ABSTRACT

The purpose of the study was to help antenatal women to minimize complications and achieve the safe mother and childhood.

Title of the study: The effectiveness of self-care strategies on Pregnancy Induced Hypertension, maternal and perinatal outcome among primigravidae.

Objectives formulated was

1. To compare the occurrence of pregnancy induced hypertension, maternal and perinatal outcome, between the experimental and control group.
2. To correlate the level of adherence to self care strategies with occurrence of pregnancy-induced hypertension, maternal and perinatal outcome, in both groups.
3. To correlate among occurrence of pregnancy-induced hypertension, maternal and perinatal outcome, in both groups.
4. To associate the background variables with their occurrence of pregnancy induced hypertension, maternal and perinatal outcome, in both groups.

Hypotheses of this study were

➢ There is a significant decrease in the occurrence of pregnancy-induced hypertension, better maternal and perinatal outcome among women who adhere SCS than those women who did not.
➢ The women who adhere SCS more shows lesser occurrence of pregnancy-induced hypertension, better maternal and perinatal outcome than those women who adhere less.
The investigator reviewed the literatures which consist of 2 parts. Part –A with related studies on SCS, PIH. Maternal and Perinatal Outcome and Part- B with Conceptual framework based on Ernestine Widen Bach’s need for help or helping art theory

Methodology: The evaluative approach and true experimental design with 2 group posttest only design. The study included, the SCS (self care strategies) as independent variable and dependent variables were, occurrence of pregnancy-induced hypertension, maternal and perinatal outcome. The extraneous variables were background variables, which included age, education, income, type of family, type of work, occupation, habittance, hemoglobin and albuminuria in each trimester, and the level of knowledge.

The study setting was Sri Ramachandra Hospital at Porur, Chennai, in Antenatal OPD. All antenatal women were served as population, but whoever fulfilled the sampling criteria were samples. The samples were choosen at random in both groups using random table list and lottery method.


Content validity was obtained from 12 experts. Reliability was checked using split half and inter-rater method. The collected data were coded and analyzed using descriptive and inferential statistics.
Results

- The comparison of Occurrence of PIH, between the groups showed the significant difference at the level of p<0.05 with a ‘t’ value of 2.391.
- The Maternal Outcome between the Groups showed a significant difference at the level of p<0.001 with a ‘t’ value of 3.516, and Perinatal Outcome between the Groups was not having any significant difference statistically with ‘t’ value of 0.976.
- The Correlation of self-care strategies adherence with Occurrence of Pregnancy Induced hypertension and perinatal outcome in study group, showed significant relationship at the level of p<0.01 and p<0.001. On Maternal Outcome the significant relationship was at the level of p<0.001.

On inter correlation among dependent variables

- In study group, occurrence of PIH was having no statistical significance with maternal(r=0.243) and perinatal (r=0.507) outcome. In control group the ‘r’ value for maternal outcome was -0.283, and perinatal outcome ‘r’ value was 0.390 with no statistical significance.
- The other correlation between maternal and perinatal outcome was significant at the level of p< 0.01 with an ‘r’ value of 0.635. In control group, the ‘r’ value was 0.426 that is also significant at the level of p<0.01.
The association of the background variables showed a significant association between age, and maternal outcome at the level of $p<0.01$ with an ‘F’ value of 4.045 in the study group. The other background variable, education had significant association with the occurrence of PIH at the level of $p<0.05$ with ‘F’ value of 3.768. In control group, only education had significant association with perinatal and maternal outcome at the level of $p<0.001$ with an ‘F’ value of 3.133. On investigations, there was an association between the presence of albuminuria in I and II trimester and occurrence of PIH with an ‘F’ value of 11.07 & 5.199, it is significant at the level of $p<0.01$ & $p<0.001$ respectively. The presence of albuminuria had significant association with the level of adherence of SCS at first ($F=3.208, p<0.05$) and second time ($F=4.173, p<0.05$).

In regression analysis of background variables with outcome variables by Beta coefficient correlation in study group found that,

- Knowledge score is related only with family income at the level of $p<0.01$ and .
- Level of Self Care Strategies adherence in first and second time showed significant relationship with albuminuria in II trimester at the level of $p<0.05$. the Occurrence of Pregnancy induced hypertension and Hemoglobin (g) I trimester was significant at the level of $p<0.05$ with a ‘r’ value of. 0.230. There was a significant relationship between perinatal outcome and Hemoglobin (g) I trimester at the level of $p<0.05$ with a ‘r’ value of -0.240.
The control group regression analysis showed,

- Knowledge score is related with family income and habittance at the level of $p<0.05$ and type of family at the level of $p<0.00$. On investigations the Albuminuria mg/l I trimester had significant relation with knowledge score. At the level of $p<0.05$ with a ‘r’ value of 0.175.

- Perinatal outcome and education at the level of $p<0.05$ with a ‘r’ value of 0.193 and Hemoglobin (g) I and II trimester had significant relation at the level of $p<0.05$ with a ‘r’ value of 0.205 and -0.232 respectively.

**Conclusion**

The study concluded that, SCS is effective in bringing down of complications, and promote the maternal and perinatal outcome.