

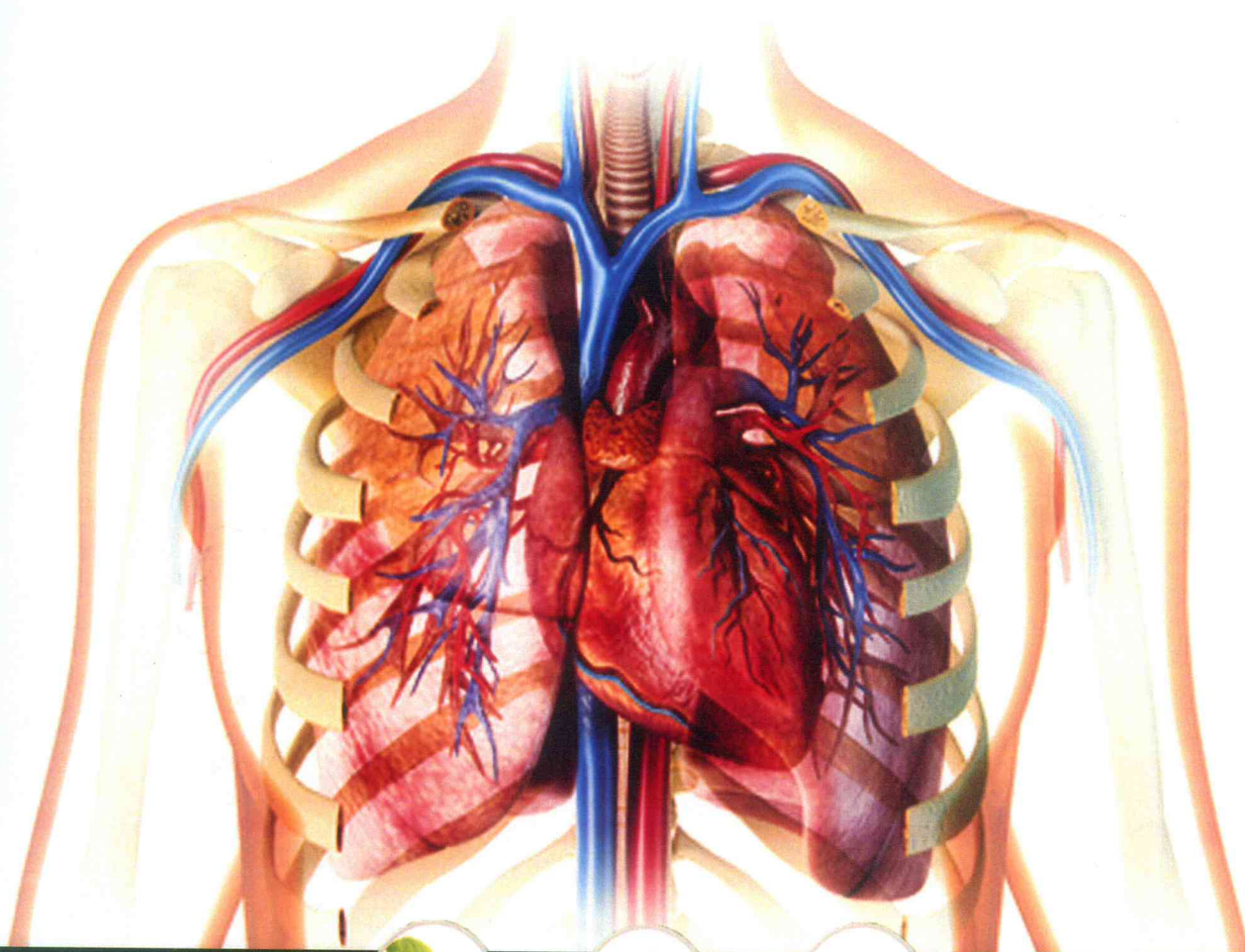


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**KNOWLEDGE AND PRACTICE OF ANTENATAL CARE SERVICES AMONG
PREGNANT WOMEN IN ILORIN SOUTH LGA, KWARA STATE, NIGERIA**
**Ologele Ibrahim, ²Abdul Mohammed, ¹Olu Moses Gbemi, ³Dabiri-Adewumi, Azeezat
Oluwatoyin and ⁴Ayub Akeem Olalekan**

¹Department of Health Promotion and Environmental Health Education, Faculty of Education, University of Ilorin, Kwara State, Nigeria.

