

# THE EFFECT OF ANTENATAL FAMILY CULTURALLY BASED-EDUCATION ON KNOWLEDGE AND PRACTICE ABOUT MATERNAL PRENATAL HEALTH AND NUTRITION

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## ABSTRACT

**Background:** Previous studies show that educational intervention delivered to both mothers and other family members in a group setting had a greater impact on improving neonatal health and survival in low and middle income countries. This study aimed to determine the effect of family culturally based education intervention on maternal knowledge and practice about prenatal nutrition and health.

**Subjects and Methods:** This was a quasi-experiment using pre-post test with no control design. A sample of 100 pregnant women were selected at random from Kalisat Hospital, Jember, East Java. An additional sample of 100 family members were also selected alongside the selected pregnant women. A family culturally-based education intervention was implemented to this sample. The dependent variables included maternal knowledge and practice about prenatal maternal health and nutrition. The dependent variables were measured before and after intervention by questionnaire. The independent variable was family culturally-based education intervention. The data were analyzed using paired t-test.

**Results:** The mean score of maternal knowledge about nutrition after the intervention (Mean= 72.20; SD= 8.64) was higher than before (Mean= 58.00; SD= 6.99), and it was statistically significant ( $p= 0.023$ ). The mean score of maternal knowledge about the negative impact of malnutrition during pregnancy after the intervention (Mean= 74.80; SD= 10.29) was higher than before (Mean= 54.80; SD= 9.12) and it was statistically significant ( $p= 0.031$ ). The mean score of pregnant women's about protein nutrition as healthy nutrition during pregnancy after the intervention (Mean= 74.00; SD= 7.56) was higher than before (Mean= 52.00; SD= 7.08) and it was statistically significant ( $p=0.001$ ). The mean score of knowledge about monitoring fetal health at home after the intervention (Mean= 73.60; SD= 7.17) was higher than before (Mean= 54.40; SD= 8.43) and it was statistically significant ( $p=0.030$ ). The mean score of nutritional consumption of pregnant women after the intervention (Mean = 83.80; SD = 9.41) was higher than before (Mean = 69.00; SD = 7.92) and it was statistically significant ( $p = 0.021$ ).

**Conclusion:** Family culturally based education intervention is effective in improving knowledge and practice about prenatal nutrition and health in pregnant women.

**Keywords:** family culturally based education, nutrition, fetal health, pregnant women

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