



## “Assess the Effectiveness of Video-Assisted Teaching Programme Regarding Satvik Food among Antenatal Mothers in Selected Rural Areas.”

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### KEYWORDS

Assess, Satvik Food, Antenatal Mother, Video Assisted Teaching Programme.

### ABSTRACT:

**Introduction:** Diet plays an essential role in nourishing our bodies, especially in case of a pregnant woman, her baby's intrauterine growth & development is directly proportional to what she consumes. Therefore a pregnant mother must eat a diet that is healthy and Satvik in nature, to ensure the baby born is a healthy baby.

**Objectives:** This study was conducted to achieve the following objectives:

- 1) To assess the level of knowledge of Satvik food among Antenatal (ANC) mothers.
- 2) To evaluate the effectiveness of video assisted teaching program regarding Satvik food among ANC mothers.
- 3) To find out association between pretest knowledge scores of ANC mothers regarding Satvik food with selected demographic variables.

**Methods:** This study utilized a qualitative & evaluative research approach to evaluate the knowledge of ANC mothers regarding Satvik food. Convenient sampling technique used for identifying 100 study participants. Tools consisted of 3 sections. Section I includes demographic variables and Section II includes knowledge assessment questionnaire & Section III was about video assisted teaching. After obtaining written informed consent pre-test was done, video assisted teaching is done & post test data were collected after 15 days.

**Results:** The results of the study revealed that p-value corresponding only to educational status was small (less than 0.05), and hence educational status was found to have significant association with knowledge among rural ANC mothers regarding Satvik food.

**Conclusions:** There was a significant difference observed posttest knowledge scores. Hence the study concludes that the video assisted teachings regarding Satvik food were effective.

### Introduction

Pregnancy is a profoundly joyful period for every woman. Undoubtedly, it may present challenges, yet no woman will voice grievances about the difficulties she faces during her pregnancy. Throughout pregnancy, the mother undergoes numerous changes, particularly in her body, to nurture and support the development of her

new life. In addition to its significance, pregnancy demands extra care to fulfil its requirements, such as additional nutrients for the body, relaxation for the mind, and a sense of happiness. Thankfully, there are countless dietary recommendations that women can receive from friends and family regarding what to eat, how to eat, what actions to take, and which diet to follow. However, research indicates that enhancing the



health of both the mother and baby during pregnancy through Ayurvedic treatment is the most effective approach.<sup>1</sup>

According to Ayurveda, a Satvik diet is crucial for achieving a balance between a stable mind and a healthy body. To maintain this equilibrium, Ayurveda advocates for eating according to the dosha. These doshas pertain to our physical state and personality. Our body encompasses three doshas: vata, pitta, and kapha.<sup>2</sup>

According to (Sanatan sanstha), food is “Purna Brahman,” and the cells of the body receive nourishment from the food juice, which aids in staying disease-free. Food ought to be organic and seasonal so that it contains the maximum nutrition possible.<sup>3</sup>

We ought to consume food in accordance with ayurvedic practices. Many individuals misunderstand the Satvik diet; the Satvik diet stresses raw and seasonal foods. Since this recommended diet upholds values such as ahimsa (non-violence), it includes only plant proteins that do not harm the environment and its living beings.<sup>4</sup>

All processed foods, stale foods, and highly aromatic foods are deemed tamasic (harmful). Contrary to common belief, Satvik eating is not straightforward. Essentially, it incorporates all six tastes - sweet, salty, sour, sour, bitter, and astringent. Each dish is intended to present all of these flavours.<sup>5</sup>

A Satvik diet denotes a plant-centered diet in Ayurveda that categorizes foods into three distinct varieties known as sattva. Within this classification of food, those that diminish the body's energy are termed tamasic, while those that enhance the body's energy are labelled rajasic. In contemporary literature, a Satvik diet is occasionally referred to as a milk diet.<sup>6</sup>

Ayurveda can serve as a fantastic aid for mothers during their pregnancy. It is a time-honoured method of treatment that focuses on the complete body, including the physical body, mind, health, and spirit. Individuals seeking greater balance in their lives are increasingly turning to Ayurvedic treatment. Ayurveda is arguably the most ancient system of providing safe, healthy, and healing methods, and it remains widely practiced today.<sup>7</sup>

## Methods:

### Objectives

- 1) To assess the level of knowledge of Satvik food among Antenatal (ANC) mothers.
- 2) To evaluate the effectiveness of video assisted teaching program regarding Satvik food among Antenatal (ANC) mothers.
- 3) To find out association between pretest knowledge scores of Antenatal (ANC) mothers regarding Satvik food with selected demographic variables.

