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## A Descriptive Study to Assess the Knowledge Regarding Respectful Maternity Care and Newborn Care Among 4th Year BSc Nursing Students at Selected College of Nursing in Bangalore.

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### ABSTRACT

Respectful maternity care (RMC) refers to the care organized and provided to all women in a manner that maintains their dignity, privacy and confidentiality, ensures freedom from harm and mistreatment, and enables informed choice and continuous support during labor and childbirth. The main objectives of the study were to assess the knowledge regarding RMC and newborn care among final year BSc nursing students. To find out the association between selected demographic variables among final years BSc nursing students. To find out the association between selected demographic variables with knowledge regarding RMC and newborn care among the final year nursing students. The present study adapted a descriptive research design. For collecting the data, a structured questionnaire was prepared. 4th year BSc nursing students were our samples and the setting of the study was a selected college of nursing in Bangalore. The sample size was 68. The samples were selected by disproportional stratified random technique. Data was collected with demographic Performa, and 30 questions were used to assess the knowledge regarding RMC & NBC. After analysis the result was found that the majority had moderate level of knowledge (54.4%) regarding RMC & NBC.

### Introduction:

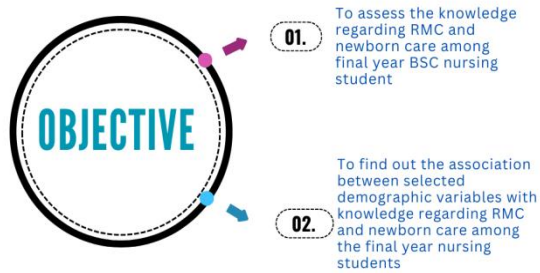
Respectful maternity care (RMC) is a fundamental human right, emphasizing the dignity, respect, and compassion that women deserve during childbirth. The World Health Organization (WHO) defines RMC as "care that is respectful, empathetic, and supportive, and that respects women's autonomy and dignity". RMC is essential for promoting positive health outcomes, increasing patient satisfaction, and reducing maternal and newborn mortality. Newborn care is an equally critical aspect of healthcare, as the first few hours and days of life are crucial for a newborn's health and well-being.

The WHO recommends evidence-based practices for newborn care, including immediate skin-to-skin contact, delayed umbilical cord clamping, and exclusive breastfeeding. The study concludes that nursing students had inadequate knowledge towards respectful maternity care.

Nursing students, as future healthcare providers, play a vital role in promoting RMC and optimal newborn care practices. However, studies have shown that nursing students often lack adequate knowledge regarding RMC and newborn care. This knowledge gap can negatively impact the

quality of care provided to mothers and newborns. In India, the National Health Mission (NHM) has emphasized the importance of RMC and newborn care in reducing maternal and infant mortality.

The NHM recommends that all healthcare providers, including nurses, be trained in RMC and newborn care practices. Despite these efforts, studies have shown that nursing students in India lack adequate knowledge and attitudes regarding RMC and newborn care. A study conducted among nursing students in Karnataka found that only 30% of students had adequate knowledge regarding RMC. Another study found that nursing students in India held negative attitudes towards newborn care practices, such as delayed umbilical cord clamping. This study aims to assess the knowledge regarding RMC and newborn care among 4th-year BSc nursing students at selected colleges of nursing in Bangalore. The study seeks to identify gaps in knowledge to inform the development of targeted educational interventions to improve nursing students' practice and ultimately enhance the quality of care provided to mothers and newborns.

**Objective****Research Methodology****Variable**

**Research variable:** Respectful maternity care and newborn care,

**Sources of the data**

**Setting of the study:** The study is conducted in selected nursing colleges in Bangalore

**Sample:** Samples for the study was 68 final year nursing students

**Sample:** Disproportional stratified Random technique is adopted to select the samples based on the availability of nursing students from different nursing colleges

**Inclusion Criteria:**

- Final year nursing students who are available during the period of data collection.
- Willing to participate in the study.

**Materials and Methods**

This quantitative research study, conducted in November 2024, selected 68 fourth-year BSc nursing students from various colleges in Bangalore. A self-administered questionnaire, Knowledge Assessment Tool (KAT), was used to collect socio-demographic data, assess knowledge towards Respectful Maternity Care (RMC) and newborn care. Prior permissions and informed consent were obtained, and the study's purpose was explained to participants before administering the questionnaire.

Section A: Demographic variables

Section B: Self-administered Questionnaire

Section C: Knowledge assessment tool & the data was analyzed using descriptive & inferential statistics.

