

Delivery of Prenatal Health Education and Pregnancy Outcomes in Selected Aeta Tribes in Bataan

Amellie M. Bautista

Bataan Peninsula State University, College of Nursing and Midwifery, Banzon St. Balanga City, Philippines

**For reprint and all correspondence: Amellie M. Bautista, Bataan Peninsula State University, College of Nursing and Midwifery, Banzon St. Balanga City, Philippines*

ABSTRACT

Introduction	The prenatal period is a unique and important developmental stage in the life of a woman and her family. The experience of prenatal education is only one of several factors that contribute toward a healthy pregnancy, birth outcome and healthy child development. The objectives of this study are to investigate: (a) the relationship between the delivery of prenatal health education and pregnancy outcomes in selected Aeta indigenous tribes in Bataan, and (b) if there was a significant relationship between demographic profile of the Aetas and pregnancy outcomes.
Methods	A descriptive method was used for this study. The study involved a total of 50 Aetas in Abucay, Orion and Limay in the Province of Bataan. Data were collected on: (a) socio-demographic profile (age, civil status, gravidity, parity, cultural health beliefs, religious influences, accessibility to health care services and dialect barriers), (b) delivery of prenatal education (medical and obstetric risk assessment, immunization status, maternal nutrition and frequency of prenatal check-up), and (c) pregnancy outcomes (childbirth preparations, awareness of physiological changes of pregnancy, child's health condition, and parental care). The data generated from the survey questionnaire was coded, tabulated, and analyzed using Statistical Package for the Social Sciences (SPSS). Specific problems stated were analyzed and interpreted using the following statistical tools: frequency, percentage, mean, and Pearson product-moment correlation coefficient, coefficient of determination, Analysis of Variance and Chi-square analysis of independence.
Results	The study found that there was no significant relationship between the profile of the Aetas and pregnancy outcome. This was shown in the results of the analysis of variance and chi-square analysis, wherein no significant relationships were found. The present study reported that the delivery of prenatal education measures was moderately correlated with the overall pregnancy outcomes (coefficient of determination =0.20).
Conclusions	The study identified that the delivery of prenatal education has a significant relationship to pregnancy outcome. Prenatal education must therefore be an essential component in upholding the overall health status for pregnant women and for women across their lifespan. Antenatal care clinics should give due emphasis to preparation for birth and its complications, and provide information and education to all pregnant women.