

Effect of the self-efficacy enhancement program on intentions to perform preconception health behaviors of Pakistani young adult women

Anum fatima

RN, BSN, MSN, MHPE, PhD Candidate, Professional nurse, Faculty of Nursing, Chiang Mai University, Chiang Mai 50200, Thailand

Background: Despite the recognized significance of preconception health behaviors (PCHBs) in optimizing maternal and child health outcomes, there is a lack of knowledge and self-efficacy, as well as evidence of poor intentions related to the practice of PCHBs among young adult women.

Purpose: This research aimed to examine the effect of a self-efficacy enhancement program on intentions to perform preconception health behaviors of Pakistani young adult women.

Methods: The study design was a quasi-experimental pre-posttest with a control group, and participants were 142 young adult women aged 20 to 24 years enrolled in bachelor's degrees at female colleges in Wah Cantt City, Pakistan. The researcher selected participants from two colleges according to the inclusion criteria. One college was randomly allocated as an experimental group and another as a control group using simple random sampling with 71 participants per group. The control group received only standard education, while the experimental group received the self-efficacy enhancement program through educational sessions spread over four weeks in addition to standard education. The research intervention instrument consisted of the Self-efficacy Enhancement Program. The data collection instrument included a demographic data sheet and the intention to perform the preconception health behaviors scale. Descriptive statistics, chi-square tests, paired t-tests, and one-way ANCOVA were used to analyze the data.

Results: The findings revealed that:

1. After receiving the self-efficacy enhancement program, scores for intentions to perform preconception health behaviors among young adult women were statistically significantly higher than before receiving the program ($p < .001$).
2. Young adult women receiving the self-efficacy enhancement program had statistically significantly higher scores for intentions to perform preconception health behaviors than those receiving standard education ($p < .001$).

Conclusions/Implications for Practice: The findings of this research indicate that healthcare providers can use the self-efficacy enhancement program to improve the intentions of young adult women to perform preconception health behaviors.

Keywords: Intentions, Preconception health, Self-efficacy, Women, Young adult

7th World Summit on Women's Health and Cancer Awareness

April 07-08, 2025

Webinar

Biography

Anum fatima, RN, BSN, MSN, MHPE, PhD Candidate, Professional nurse, Faculty of Nursing, Chiang Mai University, Chiang Mai 50200, Thailand

Received: October 15, 2024; **Accepted:** October 16, 2024; **Published:** April 08, 2025
