

ATTITUDES AND PRACTICE OF EXPECTANT MOTHERS TOWARDS EXERCISE AMONG ANTENATAL WOMEN IN KAFANCHAN, KADUNA STATE

Yakubu G. Kajang Ph.D, Elizabeth A. Haruna Ph.D and Kasson Keziah Samson

Department of Physical & Health Education, University of Jos, Plateau State

³Department of Public Health, National Open University of Nigeria, Abuja, Kagoro Centre

ABSTRACT

The study was carried out to help find out the attitude and practice of exercise during pregnancy among antenatal mothers in Kafanchan, Jema'a Local Government, Kaduna state. The survey research design was used for the study and the total population of study was 250 which was the number of pregnant mothers on antenatal visits for the period of three (3) months. A structural questionnaire of three sections was used to elicit information on the attitude, and practices of exercise among pregnant mothers, factors affecting exercise among antenatal mothers and the problems associated with exercise among the antenatal mothers. The instrument was given to three (3) experts from the Department of Physical Health Education from the Faculty of Education University of Jos whose input on the instrument was very helpful. It was pretested using respondent with similar characteristics to those in the area of study and a reliability coefficient of 0.78 was obtained which was seen as a reliable figure for the instrument to be used for the present study. The positive practices among antenatal mothers on exercise in Kafanchan, Jema'a local Government Area of Kaduna state shows that exercise facilitates rapid post natal recovery ($\bar{x}=1.81$), exercise during pregnancy is necessary ($\bar{x}=1.76$). The practice of exercise among antenatal mothers was that antenatal mothers practice exercise during pregnancy 218(87.2%). The factors affecting exercise among antenatal mothers are enjoyment of physical activity 178(71.2%). It was recommended among others that since the statement that some respondents have a lot of childcare to handle exercise during pregnancy therefore, this should be noted by health personnel so that they can organize workshops as well as use films for enlightening antenatal mothers on the importance and the danger associated with antenatal exercise in the community.

INTRODUCTION

Generally, in societies like Nigeria, pregnancy is an important phase in the lives of mothers, and it has been found to be a risk factor associated with decreased physical activity. Nevertheless, mothers also wish to be physically active during pregnancy as it is expected of every healthy pregnant woman to undergo 30 minutes or more light or moderate physical activities or exercise on most days. Exercises are generally known to help in maintenance of good health of individuals. This may depend on how the individual is having a good knowledge of exercises.

Knowledge according to Hornby (2010), is being described as the fact or condition of knowing something with familiarity gained through experience or association as well as the understanding of a science, art or technique. In another ways, it may be explained to man the fact or condition of being aware of something. Knowledge is all about gaining a variety of experience and acquiring basic understanding of the environment and its associated problems.

Explaining knowledge in relation to exercise and pregnancy, (Rose, Haddow, Palomaki, & Knight, 2015), expressed that although exercise programs during pregnancy after child birth is designed to minimize impairment and helps the woman maintain or regain function while she is preparing for the arrival of the baby and then caring for the infant, it is submitted that pregnant woman are of meeting the exercise recommendations of previous studies. This is linked to numerous factors such as the beliefs and practices of pregnant mothers with respect to exercise in pregnancy, level of knowledge, level of education, safety concern of the pregnant woman with respect to exercise in pregnancy, level of knowledge level of education safety concern of the pregnant woman especially a precious pregnancy and her physician, recall ethnicity, and previous involvement in regular exercise (Daire, and Owoyokun, 2010). Studies have also shown that

pregnant woman's perception and attitude towards exercise in pregnancy was influenced mostly by tiredness, lack of feeling to exercise and insufficient information on exercise. Similar findings have been reported by other Authors (Cioffi Schmied, Dahlen, Mills & Thornton, 2014).

Furthermore, knowledge about benefit and contraindication to antenatal exercise significantly influenced the perception and attitude of the mothers towards exercise in pregnancy. There is ample and consistent evidence that physical activity and exercises in mothers of reproductive age may be a promising approach for the prevention of excessive weight gain, gestational diabetes mellitus and subsequent complication suffered by children from pregnancies (Totten, Steel, Conner, Jeswiet & Macrae, 2003). The findings of previous studies revealed that there is significant association between adequate knowledge of antenatal exercises and perceived benefits of exercise during pregnancy among mothers of reproductive age (Aboubahr & Warlaw, 2011).

