

A Study to Assess the Effectiveness of Antenatal Exercises on Outcome of Pregnancy Among Antenatal Women Attending Antenatal Clinic, in G S Medical College and Hospital, at Hapur

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Abstract: *This study aims to assess the effectiveness of antenatal exercise on outcome of pregnancy. Evaluation was done by experiments through the true experimental post –test control group. Convenient sample technique was used to assess the effectiveness of 60 samples in selected hospital of Hapur. 30 samples in experimental group and 30 samples in control group was taken to get the effectiveness of the study. The tool consists of questionnaire to assess demographic data and a check list was used to check the effectiveness of antenatal exercises. The result reveals that the experimental group mean is 20.96 and standard deviation is 1.126, Control group mean is 18.63 and standard deviation is 1.135, t-cal value=4.0987 and t-tab value=2.58. Hence there is significant relationship between the post score values of experimental and control group. It was found that the experiments were effective in changing the outcome of pregnancy with statistical significance. This was a true experimental study with post-test control group design to determine the effectiveness of antenatal exercises on outcome of pregnancy among antenatal mother*

Keywords: Effectiveness, Antenatal Exercises , Outcome Of Pregnancy ,Antenatal Women

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