

THE EFFECTS OF EDUCATION ON PREGNANT WOMENS IN TEHRAN 2004

Mehri Robotjazi ¹

¹ Islamic Azad University, Varamin, Iran

Normal delivery is considered the best method of childbirth. The objective of this study was to evaluate the effects of education on pregnant women's knowledge and attitude about delivery methods. This study was a descriptive cross section carried out on 150 referred pregnant women (17-46 yrs). They were attending two educational classes. Each class had a lecture and showing of appropriate films and photos. The sampling was random and was carried out in two stages. The data gathering was from an approved questionnaire completed from interviewing the pregnant women before and after the educational classes. The SPSS software, the K-square and T-test were used to analyze the data. The analysis before educational classes showed that 5.4% of the samples had high knowledge, 42.5 % had medium knowledge, and 65% had poor knowledge. There was a significant relationship between education, profession, and knowledge before and after the educational classes. The T-test showed a significant difference between average knowledge before and after the educational classes ($p < 0.001$). Before the classes, positive attitude in the pregnant women, for women to have a choice between different ways of child birth was 28.3 %, concern for the child's safety was 8.1 %, having normal delivery from the point of view of women's health was 16.8 %, and having a choice to have a painless delivery was 10%. There was a significant difference between the average attitude level before and after educational classes ($p = 0.003$). Thus, having appropriate educational classes, about delivery methods, and advantages and disadvantages of each method for pregnant women, increases knowledge about delivery methods, improves the attitude towards normal vaginal delivery, and decreases the number of caesareans.