

Postnatal Women's Knowledge, Attitude, and Practice about Postnatal Exercises in a Tertiary Care Institution in South India

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Abstract: *Background: Exercise, a healthy diet, and enough care can help prevent the stressful puerperal stage and its problems. Many women are not aware of the full benefits of post-natal exercise (PNE), despite research showing it can help reduce the effects of perineal muscle weakening. The purpose of this study is to determine postpartum moms' knowledge, attitudes, and practices about PNE.*

Methods: For three months, from Dec2021 to Feb 2022, the department of obstetrics and gynaecology carried out a descriptive cross-sectional study. Convenient sampling was used to enlist 160 postpartum moms. A structured questionnaire was utilised to gather information about PNE practice, knowledge, attitude, and sources of information, as well as sociodemographic and obstetric facts.

Results: Health care professionals were identified by 58.8% of study participants as the most common source of information. Even while more than half of them had sufficient knowledge, many did not fully understand the advantages of PNE, with just 3–5% aware of other benefits such the prevention of urine incontinence. According to 98.8% of the women, PNE is necessary, and 62.5% of them said family chores get in the way of their goals. 92.5% of respondents stated they would tell others how important PNE is. There was no discernible relationship between sociodemographic traits and PNE knowledge, attitudes, or practices. In conclusion: Domestic chores were the most frequent obstacle to performing PNE, despite the fact that the majority of the study group had sufficient knowledge and a positive mindset. Improving adherence requires educating and raising awareness among family members. Improving adherence will require health care providers to maintain their impact throughout the prenatal and postnatal phases.

Keywords: Knowledge attitude and practice, Postnatal exercise, Postnatal women

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