### Hypothesis

**H<sub>1</sub>:** There is a significant difference between the mean pre-test and post-test knowledge score of Antenatal (ANC) mothers in Satvik food.

**H<sub>2</sub>:** There is significant association between pre-test knowledge score of Antenatal (ANC) mothers regarding Satvik food with selected demographic variables.

### Ethical Aspects

The official permission to conduct the study was obtained from the Institutional Ethics Committee. Assurance about data confidentiality was given to the study participants and written informed consent was obtained from them for participation in the study.

**Research Approach:** Quantitative and evaluative approach.

**Research Design:** The one group pre-test and post-test, pre-experimental research design was adopted for this study.

### Variables under Study:

**Independent Variable:** Video assisted teaching programme on Satvik food

**Dependent Variable:** Level of knowledge regarding Satvik food.

**Setting of the Study:** Study was conducted in rural community

**Target Population:** ANC mothers in the rural community.

**Sample Size:** 100

**Sampling Technique:** Convenient Sampling



**Sampling Criteria:** Sample selection was based on following criteria.

**Inclusion Criteria:**

1. Antenatal (ANC) mothers aged between 21 and 50.
2. Antenatal (ANC) mothers who are willing to take part in this study.
3. Antenatal mothers who can comprehend and communicate in Hindi and Marathi.

**Exclusion Criteria:**

1. Antenatal (ANC) mothers not willing to participate.
2. Antenatal (ANC) mothers not satisfying the age criteria.

**Tools and Techniques of Data Collection:**

In this study, consent was obtained from study participants before data collection, and then a structured questionnaire regarding demographic variables and a knowledge assessment questionnaire was administered to assess the knowledge of the study participants during pre-test & post-test.

**Pilot Study**

A pilot study was performed on 10 samples from chosen rural community. After receiving consent from the study participants, a pre-test was place. Subsequently, a video-assisted teaching program on Satvik food was presented, and a post-test was conducted after 15 days. The pilot study was carried out to evaluate the feasibility of the study.

**Data Analysis**

The descriptive and inferential statistics were used to analyse the collected data. The analysis was based on the objectives to be tested.

**Section I**

**Table 1: Data analysis related to description of samples (rural ANC mothers) based on their personal characteristics in terms of frequency and percentage**

N=100

Demographic variable	Freq	%
<b>Age</b>		
19-24 yrs	33	33%

25-29 yrs	37	37%
30-34 yrs	24	24%
35 yrs and above	6	6%
<b>Educational status</b>		
Primary	47	47%
Secondary	40	40%
Under graduation	11	11%
Postgraduation	2	2%
<b>Occupation</b>		
Self- Employed	41	41%
Unemployed	26	26%
In- service	28	28%
Retired	4	4%
Others	1	1%
<b>Type of family</b>		
Joint	59	59%
Nuclear	33	33%
Extended	8	8%
<b>Economic status</b>		
Rs.10,000-20,000	27	27%
Rs.21,000-30,000	63	63%
Rs.31,000-40,000	8	8%
More than Rs. 40,000	2	2%
<b>Culture</b>		
Hindu	75	75%
Muslim	7	7%
Christian	1	1%
Buddhist	14	14%
Others	3	3%
<b>Current gestational weeks</b>		
Less than 12 weeks	29	29%
13-24 weeks	48	48%
25-35 weeks	19	19%
More than 36 weeks	4	4%

Table 1 shows that, 33% of the rural ANC Mothers had age 19-24 years, 37% of them had age 25-29 years, 24% of them had age 30-34 years and 6% of them had age above 35 years.

47% of them had primary education, 40% of them had secondary education, 11% of them had under graduation and 2% of them had postgraduation.

41% of them were self-employed, 26% of them were unemployed, 28% of them were in-service, 4% of them



were retired and 50% of them had some other occupation.

59% of them had joint family, 33% of them had nuclear family and 8% of them had extended family.

27% of them had monthly income Rs.10000-20000, 63% of them had monthly income Rs. 210000-30000, 8% of them had monthly income Rs. 31000-40000 and 2% of them had monthly income more than Rs.40000.

75% of them were Hindu, 7% of them were Muslim, 1% of them were Christian, 14% of them were Buddhist and 3% of them had come other culture.

29% of them had current gestational week less than 12, 48% of them had 13-24 gestational weeks, 19% of them had 25-35 gestational weeks and 4% of them had more than 36 gestational weeks.

