

FACTORS RELATED TO PREGNANCY WOMEN'S PARTICIPATION IN CHILD PREPARATION CLASS AT THE PEUREULAK PUBLIC HEALTH CENTER, EAST ACEH REGENCY, ACEH PROVINCE 2024

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ABSTRACT

The Maternal Mortality Rate (MMR) serves as an essential indicator of national health performance and development. In Aceh Province, MMR showed fluctuations from 2018 to 2022, with a marked decline to 141 deaths per 100,000 live births in 2022. Aceh Timur Regency reported the highest number of maternal deaths, totaling 14 cases, whereas no maternal deaths were recorded in Sabang City. This quantitative correlational study was conducted in 2024 involving 50 respondents from the UPTD Peureulak Community Health Center in Aceh Timur. The study aimed to analyze the effect of antenatal class participation factors—namely knowledge, attitude, and employment status—on childbirth preparation. The findings revealed statistically significant associations between these factors and birth preparedness, with a p -value of 0.000 ($p < 0.05$), indicating that involvement in antenatal classes has a substantial influence on readiness for delivery. In conclusion, maternal knowledge, attitudes, and occupational status related to antenatal class participation play a critical role in enhancing childbirth preparation among pregnant women in Aceh Timur.

Keywords: Knowledge, Attitude, Employment, Birth Preparation

Introduction

Maternal health is a key indicator of national health development because it reflects the effectiveness of healthcare systems in protecting the lives of mothers and newborns (World Health Organization, 2022). Improving maternal health remains a global priority, particularly in reducing preventable maternal morbidity and mortality through quality antenatal, intrapartum, and postnatal care services (World Health Organization, 2023).

Despite ongoing efforts, maternal mortality continues to be a significant public health challenge in developing

countries, including Indonesia, due to disparities in access, utilization, and quality of maternal health services (Kementerian Kesehatan RI, 2022). Maternal deaths are influenced by multiple interrelated factors, such as maternal knowledge, attitudes, socio-economic conditions, occupational status, and participation in maternal health programs (UNICEF, 2023).

One of the strategic interventions implemented by the Indonesian government to improve maternal outcomes is the antenatal class or pregnancy class program, which aims to

enhance pregnant women's knowledge, attitudes, and preparedness for childbirth (Kementerian Kesehatan RI, 2023). Participation in pregnancy classes has been shown to improve women's understanding of pregnancy danger signs, birth planning, and emergency readiness, thereby reducing the risk of delivery complications (WHO, 2022).

Knowledge is a fundamental determinant of health behavior, as adequate knowledge enables individuals to make informed decisions and adopt positive health practices (Notoatmodjo, 2021). Pregnant women with sufficient knowledge regarding childbirth preparation are more likely to engage in proactive behaviors, such as attending antenatal classes and preparing for safe delivery (Hastuti et al., 2021).

Attitude also plays a critical role in shaping maternal behavior, as it reflects a woman's perception, motivation, and willingness to participate in health-related activities (Ajzen, 2021). Positive attitudes toward pregnancy classes are associated with higher participation rates and better childbirth preparedness, while negative attitudes may hinder engagement and reduce readiness for delivery (Situmorang, Sinaga and Wahyuni, 2022).

Occupational status is another factor that influences pregnant women's participation in antenatal classes and childbirth preparation, as employment may affect time availability, access to information, and exposure to health education (Sinaga, Wahyuni and Situmorang, 2023). Studies have shown that both working and non-working pregnant women face different barriers and facilitators in accessing maternal health services, which can impact their level of delivery preparedness (UNICEF, 2023).

Several studies conducted by lecturers of STIKes Mitra Husada Medan have demonstrated that maternal knowledge, attitudes, and health service quality significantly influence maternal health behaviors. A study by Bakara et al. (2024) showed that educational and physical interventions during pregnancy improve maternal comfort and readiness for childbirth. In addition, Sinaga et al. (2023) found that reproductive health services and maternal understanding are closely associated with women's health outcomes, while Samosir et al. (2023) reported that service quality and maternal satisfaction play an important role in supporting positive maternal health behaviors.

This finding is in line with previous studies conducted by lecturers of STIKes Mitra Husada Medan, which reported that adequate maternal knowledge is associated with improved health-related behaviors and preparedness during pregnancy. Bakara et al. (2024) demonstrated that pregnant women who receive appropriate education and interventions tend to show better physical adaptation and readiness for childbirth.

Furthermore, maternal attitudes and perceptions toward health services have been shown to influence health-seeking behavior. Sinaga et al. (2023) emphasized that women's reproductive health behaviors are shaped by both individual understanding and access to quality health services. Supporting this finding, Samosir et al. (2023) reported that maternal satisfaction with health services contributes to positive health behavior and utilization of maternal health services.

Riswathi, Situmorang, and Simanjuntak (2023) emphasized that maternal knowledge and attitudes are key determinants of health behavior in

maternal and child health services. These studies highlight the relevance of educational and behavioral factors in improving postpartum care outcomes, particularly in perineal wound management.

These findings are consistent with previous studies conducted by lecturers of STIKes Mitra Husada Medan, which highlight the importance of maternal knowledge, attitudes, and health service quality in improving maternal health behaviors and childbirth preparedness.

