



KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING PRECONCEPTION CARE AMONG ANTENATAL MOTHERS

Obstetrics & Gynaecology

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ABSTRACT

The study is aimed to assess the knowledge, attitude and practice regarding preconception care among antenatal mothers attending antenatal clinic of selected Health centres in Kozhikode district. The study was based on revised health promotion model by Nola J Pender. A non-experimental descriptive survey design was used and purposive sampling technique was used to select sample of 120 antenatal mothers attending antenatal clinic of selected Health centres in Kozhikode. The tools used for data collection were semi structured interview schedule to assess the knowledge on preconception care, Likert scale used to assess the attitude towards preconception care and checklist used to assess the practices on preconception care among antenatal mothers. The data were analysed by using descriptive and inferential statistics. The present study concluded that participants had poor knowledge, poor practice and favourable attitude regarding preconception care. This necessitates the importance of health education regarding preconception care. The information booklet is prepared by investigator is distributed to all participants to improve the knowledge regarding preconception care.

KEYWORDS

Knowledge, Attitude, Practice, Preconception care, Antenatal mother

INTRODUCTION

Pregnancy and childbirth represent profoundly significant and cherished experiences in a woman's journey. Preconception care plays a crucial role in improving health outcomes for women, newborns, and children. Preconception care has emerged as a potential intervention to improve the health outcomes of women and their offspring. The health of women during the preconception period has significant implications for both pregnancy outcomes and the long-term health of both the mother and her children. Preconception care aims to address modifiable risk factors prior to pregnancy in order to maximize positive outcomes during pregnancy, as well as improve the health of the mother and her children in the long run. Preconception care offers a valuable opportunity to prioritize the well-being of both partners, identifying potential risks and implementing measures to mitigate them effectively. Barriers to the effective implementation of preconception care include factors such as limited awareness among potential parents, insufficient integration into routine healthcare, and disparities in access to services. Addressing these challenges and identifying strategies to improve the delivery and utilization of preconception care are essential for advancing maternal and child health outcomes.

Objectives

- Assess the knowledge regarding preconception care among antenatal mothers.
- Assess the attitude towards preconception care among antenatal mothers.
- Assess the practice on preconception care among antenatal mothers.
- Find out the correlation between knowledge, attitude and practice regarding preconception care among antenatal mothers
- Find out the association between knowledge regarding preconception care and selected variables among antenatal mothers.
- Find out the association between attitude towards preconception care and selected variables among antenatal mothers.
- Find out the association between practice on preconception care and selected variables among antenatal mothers

Hypothesis

- **H₁:** There is a significant correlation between knowledge regarding preconception care and attitude towards preconception care among antenatal mothers
- **H₂:** There is a significant correlation between knowledge regarding preconception care and practice on preconception care among antenatal mothers
- **H₃:** There is a significant correlation between attitude towards preconception care and practice on preconception care among antenatal mothers
- **H₄:** There is a significant association between the knowledge regarding preconception care and selected variables among

antenatal mothers.

- **H₅:** There is a significant association between the attitude towards preconception care and selected variables among antenatal mothers.
- **H₆:** There is a significant association between the practice on preconception care and selected variables among antenatal mothers.

Conceptual Framework

This study is based on the concepts of Revised Health Promotion Model by Nola J Pender (2006).

Methodology

A quantitative research approach was used for the study and it is considered appropriate for the present study. The research design adopted for the present study was non experimental descriptive survey design. The sample of this study comprised of 120 antenatal mothers attending antenatal clinic of selected Health centres in Kozhikode district.

Tool And Technique

Tool 1:

- Tool 1- Semi-structured interview schedule for assessment of socio personal variables, clinical variables and knowledge regarding preconception care among antenatal mothers

It consists of 3 sections that is section A and B.

Section A: Socio-personal variables.

Section B: Clinical variables

Section C: knowledge regarding preconception care among antenatal mothers

Tool 2:

Likert scale on attitude towards preconception care among antenatal mothers

It is a 5-point Likert scale with a rating such as strongly disagree, disagree, uncertain, agree, strongly agree.

Tool-3-Check list on practices on preconception care among antenatal mothers Technique

Self-Reporting

Data Analysis

The collected data would be organized, tabulated and subjected to statistical analysis with help of SPSS 18. The following methods of descriptive and inferential statistical analysis were planned with the help of experts.

RESULTS

Sample Characteristics

120 antenatal mothers attending antenatal clinic of selected Health centres in Kozhikode district. The present study showed that 34.2% of participants belonged to the age group of 23-27 years. Among the participants 75 % of participants were homemakers, 58.3% of participants belonged to nuclear family ,45% had degree and above education and regarding the socioeconomic status 59.2% of participants belongs to BPL category.

Clinical Variables Of Participants

Among participants 30.8% of participants were second gravida, around 36.7% of participants are zero parity and 4.2% of participants had history of 3 abortions. Among the participants 34.1% had history of complications in previous pregnancy, 30% of participants had the history of diseases prior to pregnancy, 44.2% of participants had co morbidities in current pregnancy and 67.5% of participants has no previous information on preconception care.

