INTRODUCTION

One of the key strategies under the NRHM is having a community health worker who is an Accredited Social Health Activist (ASHA) for every village with a population of 1000. These ASHA workers should preferably be female, in the 25-45 years age group and have a qualification of at least eighth class. (reference) The discourse on the ASHA’s role centers around three typologies - ASHA as an activist, as a link worker or any health related demands of women on birth preparedness, importance of institutional delivery, exclusive breastfeeding and weaning practices, immunization, contraception and prevention of common infections including Reproductive Tract Infection/ Sexually Transmitted Infection (RTIs/STIs) and care of infants and young child. One of key component of ASHA services is child care refer as preventive, curative and makes timely referrals. ASHA workers would be able to perform their duties if they are equipped with adequate knowledge and skills for the same. Thus it is important to study this aspect since it may give us an insight into the effectiveness of training programs for ASHA workers and may have future policy implications for any changes if required in the same. Therefore the present study was conducted to appraise the knowledge of ASHA workers regarding maternal and child health care at selected primary health centre Gurgaon, Haryana.

METHODOLOGY

Study design: A non-experimental (descriptive) design was considered appropriate for the present study to assess the knowledge among ASHA Workers regarding Maternal and Child Health Care and the correlation between them. After getting the ethical committee clearance from the institute research committee and obtaining prior formal administrative permission was obtained from Chief Medical Officer Community Health Centre (CHC), Pataudi, Gurugram and the study was conducted. ASHA workers were informed that participation in the study was voluntary and written informed consent was obtained from each ASHA workers for being part of the study.

Study period: January-May 2019

Sample: The sample for the present study consisted of ASHA workers.
workers of Pataudi, Gurugram Haryana.

**Sampling technique:** Purposive sampling was used as the sampling technique for the present study.

**Setting of the study:** The present study was conducted at Community health centre of Pataudi. 100 ASHA workers were selected according to purpose of the researcher with the area feasibility, and expected cooperation from the subject, getting permission from the authorities to conduct study, local language, geographical proximity and economical consideration.

**Target population:** The target population for the present study was the ASHA workers of Pataudi, Gurugram, and Haryana.

**Sample size:** The sample size for the present study consists of 100 ASHA of Gurgaon, Haryana

**Data collection**

Primary data was collected by face-to-face interviews from Accredited Social Health Activist (ASHA) workers. The structured questionnaire was prepared to collect the personal information related to age, religion, Education qualification, year of experience, marital status, number of children, monthly income of the family, source of information, duration of training. ASHA workers were interviewed at their houses in the community. After explaining the purpose of the study and obtaining oral consent, the study was conducted using pre-designed semi-structured questionnaire including brief socio-demographic information of ASHA along with details of their knowledge regarding child care.

**Data analysis**

The information collected was critically analyzed and frequency and percentage distribution of ASHA workers in term of socio demographic variables was calculated. Frequency and percentage distribution of ASHA workers according to knowledge level, mean and standard deviation of knowledge score of ASHA workers.

Chi-Square value was computed to determine the association knowledge level of ASHA workers with selected demographic variables. Appropriate statistical tests of significance (Logistic regression) were applied to test and validate the findings of the study.

**RESULTS**

| Table 1 Frequency and Percentage Distribution of Selected Demographic Variables of ASHA Workers |
|-------------------------------------------------|-------------|---------------|-----------------|-----------------|
| Demographic Variables                          | Categories  | Frequency (F) | Percentage (%)  |
| Age (In years)                                 | <30         | 9             | 9               |
|                                               | 31-40       | 56            | 56              |
|                                               | 41-50       | 34            | 34              |
|                                               | >51         | 1             | 1               |
|                                               | Hindu       | 100           | 100             |
| Religion                                       | Muslim      | 0             | 0               |
|                                               | Christian   | 0             | 0               |
|                                               | Any other Specify | 0       | 0               |
|                                               | 8th pass    | 22            | 22              |
|                                               | 10th pass   | 58            | 58              |
|                                               | 12th pass   | 17            | 17              |
|                                               | Graduation  and Above | 3     | 3               |

**Table 2** Findings related Mean and standard deviation of knowledge score of ASHA workers. N-100

<table>
<thead>
<tr>
<th>Range</th>
<th>Minimum Score</th>
<th>Maximum Score</th>
<th>Mean Score</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge Score</td>
<td>7</td>
<td>12</td>
<td>19</td>
<td>15.16</td>
</tr>
</tbody>
</table>

Table-2 shows that mean knowledge score of ASHA workers regarding maternal and child health care was 15.16 and standard deviation was 1.542. The minimum score of ASHA workers regarding maternal and child health care was 12 and maximum score of ASHA workers regarding maternal and child health care was 19.

Chi Square computed between knowledge score of ASHA workers with selected demographic variables and there were no significant association with any selected demographic variables.

**Implications**

The findings of the present study has several implications which are discussed in the following areas:

- Nursing Education
- Nursing administration
- Nursing research
- Nursing Practice

**Nursing Education**

The nurses play a key role in educating people regarding cognitive errors in hospitals or in the community. Increasing awareness and understanding of the phenomena among the general population will result in high level of maternal and child care and that will spontaneously reduces the morbidity and mortality of mother and child. From the present study it is found that the ASHA worker had good knowledge regarding maternal and child care. So nurses can assess the level of quality care and will help in treat the many types of Maternal and child problems in clinical as well as in community settings. The investigator as a nurses felt the need that nurses should act as facilitators to educate adults, general population, and clinical
patients regarding the Maternal and child care and their management and prevention from diseases.

**Nursing Administration**

Nurse administrators are the backbone to provide facilities to improve knowledge regarding Maternal and child care. Nurse administrator can plan for periodic population based surveys of the public regarding Maternal and child care. The administrators should encourage the staffs to carry out small project work in different population, so as to find out the factors influencing knowledge of ASHA worker regarding Maternal and child care. The nurse administrators should explore their potentials and encourage innovative ideas in the care of mother and child. The administrator of nursing students should encourage them to take innovative ideas in increasing the knowledge of ASHA workers regarding Maternal and child care. The administrator of nursing students should encourage them to take innovative, interacting health education topics related to Maternal and child care.

**Nursing Research**

In nursing there is scarcity of research done on Maternal and child care among ASHA workers. There is a great need for more study on maternal and child care. Nurses being the largest group in health care delivery system should take initiative to conduct further research studies in Maternal and child care. The study will motivate the beginning researcher to conduct same study with different variables on a large scale considering individual aspects. The public and private agencies should also encourage research in this field through materials and funds.

**Nursing Practice**

Nurse may plan the health education programme to improve knowledge level of people and ASHA workers on Maternal and child care. Nurses can use to assess the level of knowledge regarding Maternal and child care in clinical as well as in community settings that will play a vital role in reducing the morbidity and mortality of mother and child.

**Recommendations**

On the basis of findings following recommendations are offered for further research:

- A similar study can be conducted in large sample in different community health centre.
- A study to assess the practice and attitude of ASHA workers regarding Maternal and child care.
- A comparative study can be conducted in different setting like rural and urban to compare the knowledge of ASHA workers regarding maternal and child care.

**References**


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