International Journal of Advance Research in Community Health Nursing

E-ISSN: 2664-1666
P-ISSN: 2664-1658
www.communitynursing.net
IJARCHN 2025; 7(1): 99-101
Received: 09-01-2025
Accepted: 13-02-2025

Brinda D Nayak
M.Sc. Nursing Student, Shashikala Dhansukhlal Dadarwala College of Nursing, Raliyati, Dahod, Gujrat, India

Dr. Kailash L Lata
Guide & Principal, Shashikala Dhansukhlal Dadarwala College of Nursing, Raliyati, Dahod, Gujrat, India

Corresponding Author:
Brinda D Nayak
M.Sc. Nursing Student, Shashikala Dhansukhlal Dadarwala College of Nursing, Raliyati, Dahod, Gujrat, India

A study to assess the effectiveness of information booklet on knowledge and attitude regarding preconception care among women between 18-34 years of selected rural area of Dahod" Gujarat in the year 2023

Brinda D Nayak and Kailash L Lata

DOI: https://www.doi.org/10.33545/26641658.2025.v7.i1b.226

Abstract
This study aimed to assess the effectiveness of an information booklet on knowledge and attitude regarding preconception care among women aged 18-34 years in a selected rural area of Dahod, Gujarat. With India contributing significantly to maternal and child mortality rates, particularly in rural regions, this research addresses the lack of awareness around preconception care, which is crucial for improving maternal and child health. The study utilized a quasi-experimental design with an experimental and control group, each comprising 30 women. The experimental group received an information booklet on preconception care, while the control group did not. Knowledge and attitude were measured using a structured questionnaire and a modified 5-point Likert scale at pre-test and post-test stages. Results indicated a significant improvement in the experimental group's knowledge and attitude after the intervention, with a p-value < 0.001, while the control group showed no significant change. The study suggests that providing women with targeted educational resources can enhance their understanding of preconception care, thereby contributing to better maternal health outcomes. This highlights the importance of implementing such programs in rural areas to reduce maternal and child mortality rates in India.

Keywords: Preconception care, rural women, knowledge, attitude, information booklet, maternal health

Introduction
India has the second-highest number of under-five deaths in any country in the world. WHO and the Government of India recommended the rollout of pre-conception care to reduce maternal and child mortality. However, very few countries, including India have started a comprehensive package of pre-conception services. It implies that women, mainly from rural and tribal areas, are unaware of preconception care. According to statistics, every minute in the world, 380 women become pregnant 190 face unplanned or unwanted pregnancy; 110 experience a pregnancy-related complication; 40 have an unsafe abortion; and one woman dies from a pregnancy-related cause. Hardly 20% of mothers receive all the required components of prenatal care. India with its one billion people contributes to about 6.2% of all maternal deaths in the world. To understand the Maternal Mortality situation in the country better and to map the changes, especially at the regional level, the government has categorised states into three groups: empowered action group (EAG), southern states, and other states. Even though infant 3.89& mortality has declined in India maternal mortality has remained high at about 103 per 100,0000 live births.

Need of the study
The major component of the Health & Family Welfare Program is related to the Health problems of women and children, as they are more vulnerable to ill health and diseases. Since women folk constitute more than 48.5% of the population, it is essential to the health

status of women so that the causes of ill health are identified, discussed and misconceptions removed. Ill health of women is mainly due to poor nutrition due to gender discrimination, low age at marriage, risk factors during pregnancy, unsafe, unplanned and multiple deliveries, limited access to family planning methods and unsafe abortion services.

The main reasons are existing a "culture of science" surrounding these diseases, due to the associated stigma and taboos as well as the widespread belief that symptoms of pain and discomfort are a natural part of a woman's lifecycle and pre-conception health practices.

Objective

1. To assess the effectiveness of the information booklet in preconception care among women.
2. To assess the knowledge and attitude regarding preconception care among women in experimental and control groups.
3. To correlate the post-test level of knowledge with attitude regarding preconception care among women in experimental and control groups.
4. To find the association between knowledge score with selected socio-demographic variables.

Hypothesis

H1: The mean post-test knowledge score of preconception care and administration of an information booklet regarding preconception care will be significantly higher than their mean pre-test knowledge score at
0.05 level significance.

H2: There will be a significant association between the pre-test knowledge score of preconception care among women and their selected demographic variables at 0.05 level of significance.

Methodology

A quasi-experimental - equivalent control group design was chosen to assess the level of knowledge and attitude conducted at selected rural area in Dahod district, 60 women who satisfied the inclusion criteria were selected as samples using a purposive sampling technique, Information Booklet was administered. The pre- and post-test knowledge and attitude level were assessed using a structured knowledge questionnaire and a modified 5-point Likert scale.

