

# The Effectiveness of Pregnant Mother Booklet on Knowledge and Attitudes

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**ABSTRACT:** The objectives of this research are to examine the effectiveness of giving training and booklet on maternity to the knowledge and attitude of the pregnant women. This research was conducted on 12 pregnant women proportional selected by sample size for two-sample comparison means in a health center located in Semarang, Central Java, Indonesia. The research concludes there is a positive and very significant relationship between giving training and booklet to the knowledge of pregnant women but unfortunately this is not followed with the implementation in attitude as the later proves no significant effect. Training and the provision of booklets for pregnant women can increase the knowledge up to 6.3%, but in the increase is only 2.5%. The research is conducted within a setting with the norm of conflict-avoiding behavior where yes does not always mean yes. Further researcher within this setting must pay attention to this phenomenon.

**KEYWORDS:** Booklet, Pregnant Women, Attitude, Knowledge

## I. INTRODUCTION

Various factors lead to a lack of knowledge and attitude of pregnant women that have an impact on the health status. The causative factor intervention is needed to improve knowledge and attitudes about the health of pregnant women. In Indonesia, Mother and Child Health Handbook known as *Buku Kesehatan Ibu dan Anak* (KIA) has been initiated since 1997 with the support of JICA (Japan International Cooperation Agency). The handbook contains a record of maternal health (pregnancy, childbirth and postpartum) and children (newborns, infants and toddlers). The handbook also contains information on how to maintain and care for maternal and child health. But the research [1] showed that 40.4% of pregnant women admitted to having the book but does not show the book, even 19.2% clearly do not have the book. With the increasing mother's formal education, it is time that mothers are given a booklet as a guide to prepare their children to be healthy child reaching potential development.

At the individual level, the role of KIA handbook is important because it contains all the records on maternal health interventions. The books have also included child development to support the potential development of children. KIA book functions as a monitoring tool for health workers or volunteers. KIA book yet functioning as a source of information for the purpose of mother's behavior changes as a bookkeeper. This study aims to develop a booklet for pregnant women and determine its effectiveness in improving the knowledge and attitudes.

## II. RESEARCH METHODOLOGY

The final product of this research is education booklet for pregnant women.

This study used pre- and post-test design one group only. This research was conducted at the Regional Health Center Bangetayu Semarang, considering that 59% of pregnant women' knowledge in this clinic are in the poor category.. The population is all pregnant women in the district health center of Genuk, Semarang. The research sample portion of the population was calculated using a sample size for two-sample comparison means [2]. Using a significance level  $\alpha = 5\%$ , then obtained a minimum sample size of 12 pregnant women.

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## III.RESULT AND DISCUSSION

The activity began with the establishment of partnership booklet drafting team consisting of health promoters, Nutrition Department polytechnic lecturer, lecturer of Psychology University of Diponegoro, Islamic scholars, and printing / graphics design.

Pretesting was done to assess *comprehension, attractiveness, acceptance, involvement, and inducement to action (CAAI)*. Through fasting house pretesting, input / feedback for booklet improvement was generated. Participants of this testing were lecturers of Health Polytechnic Semarang, Nutrition and KIA section heads of Semarang City Health Office, Health Center Bangetayu physician, nutrition officer of Bangetayu health centers and midwife of village health center Bangetayu.

Final draft back was revised to identify the deficiencies of final and printed booklets for the purpose of testing the effectiveness.

The material in maternal health booklet contains:

### Chapter I. PREGNANCY

- A. Why 1000 Day One Life Matters
- B. Signs of Pregnancy
- C. Pregnancy Arrival
- D. Pregnancy Preparation

### CHAPTER II. FETAL AND STIMULATING GROWTH NEEDED

- A. Fetal Development Phase
- B. How is Maternal Food
- C. Educating Fetal

Knowledge and Attitudes of pregnant women are affected by many factors, one of which is the provision of training and booklets for pregnant mother. The test results of this study that provides training and provision of books to 12 pregnant women are presented in Table 1.

Table 1:  
Distribution of Knowledge and Attitudes Pregnancy Before and after training and booklets

Group	n	Knowledge	Difference	p	Attitude	Difference	p
Before	12	84.7 ±4:46	5.3	0.01	6:38 86.8 ±	2.2	0.157
After	12	90.0 ±6:27			89.0 ±8:08		

The pregnant women's knowledge about the health prior to training and providing classified booklet is good amounting to 84.7. The knowledge score is increased of 5.3 after tested using dependent t-test with ( $p = 0.01 < 0.05$ ) Thus booklets training can significantly improve pregnant women's knowledge.

Table 1 also shows that the provision of training and booklet can improve attitude score of 2.2. The attitude score after tested using dependent t-test showed no significant difference ( $p = 0.157$ ). Thus booklets training and pregnant women cannot improve attitudes significantly.

Further, Table 1 shows that training and the provision of booklets for pregnant women can increase knowledge score of 5.3; from the previous of 84.7 into 90.0. The increase in effectiveness is 6.3%. But in an increase in the attitude indicates that training and the provision of maternal booklet can only improve the score of 2.2 - from the previous of 86.8 into 89.0. The increase in effectiveness is only 2.5%.

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Table 2: Distribution Evaluation Booklet

<i>Ease of Message</i>	N	%
The message is easy to understand	9	75.0
The word is straightforward to understand	3	25.0
<i>AttractivenessContents of the message</i>		
Contents are interesting	8	66.7
Materials are fascinating	4	33.3
<i>Confidence contents of the message</i>		
The contents are convincing	8	66.7
The materials are compelling	4	33.3
<i>Ease of Doing message</i>		
The command is easy to do	8	66.7
The control is straightforward to do	4	33.3
<i>Accuracy</i>		
The message is accurate	9	75.0
The word is very specific	3	25.0
<i>Illustration</i>		
The illustrations are nice	6	50.0
The figures are very nice	6	50.0

Table 2 illustrates that booklet for pregnant women have these characteristics: 75% of the content of the message is easy to understand, interesting message content is 66.7%, 66.7% is convincing message content, 66.7 command message content is easily done, 75% of the content of the message is accurate ; and 50% considers illustration as a very nice message.

Knowledge about the health of pregnant women prior to training and providing classified booklet is good, amounting to 84.7. Training and booklets giving to pregnant women can significantly improve knowledge. This is in line with the research [3] for the group based on spiritual and secular reported a significant increase in knowledge about breast cancer treatments and lowering mammogram barriers. Training and booklets giving pregnant women cannot increase significantly attitude. Attitude formation is influenced by experience, the influence of others that are considered important, the influence of the mass media, educational institutions, religious and emotional factors that will lead to the intention and attitude in accordance with what it had learned by pregnant women [4]. Yet significantly increased training and booklets for the formation of attitudes takes time and confidence, so that what is known to be shown in his attitude.

## IV. CONCLUSION

1. Training booklets and giving pregnant women can increase knowledge score of 5.3; from the previous of 84.7 into 90.0 and enhance the attitude score of 2.2; from the previous of 86.8 into 89.0
2. Training and provision of booklets in pregnant women have increased knowledge of the effectiveness of 6.3%, and 2.5% attitude.
3. Booklet pregnant women have these characteristics: 75% of the content of the message is easy to understand, interesting message content 66.7%, 66.7% convincing message content, 66.7 command message content is easily done, 75% of the content of the right message; and 50% illustrations are very nice message.

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