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Factors of participation in prenatal education among nulliparous women in South Korea

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Objectives: This study aimed to identify the content of prenatal education conducted and to examine the level of participation in prenatal education influencing factors on their knowledge and attitude.

Methods: This cross-sectional, exploratory correlations study recruited 134 nulliparous women living in metropolitan area in South Korea. Survey data reflecting participation experience of prenatal education, resources to get prenatal information, knowledge and attitude were collected by face to face interviews using structured questionnaire.

Results: The total number of prenatal education contents were 35 items: Items for prenatal and delivery were 15, items for postpartum self-care were 10 and items for parenting were 10. Women using books and healthcare provider as the first information source were more likely to participate in prenatal education compared to those preferring internet website or family. Relatively older women were more likely to participate in prenatal education than the younger women. Multiple linear regression showed that knowledge about delivery, postpartum self-care, newborn care among nulliparous women were predicted by levels of participation in prenatal education ($\beta=1.780$, $p=0.007$), occupation ($\beta=-0.690$, $p=0.044$) and income ($\beta=0.997$, $p=0.032$). An attitude about self- efficacy for delivery, postpartum care and parenting confidence were predicted by age ($\beta=-0.022$, $p=0.042$) and income ($\beta=0.115$, $p=0.017$).

Conclusion: Individual characteristics and participate in prenatal education are critical for the success of preparing nulliparous women as a new mother. The findings of this study suggest that nurses and physicians should emphasize the importance of prenatal education and should establish strategies to improve participation in prenatal education especially for working pregnant women.

Biography

Miyoung Kim is currently a Doctoral student in College of Nursing, Yonsei University, Korea. She has 9 years of Clinical Experience working at OB/GYN Department in University affiliated Hospitals. Her research interest centers on health promotion of pregnant women. As Graduate Research Assistance, she has been involved in an international research project entitled as "Community Based Family Planning Capacity Building in Arsi Zone, Ethiopia".

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