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RESEARCH ARTICLE

Garbhasanskar: Knowledge, Attitude and Practice among Antenatal Mothers of Dharwad, Karnataka.

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ABSTRACT:

As good nutritional food provides physical health, the unborn child in womb require Sanskar to acquire mental health to thrive. The activity of the mother during pregnancy in the form of prayer (good rational thoughts), Manshakti (positive emotion), conversation with fetus (talk) or expressing feeling (touch) is not only recognized by unborn baby but it has positive effects on physical and mental health. Hence Garbhasanskar is scientific way of molding mental health of unborn child. In the present paper, we are expressing findings of the first phase of our study that is knowledge, attitude and practice among antenatal mothers of Dharwad. Present study concludes, sample population of ANC mothers are not aware of proper scientific knowledge about GS, the source of whatever obscure idea and concept they have is mainly from sr. family members in the form of spiritual preaching hence there is a need for proper training of scientific knowledge about garbhasanskar which is missing. The practices followed are not conductive and nonscientific.

KEYWORDS: Garbhasansakar, Pregnancy, Antenatal mother, Sanskar, Nursing

INTRODUCTION:

A good nutritional status maintained by the mother during pregnancy help to grow strong, healthy placenta, which determines the birth weight and future health of baby in adult life[1,2]. Similarly positive emotions like love, joy, gratitude and healthy thought by parent brings the growth of the unborn child in the womb of the mother, Whereas negative thoughts, depression and stress injures the unborn child[3-5].

Hence the concept of Sanskar (good thought) imparted right from prenatal stage i.e. when the child is in the womb of mother is important. It has been documented that the activity of the mother during pregnancy in the form of prayer (good rational thoughts), Manshakti (positive emotion), conversation with fetus (talk) or expressing feeling (touch) is not only recognized by unborn baby but it has positive effects on physical and mental health[6]. Thus, such mental and physical activity performed by parents with the intension of creating a positive environment and obtaining a growth of the baby is called Garbhasanskar. A Garbhasanskar is an intentional activity which helps to develop an intuitive connection with the unborn baby. It increases communication and bonding with baby, it can transmit positive thought, love and emotions to the fetus, so as to increase the likely hood of calm, happier and healthier

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baby. Thus Garbhasanskar is a scientific way of editing baby in the womb by educating mother to involve her positive emotions and share with baby during pregnancy. Awareness to the sensation, mothers imbibe through her five senses, can provide a positive environment for a child to thrive[7]. The root of Garbhasanskar can be traced back to Abhimanyu in the era of the Mahabharata, and also the common personality of positivity among Lord Buddha, Pralhad and Vivekanand was inculcated by a positive thought of their mother's prayer. Today, many organizations are working towards the goal of molding the future generation through Garbhasanskar[8]. There are reports available about practice of Garbhasanskar from Maharashtra, Gujarat and Madhya Pradesh in India, but no such activity reports from Karnataka. Hence in the light of these facts we planned this study under three phase viz. 1. Confirming the knowledge, attitude and practice among antenatal mothers. 2. Imparting training to such mothers through scientific methods and 3. Observing the outcome of these practices among offspring for the period of next 10years. In the present paper, we are expressing our findings of the first phase of our study that is knowledge, attitude and practice among antenatal mothers of Dharwad.

OBJECTIVES OF THE STUDY:

1. To assess the knowledge of Garbhasanskar and attitude as self reported practices among antenatal mothers regarding Garbhasanskar.
2. To correlation between the knowledge with their attitude as self reported practices on Garbhasanskar

OPERATIONAL DEFINITIONS:

• Knowledge:

In this study refers to the understanding the idea regarding the Garbhasanskar

• Attitude:

In this study it refers to the action intended or performed to put knowledge of Garbhasanskar in practice.

• Self reported practice:

Act of Garbhasanskar performed in any form is reported by Antenatal mother under study.

• Garbhasanskar:

Act in any form to achieve physical, mental, spiritual, emotional and social development of fetus performed by the parent.

• Planned Pregnancy:

Proper scientific method of Garbhasanskar adopted for planning of healthy labor, delivery and arrival of new family member.

Hypotheses:

There will be no significant correlation between the knowledge with their attitude as self reported practices on Divine Garbhasanskar among Antenatal mothers visiting ANC OPD of SDM Medical College Hospital, Dharwad.