Knowledge Regarding Preconception Care Among Participants

Out of 120 participants 70% of participants had poor knowledge, 10.8 % of the participants had good knowledge and 19.2% of the participants had average knowledge regarding preconception. The mean knowledge score of the participants was 30.78 with standard deviation of +13.79

Attitude Towards Preconception Care Among Participants

Among participants 91.7% had favourable attitude, 8.3 % had neutral attitude and no one had unfavourable attitude towards preconception care. The mean attitude score of the participants was 28.72 with standard deviation of +5.88

Practice On Preconception Care Among Participants

Among 120 participants 21.7% of participants had good practice on Preconception care, 78.3% of participants had poor practice on preconception care. The mean practice score of the participants was 3.14 and standard deviation is +3.65

Correlation Between Knowledge Regarding Preconception Care And Attitude Towards Preconception Care

Significant positive correlation was found between knowledge regarding preconception care and attitude towards preconception care among antenatal mothers at 0.01 level

Correlation Between Knowledge Regarding Preconception Care And Practice On Preconception Care Among Participants

Significant positive correlation found between knowledge regarding preconception care and practice on preconception care among antenatal mothers at 0.01 level

Correlation Between Attitude Towards Preconception Care And Practice On Preconception Care

Significant positive correlation found between attitude towards preconception care and practice on preconception care among antenatal mothers at 0.01 level

Association Between Knowledge Regarding Preconception Care And Selected Variables

H₀₄: There is no significant association between knowledge regarding preconception care and selected variables among antenatal mothers.

Table 1 (n=120)

Selected Variables	χ^2	df	p
Age in years	12.37	8	0.13
Educational status	28.35	6	0.00**
Occupation	27.53	4	0.00**
Socioeconomic status	8.75	2	0.01 ⁺
Type of family	1.69	2	0.43
Gravidity	13.90	8	0.08
Parity	5.02	6	0.54
Number of abortions	14.10	6	0.02 ⁺
History of complication during previous pregnancy	12.15	2	0.43
History of disease prior to pregnancy	11.95	2	0.03 ⁺
Co morbidities present in current pregnancy	10.77	2	0.04 ⁺

*** Significance at <0.001

** Significance at <0.05

A significant association found between knowledge on preconception care among antenatal mothers and selected variables like educational status, occupation, socioeconomic status, number of abortions, history of diseases prior to pregnancy, co morbidities present in current pregnancy at 0.05 level of significance.

Association Between Attitude Towards Preconception Care And Selected Variables

H₀₅: There is no significant association between the attitude towards preconception care among antenatal mothers and selected variables

Table 2 (n=120)

Selected Variables	χ^2	df	p
Age in years	3.80	4	0.43
Educational status	2.42	3	0.48
Occupation	5.81	2	0.05
Socioeconomic status	0.03	1	0.95
Type of family	0.31	1	0.57
Gravidity	5.52	4	0.23
Parity	1.24	3	0.74
Number of abortions	1.55	3	0.67
History of complication during previous pregnancy	8.14	6	0.22
Co morbidities present in current pregnancy	0.07	1	0.78
Previous knowledge on preconception care	5.25	1	0.02 ⁺

*** Significance At <0.001

** Significance At <0.05

A significant association found between attitude on preconception care among antenatal mothers and selected variables like previous knowledge on preconception care at 0.05 level of significance.

Association Between Practice On Preconception Care And Selected Variables

H₀₆: There is no significant association between the practice on preconception care and selected variables among antenatal mothers

Table 3 (n=120)

Selected Variables	χ^2	df	p
Age in years	9.41	4	0.05
Educational status	14	3	0.03 ⁺
Occupation	27.75	2	0.00**
Socioeconomic status	3.90	1	0.04**
Type of family	0.06	1	0.94
Gravidity	2.51	4	0.64
Parity	5.94	3	0.11
Number of abortions	5.71	3	0.12
History of complication during previous pregnancy	12.72	2	0.04 ⁺
History of disease prior to pregnancy	15.10	2	0.17
Co morbidities present in current pregnancy	6.06	1	0.01 ⁺
Previous knowledge on preconception care	61.30	1	0.00**

*** Significance At <0.001

** Significance At <0.05

A significant association was found between practice on preconception care among antenatal mothers and selected variables like educational status, occupation, socioeconomic status, history of complication during previous pregnancy, co morbidities present in current pregnancy, previous knowledge on preconception care at 0.05 level of significance.

DISCUSSION

The present study revealed that 70% of participants have poor knowledge regarding preconception care 19.2% of participants have average knowledge and only 10.8 % of the participants had good knowledge regarding preconception care.

The findings of the study is consistent with the result of a study which was conducted to assess the level of knowledge and practice regarding preconception care among antenatal mothers attending the out-patient department of Bharatpur hospital, which found that more than half of the respondents (51%), had inadequate level of knowledge as followed by those having moderate level of knowledge (42%) and adequate knowledge (7%).⁵

The findings of this study is not consistent with the result of study conducted to assess the level of knowledge, attitude and practice of prenatal care among women in Rafsanjan, which revealed that there is a high awareness level (70.9) of prenatal care among women.⁶

CONCLUSION

The present study revealed that the poor knowledge, poor practice and favourable attitude regarding preconception care. This study highlights the lack of knowledge about preconception care among antenatal mothers. The study results suggest that, in community level nurses can organize awareness programs for eligible couples and adolescents regarding preconception care. Nurses should focus on strengthening awareness on preconception care in general population through provision of health education and awareness campaign in the community.

Acknowledgements

The authors would like to express their sincere gratitude to all the participants for their contributions in the study.

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