Since pregnancy is an ideal time for behavior modification and for adopting a healthy lifestyle because of increased motivation and frequent access to medical supervision. Patients are or likely to increased physical activities, and improve their diet, physician recommends that they do so. Therefore, motivation counselling tools have been used successfully for diet and exercise counseling. Therefore, pregnancy is a good time to develop healthy lifestyle habits including regular exercise and good nutrition.

However a study conducted by Awusi, Anyawu & Okeke (2009) explained that exercise and pregnancy, discovered that majority of the respondents 97 (64.7%) asserted that they have never heard about specific exercise for pregnant mothers while 53(35.3%) said they have. Majority of the respondents 84(56%) asserted that they like antenatal exercise because it improves easy delivery during labour while 66(44%) of the respondent said no. none the less, 43 (28.7%) of the respondents said yes that ignorance affect the benefit of exercise for pregnant mothers' while 107 (71.3%) said no, it doesn't.

The same condition may exist in the present area of the study:

Practices refer to acquiring a set of value, feelings of concern of the environment of motivation for actively participating in the environment improvement and protection (Momoh & Oladebeye, 2010). It is known that they are four major type of attitude, which include positive and negative neutral and sicken attitude. In relation to a study on attitude by Mbada, Adeyemi, ACOG (2002) as found in their study that attitude towards exercise in pregnancy was influenced mostly by tiredness, lack of feeling to exercise, and insufficient information on exercise. Similar findings have been reported by other authors Ribeiro and Millanz (2011). Specifically, in the study by Duncombe, Wertheim, Kouteris, Paxton & Kelly (2009) the most reported reasons for not exercising during. Pregnancy included feeling too tired, uncomfortable or sick and being busy. Ribeiro and Milanze (2011) submitted that the fact that the principle inimical to exercising described by the pregnant mothers were lack of time and feeling tired and uncomfortable may suggest that most mothers do not feel motivated to exercise despite being aware of the possible benefits that physical exercise could offer to their health and the health of their baby. However, the result of this study revealed that the age and occupation significantly influence attitude toward antenatal exercise in pregnancy.

This finding is consistent with previous reports that revealed significant association between adequate knowledge of antenatal exercises and attitudes toward exercise during pregnancy, Ribeiro and Milonez (2011). This study provides an empirical data on knowledge and of Nigeria pregnant mothers toward exercise in pregnancy. Hitherto, there is an apparent dearth of studies on exercise culture of mothers in Sub-Sahara Africa. The outcome of this study underscore the need of health education programmes on the importance of exercise among mothers from Sub-Sahara Africa- countries.

Sessions scheduled for the purpose of rehearsing and performance improvement are called practices. They are engaged in by sports team, bands, individuals et.cas in "he went to football practice every day after school" (in this case practice of exercise by pregnant mothers) as explained by Sujindra, Bupathy, Suganya and Piareeno (2020) previously studies have found that being

sedentary before the onset of pregnancy is a risk factor, not to start exercising when pregnant is a factor, not to start exercising when pregnant, UNICEF (2011) confirming that women who are accustomed to exercising prior to pregnancy are more likely to maintain this habit and that those not physically active pre-pregnancy do not start during pregnancy. Hence, to achieve higher rates of exercise during pregnancy health promotion programs should target the general female population in their childbearing years.

The study conducted by Samselle (2012) found out that only 18% were practicing exercise during pregnancy. It was concluded that the knowledge of our mothers on exercise during pregnancy was less than average, and their attitude was favorable however a very few are actually practicing exercise in pregnancy. It is possible that the same condition may exist among pregnant mothers in the study and may likely depend, on certain factors. As stressed out by Mbada, Adeyemi, Adeboyo and Arije (2010), the attitude towards antenatal exercise (N=189), Positive 159(84.1), Negative 30(15.8).