Assumptions:

- The Antenatal mothers may be having some knowledge about Garbhasanskar
- The Antenatal mothers may be showing their positive attitude towards Garbhasanskar
- The Antenatal mother may be practicing some act of Garbhasanskar

Research Design:

A. Population, Samples, Sampling technique:

The study population consists of 100 ANC mothers visiting outpatient department of OBG-ANC Clinic of SDM College of Medical Sciences and hospital, Dharwad, Karnataka (India). A Nonprobability purposive sampling method was adopted for the present study. Pregnant mothers In their first trimester and belonging to 20 to 50 years age group were included in the Study population.

B. Institutional and Ethical permission:

A permission for the present study of ANC mothers visiting OBG-ANC Clinic of our hospital was obtained from the concerned authorities. The researcher has oriented ANC mothers by informing the purpose of the study and after obtaining their consent ANC mothers were included in the study group. Confidentiality and ethics were maintained during data collection.

C. Duration of Study: 1 month

D. Collection and processing of Data:

D1. Development and Description of the Questionnaire:

A descriptive survey method was adopted for data collection in the present study. A structured questionnaire was prepared to extract information on

1. Knowledge
2. Attitude and
3. Practices about Garbhasanskar.

The Questionnaire was developed in 3 parts.

Part A –

Deals with the demographic data of the ANC mother

Part B –

Deals with the assessment of knowledge on Gurbhasanskar.

Part C:

Deals with Attitude and practice regarding Garbhsanskar.

D2. Analysis of the Data:

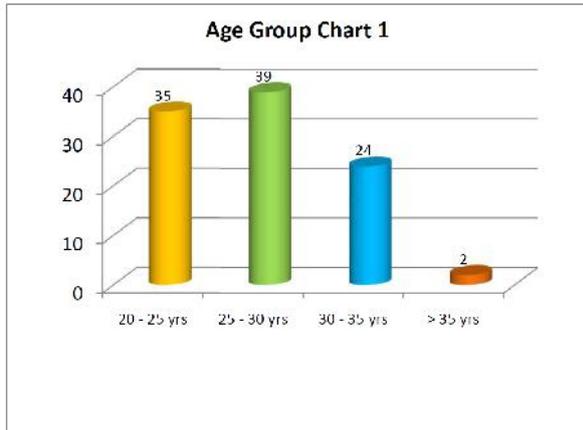
Data collected by above method were tabulated and analyzed by using descriptive statistic.

RESULT:

On analysis of data the major observations emerged from our result are as follows:

• **Age:**

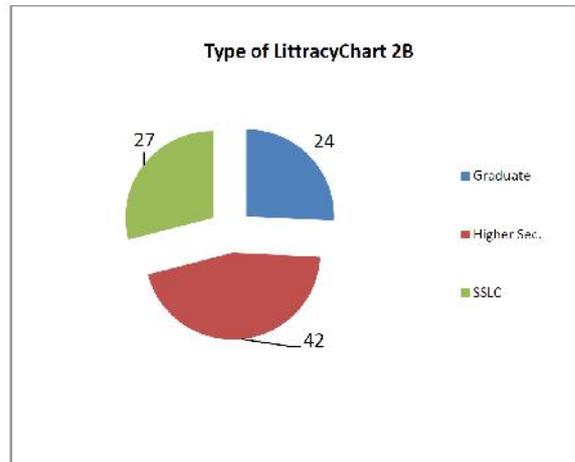
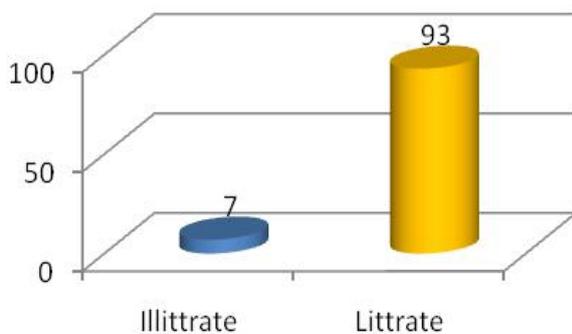
Among 100 ANC mothers, 35% mothers were in 20-25 years age group, 39% mothers were in 25-30 years age group, 24% mothers were in 30-35 years age and only 2% mothers were above 35 years of age. Chart 1