**Result**

**Table: 1 Demographic characteristic of nursing students Frequency and percentage distribution of demographic variables of study participants**

Sl. No.	DEMOGRAPHIC VARIABLES	SAMPLES	
		n	%
1	Age		
	20 to 21	10	14.7
	22 to 23	54	79.4
	24 to 25	4	5.88
2	Gender		
	male	23	33.8
	female	45	66.1
	others	0	0
3	Religion		
	Hindu	34	50
	Christian	20	29.4
	Muslim	14	20.5
	others		0

4	Types Of Family		
	nuclear	60	88.2
	joint	8	11.7
	extended	0	0
5	Delivery Witnessed		
	yes	58	85.2
	no	10	14.7
6	Assisted Delivery		
	yes	36	52.9
	no	32	47
7	History Of Any Illness		
	yes	11	16.1
	no	57	83.8
8	Previous Knowledge Regarding RMC & NBC		
	yes	51	75
	no	17	25
9	If Yes Source Of Information		
	Mass media	19	27.9
	Friends & relatives	16	23.5
	E_-media	19	27.9
	Printed media	14	20.5

The demographic variables in this study, Majority 79.4% of nursing students were in the age group between 22-23 years, 66.2% of Nursing students were females, 50% of Nursing students belongs to Hindu Religion, 88.2% of students belongs to nuclear family, 52.9% of students, assisted delivery during clinical and 75% of them had Previous knowledge about RMC

**Table 2: -Assess the knowledge regarding RMC &NBC among final year nursing students**

Mean	Median	Mode	SD
16.97	17.5	21,18,26	6.71

The above table value shows that the Nursing students have moderate level of knowledge regarding RMC & NBC. The study was supported by the study conducted by Laishram et al (2021) "to assess the knowledge and attitude regarding respectful maternity care among staff nurses in selected hospitals of Pune city. Researcher adopted Non-experimental Exploratory design. Study was carried out on 100 participants. Non-probability purposive sampling technique was used to select participants for staff nurses working in selected hospitals. Structured knowledge questionnaire and likert attitude scale were used. The study finding shows that 61% staff nurses were having average knowledge regarding respectful maternity care and 83% staff nurses were having highly favourable attitude regarding respectful maternity care.

**Table 3: Association between socio-demographic variables with their knowledge regarding RMC and NBC**

Sl.No	Variable	Knowledge Level			Chi-square	Df	Significance
		Poor Knowledge	Good knowledge	Excellent knowledge			
1	Age						
	20 to 21	1	1	8	0.74	4	*
	22 to 23	5	12	37			
	24 to 25	1	1	2			
2	Gender						
	male	7	7	18	0.089	4	*
	female	3	12	21			
	others	0	0	0			
3	Religion						
	Hindu	6	7	18	10.55	6	*
	Christian	4	4	10			
	Muslim	3	5	8			
	others	0	0	3			
4	Delivery Witnessed						
	yes	3	2	41	50.16	2	**
	no	18	4	0			
5	Assisted Delivery						
	yes	6	3	24	5.2	2	*
	no	3	9	24			
6	History of Any Illness						
	yes	3	6	27	0.99	2	*
	no	1	7	24			
7	Previous Knowledge Regarding RMC & NBC						
	yes	2	14	4	20.03	2	**
	no	33	13	2			

**Note;**-Calculated value <table value = non-significance \*

Calculated value >table value = significance \*\* at 0.05 level of significance

### Discussion

The study findings show that the majority (79.4%) of participants are aged 22-23 years, and 66.1% are female. Half of them (50%) belong to the Hindu religion, while 88.2% come from nuclear families. Among them, 85.25% have witnessed a delivery, and 52.9% have assisted in one. Additionally, 83.6% do not have any illness, 75% have prior knowledge about RMC & NBC, and 27.9% have gained information from mass media and e-media.

According to the first objective the mean value is 16.97, Median 17.5, Mode 21, 18, 26, SD 6.71. The findings indicate that for various demographic variables like age, gender, religion, number of deliveries assisted, and history of illness, the calculated chi-square values were lower than the critical value, demonstrating no significant association between these variables and the knowledge scores ( $P < 0.05$ ). In contrast, a significant association was found for previous knowledge regarding Respectful Maternity Care, with a calculated chi-square value exceeding the critical value, suggesting that prior knowledge positively influences awareness of Respectful Maternity Care. The study evaluates the knowledge of final year BSc nursing students towards Respectful Maternity Care (RMC) and New Born Care (NBC) in a nursing college in Bangalore, revealing a significant association between demographic variables includes previous knowledge, delivery witnessed as well findings indicates a moderate level of awareness about RMC and NBC among Nursing students.

The research underscores the need for the healthcare system to address existing barriers to optimal maternal and child care, thereby facilitating the development of strategies aimed at enhancing health outcomes in these areas.

### Conclusion:

The findings indicated that students demonstrated a moderate level of knowledge about RMC and NBC, there were notable gaps in specific areas requiring improvement. The students showing a strong understanding and commitment to respectful care, while others displayed a need for enhanced sensitivity and awareness. The results underscore the importance

of integrating comprehensive training on RMC and newborn care into the nursing curriculum. Incorporating evidence-based practices, ethical principles, and patient-centered care into both theoretical and practical learning will help students develop a deeper understanding and a positive approach toward respectful maternity and newborn care.

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