Factor influencing negative attitude antenatal exercise (N=30) some of the complaints by the pregnant mothers are: I feel tired to exercise 21(70.0%), I do not feel like exercising 19(63.3%), I have a busy schedule 9(30.0%), I have a lot of child care activities 5(16.6%), I do not have sufficient information in exercise 25(83.3%). In the area of the study, observation seems to suggest that pregnant mothers do not really practice any other exercise apart from working and sweeping the compound most of the time.

STATEMENT OF PROBLEM

It is known that the benefits of exercise include reduce risk of back pain during pregnancy prevents excessive weight gain increases risk of urinary incontinence and others are; increases risks of diabetes, strengthens pelvic floor muscles, increases formation of varicose veins, increasing risk of swelling of extremities, causes high blood pressure. However, pregnant mothers during exercise may experience vaginal bleeding during pregnancy, uterine contractions, chest pain and others are migraine, difficulty in breathing, swelling of the extremities, back pain, Abdominal pain, muscle weakness, premature labour and dizziness. These may likely be the situation among mothers in the study area which seek to find out the attitude and practice expectant mothers towards exercise among antenatal mothers in Jema'a local government, Kaduna state.

RESEARCH QUESTIONS

To give direction to the study, the following research questions are stated:

- a. What are the attitudes of expectant mothers towards exercise among antenatal mothers in Jema'a Local Government of Kaduna State?
- b. What are the reasons for exercise by practicing of antenatal mothers in Jema'a Local Government of Kaduna State?
- c. What are the factors affecting exercise among antenatal mothers in Jema'a Local Government of Kaduna State?

METHODS

Descriptive survey research is the most frequently used method for collecting information about people's practices, opinions, habits and a variety of educational issues, this research design was chosen because the data collected was used for the purpose of describing the present condition of the respondents as it relates to exercise and pregnancy.

The population for the study was 250 pregnant mothers that attended antenatal, participated in exercises during a period of 90 days and this served as the sample for the study. The instrument for the study is a self-structured questionnaire designed to collect information from the respondents on the attitude and practice of exercise during pregnancy among antenatal mothers in Kafanchan, Jema'a Local Government Area, Kaduna state.

There are three sections in the instrument. Section A has 10 statements eliciting to obtain the attitude of antenatal mothers, towards exercises during pregnancy. The attitude of the

respondents were determined using Likert scale and a criteria mean was obtained by calculating $5 + 4 + 3 + 2 + 1 = 15/5 = 3$. Therefore, an attitude is said be positive when it is less than 3, and to be negative when it 3 and above. Section B has 12 statement which sort for information on the practice of exercise. Section C has 10 statement eliciting information on the factors affecting the use of exercise among antenatal mothers.

The questionnaire for this study was validated by 3 experts that are not below the rank of a senior lecturer from the Department of Physical and Health Education in Faculty of Education University of Jos. Copy of the draft questionnaire was given to them for the purpose of face and content validation, appropriateness of the item, clarity of statement in the instrument, and whether or not the items were related to the subject under study. Necessary corrections and observations were duly made. The observations done by the experts were duly followed and corrected that gave rise to the instrument that was used for the collection of information of the study.

In order to determine the reliability of the instrument, 30 antenatal mothers were used to try test the instrument who were not part of the main sample for the study. The data obtained were coded and analyzed using Crabach-alpha method to test for internal consistencies of the instrument. It was done using half-split method for reliability testing and the reliability co-efficient of 0.78 was obtained. This indicated that the instrument was reliable and was used for the main study. Frequency and percentages were used in analyzing the data that was obtained.

