

ORIGINAL RESEARCH

Assessment of knowledge, attitude and practices for antenatal care, and family planning among pregnant women

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ABSTRACT

Background: Pregnancy is accepted as a normal aspect of a woman's life. The present study was conducted to assess knowledge, attitude and practices for antenatal care, and family planning among pregnant women. **Materials & Methods:** The study was conducted between December 2022 to May 2023 at GMC Jammu, J&K. Institution ethical clearance (IEC/GMC/2022/1248) has been taken before the commencement of study. 120 pregnant women attending antenatal clinics (ANCs) were studied. A predesigned, pretested questionnaire was used to assess the knowledge attitude and practice for antenatal care, danger sign during pregnancy and method of adopting family planning method after marriage and present pregnancy. **Results:** Age group <20 years had 35, 20-25 years had 50 and >25 years had 35 subjects. Regarding minimum five antenatal check-ups throughout pregnancy correct response was given by 84% and incorrect by 16%, urine and blood test before pregnancy by 90% and 10%, doses of injection TT should be given to pregnant mother by 73% and 27%, intake of non- prescription medicines by 89% and 11%, iron and folic acid tablets given to pregnant women by 85% and 15% and contraceptive methods by 92% and 8% respectively. The difference was significant ($P < 0.05$). Regarding blood pressure should be checked regularly, those were agree, disagree and can't say were 90%, 6% and 4% respectively, change dietary habit as advised by doctor were 90%, 8% and 2%, hospital delivery is better than home delivery by 86%, 21% and 3%, supplementation of iron and folic acid are good for the mother and foetus by 89%, 0% and 11%, necessary to know about which family planning method to adopt after marriage by 85%, 11% and 6% and screening of blood for infections should be carried out during antenatal check-up by 72%, 18% and 10% respectively. The difference was significant ($P < 0.05$). **Conclusion:** The knowledge and attitude of the participants towards antenatal care, and adopting family planning methods was adequate.

Key words: Pregnancy, family planning, antenatal check-ups

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INTRODUCTION

Pregnancy is accepted as a normal aspect of a woman's life. Still, about 40% of pregnancies are considered high risk, meaning that there is a chance of negative outcomes for both the mother and the fetus.¹ The risk approach, also referred to as screening for high-risk illnesses during pregnancy, is an essential managerial tool that forms part of prenatal primary health care. In order to prevent obstetric difficulties, this risk method entails early diagnosis of high-risk pregnancies. The risk method also involves early detection of "danger signs" such as vaginal bleeding, premature membrane rupture, convulsions, leg swelling, pregnant headaches, decreased fetal movement, and fever.²

ANC is the care given to pregnant women so that they have safe pregnancy and healthy babies. The main objective of ANC is to assure that every pregnancy ends in the delivery of a healthy baby without harming the health of the mother.³ Antenatal care service is an important goal concerning in the health status of the pregnant women during their reproductive period and its health beneficial accounting for nearly one quarter of all pregnant worldwide. The three main elements that contribute to achieving family planning are knowledge, attitude, and practices and the disproportion between any of these elements affect family planning outcome.⁴ Barriers that limit access to quality maternal health services must be identified and addressed at all levels of the health system to improve the maternal health.⁵

The present study was conducted to assess knowledge, attitude and practices for antenatal care, and family planning among pregnant women.

MATERIALS & METHODS

The study was conducted between December 2022 to May 2023 at GMC Jammu, J&K. Institution ethical clearance (IEC/ GMC/2022/1248) has been taken before the commencement of study. The present study consisted of 120 pregnant women attending antenatal

clinics (ANCs). All gave their written consent to participate in the study.

Data such as name, age, etc. was recorded. A thorough physical examination was carried out. A predesigned, pretested questionnaire was used to assess the knowledge attitude and practice for antenatal care, danger sign during pregnancy and method of adopting family planning method after marriage and present pregnancy. Data thus obtained were subjected to statistical analysis. P value < 0.05 was considered significant.

RESULTS

Table I Baseline characteristics

Parameters	Variables	Number	P value
Age group (years)	<20	35	0.87
	20-25	50	
	>25	35	
Occupation	Housewife	65	0.91
	Others	55	

Table I shows that age group <20 years had 35, 20-25 years had 50 and >25 years had 35 subjects. The difference was non- significant (P> 0.05).