²Department of Human Kinetics and Health Education, Faculty of Education and Arts, Ibrahim Badamasi Babangida University Lapai, Niger State, Nigeria,

³Department of Education for Learners with Physical and Health Impairment, School of Special Education, Federal College of Education (SP) Oyo

⁴Federal University Gusau, Zamfara

Corresponding Author: ologele2010@gmail.com, ologele.i@unilorin.edu.ng 08063679928

Abstract

Lack of knowledge and poor practice of Antenatal care services led Pregnant Women towards registering with untrained birth attendance which resulted to several complications such as Virginal bleeding, Placenta previa and death of the Mother and the Baby. This study was carried out to investigate knowledge and practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State. A descriptive research design of the survey type was employed for this study. The population of the study comprised of all Pregnant Women in Ilorin South Local Government Area of Kwara State. Multi-stage sampling technique of simple random sampling technique, proportionate sampling technique and accidental sampling techniques were used to select 495 respondents for this study. A researchers-developed questionnaire validated by three experts in the field of Health Promotion and Environmental Health Education was used for the study. A reliability coefficient (r) of 0.76 was obtained through split half method using Cronbach alpha. The data collected were analyzed using the inferential statistics of ANOVA to test the hypotheses at 0.05 level of significance. The findings from the study reveal that, there is a significant difference of ($M = 10.00$, $SD = 1.0$) in the knowledge of antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State, there is a significant difference of ($M = 38.7$, $SD = 3.5$) in the practice of antenatal care services among pregnant women in Ilorin south Local Government Area of Kwara State. Based on the findings of the study, it was concluded that Pregnant Women in Ilorin South Local Government Area of Kwara State have differences in knowledge and practice of Antenatal care services based on their educational and economic status. Therefore, the researchers recommended among others that the Health Educators should carry out enlightenment campaign programme for couples through Mass Media on the value of Antenatal care services during Pregnancy to promote the health of Pregnant Women as well as that of their Fetus.

Keywords: Knowledge, Practice, Antenatal- care, Pregnant, Women

Introduction

The quality of Health of the Pregnant Mothers and their Fetus during Pregnancy is arguably equal to the quality of health of every generation, because the process of Pregnancy and Child birth is the only door way for every human race to be part of human generation. It is therefore required that the health of a Pregnant Mother must be sealed to preserve the health of a generation. Based on a survey conducted in Nigeria by (Onumere, 2010), it was reported that Neonatal Death ranges between 165 per 100,000 live births in the South West and 1549 per 100,000 live Births in the North East Nigeria showing the wide geographical variation in Maternal and Neonatal mortality rate in Six Geopolitical zones of Nigeria, with the highest rates seen in the North-East and North-West Zones of Nigeria and the lowest rates recorded in the South-West and South-East respectively (Onumere, 2010).

Pregnancy and Child Birth is a natural process which without any intervention or help can have good end with little or no complication. However, in a relatively high proportion of Pregnancies there are complications. Some of which are very serious and of a life threatening nature. Some of these complications may be anticipated; because risk factors are present. Complications associated with various Maternal issues are indeed major contributors to reproductive health among millions of Women worldwide. Most of the Women ages 15-49 years were without proper health care services of which this group is highly vulnerable to problems relating to Pregnancy. (Ochola-Ayaya, 2004).

The Antenatal care services provides an estimate of essential Health issues, including Health promotion, disease prevention, screening and diagnosis. All these struggles help to preserve the Physical and Mental well-being of the Mothers, to prevent premature labor, to predict difficulties and complications at birth. Ensures decrease number of maternal mortality and morbidity. Knowledge of Pregnant Mothers may be major factor in determining the extent of Antenatal services use. Reports from various parts of the world have shown that increased levels of knowledge of Pregnant Mothers in terms of Antenatal care have an impact on their utilization. (Okafor, 2016).

Good knowledge about the benefits of Antenatal care services and the importance of a positive attitude towards it, Women are likely to understand that Antenatal care services medical procedures and interventions will do much to save their lives and improve their Children's health. In this way, they will be motivated enough to overcome their reluctance. In many ways, changing attitudes and behavior are the most challenging tasks, but are also the least costly. Proper educational campaigns and improved dissemination of information are investments for the long term (Ogunba, 2017).

The practice of home delivery among Pregnant Women is still a common act and also an added risk if they ever want to conceive again. About half of the Women in developing Countries did not know the complications that might arise among Pregnant Women as a result of home delivery. These high-risk needs specific Antenatal care services and recommendation for hospital delivery. However, home delivery is still a preferred practice among Women seen in developing Countries where many of the Women reported having experienced home delivery in their previous Pregnancies opposing to the good attitude regarding hospital delivery (Akhtar, 2018).