RESULTS

Table 1: Attitude of Exercise by Antenatal Mothers towards Exercise

N = 250

S/ N	Item	$\bar{x}$	DECISION
1	Exercise during pregnancy is necessary	1.76	Positive attitude
2.	Exercise reduces ailment during pregnancy	1.66	Positive attitude
3.	Exercise facilitate normal delivery	1.86	Positive attitude
4.	Exercise facilitate rapid postnatal recovery	1.81	Positive attitude
5.	I do feel tired to exercise	2.22	Positive attitude
6.	I have busy schedule	2.16	Positive attitude
7.	I am afraid of exercise	3.34	Negative attitude
8.	I do not have sufficient information on exercise	1.99	Positive attitude
9.	I have a lot of child care activities	2.10	Positive attitude
10.	I have practiced exercise in pregnancy	2.35	Positive attitude
Generally,		2.12	Positive attitude

The results in table 1 have you practice exercise in pregnancy ($\bar{x}=2.35$), I do feel tired to exercise ($\bar{x}=2.22$), I have busy schedule ($\bar{x}=2.16$), I have a lot of child care activities($\bar{x}=2.10$), I do not have sufficient information on exercise ($\bar{x}=1.99$), exercise facilitates normal delivery ($\bar{x}=1.86$), exercise facilitates rapid postnatal recovery($\bar{x}=1.81$), pregnancy during pregnancy is necessary ($\bar{x}=1.76$), exercise does reduce ailment during pregnancy ($\bar{x}=1.66$) were all the practices

of antenatal mothers towards exercise in Kafanchan, Jema'a Local Government Area of Kaduna State.

Table 2: Reasons for Practices of Exercise Among Antenatal Mothers

N= 250

S/N	Items	YES		NO	
		f	%	f	%
1.	Being sedentary before the onset of pregnancy	132	52.8	118	47.2
2	Women who are accustomed to exercising	157	62.8	93	37.2
3.	The ACOG recommended that pregnant	232	52.8	18	7.2
4.	Practice of exercise during pregnancy helps	208	83.2	42	16.8
5.	Exercising during pregnancy increases energy	211	84.4	39	16.4
6.	Exercising during pregnancy increases energy	211	84.4	39	15.6
7.	Practicing exercise during pregnancy	218	87.2	32	12.8
8.	Exercising strengthens pelvic floor muscles	213	85.2	37	14.8
9.	Exercise improves body awareness, posture	212	84.8	38	15.2
10.	Exercising decreases risk of diabetes	198	79.2	52	20.8
11.	Exerting decrease risk of swelling	92	36.8	158	63.2
12	Exercise decreases abdominal gain during	211	84.4	39	15.6

The result in Table 2 revealed that the American congress of obstetricians and gynecologists. ACOG (2002) recommended that pregnant women can exercise moderately for 30minutes in most days of the week 232(92.8%),antenatal mothers practice exercise during pregnancy 218(87.2%), attitude of exercise during exercise strengthens pelvic floor muscles 213(85.2%),exercise improves body awareness posture 212(84.8%),exercise during pregnancy increases energy and stamina 211(84.4%),exercise during pregnancy facilitates postnatal recovery 211(84.4%), and practice of exercise during pregnancy helps to cope with labor 208(83.2%).Others are exercising decreases the risk of diabetes 198(79.2%),women who are accustomed to exercising prior to pregnancy are more likely to maintain this habit 157(62.8%) and being sedentary before the onset of pregnancy is a risk factor 132(52.8%) and exercise decreases the risk of swelling 92(36.8%). Were the reasons for practices of exercise among antenatal mothers in Kafanchan, Jema'a local government area of Kaduna state.

Table 3: Factors Affecting Exercise among Antenatal Mothers

N= 250

S/N	Items	YES		NO	
		f	%	f	%
1.	Time constraints	76	39.4	174	69.6
2	Feeling unwell during pregnancy	78	31.2	172	68.8
3.	Lack of child care	81	32.4	169	67.6
4.	Family support	135	54.0	115	46.0
5.	Enjoyment of physical activity	178	71.2	72	28.8
6.	Feeling tired during pregnancy	62	24.8	188	75.2
7.	Afraid of exercise	99	39.2	152	60.4
8.	Busy schedule	98	39.2	152	60.8
9.	No sufficient information on exercise	70	28.0	180	72.0
10.	Nutritional constraint	148	59.2	102	40.8

The result in table three revealed that some factors affecting exercise among antenatal mothers are enjoyment of physical activity 178(71.2%),nutritional constraint 148(59.2%),family support 135(54.0%),fear of exercise 98(39.2%) ,busy schedule 98(39.2%).Others are lack of child care 81(32.4%),feeling unwell during pregnancy 78(31.2%),time constraint 76(30.4%),no sufficient information on exercise 70(28.0%) and feeling tired during pregnancy 62(24.8%).

