

“Effectiveness of Video Assisted Teaching Module Regarding Acupressure Points to Relieve Constipation Among Pregnant Women”

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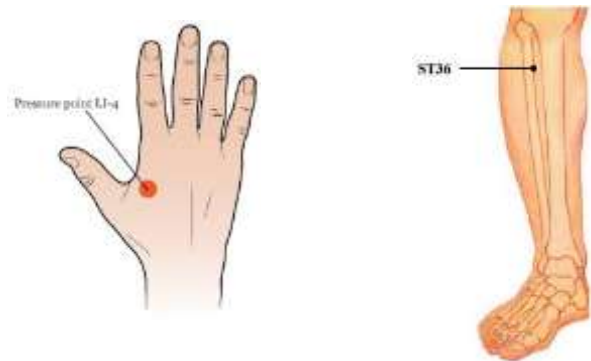
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ABSTRACT:

Pregnancy is a natural and transformative phase in a woman's life, characterized by numerous physiological, hormonal, and emotional changes that affect various body systems. While it is often a joyful experience, pregnancy can also bring several discomforts—one of the most common being gastrointestinal issues, particularly constipation. Constipation during pregnancy is not only uncomfortable but, if left untreated, may lead to complications such as hemorrhoids, fatigue, and increased discomfort. It is estimated that up to 50% of pregnant women experience constipation at some stage of their pregnancy, largely due to hormonal fluctuations and the physical pressure exerted on the intestines. Despite its prevalence, constipation is often underrecognized and undertreated. Non-pharmacological approaches, such as acupressure, have shown promise as safe and effective methods for relief. This study aimed to evaluate the effectiveness of a video-assisted teaching module on acupressure points for relieving constipation among pregnant women. **Objectives-** To assess the pre-test knowledge and practice scores regarding acupressure points to relieve constipation.- To assess the post-test knowledge and practice scores after implementation of the video-assisted module. - To compare the pre- and post-test knowledge and practice scores.- To associate the findings with selected demographic variables.

INTRODUCTION :

Constipation is a common and uncomfortable condition experienced by many pregnant women, often due to



hormonal changes, reduced physical activity, and the pressure of the growing uterus on the intestines. According to WHO, nearly 40% of pregnant women globally report constipation during their second and third trimesters due to which pregnant women who rely on home remedies or over-the-counter laxatives—some of which may not be safe during pregnancy. This highlights the urgent need for safe, accessible, and non-pharmacological solutions. Acupressure, an ancient Chinese healing technique, offers a practical alternative. For instance, applying pressure to the LI4 (Hegu) point on the hand or the ST36 (Zusanli) point on the leg has shown to stimulate bowel movements effectively. However, awareness and correct practice of these techniques are often lacking. To address this gap, a video-assisted teaching module was developed and implemented. The visual format ensured that even women with low literacy could understand and apply the acupressure techniques. This study evaluates the

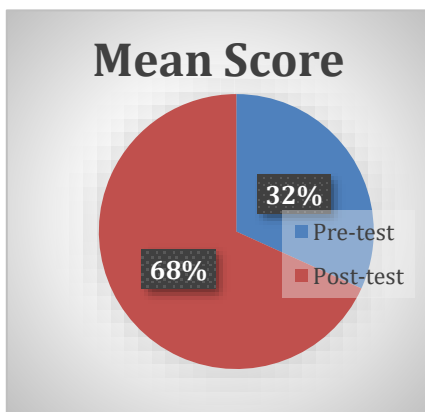
effectiveness of this module in improving knowledge and relieving constipation among pregnant women

METHODOLOGY :

A pre-experimental one group pre-test post-test design was adopted. A purposive sample of 50 pregnant women was selected. Data were collected using a structured questionnaire and observation checklist. Participants received a video-assisted teaching module on specific acupressure points, followed by a post-test after seven days.

RESULTS AND DISCUSSION:

The study aimed to assess the effectiveness of a video-assisted teaching module on acupressure points to relieve constipation among pregnant women in selected urban areas of Bhopal, Madhya Pradesh. A total of 50 participants were included in Demographic Profile **Age:** 44% of participants were aged 18–25 years, 36% were 26–33 years, 14% were 34–40 years, and 6% were above 45 years. **Parity:** 70% were primigravida. **Family Type:** 42% belonged to nuclear families, 30% joint, and 28% extended. **Education:** 70% had primary-level education. **Monthly Family Income:** 72% earned Rs. 10,001–20,000.



A paired t-test showed a highly significant difference between pre- and post-test knowledge and practice scores ($p < 0.001$), confirming the effectiveness of the module.

The findings of the study strongly support the hypothesis that video-assisted teaching on acupressure points is an effective method to manage constipation during pregnancy. The statistically significant improvement in

knowledge and practice scores after the intervention highlights the impact of visual and demonstrative learning methods, especially among women with limited education.

The results are consistent with previous research, which suggests that acupressure is a safe, non-pharmacological intervention that enhances gastrointestinal motility and improves bowel habits. The progressive day-wise improvement further indicates that regular application of acupressure leads to tangible health benefits.

This intervention was particularly successful among low-income and low-literacy groups, emphasizing its value as a community-based maternal health strategy. Additionally, the use of video as a medium proved engaging and easy to understand, even for those with minimal educational background.

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