
Knowledge Of Pregnant Women About The Benefits Of Pregnancy Books In Ottawa

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Abstract

This study was conducted using quantitative study approach with cross sectional design and the data collected is primary data obtained by distributing questionnaires. The study was conducted on pregnant women who checked their pregnancy at canal Hospital in Canada. Based on the results of research conducted that the utilization of pregnant women's books as much as 74.4% who utilize pregnant books, while 25.6% who do not utilize pregnant books, variables related to utilization is variable family encouragement and availability of time and the most dominant is family encouragement (OR=2.659). Suggestions from the authors need to strengthen maternal and child health programs by continuously evaluating the performance of health workers in socializing the importance of pregnant books for pregnant women.

Keywords: *Utilization of pregnant books by pregnant women*

INTRODUCTION

The first pregnant book was distributed by the Ministry of Health and welfare of Japan in 1974. Japan, which has been using it for more than 50 years, proves that pregnant books can improve the state of health of mothers and children in the country. Currently pregnant Book program has been introduced more than 20 countries both developing and developed countries. Thailand published this book starting in 1985 and since that year also pregnant books have become a major feature of the Ministry of pregnant women. This book also plays an important role in promoting the health of pregnant women and the health of children .

A study in Bangladesh shows that pregnant books can change the behavior of mothers during pregnancy and childcare, this is seen from 95.2% of mothers who use pregnant books have received immunization during pregnancy while only 53.3% of mothers without pregnant books who receive immunization. The use of pregnant books by pregnant women is a behavior that consists of reading, carrying, keeping and asking health workers (Moh, 2009). According to Green (1980) behavior is determined by 3 factors, namely predisposing factors (knowledge, attitudes, beliefs, beliefs, etc.), reinforcing factors (attitudes, and behavior of health workers or other officers who are reference groups of community behavior), enabling factors (in the form of facilities or facilities and health infrastructure). Nasril (2000) in his research on factors related to the compliance of pregnant women carrying pregnant books in the working area found a relationship between the encouragement of health workers, family encouragement, knowledge of pregnant women about the use of pregnant books, childbirth experience with complications, pain experiences and perceptions of pregnant women about the appearance of pregnant books with compliance of pregnant women in carrying pregnant books and the most dominant related factor is the encouragement of health workers.

Pregnant book is an instrument of recording as well as counseling (education) for the mother and her family. The pregnant book contains information and counseling materials about maternal and Child Health including nutrition, which can help families, especially mothers in maintaining their health since pregnant women until their children are 5 years old (toddlers).

All pregnant women are expected to wear a pregnant book and this book is then used from the moment the child is born until the age of 5 years. Every time a child comes to a health facility, be it to a midwife, health center, practicing doctor, clinic or hospital, for weighing, treatment, control, or immunization, the pregnant book must be brought so that all information about the child's health is recorded in the pregnant book.

Some factors that cause mothers not to use pregnant books optimally, namely the first cause is knowledge, low knowledge of the mother about the use of pregnant books, so that mothers do not utilize pregnant books optimally. The second cause is education, low education can affect pregnant women in receiving the information provided so that mothers do not understand about the benefits of pregnant books.

RESEARCH METHODS

Research Design

This type of research is descriptive analytic that is to see a picture of each variable and see the relationship of the two variables, using a cross sectional approach (cross sectional design) an approach where data collection is carried out in the same time at one moment or a certain period and the observation of the subject of study is only done once during one research (Notoatmodjo s, 2002: 36).

Data collection techniques and tools

Sampling in this study using quota sampling method that is a method that uses a sample that has been calculated before, so that researchers take only at the time of the day only up to the limit of the number of respondents that have been determined. The sample in this study were pregnant women who checked their pregnancy at the District Health Center. Pondok Gede and live in the working area of Pondok Gede Health Center. The type of data taken in this study is primary data that is data obtained directly from respondents at the time of interviews by researchers and the tools used in this study is to use questionnaires.

Data Analysis Techniques

Univariate Analysis

Univariate analysis is a data analysis conducted on each variable of the research results. Generally in this analysis only produces the distribution and percentage of each variable.