**Section II**

**Fig 1: Data analysis related to knowledge of Satvik food among rural Antenatal (ANC) Mothers**

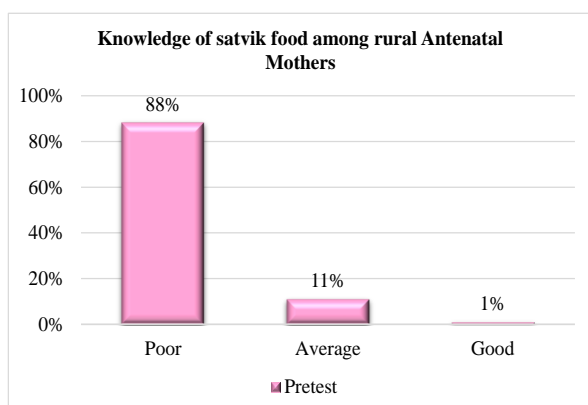


Fig 1 indicates that, 88% of the rural ANC mothers had poor knowledge, 11% of them had average knowledge and 1% of them had good knowledge.

**Table 2: Data analysis related to effectiveness of video assisted teaching programme regarding Satvik food among rural Antenatal (ANC) mothers**

N=100

Knowledge	Pretest		Post-test	
	Freq	%	Freq	%
Poor	88	88%	0	0%
Average	11	11%	17	17%
Good	1	1%	83	83%

Table 2 reveals that, in pretest, 88% of the rural ANC mothers had poor knowledge, 11% of them had average knowledge and 1% of them had good knowledge. In posttest, 17% of them had average knowledge and 83% of them had good knowledge. This indicates that the knowledge among rural ANC mothers improved remarkably after video assisted teaching.

**Table 3: Paired t-test for the effectiveness of video assisted teaching programme regarding Satvik food among rural Antenatal (ANC) mothers**

	Mean	SD	T	Df	p-value
Pretest	2.4	1.1	31.5	99	0.000
Post-test	7.5	1.0			

Table 3 depicts that, the researcher applied paired t-test for the effectiveness of video assisted teaching programme regarding Satvik food among rural antenatal (ANC) mothers. In pretest, average knowledge score was 2.4 which increased to 7.5 in posttest. T-value for this test was 31.5 with 99 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the knowledge among rural ANC mothers regarding Satvik food improved significantly after video assisted teaching program.

**Table 4: Data analysis representing item wise analysis**

N=100

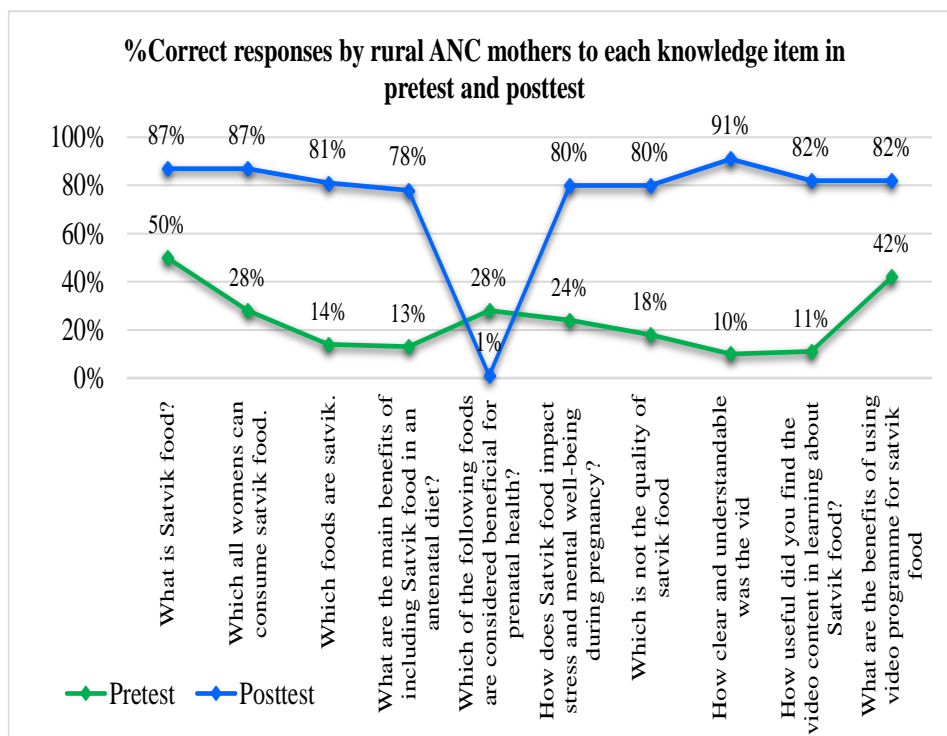
Knowledge item	Pretest		Post-test	
	Freq	%	Freq	%
What is Satvik food?	50	50%	87	87%
Which all women can consume Satvik food.	28	28%	87	87%
Which foods are Satvik.	14	14%	81	81%
What are the main benefits of including Satvik food in an antenatal diet?	13	13%	78	78%



