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Research Details :

Research Title : *The knowledge of Saudi mothers in relation to selected aspects on women and child health*

معلومات الامهات السعوديات عن جوانب مختارة عن صحة المرأة والطفل

Descriptipn : The objective of the study are to identify the nutrition and birth spacing knowledge levels among Saudi mothers in three selected primary health care centres and determine the demographic and obstetrical variables. The study was conducted to three selected primary health centers. One hundred fifty Saudi pregnant women participated in the study. Data was collected through the interview method. The instrument consisted of four parts(demographic data , obstetrical data, questions pertaining to nutrition during pregnancy and lactation, questions pertaining to birth spacing and the sources of information used by the respondents). The instrument was tested for validity and reliability, and was found to be valid and reliable. Data was analysed manually. Form the findings of the study, the following conclusions can be made: 1. the majority of Saudi mothers (62.7%) had poor nutrition knowledge scores 2. the majority of Saudi mothers 78% had poor birth spacing knowledge scores 3. there is no significant differences in knowledge scores among the three centres 4. the majority of the respondents lack knowledge regarding the amount of dially requirement of food for the pregnant and lactating women 5. illiteracy is still a common problem among Saudi women. 6. multipara is common among Saudi women 7. nutrition and birth spacing knowledge scores are directly correlated with the level of education 8. nutrition knowledge scores are inversely correlated with the number of pregnancies, deliveries and living children 9. birth spacing knowledge scores are directly correlated with the number of low birth weight babies 10. nutrition and birth spacing knowledge scores do no correlate with age 11. birth spacing knowledge scores do not correlate with the number of pregnancies, deliveries, living children and abortion

Recommendation Based on the findings of this study, the following recommendation should be considered: 1. concerning the primary health care centre a. in-service training programme may be designed to build a positive attitude of the health professional especially doctors and nurses towards health education b. evaluation of the present health education programmes on maternal nutrition and family planning in the centres, in order to identify any deficit in the educational cycle(objective, methods, materials of education and the educators) c. provision of learning experiences (resources and methods) available for health educators for the purpose of appropriate teaching d. provision of education for nurses concerning motivation of mothers and how to encourage more mothers to attend antenatal and postnatal classes, and arouse