• **Education:**

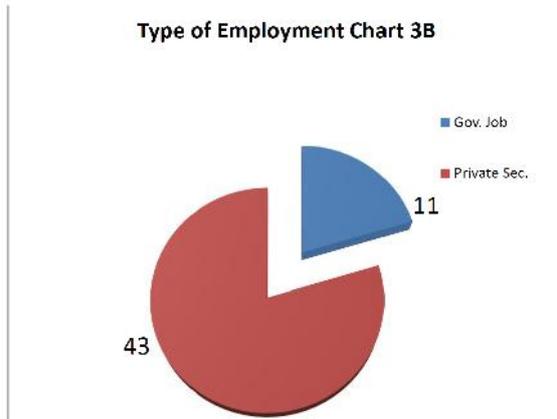
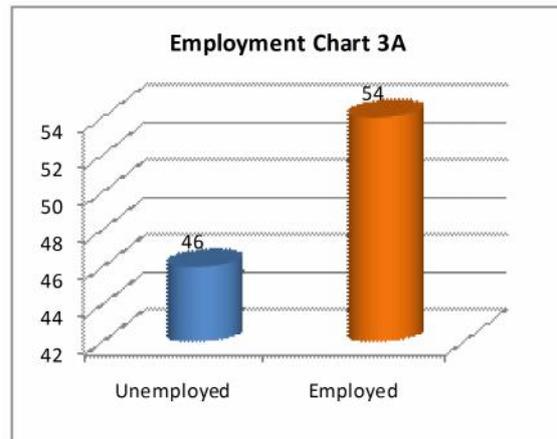
Among 100 mothers, only 7% were illiterate were as out of 93% educated females. 24% were graduates, 42% studied up to higher secondary and 27% were educated up to 10th standard. Chart 2A&B

Education chart 2A



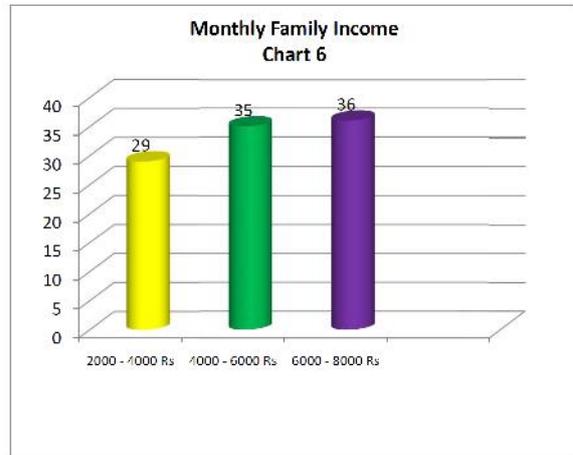
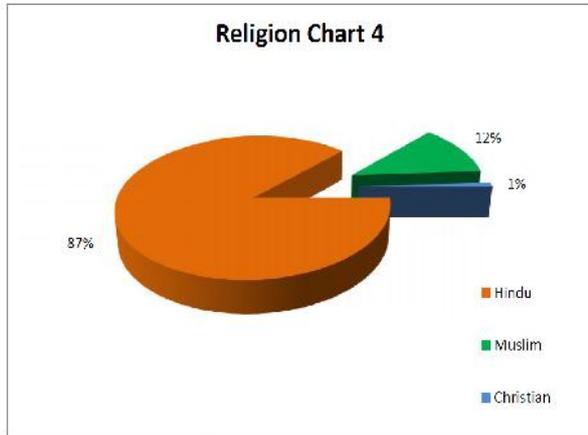
• **Employment:**

Out of 100 pregnant mothers, 54% were working women attending government (11%) Private company (43%) offices in a radius of 20-25km from home. 46% mothers were either remaining at home or involved in household work. Chart 3A&B.