Statement of the Problem

The researchers observed that lack of knowledge of Pregnant Mothers is a major factor that leads to poor practice of Antenatal care services because upon the researcher's visit to different Traditional Birth Attendance (TBA) homes in Ilorin South Local Government to source for information, the untrained Birth Attendant explained to the researchers while demanding for anonymity on the number of Pregnant Women's death and complications such as Preeclampsia, Gestational Diabetes or loss of Pregnancy that occur in their birth home annually. The researchers compiled the figures and discovered that in 2018, about 102 to 160 Pregnant Women with life threatening complications were hurriedly rushed to the Medical Center while 34 Pregnant Women lost their life in 2020 as a result of several complications before, during and after delivery in the study area which occur as a result of lack of knowledge, negative attitude and poor practice of Antenatal care services.

Negative attitudes of Pregnant Women in Ilorin South Local Government Area of Kwara State towards Antenatal care services is a cause for concern because as soon as a Woman gets Pregnant, the Grandmother and other Family Members will start prescribing several Health instruction which mostly are borne out of superstitious belief like giving several locally made herbs and concoctions which are used at different stages of the Pregnancy this in turn leads to complications during delivery such as Anemia, Hepatitis B or Placenta previa while poor practice of Antenatal care services account for why Pregnant Women sell out the drugs given to them at the Antenatal care service centre as many refused to attend. This is why the researchers found it pertinent to investigate the knowledge and practice of Antenatal care services among Pregnant Women in Ilorin South Local Government of Kwara State.

Research Questions

The Research Questions raised for this study were as follows:

1. Is there any difference in the knowledge of Antenatal care services among Pregnant Women in Ilorin South Local Government Area based on Educational status
2. Is there any difference in the practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area based on economic status

Research Hypotheses

The following research hypotheses were formulated for the study:

1. There is no significant difference in the knowledge of Antenatal care services among Pregnant Women in Ilorin South Local Government Area based on Educational status
2. There is no significant difference in the practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area based on economic status

Methods and Materials

A descriptive research design of the survey type was employed for this study. The Population for the study comprised all the Pregnant Women in Ilorin South Local Government Area of Kwara State. A multi-stage sampling technique of Simple random sampling technique, proportionate sampling technique and accidental sampling techniques were used for the study. **Stage 1:** Two (2) Health care Centre were selected from each of the eleven (11) wards using simple random sampling techniques of dip hand method to select 22 health care centres. **In Stage 2:** A proportionate sampling technique was used to select sixty per cent (60%) of the respondents from each of the twenty-two (22) selected Health care centres used for the study. **Stage 3:** Accidental sampling technique was used to select the required number of respondents from each of the selected Health care centre. Therefore, a total of Four Hundred and Ninety-five (495) Pregnant Women formed the sample for the study.

Table 1 :Distribution of Sample Size Selected for the Study

Number of wards	Number of Selected Antenatal Care Centre	Population of pregnant women	Pregnant Women Selected in 22 Health Centre	60% of Pregnant Women Proportionately Selected in 22 (ANC) Centre
11	22	26,107	876	495

The Questionnaire was the instrument used for the study. The response mode of the Questionnaire was based on "Yes or No" response. In order to ensure validity of the research instrument, three experts from the Department of Health promotion and Environmental Health Education validated the instruments used for the study. Their comments and suggestions were used to improve the quality of the research instrument. The reliability of the instrument was carried out using split-half method of reliability in which (30) thirty copies of the questionnaire administered to 30

Pregnant Women attending Kwara State Children Specialist Hospital at centre Igboro in Ilorin outside the study area. Cronbach alpha was used to ascertain the reliability with a correlation coefficient of 0.76 which was reliable enough for the study. The completed copies of the Questionnaire were collected, collated, coded, entered and analyzed. Inferential statistic of ANOVA was used to test all the postulated hypotheses. The decision criteria for the hypotheses was tested at 0.05 level of significance

Results and Discussion

Research Hypothesis One: There is no significant difference in the knowledge of Antenatal care services among Pregnant Women in Ilorin South local Government Area of Kwara State based on Educational status.

Table 2: ANOVA statistics on knowledge of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State, is based on Educational status.