DISCUSSION

Table 1 generally shows that the respondents have positive attitude as indicated by an $\bar{x}$ of 2.12 response. It shows that I am afraid of exercise ($\bar{x}=3.34$), have you practice exercise in pregnancy ($\bar{x}=2.35$), I do feel tired to exercise ($\bar{x}=2.22$), I have busy schedule ($\bar{x}=2.16$), I have a lot of child care activities ($\bar{x}=2.10$), I do not have sufficient information on exercise ($\bar{x}=1.99$), exercise facilitates normal delivery ($\bar{x}=1.86$), exercise facilitates rapid postnatal recovery ($\bar{x}=1.81$), pregnancy during pregnancy is necessary ($\bar{x}=1.76$), exercise does reduce ailment during pregnancy ($\bar{x}=1.66$) were all the attitudes of antenatal mothers towards exercise in Kafanchan, Jema'a Local Government Area of Kaduna state. Since majority of them have given birth before it is expected that the respondents would have known the importance of exercising before delivery. This is in line with what Clark (2017), posited that exercise is a fundamental component of antenatal care. However, mothers physical activity lessons as the perception of risk in pregnancy is high (Dairo & Owoyekun, 2010). They expressed that lifestyle intervention targeting physical activity have the potential to prevent gestational diabetes, pre-eclampsia and excessive gestational weight gain in pregnant mothers. In another study conducted by Ribeiro and Milanez, (2011) recommended that mothers should initiate or continue exercise in most pregnancy as it is safe for mother and not harmful to the fetus.

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This is in line with what Artal (2013) pointed out that the current recommendation is for pregnant women to continue and maintain an active lifestyle during their pregnancies when there are no medical constrain indications. Due to some anatomical and physiological changes associated with pregnancy. As expressed further, the author stressed that, aerobic exercise during pregnancy is known to maintain or improve physical fitness in comparison to women who remained sedentary, delivered comparable size infants with significantly fewer caesarean deliveries, are recovered faster postpartum. Exercise in pregnancy may reduce the risk of developing gestational diabetes, pre-eclampsia and Macrosomia. Although there is insufficient evidence on significant risks or benefits for the average mother or baby.

The factors affecting exercise among antenatal mothers in Kafanchan, Jemaa local government area Kaduna state.

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These results were expected because these are the factors affecting exercise among antenatal mothers in the area of the study. The study by Francis and Doran (2011) stressed that lack of child care, time constraint, no time and feeling unwell during pregnancy hindered activity to prevent health problems. It was also found that non-GDM mothers are given minimal advice about exercise during pregnancy. A checklist has been developed for health professionals in partnership with mothers and hinder participation in physical activity during and after pregnancy.

CONCLUSION

Based on the findings and discussions, it is concluded that the respondents had positive attitude toward exercises and therefore were ready to participate in doing some having realized the numerous benefits exercise have during and after delivery.

RECOMMENDATIONS

Based on the findings, discussion and conclusions, it was recommended that:

- The statement that some respondents have a lot of child care to exercise during pregnancy should be noted by health personnel so that they can organize workshops as well as use film for enlightening antenatal mothers on the importance and the danger associated with antenatal exercise in the community.
- Base on the response that nutritional constraint had a very high percentage, this should be noted by health care service providers so that they can enlighten antenatal mothers and provides so that they can enlighten antenatal mothers and provide one on one counseling, health takes, workshops and seminars on the importance of adequate nutrition during antenatal and postnatal periods.
- The response that "it is safe to exercise during pregnancy had a very low percentage should be noted by health practitioner so that they can use different means necessary to provide adequate knowledge on the importance and dangers of exercise among antenatal mothers, this include seminars, workshops, health talk and so on.

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