Bivariate Analysis

Bivariate data analysis is used to analyze the existence of the relationship between the dependent variable and the independent variable. Because the data of independent and dependent variables are categorical data, the statistical test used in data analysis is Chi square test (χ^2) and add ratio calculation (or with 95% confidence degree or $\alpha = 5\%$ (0.05). from the statistical test results will be obtained P and or values, for P values smaller or equal to 0.05 then the hypothesis can be accepted (null hypothesis rejected) and the value of OR=1 No feel/ Association, or <1 lowers risk and or >1 increases risk. Each variable is tested by comparing the frequency that occurs (observation) and the frequency of expectation (expectation).

RESULTS AND DISCUSSION

Overview Of Respondent Characteristics

Table 1. Frequency Distribution

No	Variabel	Frekuensi (n)	Presentase (%)
1	Read Pregnant books		
	• Reading	134	74.4
	• Not reading	46	25.6
2	Knowledge		
	• High	86	47.8
	• Low	94	52.2
3	Pregnancy checkup		
	• Yes	113	62.8
	• Not	67	37.2
4	Education		
	• High	131	72.8
	• Low	49	27.2
5	Jobs		
	• Work	22	12.2
	• Not working	158	87.8
6	Family Support		
	• There	109	60.6
	• There are no	71	39.4

Bivariate analysis results.

Table 2 Results Of Bivariate Analysis

No	Independent Variable	Respondents Read Books		OR (CI 95%)	p Value
		Reading	Not Read		
1	Education				
	• High	95	36	0.677 (0.306-1.496)	0.438
	• Low	39	10		
2	Jobs				
	• Work	15	7	0.702 (0.267-1.848)	0.647
	• Not working	119	39		
3	Family Support				
	• There	90	19	2.907 (1.460-5.788)	0.003
	• There are no	44	27		

No	Independent Variable	Knowledge		OR (CI 95%)	p Value
		Height	Low		
1	Education • High • Low	58 28	73 21	0.596 (0.307-1.156)	0.170
2	Jobs • Work • Not working	8 78	14 80	0.586 (0.233-1.457)	0.360
3	Family Support • There • There are no	64 22	45 49	3.168 (1.685-5.955)	0.000
4	Reading books • Reading • Not reading	78 8	56 38	6.616 (2.687-15.266)	0.000

No	Independent Variable	Conduct check pregnant		OR (CI 95%)	p Value
		Yes	No		
1	Education • High • Low	81 32	50 17	0.861 (0.434-.709)	0.798
2	Jobs • Work • Not working	11 102	11 56	0.549 (0.224-1.346)	0.277
3	Family Support • There • There are no	65 48	44 23	0.708 (0.378-1.325)	0.356
4	Reading books • Reading • Not reading	87 26	47 20	1.424 (0.720-2.817)	0.401
5	Knowledge • High • Low	51 62	35 32	0.752 (0.410-1.378)	0.422

Utilization Of Pregnant Books

The results of this study found that respondents who read Pregnant books at Canal Hospital as much as 74.4%, while those who do not read Pregnant books as much as 25.6%, for bivariate results in getting a relationship between reading pregnant books and knowledge with a value of $p < 0.05$ means there is a significant relationship between reading pregnant books with the knowledge of respondents, while the relationship between reading with pregnant check behavior obtained results $p > 0.05$ then there is no significant relationship between reading with pregnant check behavior.

The respondents or pregnant women who checked themselves in the hospital have mostly been reading the pregnant book but they do not understand what they read in the pregnant book, such as research conducted by Hidayani (2012) it is known that of 125 respondents (70.4%) the lowest behavior for the use of pregnant books is the behavior of mothers to ask or discuss with, the lack of maternal behavior in asking health workers could be one of the reasons why there is no relationship between reading activities with the behavior of pregnant check mothers. They do not know how important the pregnant book that they carry with them every time they check up, they only know the book as a record of their pregnancy

checkup that they consider not very important to read because they have been given information about her pregnancy by the health worker in question, so reading activities have nothing to do with the behavior of pregnant check because without reading they will do a pregnancy check because according to them pregnant check is mandatory for all pregnant women but reading a pregnant book for them is an activity that is not mandatory for every pregnant woman. The need for motivation from health workers or midwives concerned in reminding every pregnant woman to read and ask the officer about the contents of the pregnant book, because the contents of the pregnant book is very important in the know either by pregnant women or mothers who after giving birth.