Table II Knowledge about antenatal care

Knowledge	Correct	Incorrect	P value
minimum five antenatal check-ups throughout pregnancy	84%	16%	0.01
urine and blood test before pregnancy	90%	10%	0.01
doses of injection TT should be given to pregnant mother	73%	27%	0.03
intake of non- prescription medicines	89%	11%	0.04
iron and folic acid tablets given to pregnant women	85%	15%	0.05
contraceptive methods	92%	8%	0.01

Table II shows that regarding minimum five antenatal check-ups throughout pregnancy correct response was given by 84% and incorrect by 16%, urine and blood test before pregnancy by 90% and 10%, doses of injection TT should be given to pregnant mother by

73% and 27%, intake of non- prescription medicines by 89% and 11%, iron and folic acid tablets given to pregnant women by 85% and 15% and contraceptive methods by 92% and 8% respectively. The difference was significant (P< 0.05).

Table III Attitude about antenatal care

Attitude	Agree	Disagree	Can't say	P value
Blood pressure should be checked regularly	90%	6%	4%	0.01
change dietary habit as advised by doctor	90%	8%	2%	0.01
Hospital delivery is better than home delivery	86%	21%	3%	0.03
Supplementation of iron and folic acid are good for the mother and foetus	89%	0%	11%	0.04
Necessary to know about which family planning method to adopt after marriage	85%	11%	6%	0.05
Screening of blood for infections should be carried out during antenatal check-up	72%	18%	10%	0.01

Table III shows that regarding blood pressure should be checked regularly, those were agree, disagree and can't say were 90%, 6% and 4% respectively, change dietary habit as advised by doctor were 90%, 8% and 2%, hospital delivery is better than home delivery by 86%, 21% and 3%, supplementation of iron and folic acid are good for the mother and foetus by 89%,

0% and 11%, necessary to know about which family planning method to adopt after marriage by 85%, 11% and 6% and screening of blood for infections should be carried out during antenatal check-up by 72%, 18% and 10% respectively. The difference was significant (P< 0.05).

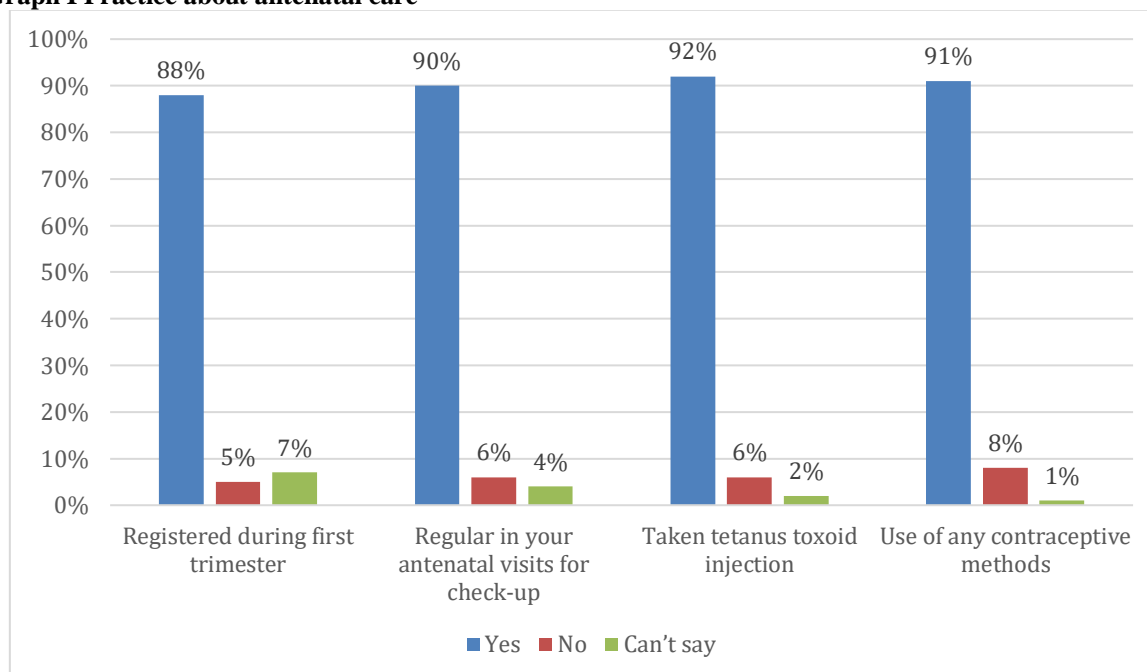
Table IV Practice about antenatal care

Practice	Yes	No	Can't say	P value
Registered during first trimester	88%	5%	7%	0.02
Regular in your antenatal visits for check-up	90%	6%	4%	0.04

