

## Perceived Effect of Physical Exercise on Healthy Well-Being of Pregnant Women in Imo State

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**Abstract :** This study aimed at investigating perceived effect of physical exercise on healthy well-being of pregnant mothers in Imo state. The study was guided by three research questions and three null hypotheses tested at 0.05 level of significance. The study was a quasi-experimental non-equivalent control group design involving pre and post tests. A sample of 92 pregnant women drawn from a total population of 922 registered pregnant women in ten randomly selected health centers in Imo State through multistage sampling technique was used. A 41 item structured instrument titled Physical Exercise Pregnancy Test (PEPT) was used for the study. The PEPT was validated by three experts from measurement and evaluation, educational psychology and health education. Crombach Alpha method was used to determine the reliability of Physical Exercise Pregnancy Test (PEPT) and reliability index of 0.82 was obtained. Mean and standard deviation were used to answer the research questions; while Analysis of Covariance (ANCOVA) was used in analyzing the hypotheses. Findings of the study revealed that physical exercise affects physical, social and emotional wellbeing scores of pregnant women. The study also indicated that intervention using physical exercise significantly enhanced healthy well-being scores of pregnant mothers who were exposed to physical exercise than those who received conventional health talks; Location has no significant interaction effect on the mean well-being scores of pregnant women via PEPT. Among recommendations made were that pregnant women should participate in physical exercise.

**Keywords :** educational psychology, Imo state, Physical exercise, pregnant women

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