• **Religion:**

Among 100 pregnant mothers, 87% were Hindu, 12% were Muslim and 1% mothers were Christian. Chart 4

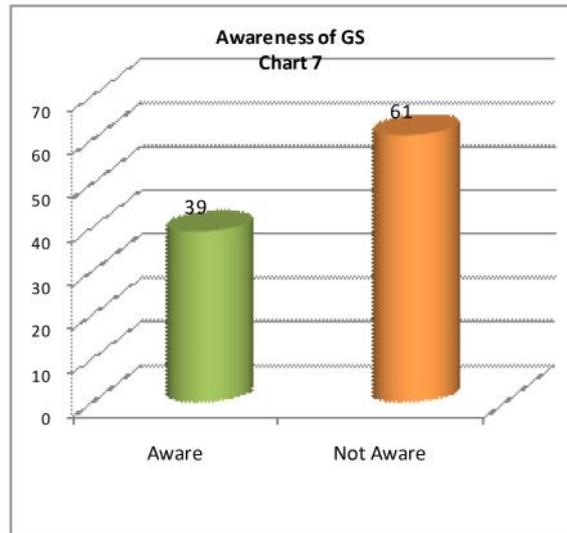
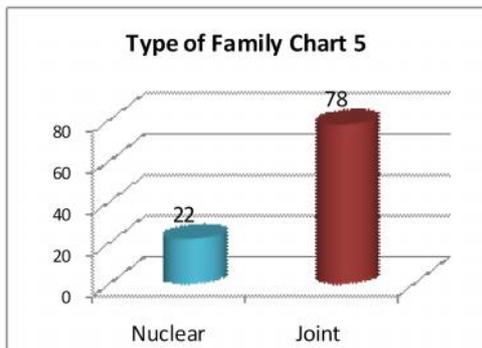


Awareness of garbhasanskar:

Among 100 enrolled expected mothers, 39 % of mothers expressed that they were having some idea about garbhasanskara whereas for 61% of mothers this was totally a new concept. Chart 7

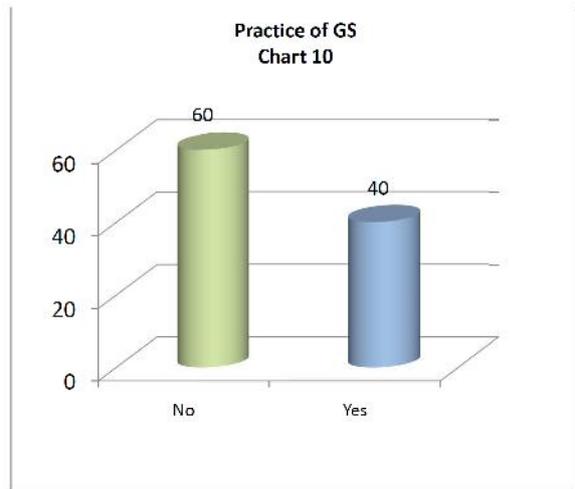
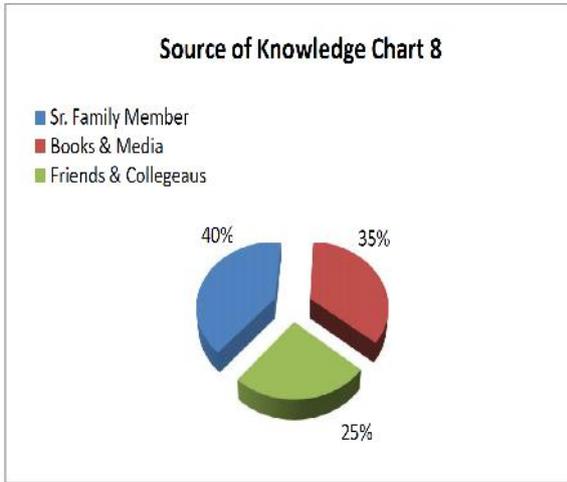
Type of Family:

Among 100 expected mothers, 22 % were staying in nuclear family whereas 78 % were staying in joint family. Chart 5



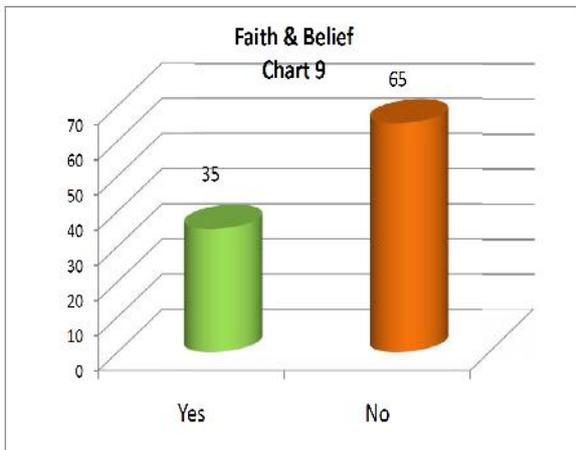
• **Monthly family income:** Among 100 expected mothers, 29 % have reported their monthly family income as 2000-4000Rs. , 35 % as 4000 to 6000Rs, 36 % were having monthly family income in the 6000 to 8000 Rs range. Chart 6

