Frequency	Percentage(%)
Age		
≤25 years	11	18.3
26-30 years	15	25.0
≥31 years	34	56.7
Education		
Primary education	11	18.3
Secondary education	21	35.0
Higher education	28	46.7
Occupation		
House wife	39	65.0
Employed (private/govt.)	2	3.3
Self-employed/ Daily wages	19	31.7
Duration of marriage		
≤3 years	32	53.3
4-6 years	15	25.0
≥7 years	13	21.7
Residence		
Rural	1	1.7
Urban	59	98.3
Type of family		
Nuclear	30	50.0
Joint	22	36.7
Extended	8	13.3
Dietary habits		
Vegetarian	1	1.7
Non vegetarian	59	98.3
Physical activity adopted		
Walking/jogging/running/cycling	26	43.3
Yoga/gym/workout	19	31.7
Household activities	15	25.0
No physical activity	-	-
Source of information		
Media/social media/internet	13	21.7
Health professionals/ community health programs	28	46.7
Friends/family	15	25.0
Books/magazines	4	6.6

As presented in Table I, the majority of antenatal mothers were aged 31 years and above (56.7%), had higher education (46.7%), were housewives (65.0%), had a duration of marriage of ≤ 3 years (53.3%), and resided in urban areas (98.3%). Half of the respondents belonged to nuclear families (50.0%), and most followed a non-vegetarian diet (98.3%). Health professionals and community health programs were the primary source of information for 46.7% of the participants, while 43.3% reported engaging in walking, jogging, running, or cycling as their preferred physical activity.

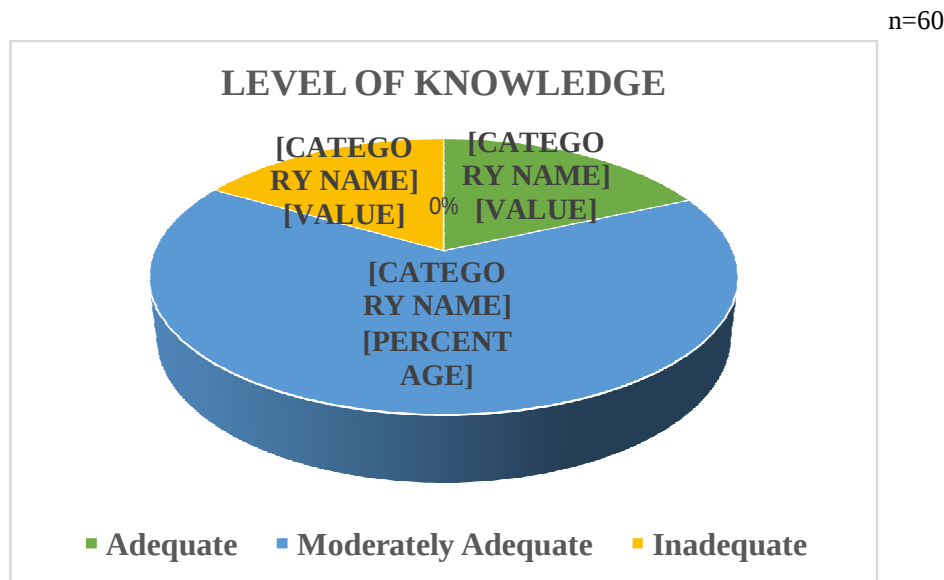


Fig. 1: Pie chart showing percentage distribution of level of knowledge regarding management of minor ailments during pregnancy among antenatal mothers

Fig.1 Shows that the majority of antenatal mothers (65.0%) had moderately adequate knowledge regarding the management of minor ailments during pregnancy, whereas 18.3% had adequate knowledge and 16.7% had inadequate knowledge.

Table II: Association between the level of knowledge regarding management of minor ailments during pregnancy among antenatal mothers with selected demographic variables.

n=60

Demographic variables	χ^2	df	Fisher's exact p-value
Age	4.984	4	0.233
Education	5.987	4	0.223
Occupation	2.917	4	0.500
Duration of marriage	4.284	4	0.394
Residence	5.085	2	0.167
Number of child	2.190	4	0.734
Type of family	8.196	4	0.118
Dietary habits	0.548	2	1.000
Physical activity adopted	5.403	4	0.319
Source of information	12.61	6	0.035*

Note: χ^2 = Chi-square value; df = degrees of freedom. Fisher's Exact test was used for significance where applicable. * $p < 0.05$, statistically significant.

The association analysis shown in Table II revealed a statistically significant association between knowledge level and source of information ($p = 0.035$). No significant association was observed between knowledge level and other demographic variables.

