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Effect of pregnant women's parenthood self-efficacy on their prenatal adaptations

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Background: According to the data provided, women and child form 52.54% of the population in Turkey by TNSA 2013. In order to constitute a healthy society, it is important to improve maternal and child health.

Purpose: The purpose of this study was to investigate effect of pregnant women's parenthood self-efficacy on their prenatal adaptations by using descriptive correlational research method.

Methods: The study was conducted in 10 Family Health Centers serving to population over 16000 between November 11, 2013 and 30 January, 2015. The centers were serving as a unit of Malatya Community Health Center. The population of the study involved 220 women at last trimester of their pregnancy and who have children (1-3 years old) taking service from 10 centers. Due to the purpose of reaching all population, no sampling method was used. Eventually 212 pregnant women participated in the study and the researcher reached 95% of the population. For collecting data, descriptive information questionnaire, prenatal self-evaluation scale and parenthood self-efficacy scale were utilized. In the process of data collection, the researcher asked the questions and recorded the answers by using face-to-face approach. The data were collected from pregnant women taking service from the centers during 5 working days between July 25, 2014 and December 1, 2014. In data analysis, frequencies, percent, t-test for independent groups, ANOVA and correlation analysis were used.

Results: The results of the study showed that the participants had medium level prenatal adaptation and parenthood self-efficacy. Moreover, there was a statistically significant relationship between prenatal adaptation and parenthood self-efficacy. At the same time, age, duration of marriage, educational level, work situation, social security situation, willingness to pregnancy, number of children, following their pregnancy period situation had an effect on prenatal adaptation and parenthood self-efficacy scores.

Conclusion: In conclusion, it can be said that increasing parenthood self-efficacy levels of pregnant women might improve their adaptation to prenatal period.

Biography

Hilal Yildirim has completed her graduation in the Department of Health Care from the School of Health at Firat University in 2009. After working as a Nurse in 2009-2011, she worked as a Research Assistant at Ataturk University in 2012. In 2013, she has done her MSc in Public Health Nursing, Inonu University.

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