

A Study to Assess the Effectiveness of Structured Teaching Programme on the Impact of Janani Suraksha Yojana among Women in Selected Rural Community Area at Shahjahanpur, Uttar Pradesh

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Introduction: The *Janani Suraksha Yojana (JSY)*, a safe motherhood intervention under the National Health Mission, aims to reduce maternal and neonatal mortality by promoting institutional deliveries through cash incentives. Awareness and utilization of this scheme, especially in rural areas, remains a challenge.

Materials and Methods: A pre-experimental one-group pre-test post-test design was adopted among 100 women from under Tilhar CHC Shahjahanpur, Uttar Pradesh, selected through purposive sampling. A structured questionnaire with 25 items on JSY knowledge was used as a tool. A structured teaching programme was administered, and post-test was conducted after 7 days. Data were analyzed using descriptive and inferential statistics.

Results: The mean pre-test knowledge score was 10.8 ± 3.2 , which improved significantly to 18.6 ± 2.9 in the post-test ($p < 0.001$). Majority (72%) had inadequate knowledge before the intervention, while 80% achieved adequate knowledge after the STP. Significant associations were observed between knowledge gain and education level ($p < 0.05$).

Conclusions: The structured teaching programme was highly effective in improving women's knowledge regarding JSY. Continuous community-based health education is essential for increasing awareness and utilization of maternal health schemes in rural India.

Keywords: Janani Suraksha Yojana; Structured Teaching Programme; Maternal Health; Institutional Delivery; Rural Women

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Introduction

Maternal mortality remains a major public health challenge in India despite continuous efforts under various health programmes. According to the Sample Registration System (SRS), India's Maternal Mortality Ratio (MMR) has declined significantly over the last two decades but continues to contribute a large share to global maternal deaths¹. Rural and marginalized women face greater risks due to limited awareness, socio-cultural barriers, and inadequate access to institutional health services².

To address this challenge, the Government of India launched the Janani Suraksha Yojana (JSY) in April 2005 under the umbrella of the National Rural Health Mission (NRHM), later integrated into the National Health Mission³. The scheme provides conditional cash assistance to pregnant women for institutional delivery and postnatal care. JSY has two key components: promoting safe motherhood and ensuring skilled birth attendance⁴.

Several evaluation studies indicate that JSY has contributed to increased institutional deliveries, particularly among

women from below poverty line (BPL) families?. However, gaps still exist in awareness, understanding, and utilization of benefits. Low literacy, poor health-seeking behavior, and inadequate communication from health workers are some barriers that limit the scheme's impact?.

Shahjahanpur, a rural district in Uttar Pradesh, is characterized by high maternal and neonatal mortality rates compared to the national average?. Despite the existence of ASHAs and other community health workers, awareness about JSY among women remains suboptimal. Evidence shows that knowledge-based interventions can significantly enhance awareness and uptake of maternal welfare schemes?.

Structured Teaching Programmes (STP) are organized, systematically planned health education strategies delivered by trained personnel to provide knowledge in a simple, understandable manner. Previous research in different states has proven STPs effective in increasing awareness on topics such as immunization, breastfeeding, and antenatal care?. However, limited literature exists on the effectiveness of STPs in improving awareness regarding JSY among rural women.

Therefore, this study was conducted to assess the effectiveness of a structured teaching programme on the impact of Janani Suraksha Yojana among women in selected rural community areas of Shahjahanpur, Uttar Pradesh.

Objectives

1. To assess the pre-test knowledge of women regarding Janani Suraksha Yojana.
2. To evaluate the effectiveness of a structured teaching programme on knowledge of women regarding JSY.
3. To determine the association between post-test knowledge scores and selected demographic variables.

Hypothesis

- H₀ (Null): There will be no significant difference between pre-test and post-test knowledge scores of women regarding JSY.
- H₁ (Research): There will be a significant improvement in post-test knowledge scores after administration of the structured teaching programme.

Materials and Methods

Research Design: Pre-experimental, one-group pre-test post-test design.

Setting: Tilhar CHC Shahjahanpur, Uttar Pradesh,

Population: Women of reproductive age group (18-45 years).

Sample Size: 100 women.

Sampling Technique: Purposive sampling.

Inclusion Criteria:

- Women residing in the selected rural area.
- Women willing to participate.
- Women within reproductive age group.

Exclusion Criteria:

- Women who had attended similar health education on JSY earlier.
- Health workers and nursing students.

Tool: Structured knowledge questionnaire on JSY, consisting of 25 items (multiple choice).

- Scoring: 0-8 = inadequate, 9-16 = moderate, 17-25 = adequate knowledge.
- Reliability: Cronbach's alpha = 0.82 (pilot tested).

Intervention: A 45-minute structured teaching programme on objectives, benefits, eligibility, registration, cash incentives, and role of ASHA workers under JSY.

Data Collection: Pre-test conducted on Day 1, STP administered same day, post-test conducted after 7 days.

Data Analysis: SPSS used. Descriptive (frequency, percentage, mean, SD) and inferential (paired t-test, chi-square) applied.