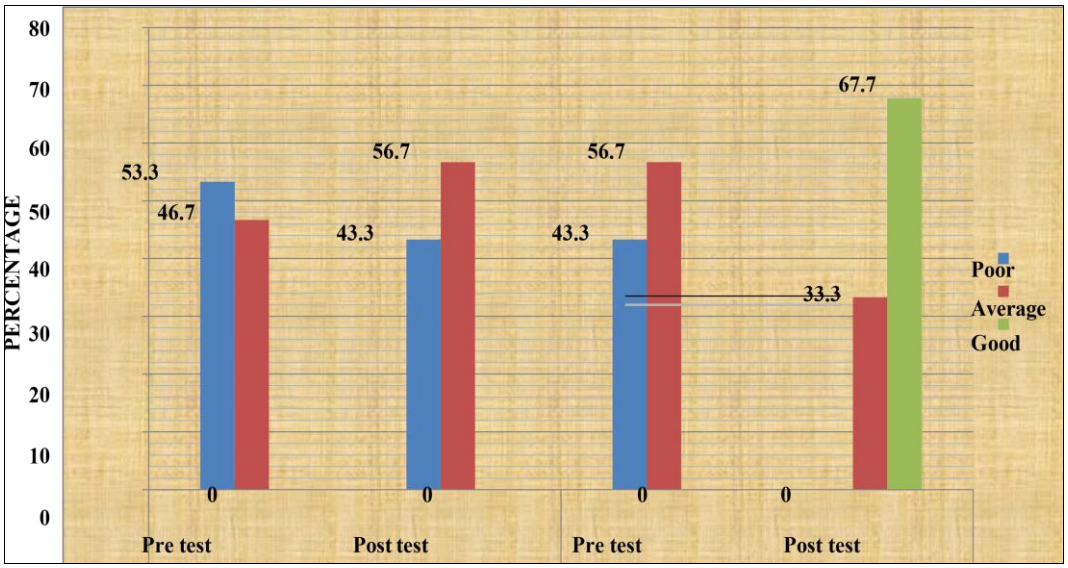
Data analysis and interpretation

Section-1

Table 1: Showing frequency percentages distribution of sociodemographic variables, N=6 0

SN	Demographic Variable	Experimental group n=30		Control group n=30	
		F	%	F	%
1	**AGE**				
	18-21	4	13.3	2	6.7
	22-25	8	26.7	9	30
	26-30	14	46.7	17	56.7
	31-34	4	13.3	2	6.7
2	**Education**				
	Illiterate Th	0	0	3	10
	10 Th	6	20	2	6.7
	12	11	36.7	13	43.3
	Graduate	13	43.3	12	40
3	**Religion**				
	Hindu	22	73.3	23	76.7
	Muslim	2	6.7	3	10
	Christian	6	20	4	13.3
	Other	0	0	0	0
4	**Type of Family**				
	Nuclear family	11	36.7	14	46.7
	Joint family	19	63.3	16	53.3
5	**Personal Habits**				
	Smoking	0	0	0	0
	Alcoholism	2	6.7	1	3.3
	Betal nuts chewing	4	13.3	7	23.3
	None	24	80	22	73.3
6	**Source of Information**				
	Peer group	7	23.3	4	13.3
	Mass media	6	20	12	40
	Health person	17	56.7	14	46.7
7	**Employment**				
	Yes	8	26.7	6	20
	No	22	73.3	24	80
8	**Income**				
	10000	6	20	5	16.7
	15000	13	43.3	16	53.3
	20000	7	23.3	6	20
	25000	4	13.3	3	10

