



UNIVERSITI TEKNOLOGI MARA

**EFFECTIVENESS OF SELF CARE PROGRAMME FOR PRIMIGRAVIDA
MOTHERS WITH PREGNANCY INDUCED HYPERTENSION (PIH)**

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DECLARATION

I, hereby, declare that I am the sole author of this research dissertation, which was carried out according with the standard referencing practices and regulations for Post Graduate, Universiti Teknologi MARA. I certify that there is no part of this research dissertation has been published or submitted for a higher degree to any academic institution or non-academic institution. I certainly acknowledge that this is my true copy of research dissertation and does not infringe upon anyone's copyright.

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ABSTRACT

The study was conducted on Effect of self care programme For Primigravida Mothers With Pregnancy Induce Hypertension from September to November 2016. The research design was an evaluative approach using two group pre and pos test with 58 antenatal mothers were selected by simple random sampling. Data was collected using structured knowledge questionnaire. Self care programme education was developed.

The pre test questionnaire was administered on first week ante natal checked up by an antenatal self care programme education. The post test was conducted on fourth week antenatal checked up using the same tool. The pretest knowledge data showed that minimum score was 10.00 and maximum score was 41.00. The mean score value for overall pre self care knowledge of PIH is 27.59.

Respondent from Antenatal clinic Hospital Tengku Ampuan Afzan, Kuantan (urban area) had higher mean systolic (post intervention) =121.46 versus 118.85 and diastolic (pre intervention) = 87.93 versus 87.71 than respondent from antenatal Hospital Pekan, Pahang.(rural area) .

Difference of score knowledge PIH between interventional and control hypertension showed that there is a significant different of knowledge score between control and interventional group. Interventional group knowledge mean score (12.18) compare to control group mean score (6.94)($p=0.00$).

There was significant difference ($p=0.026$) between level of self care knowledge of PIH among primigravida before intervention with demographic data related to occupation.

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