• **Source of Knowledge about Garbhasanskar:** Among 39% ANC mothers who have some idea about garbhsanskar received this information either from senior family members (40%) from books and media (35%) and by discussing with their friends and contemporaries (25%). Chart 8



Faith and belief about Garbhasanskar:

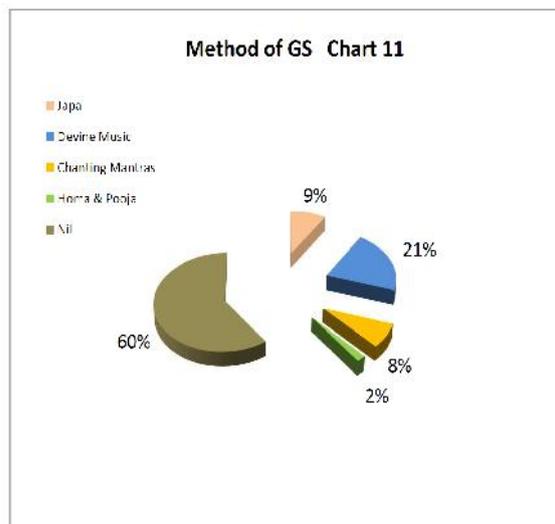
About 35% ANC mothers expressed faith in Garbhasanskar and they believe a positive result of practicing of Garbhasanskar. **Chart 9**



• **The Methods adopted as part of Garbhasanskar:** According to their belief various methods of Garbhasanskar like performing JAPA (9%) Listing Devine Music (22%) Chanting mantras (8%) performing Homa and Pooja (2%) were expressed. Though these methods are included as part of Garbhasanskar it may not be effective because the fetus in the womb was not taken together while practice. About 60% of mothers did not perform any such activity may be due to modern education or lack of time due to employment. **Chart 11**

Practicing of Garbhasanskar:

Though correct scientific method of garbhasanskar was absent among practicing ANC mothers, still 40% of expected mothers are practicing some kind which can be included as method of Garbhasanskar. Remaining 60% women did not adopt any method to plan their pregnancy. **Chart 10**



DISCUSSION:

Method of Garbhasanskar is explained in Charakakriyas. It has also been accepted by science today. As this is a time of modernization, the modern society is losing their knowledge and backing of cultural customs. Once these were the strong bonds in building cultured society. Our observation of present study points towards loss of awareness and practice of Garbhasanskar due to education, employment and modern electronic gadgets which does not leave any time to think in this direction. There are only few centres to educate people in this direction. Another factor is a nuclear family, due to which there is a lack of communication and exchanges of thoughts among senior family members, which leads to loss of old practices and customs. Even though some acquire awareness they cannot practice due to lack of either time or proper direction.

CONCLUSION:

1. Present study concludes, sample population of ANC mothers are not aware of proper scientific knowledge about GS, the source of whatever obscure idea and concept they have is mainly from sr. family members in the form of spiritual preaching hence there is a need for proper training of scientific knowledge about garbhasanskar which is missing.
2. The practices followed are not conclusive and non-scientific

IMPLICATION:

The findings of the study have varied implication about Garbhasanskar in department of OBG, Community education and Nursing training.

Nursing Practice:

Since present study shown that most of ANC mothers are not having knowledge on Garbhasanskar. Few of the ANC mothers practicing without the knowledge and they don't have a scientific reason behind it. They have only belief regarding Garbhasanskar, hence the present study would enable them to become aware about the scientific way of Garbhasanskar.

Nursing and Community Education:

This study emphasized the need for Garbhasanskar education in nursing curriculum and community education.

Nursing Research:

The present study conducted by the group can be the source of review of literature for others who are intending to conduct study on Garbhasanskar

LIMITATION:

We accept our shortfall in Sample size and our limitation in acquiring 100% answers from expected ANC mothers with respect to Garbhasanskar.

RECOMMENDATION:

- 1) A similar study of large sample size including all communities may through correct light.
- 2) A study can be conducted in the community area where ANC mothers exist.
- 3) A study with a proper plan and including control group may give more conclusive results.

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