Section -2



Graph 1: Presentation of level of knowledge in experimental and control groups

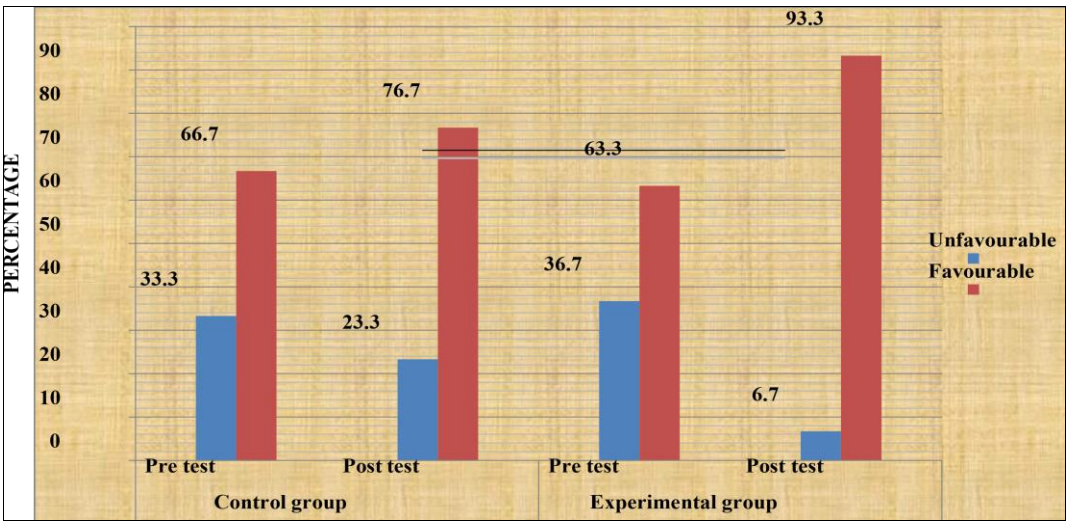


Fig 2: Frequency and Percentage wise distribution of the Samples based on level of attitude in experimental and control group

Section-3

Table 2: Showing Comparison between the pre-test and post-test attitude score

Attitude score	Group	Mean	SD	SE	Independent T-test	Df	P value
Pre-test	Experimental	36.93	6.80			29	
Post-test	Control group	46.86	6.42	0.790	12.563		<0.01Significant

Results

The mean pre-test score of the experimental group is 11.50±2.63. The mean post-test score of the experimental group was found to be 22.16±3.13. The calculated paired t value is 33.412 and the degree of freedom was 29. The p-value was <0.001, which is smaller than 0.05. This shows there is a significant difference in the pre-test and post-test Knowledge scores of the Experimental group. Hence, we accept research hypothesis H_1. The mean pre-test score of the control group is 11.23±2.76. The mean post-test score of the control group was found to be 11.56±2.64. The calculated paired t-test value is 1.624 and df is 29. The p-value was 0.115 which is greater than 0.05. This shows there is no significant difference in the pre-test and post-test Knowledge scores of the control group. The mean score of pre test control group is 37.9± 5.83. And the mean score of pre-test experimental group was found to be 36.93±6.80. The calculated independent t test score is 0.590 and degree of freedom is 58. The p value was 0.590 which is greater then 0.05. This shows there is no significant difference in the pre test attitude score of the control group and pre test attitude score of the experimental group. The mean pre test score of the experimental group is 36.93±6.80. And the mean post tests score of the experimental group was found to be 46.86±6.42. The calculated paired t value is 12.563 and degree of freedom was 29. The p-value was <0.001, which is smaller then 0.05. This shows there is significant difference in the pre-test and post-test attitude score of the

Experimental group.

Conclusion

After analysis and interpretation of data, we can conclude that there was a significant improvement in the knowledge and attitude through Information Booklet regarding preconception care among women.

Conflict of Interest

Not available

Financial Support

Not available

References

1. Pillitteri A. Maternal and child health nursing. Philadelphia: Lippincott Williams Publications; 2003.
2. Jacob A. Comprehensive textbook of midwifery. New Delhi: Jaypee Brothers Publication; 2005.
3. Bhargava VL. Textbook of gynaecology. New Delhi: ANE Books Private Ltd; 2009.
   Bobak IM. Essentials of maternity nursing. Washington: C.V. Mosby Company; 2000.
4. Gurumani N. An introduction to biostatistics. Chennai: MJP Publishers; 2005.
   Hacker NF, Moore JG, McGanity WJ. Essentials of obstetrics and gynaecology. New Delhi: Saunders Elsevier Publications; 2004.
5. Seshadri L. Essentials of gynaecology. New Delhi: Lippincott Williams and Wilkins Publications; 2011.
6. American Academy of Pediatrics, American College of Obstetricians and Gynecologists. Guidelines for perinatal care. 6th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2010.
7. Littleton LY, Mayes BC, McCranie J. Maternal, neonatal, and women's health nursing. New York: Delmar Publications; 2002.
8. Mahajan BK. Methods in biostatistics. 5th ed. New Delhi: Jaypee Brothers Publishers; 1991.
9. Modi MU. Textbook of obstetrics & gynecological nursing. 1st ed. Ahmedabad: Amrutam Publishers; 2020.
10. Menon K. Mudaliyar and Menon's clinical obstetrics and gynaecology. Madras: Orient Longman Publications; 2001.

How to Cite This Article

Nayak BD, Lata KL. A study to assess the effectiveness of information booklet on knowledge and attitude regarding preconception care among women between 18-34 years of selected rural area of Dahod" Gujarat in the year 2023. International Journal of Advance Research in Community Health Nursing. 2025;7(1):99-102.