

THE IMPLEMENTATION OF ANTENATAL CLASS TO IMPROVE MOTHER'S KNOWLEDGE OF PREGNANCY

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Abstract

The Government's efforts to accelerate the reduction of maternal and infant mortality rate were carried out with various efforts, one of which was through increasing knowledge and changing behavior of mothers and families. Programs held by the ministry of health to support the effort was antenatal class. Antenatal education program recommended for a pregnant woman and a spouse by the a health care professional in many parts of the world. The issue of health service for pregnant women in Indonesia which was already carried out during it is still a personal service in the required in accordance or on each visit pregnant women. The aim of this study to determine the effectiveness antenatal class in an effort to increase maternal knowledge about pregnancy care. The form of activities carried out was by forming antenatal class. The stages of this activity began with identifying pregnant women with questionnaires, forming classes for pregnant women, conducting pre-tests before meetings, delivering information about pregnancy care (in four meetings) and conducting post tests. Analysts of differences in knowledge of pre and post test mothers were carried out using the Paired T-Test. The initial identification, it was known that pregnant women had high enthusiasm (94.12%) to take antenatal class because mothers would get information about pregnancy and there were still 70% of pregnant women who had never antenatal class, so it was formed. After attending antenatal class from each meeting it was found that the average knowledge of mothers increased compared to before attending antenatal class. The results paired t-test it is recognized that significant differences knowledge pregnant women before and after attended antenatal class. Antenatal class is one of the effective activities to increase the knowledge of pregnant women because obtained information from sources, mothers could information sharing with others.

Keywords: antenatal class, knowledge, pregnancy

1. INTRODUCTION

The Government's efforts to accelerate the reduction of maternal and infant mortality rate were carried out with various efforts, one of which was through increasing knowledge and changing behavior of mothers and families. Programs held by the ministry of health to support the effort was antenatal class (1). Antenatal classes are a means to learn about health for pregnant women, in the form of face-to-face groups that aim to improve mothers' knowledge and skills regarding pregnancy, care for pregnancy, childbirth, postpartum care, newborn care, myths, infectious diseases and birth certificate(2).

Structured antenatal education programs for childbirth or parenthood, or both, are commonly recommended for pregnant women and their partners by healthcare professionals in many parts of the world (3). According to a research had attended antenatal class known to improve knowledge about pregnancy. It should be established and developed a pregnant women

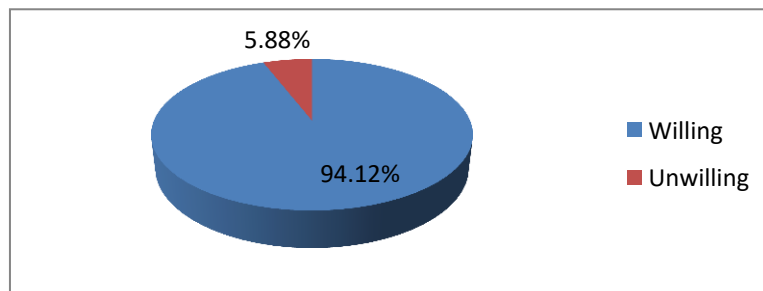
as any efforts to emphasize morbidity and mortality of mother and infant rate (4). The issue of health service for pregnant women in Indonesia which was already carried out during it is still a personal service in the required in accordance or on each visit pregnant women. The experiences of women participating in the antenatal group class reflect the importance of the prenatal health promotion done by the midwives. This study also implies the needs of pregnant women to receive more comprehensive antenatal education than what they normally obtain from standard care(5).

2. MATERIALS AND METHODS

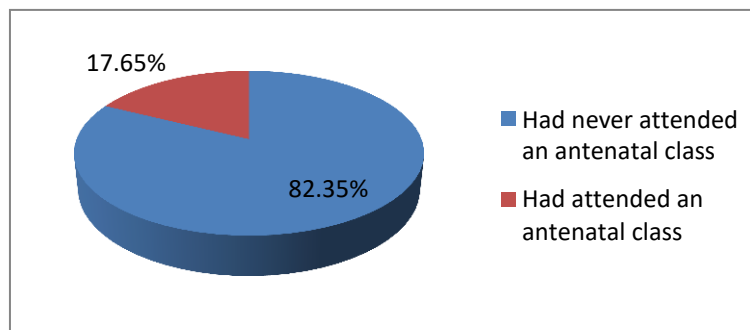
The form of activities carried out was by forming antenatal class. The stages of this activity began with identifying pregnant women with questionnaires, forming classes for pregnant women, conducting pre-tests before meetings, delivering information about pregnancy care (in four meetings) and conducting post tests. Analysts of differences in knowledge of pre and post test mothers were carried out using the Paired T-Test.