Descriptive

Items	N	Mean	Std. Deviation	Std. Error
No School	60	0.4000	1.83377	.23674
Primary School	68	0.1324	.68903	.08356
Secondary School	84	4.9881	.10911	.01190
Tertiary Institution	269	19.0000	.00000	.00000
Others	14	10.0000	.00000	.00000
Total	495	6.6182	4.23281	.19025

ANOVA

	Sum of Square	df	Mean Square	F	Sig.
Between Groups	8599.950	4	1719.990	3352.412	.000
Within Groups	250.887	489	.513		
Total	8850.836	494			

The mean difference is significant at the 0.05 level

Table 2 Shows the result of the research hypotheses one which stated that there is no significant difference in the knowledge of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on Educational status. A one-way ANOVA between groups analysis of variance was conducted, There was a statistical significant difference ($M = 10.0$, $SD = 1.0$) at the $p < .001$ level in the knowledge of Antenatal care services for the five groups $F = (5.489) = 3352.41$. Post-hoc comparisons using the LSD comparison indicated that the mean score for tertiary Education group ($M = 10.0$, $SD = 1.0$) it shows that Pregnant Women with Tertiary Education level

in Ilorin South Local Government Area have more knowledge of Antenatal care services than Women with low Educational status.

Research Hypothesis two: There is no significant difference in the practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on economic status.

Table 3: ANOVA statistics on practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on economic status.

Descriptive

Items	N	Mean	Std. Deviation	Std. Error
Less than N1000	10	38.3000	5.37587	1.70000
N1,000 - N10,000	100	22.8200	3.90902	.39090
N11,000 - N20,000	31	26.0968	6.36320	1.14286
N21,000 - N30,000	83	23.9880	2.94872	.32366
N31,000 - N40,000	114	37.8509	1.60327	.15016
N41,000 - N50,000	43	38.6977	3.49513	.53300
Above N50,000	114	38.1491	3.69461	.34603
Total	495	31.9051	7.97472	.35844

ANOVA

	Sum of Square	df	Mean Square	F	Sig.
Between Groups	25369.980	6	4228.330	341.256	.000
Within Groups	6046.557	488	12.390		
Total	31416.537	494			

The mean difference is significant at the 0.05 level

Table 3 shows the result of the research hypothesis two which stated that there is no significant difference in the practice of antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on economic status. A one-way ANOVA between groups analysis of variance was conducted, there was a statistically significant difference of ($M = 38.7$, $SD = 3.5$) at the $p < .001$ level in the practice of Antenatal care services for the six economic status groups $F = (341.256)$. Post-hoc comparisons using the LSD comparison test indicated that the mean score for economic status group of #41,000 to #50,000 status group ($M = 38.7$, $SD = 3.5$), shows that Pregnant Women that earns #41,000 to #50,000 in Ilorin South Local Government Area of Kwara State have good practice of Antenatal care services than other Economic status groups.

Discussion of Findings

Hypothesis one which stated that there is no significant difference in the knowledge of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on Educational status. Research hypothesis one was therefore rejected as Post-hoc comparisons using the LSD test indicated that the mean score for Tertiary Educational status group ($M = 10.00$, $SD = 1.0$) was significantly different from other Educational group, which implies that there is significant difference of ($M = 10.00$, $SD = 1.0$) in the knowledge of Antenatal care services

among Pregnant Women with Tertiary Educational status than other group which are not formally Educated. The result showed that Pregnant Women with higher Educational status have more knowledge of Antenatal care services than other groups in Ilorin South Local Government Area of Kwara State.

The result of the study is in line with Okafor (2016) who pointed out that respondents with Tertiary Education utilized teaching and private hospitals most while those with no formal Education were most likely not to utilize maternity homes. The level of Education of the respondents may have contributed to seeking Antenatal care services, and care in Health facilities as most of them had Tertiary Education.

Hypothesis two stated that there is no significant difference in the practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on Economic status. Research hypothesis two was therefore rejected as Post-hoc comparisons using the LSD test indicated that the mean score for economic status group of #41,000 to #50,000 status group ($M = 38.7$, $SD = 3.5$) was significantly different from other economic status groups which implies that Pregnant Women that earns #41,000 to #50,000 in Ilorin South Local Government Area of Kwara State have good practice of Antenatal care services than other Economic status group of <#1000, #1000-#10,000, #11,000-20,000, #21,000-#30,000, #31,000-#40,000, #50,000 and above in Ilorin South Local Government Area of Kwara State based on economic status.

This finding is consistent with previous findings of Emmanuel et al, (2012) that majority of the households in Nigeria where the Pregnant Women are from low or middle income class do not consistently practice Antenatal care.

Conclusions

1. There was difference in the knowledge of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on Educational status.
2. There was difference in the practice of Antenatal care services among Pregnant Women in Ilorin South Local Government Area of Kwara State based on Economic status.

Recommendations

The following recommendations were made based on the findings and conclusions of the study:

1. Health Educators should carry out enlightenment campaign programme for couples through Mass Media on value of Antenatal care services during Pregnancy to promote the health of Pregnant Women as well as that of their fetus.
2. The Local Government Health Department should subsidize the cost of Antenatal care services to enable Women with low income get benefit in order to ensure safe delivery and good Maternal Health.

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