Taken tetanus toxoid injection	92%	6%	2%	0.02
Use of any contraceptive methods	91%	8%	1%	0.03

Table IV, graph I shows that 88% were registered during first trimester, 5% not and 7% can't say. 90% were regular in your antenatal visits for check-up, 6% were not and 4% can't say. Tetanus toxoid injections were taken by 92%, 6% not and 2% can't say. 91% used any contraceptive methods, 8% not and 1% can't say.

Graph I Practice about antenatal care



DISCUSSION

Understanding knowledge and practices of the community regarding care during pregnancy and delivery are required for the program implementation. Danger signs of pregnancies are a warning signs that women encounter during pregnancy, child birth and postpartum.⁶ Awareness of the danger signs of obstetric complications is the essential first step in accepting appropriate and timely referral to obstetric and newborn care.⁷ Raising awareness of women on danger signs of pregnancy, childbirth and the postpartum period improve mother's attitude to seek medical care and is crucial for safe motherhood.^{8,9}

We found that age group <20 years had 35, 20-25 years had 50 and >25 years had 35 subjects. Regarding minimum five antenatal check-ups throughout pregnancy correct response was given by 84% and incorrect by 16%, urine and blood test before pregnancy by 90% and 10%, doses of injection TT should be given to pregnant mother by 73% and 27%, intake of non-prescription medicines by 89% and 11%, iron, and folic acid tablets given to pregnant women by 85% and 15% and contraceptive methods by 92% and 8% respectively. Haleema et al¹⁰ in their study a total of 170 pregnant women were included. The mean age of the study participants was found to be 26.40 ± 4.14 years. Nearly 67.10% were aware of bleeding per vagina being a danger sign, 50.0% stated excessive vomiting as a danger sign, 23.50% knew that blurring of vision was a danger, while a mere

20.0% reported that convulsions were a danger sign. Overall, adequate knowledge (total knowledge score of 5 and above) was observed in 54.70% of the participants.

We observed that regarding blood pressure should be checked regularly, those agreed, disagreed, and can't say were 90%, 6%, and 4% respectively, changing dietary habits as advised by the doctor were 90%, 8%, and 2%, hospital delivery is better than home delivery by 86%, 21%, and 3%, supplementation of iron and folic acid are good for the mother and fetus by 89%, 0%, and 11%, necessary to know about which family planning method to adopt after marriage by 85%, 11%, and 6% and screening of blood for infections should be carried out during antenatal check-up by 72%, 18%, and 10% respectively. John et al¹¹ in their study found that the knowledge and attitude of the participants towards antenatal care, danger signs of pregnancy and adopting family planning methods was adequate in the study population. The total score of knowledge was 80%, positive attitude was 91% and practice was 77%. The participants also had knowledge regarding pregnancy danger signs. Nearly 92% were aware of bleeding per vagina being a danger sign, 85% stated weak or no movement of baby as a danger sign, 75% knew that pain in abdomen was a danger, 68% knew excessive vomiting as a danger sign while a mere 41% reported that convulsions were a danger sign.

Patel et al¹² aimed to determine the level of knowledge, attitude, and practice on ANC among pregnant women. The study reveals that about 58% women had adequate knowledge regarding ANC. It was found that almost all the variables such as age, education, occupation, parity, type of family, and socioeconomic status (SES) had a significant association with awareness about ANC. 100% women were having a positive attitude toward ANC. Around 70%, women were practicing adequately, and variables such as education and SES had a significant association with practices about ANC.

The limitation of the study is the small sample size.

CONCLUSION

Authors found that the knowledge and attitude of the participants towards antenatal care, and adopting family planning methods was adequate.

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