3. RESULTS AND DISCUSSIONS

The activity started with identification of pregnant women was done by distributing questionnaires about plans for class activities to pregnant women who examined their pregnancies in May. Of the 20 questionnaires given to pregnant women only 17 questionnaires (85%) were returned. From the results of the questionnaire the results are as shown in the following picture:



Picture 1.1
Mother's willingness to attend antenatal classes



Picture 1.2
Antenatal class experience

Based on the initial identification of the activity it was found 94.12% of pregnant women were willing to take antenatal classes. It is because mothers had high enthusiasm to take antenatal classes and mothers would get information about pregnancy. Pregnant women who are unwilling due to approaching childbirth and transportation problems. Whereas from the initial questionnaire it was found that there were still 82.35 % of pregnant women who had never attended antenatal classes.

Based on these results, the next step is to coordinate with PMB Istri Yuliani, so that an antenatal class is agreed upon which will be held in 4 meetings. The schedule for antenatal class activities is carried out according to the agreement with pregnant women. The number of participants who come in each class is 8-10 people. Meeting materials that have been given are danger signs of pregnancy, pregnancy inconvenience, recognizing healthy pregnancy and contraceptive methods. Before the discussion activities were given a pre-test, so after the material was finished the post test was given to determine the differences in maternal knowledge before and after the antenatal class.

Table 1 Pre and Post Test Analysis of Knowledge of Pregnant Women

Knowledge of Pregnant women	Pre test	Post test	P-Value
	Mean	Mean	
1st meeting	7.11	7.67	0.01
2nd meeting	6.13	8.13	0.03
3rd meeting	6.10	9.50	0.00
4th meeting	7.20	8.70	0.00

In the antenatal class the material is given according to the needs and agreement of pregnant women. the first meeting was given material regarding the danger signs of pregnancy. Knowledge of obstetric danger signs among pregnant women is of paramount importance in improving maternal, and fetal health outcomes. Majority of the study participants had adequate knowledge of danger signs in pregnancy (6). If the mother is able to recognize the danger signs that are experienced then immediate action can be taken before a condition that endangers the mother and fetus.

Discomfort during pregnancy also needs to be understood by pregnant women. Various types of complaints can arise during pregnancy, although each pregnancy will have a different reaction. As in research in Spain . The most frequent symptoms perceived by Spanish pregnant women were urinary frequency, poor sleep, increased vaginal discharge and tiredness (7). While the most complained of antenatal classes are nausea, dizziness, low back pain, urinary frequency and poor sleep.

Providing education and mother's knowledge about pregnancy care and contraceptive methods are also needed for pregnant women. The results indicate that extending women's years of schooling reduced the probability of several maternal health complications at last pregnancy/birth. Underlying these effects, increasing women's education is found to decrease the probability of short birth intervals and unwanted pregnancies (which may result in unsafe abortions) and to increase antenatal healthcare use, potentially owing to changes in women's cognitive skills, economic resources, and autonomy. These findings underscore the influential

role of education in reducing maternal morbidity and highlight the contributions of women's education to population health and health transitions (8).

After attending classes for pregnant women from each meeting it was found that the average knowledge of mothers increased compared to before attending antenatal classes. The results of the paired T-test revealed that there was a significant difference in the knowledge of pregnant women before and after attending an adult class. Antenatal classes are one of the activities and facilities for group learning about health for pregnant women in the form of face-to-face aimed at increasing maternal knowledge and skills regarding pregnancy, childbirth, postpartum care and newborn care (2). Prospective parents widely use education to gain information about labour and parenting skills. Antenatal education in small classes is more beneficial for parenting stress and parenting alliance compared with other types of antenatal education (9).

Efforts to provide counseling to pregnant women are still often carried out in the form of individual consultations or per case given by midwives or other health workers during antenatal examinations. So there are still weaknesses in these activities such as limited information only according to the complaints felt by the mother and the limited time of the officer to provide information individually. During the antenatal class, the mother will be given the opportunity to share information about each other regarding pregnancy care until newborn care and the facilitator will provide information according to the needs of the mother, so that the mother will be easier to remember any information given (2).

The more specific aims of the antenatal class include increasing knowledge such as antenatal and post natal depression, birth process, pain relief interventions during childbirth, breast care, pregnancy nutrition, recognizing danger signs, overcoming problems of pregnancy discomfort and increasing self-confidence for childbirth as well as being a parent. In addition, information provided on health promotion and risk reduction is an important goal of antenatal education. Met with others in the same situation and develop social network was another goal of antenatal classes (10).

In antenatal education classes with a small number of participants, it is possible to create an environment that allows parents to discuss feelings and concerns. In addition, this can increase their awareness of their own resources and provide them with problem-solving strategies that enhance important competencies to overcome births and become parents. (11).

4. CONCLUSION

Antenatal class is one of the effective activities to increase the knowledge of pregnant women because obtained information from sources, mothers could information sharing with others.

5. ACKNOWLEDGMENTS

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