In Aceh Province, maternal mortality rates have shown fluctuations in recent years, with East Aceh Regency reporting one of the highest numbers of maternal deaths, indicating the need for continuous evaluation of maternal health interventions (Dinas Kesehatan Aceh, 2022). Therefore, analyzing factors related to pregnant women's participation in childbirth preparation classes is essential to support evidence-based strategies for improving maternal health services (Kementerian Kesehatan RI, 2023).

Based on this background, this study aims to analyze factors related to pregnant women's participation in childbirth preparation classes—specifically knowledge, attitudes, and

occupational status—at the Peureulak Community Health Center, East Aceh Regency, in 2024 (Sinaga, Wahyuni and Situmorang, 2023).

Methods

This research was conducted from May to July 2024 at the Peureulak Community Health Center (Puskesmas UPTD) in East Aceh Regency. In the preliminary stage, researchers identified all 102 pregnant women in their third trimester. The number of respondents was determined using the Slovin formula, resulting in a sample of 50 pregnant women, who were then selected using purposive random sampling in accordance with the research criteria.

Results

This research applied univariate analysis to describe the frequency distribution of the independent variables—knowledge, attitude, and occupation—as well as the dependent variable, namely delivery preparedness, at the UPTD Peureulak Health Center, East Aceh Regency, in 2024.

Table 1. Frequency Distribution of Mothers' Knowledge Regarding Delivery Preparation at UPTD Peureulak Health Center, East Aceh Regency, 2024.

Knowledge Level	Frequency	Percentage (%)
Good (76-100%)	23	46.0%
Moderate (56-75%)	19	38.0%
Poor (<56%)	8	16.0%
Total	50	100%

Table 2. Frequency Distribution of Mothers' Attitudes Towards Delivery Preparation at UPTD Peureulak Health Center, East Aceh Regency, 2024.

Attitude	Frequency	Percentage (%)
Positive (>61%)	23	46.0%
Negative (<60%)	19	38.0%
Total	50	100%

Table 3. Frequency Distribution of Occupation's Influence on Delivery Preparation at UPTD Peureulak Health Center, East Aceh Regency, 2024.

Occupation	Frequency	Percentage (%)
Employed	20	40.0%
Unemployed	30	60.0%
Total	50	100%

Table 4. Frequency Distribution of Delivery Preparation Levels at UPTD Peureulak Health Center, East Aceh Regency, 2024.

Delivery Preparation	Frequency	Percentage(%)
Good (76-100%)	23	46.0%
Moderate (56-75%)	19	38.0%
Poor (<56%)	8	16.0%

As presented in Table 1, the majority of mothers exhibited a good level of knowledge, accounting for 23 respondents (46.0%), whereas only 8 respondents (16.0%) were categorized as having limited knowledge.

Table 2 shows that almost half of the respondents (46.0%, 23 mothers) displayed a positive attitude toward delivery preparation, whereas a substantial proportion (38.0%, 19 mothers) exhibited a negative attitude.

According to Table 3, most participants were not employed, representing 60.0% (30 respondents), while the remaining 40.0% (20 respondents) were engaged in paid employment.

Table 4 illustrates that nearly half of the mothers (46.0%, 23 respondents) demonstrated adequate preparation for

childbirth, whereas only 16.0% (8 respondents) were classified as having insufficient delivery preparation.

Discussion

1. The Relationship Between Knowledge and Delivery Preparation

The findings indicate that mothers who possessed good or sufficient knowledge tended to have adequate preparation for childbirth, whereas those with limited knowledge were more likely to demonstrate inadequate preparation. A p-value of less than 0.05 confirms a statistically significant association between knowledge and delivery preparedness. This result is consistent with theoretical perspectives suggesting that knowledge is acquired through sensory experiences and can be strengthened through educational

interventions, such as maternal education programs for pregnant women.

2. The Relationship Between Attitude and Delivery Preparation

The results show that mothers who exhibited a positive attitude were more likely to demonstrate adequate preparation for childbirth, whereas those with negative attitudes tended to have poorer levels of preparedness. A p-value below 0.05 indicates a statistically significant association between attitude and delivery preparation. Attitude reflects a learned predisposition to respond, and positive attitudes play an important role in fostering behaviors that support readiness for childbirth.

3. The Relationship Between Occupation and Delivery Preparation

The findings indicate that the majority of employed mothers demonstrated good preparation for childbirth, whereas mothers who were not employed tended to show adequate or lower levels of preparedness. A p-value of less than

0.05 signifies a statistically significant association between occupational status and delivery preparation. Previous studies have reported that non-working mothers generally have greater opportunities to attend maternal classes; however, working mothers may also participate, although their level of preparation is sometimes less optimal due to time constraints.

Conclusion

The frequency distribution analysis of maternal knowledge related to participation in antenatal classes revealed that the largest proportion of respondents, 23 mothers (46.0%), had a good level of

knowledge. Similarly, the analysis of attitudes toward involvement in antenatal classes showed that most respondents also 23 mothers (46.0%) demonstrated a positive attitude. In terms of occupational status as a factor influencing childbirth preparation, the majority of pregnant women were not employed, accounting for 30 respondents (60.0%).

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