Pregnant book is very important for health workers and pregnant women themselves because the pregnant book is one tool of communication between patients with health workers or midwives and between midwives with other health workers, therefore as a health worker should be able to emphasize to the patient that is pregnant women to continue to carry and read the pregnant book.

Knowledge of the contents of the book pregnant

low knowledge about the content of pregnant books as much as 52.2% while respondents who have high knowledge about the content of pregnant books in canal Hospital as much as 47.8%, for bivariate results that P value > 0.05 then there is no significant relationship between knowledge and behavior of pregnancy examination.

In this study did not succeed in proving that there is a meaningful relationship between knowledge and behavior check pregnant, as the two theories above mention that knowledge is very important in behavior change but high knowledge is not necessarily able to change someone's behavior to be positive, because the change in behavior is based on the awareness of one's own self, therefore.

Education

In this study the results obtained that respondents with high education as much as 72.8%, while respondents with low education as much as 27.2%, for bivariate results the relationship between education and reading books pregnant in get a value $p > 0.05$ and no significant relationship, while the relationship between education with knowledge respondents value $p > 0.05$ and no significant relationship and the relationship between education.

there is no significant relationship between education and the use of KIA books. This is contrary to The Theory of Nursalam that the higher the level of education of a person, the easier it is to determine the information, the more knowledge so that the more knowledge is possessed.

Jobs

This study obtained the results that respondents who do not work as much as 87.8% , while those who work as much as 12.2% and bivariate results of the relationship between work with reading books pregnant obtained value $p > 0.05$ and there is no significant relationship, the relationship between work with knowledge obtained value $p > 0.05$ and the relationship between work with pregnant check.

From the results of the study, the same results showed that there was no significant relationship between work and the use of pregnant books, this is contrary to the theory that mothers who work in the formal sector have better access to various information, including health.

Family encouragement

In this study the results obtained that the family encouragement respondents to read Pregnant books as much as 60.6%, while respondents who no family encouragement as much as 39.4%, bivariate results that link between family encouragement to read Pregnant books obtained p value < 0.05 so that it is said there is a meaningful relationship with OR 2.907, while the

relationship between family encouragement with knowledge in Get p value < 0.05 means there is a meaningful relationship between family encouragement with knowledge and the relationship between family encouragement with behavior check pregnant in Get p value > 0.05 then there is no significant relationship.

On this research from the side of the encouragement of parents and husbands. this may be due to the residence of parents or in-laws who are far away or have not lived in one roof so that the encouragement of family members may not have an impact on the behavior of the mother using pregnant books may also have an impact on the behavior of the respondent.

CONCLUSION

1. Based on the results of the study, the utilization of pregnant books consisting of reading activities pregnant books, who read Pregnant books as much as 74.4% who do not read 25.6%, respondents ' knowledge of the contents of the book KIA high knowledge as much as 47.8% and low as much as 52.2%, behavior check pregnant who do check pregnant as much as 62.8%.
2. Based on the results of the study, the variables that have a meaningful relationship with reading a pregnant book is a variable of family encouragement ($p < 0.05$). Variables that have a meaningful relationship with the respondents ' knowledge about the content of pregnant books are variable health worker encouragement ($p < 0.05$), family encouragement ($p < 0.05$), reading activities pregnant Books ($p < 0.05$). There is no single variable associated with the pregnant check Action.
3. The conclusion obtained from the study is there is no meaningful relationship between the activities of reading pregnant books with pregnant check behavior conducted by respondents in this study. So the researchers concluded that there is still a low understanding of pregnant women about the content of pregnant books.

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