VI. DISCUSSION

The present study assessed the knowledge of antenatal mothers regarding the management of minor ailments during pregnancy in selected areas of Aizawl, Mizoram. The findings revealed that the majority of antenatal mothers (65%) had moderately adequate knowledge, while 18.3% had adequate knowledge and 16.7% had inadequate knowledge. These findings indicate that although most mothers possessed a reasonable understanding of common pregnancy-related discomforts and their management, knowledge gaps still exist and require attention through antenatal health education.

The findings are consistent with studies conducted by Deori and Das (2023), Alageswari and Dash (2019), and Kumar (2014), which also reported that the majority of antenatal mothers had moderate knowledge regarding the management of minor ailments during pregnancy^[4,7,8]. Similarly, Kaur and Gagandeep (2017) found that most antenatal mothers had average knowledge regarding minor ailments and their home remedies. However, the findings differ from those of Kumari et al. (2019), who reported that half of the antenatal mothers had inadequate knowledge. The comparatively better knowledge observed in the present study may be due to improved access to antenatal care services and maternal health information^[9,10].

The findings of the present study demonstrated that source of information had a significant influence on the level of knowledge regarding management of minor ailments during pregnancy among antenatal mothers ($p = 0.035$). Antenatal mothers who obtained information from health professionals and community health programs demonstrated better knowledge than those relying on media, family members, or books. This finding highlights the important role of healthcare providers in improving maternal knowledge through antenatal education.

The finding is consistent with studies by Pathak et al. (2025) and Hiskiyavu and S.K. (2022), which also reported a significant association between knowledge and source of information. These studies suggest that access to reliable and professional sources of information enhances maternal awareness regarding the management of minor ailments during pregnancy^[5,11].

No significant association was found between knowledge level and other socio-demographic variables such as age, education, occupation, duration of marriage, residence, number of children, type of family, and physical activity adopted ($p > 0.05$). Similar findings were reported by Sreelakshmi et al. (2015). However, Deori and Das (2023) found significant associations with several demographic variables. The differences may be due to variations in study settings, sample characteristics, and population differences^[12,4].

Overall, the study indicates that most antenatal mothers possessed moderately adequate knowledge regarding the management of minor ailments during pregnancy. Strengthening health education and counseling during antenatal visits may further improve maternal knowledge and promote effective self-management practices during pregnancy.

VII. CONCLUSION

The present study concluded that the majority of antenatal mothers had moderately adequate knowledge regarding the management of minor ailments during pregnancy, while a smaller proportion had adequate or inadequate knowledge. Although the findings indicate a satisfactory level of awareness among most participants, gaps in knowledge still exist, highlighting the need for continuous maternal health education. A statistically significant association was found between knowledge level and source of information, indicating that antenatal mothers who received information from health professionals and community health programs demonstrated better knowledge regarding the management of minor ailments during pregnancy. No significant association was observed between knowledge level and other selected socio-demographic variables. Therefore, strengthening health education and counseling during antenatal visits is essential to improve maternal knowledge and promote safe and effective self-management of minor ailments during pregnancy.

VIII. IMPLICATIONS

Nursing Practice: The study highlights the need for nurses to provide continuous health education and counseling to antenatal mothers regarding the management of minor ailments during pregnancy. Special attention should be given to mothers who have limited knowledge and practice, ensuring the adoption of safe and effective self-care measures.

Nursing Administration: Nursing administrators can utilize the findings to strengthen antenatal care services by organizing regular health education sessions, developing educational materials, and ensuring adequate resources for promoting maternal health and well-being.

Nursing Education: The findings emphasize the importance of incorporating comprehensive content on the management of minor ailments during pregnancy into nursing curricula. Nursing educators can use these results to enhance the knowledge and teaching skills of nursing students related to antenatal care.

Nursing Research: The study provides baseline information for future research on knowledge and practices related to the management of minor ailments during pregnancy. Further studies may be conducted on larger populations and in different settings to evaluate interventions aimed at improving maternal knowledge and practices.

IX. RECOMMENDATIONS

- 1) Similar studies may be conducted with a larger sample size and in different geographical settings to enhance generalizability.
- 2) Educational interventions such as structured teaching programmes, information booklets, and counselling sessions may be developed and evaluated to improve antenatal mothers' knowledge regarding the management of minor ailments during pregnancy.
- 3) Comparative studies may be conducted between urban and rural antenatal mothers regarding knowledge of management of minor ailments during pregnancy.
- 4) Interventional studies may be undertaken to assess the effectiveness of educational programmes on improving knowledge regarding management of minor ailments during pregnancy.

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