Results

Table 1: Demographic Profile of Participants (n = 100)

Variable	Categories	n (%)
Age (years)	18–25	38 (38%)
	26–35	42 (42%)
	36–45	20 (20%)
Education	Illiterate	22 (22%)
	Primary	30 (30%)
	Secondary	28 (28%)
	Graduate & above	20 (20%)
Occupation	Homemaker	64 (64%)
	Agricultural laborer	22 (22%)
	Others	14 (14%)
Socioeconomic status	BPL	72 (72%)
	APL	28 (28%)

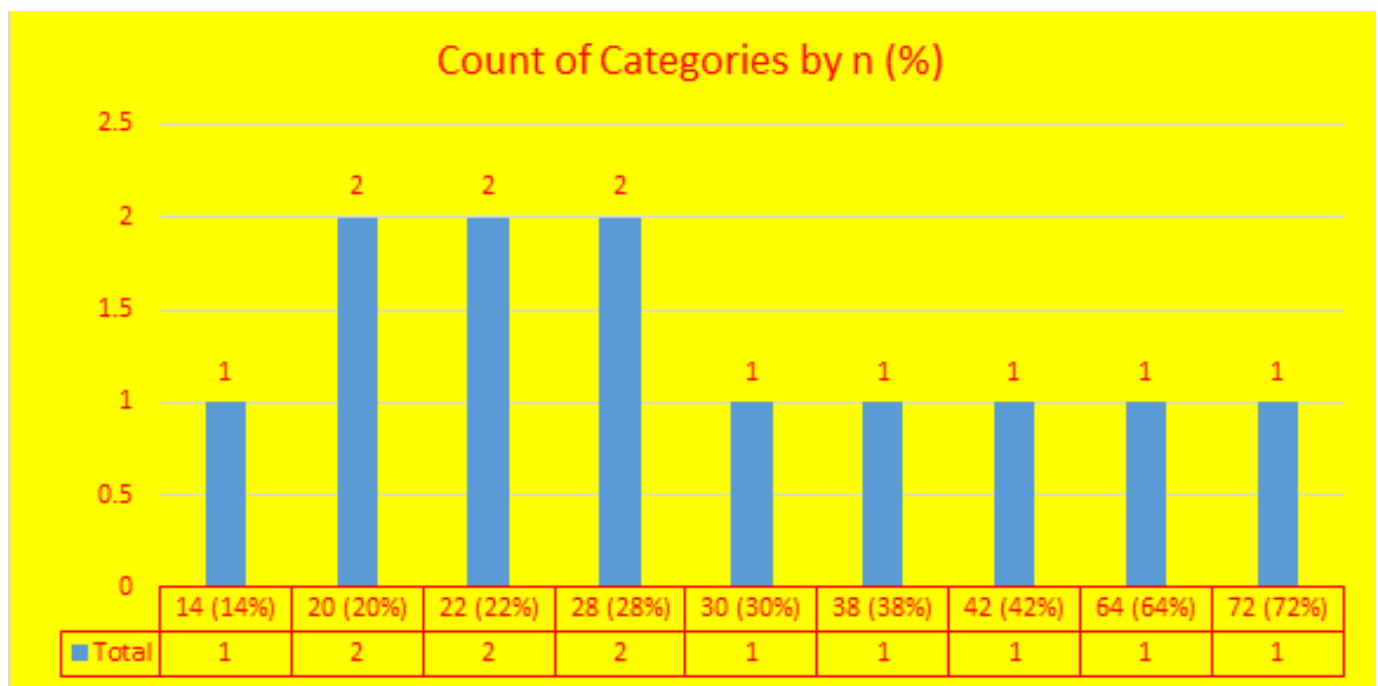


Figure 01: Demographic Profile of Participants

Table 2: Comparison of Pre-test and Post-test Knowledge Scores (n = 100)

Test	Mean ± SD	Paired t-value	p-value
Pre-test	10.8 ± 3.2	24.36	<0.001
Post-test	18.6 ± 2.9		

Table 3: Distribution of Knowledge Level Before and After Intervention

Knowledge Level	Pre-test n (%)	Post-test n (%)
Inadequate (0–8)	32 (32%)	05 (5%)
Moderate (9–16)	40 (40%)	15 (15%)
Adequate (17–25)	28 (28%)	80 (80%)

Table 4: Association of Post-test Knowledge Scores with Demographic Variables

Variable	<i>t</i> -value	p-value
Age	2.16	0.34 (NS)
Education	12.54	0.01*
Occupation	1.78	0.41 (NS)
Socioeconomic status	3.65	0.07 (NS)

*Significant at $p < 0.05$

Discussion

The findings revealed that most women had inadequate knowledge regarding JSY before intervention, consistent with previous reports from Uttar Pradesh and Bihar^{10,11}. Post-intervention scores improved significantly, indicating the effectiveness of structured teaching programmes. The strong association between education and knowledge gain highlights the need for tailoring health education strategies according to literacy levels¹².

Similar studies conducted in Madhya Pradesh and Rajasthan also reported substantial improvement in awareness after targeted interventions^{13,14}. Our study reinforces that regular community-based teaching by nursing professionals and ASHAs can play a pivotal role in strengthening the impact of government maternal health schemes.

Conclusions

The study concludes that structured teaching programme was effective in enhancing knowledge of rural women about *Janani Suraksha Yojana*. Regular health education and awareness campaigns are essential for promoting utilization of JSY benefits, thereby contributing to maternal and child health improvements in rural India.

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