Which of the following foods are considered beneficial for prenatal health?	28	28%	1	1%
How does Satvik food impact stress and mental well-being during pregnancy?	24	24%	80	80%
Which is not the quality of Satvik food	18	18%	80	80%
How clear and understandable was the vid	10	10%	91	91%
How useful did you find the video content in learning about Satvik food?	11	11%	82	82%

What are the benefits of using video programme for Satvik food	42	42%	82	82%
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Table 4 shows that, in pretest, 50% of the rural ANC mothers and in posttest 87% of them knew what Satvik food is. In pretest, 28% of them and in posttest 87% of them knew which women can consume Satvik food. In pretest 14% and in posttest 81% of them knew which food are Satvik. In pretest 13% and in posttest 78% of them knew the main benefits of including Satvik food in an antenatal diet. In pretest 28% and in posttest 1% of them knew which foods are considered beneficial for prenatal health. In pretest 24% and 80% of them knew how does Satvik food impact stress and mental well-being during pregnancy. In pretest 18% and in posttest 80% of them knew the qualities of Satvik food. In pretest 10% and in posttest 91% of them knew how clear and understandable was the vid. In pretest 11% of them and in posttest 82% of them knew how useful was the video content in learning about Satvik food.





## Section IV

**Table 5: Fisher's exact test for the association of pretest knowledge among rural Antenatal (ANC) mothers regarding Satvik food with selected demographic variables**

N=100

Demographic Variables		Knowledge			p-value
		Poor	Average	Good	
Age	19-24 years	27	6	0	0.165
	25-29 years	31	5	1	
	30-34 years	24	0	0	
	35 years and above	6	0	0	
Educational status	Primary	42	4	1	0.042
	Secondary	36	4	0	
	Under graduation	10	1	0	
	Postgraduation	0	2	0	
Occupation	Self- Employed	37	4	0	0.629
	Unemployed	23	2	1	
	In- service	23	5	0	
	Retired	4	0	0	
	Others	1	0	0	
Type of family	Joint	54	5	0	0.222
	Nuclear	26	6	1	
	Extended	8	0	0	
Economic status	Rs.10,000-20,000	24	3	0	0.090
	Rs.21,000-30,000	57	6	0	
	Rs.31,000-40,000	6	1	1	
	More than Rs. 40,000	1	1	0	
Culture	Hindu	68	7	0	0.054
	Muslim	7	0	0	
	Christian	0	1	0	
	Buddhist	10	3	1	
	Others	3	0	0	
Current gestational weeks	Less than 12 weeks	27	2	0	0.096
	13-24 weeks	40	8	0	
	25-35 weeks	18	1	0	
	More than 36 weeks	3	0	1	

Table 5 depicts that, p-value corresponding to educational status was small (less than 0.05), and hence educational status was found to have significant

association with knowledge among rural ANC mothers regarding Satvik food.



## Discussion

Nutritional anaemia during pregnancy is a major global public health concern with several causes, including inadequate dietary intakes. A quasi-experimental study was conducted in 2019 to assess effect of nutrition education on haemoglobin level in pregnant women. The aim of the study was to assess the effect of nutrition education on nutritional awareness, haemoglobin levels, and dietary habits among pregnant women with anaemia.

Quasi-experimental research design is used. Involving 115 pregnant women who had mild to moderate anemia and were attending ante natal clinics. Pregnant women were recruited consecutively and assigned to either the intervention group, which received nutrition education and a dietary plan (n = 58), or the control group, which received only general education (n = 57). The nutrition education was offered to pregnant women on an individual basis during enrolment, with follow-ups done through biweekly phone calls and every four weeks during ANC visits. Baseline data were collected using a semi-structured questionnaire during interviews, and haemoglobin levels were evaluated as well. Data were gathered after a 10-week nutrition education intervention. An independent sample t-test was used to compare differences between the two groups.<sup>8</sup>

The findings of the study showed that of the 115 pregnant women who enrolled, 107 completed the study (Intervention: 53; Control: 54). The study concluded that after the nutrition education intervention and the diet plan focused on iron-rich foods, the rise in haemoglobin levels was significantly higher in the intervention group than in the control group [0.56±0.40 gm/dl vs. 0.16±0.82 gm/dl, p = 0.002]. Furthermore, the enhancement in maternal nutritional knowledge concerning anaemias and iron-rich foods was significantly greater in the intervention group compared to the control group [8.26±4.57 vs. 1.05±6.59, p<0.001].<sup>8</sup>

Similarly in the present study the effectiveness of video assisted teaching programme regarding Satvik food among ANC mothers was found effective.

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