

## The Relationship Between Knowledge and Attitude of Women of Fertile Age Towards Preconception Screening in Preparation for Pregnancy at UPTD Paconkang Community Health Center, Soppeng District

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### ABSTRACT

**Background & Objective:** Preconception care is a service aimed at identifying factors related to health issues, lifestyle habits, or unfavorable social problems that may affect pregnancy. **Method:** The type and method of research used in this study is quantitative analytic research with a Cross-Sectional Study approach, which is a type of study used to examine the relationship between independent variables (knowledge and attitudes of women of childbearing age) and the dependent variable (preconception screening) at the same time the study is conducted. The population in this study consisted of all married women of childbearing age who underwent screening at UPTD Pacongkang Health Center, Soppeng Regency, totaling 30 participants. The sampling method used in this study was Purposive Sampling, which is a deliberate sampling technique based on specific criteria or considerations. **Result:** Based on the Chi-square statistical test, the results showed that  $p\text{-value} = 0.715 > \alpha = 0.05$ , indicating that  $H_0$  was accepted and  $H_a$  was rejected. **Conclusion:** Thus, it can be concluded that there is no significant relationship between the knowledge of women of childbearing age and preconception screening in pregnancy preparation at Pacongkang Health Center. Furthermore, the Chi-square statistical test also resulted in a  $p\text{-value} = 0.456 > \alpha = 0.05$ , indicating that  $H_0$  was accepted and  $H_a$  was rejected. This means that there is no significant relationship between the attitudes of women of childbearing age and preconception screening in pregnancy preparation at Pacongkang Health Center.

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## Introduction

Preconception services are very important services to reduce the risk of pregnancy complications and improve the health of mothers and babies. Applying it from adolescence can help build a healthy lifestyle and increase awareness of reproductive health. Support from the government, health workers, and the community is urgently needed to improve access and effectiveness of preconception services (Zakaria et al., 2022).

Preconception care is a series of health service actions provided to mothers-to-be before pregnancy occurs. The goal is to prepare the physical and mental conditions so that pregnancy can run healthily and reduce the risk of complications for the mother and baby, which can also contribute to the social and economic development of the family and society. The preconception period can be associated with the prenuptial period because after marriage the woman will immediately enter conception. The preconception period is a period of time from three months to one year before conception and includes the time when the ovum and sperm have matured, which is about 100 days before conception (Nur Azizah, 2021). During this time a woman has been able to create a new generation by getting pregnant, giving birth and breastfeeding (Dewi & Raswati Teja, 2022).

Preconception screening has a very important role in improving the readiness of couples before pregnancy. Some of the main benefits of preconception screening are increasing the knowledge, attitudes, and behaviors of couples so that couples have better knowledge, attitudes, and behaviors, especially health before pregnancy, in addition to achieving optimal health for expectant mothers who are preparing for pregnancy, and by preparing or screening before pregnancy it is expected to be able to reduce the incidence of unwanted pregnancies and improve previous health history (Dewi et al., 2023).

Based on data from the World Health Organization (WHO) in 2018, the prevalence of women of childbearing age is less likely to preconception screening worldwide is around 27.03%, while based on data from the Ministry of Health of the Republic of Indonesia in 2020, the prevalence of women of childbearing age is around 18.7% (Kementerian Kesehatan RI, 2020).

Indonesia still has a very low level of awareness in conducting premarital screening, even though this screening is very important for brides-to-be to ensure reproductive health before entering pregnancy. Women's lack of knowledge about preconception health results in negative impacts on maternal and infant health and increases the risk of complications during pregnancy and childbirth.

## Objective

To find out the level of knowledge of women of childbearing age regarding the impact of preconception screening in pregnancy preparation in the work area of the Health Center.

## Method

The type and method of research used in this study is quantitative analysis with the Cross Sectional Study approach is a type of research used to find the relationship between each independent variable (knowledge and attitude of women of childbearing age) and dependent variables (preconception screening) at the same time as a study is conducted.

The population in this study is all women of childbearing age who have been married and screened at the UPTD Pacongkang Health Center, Soppeng Regency as many as 30 people.

The sampling method in this study uses the Purposive Sampling method, which is a deliberate sampling technique with certain criteria or considerations. The data that has been collected and then analyzed using the SPSS (statistical Package and Social Systems) statistical test version 22 is both descriptive and analytical, namely Univariate Analysis and Bivariate Analysis.

## Results

**TABLE 1.** Level of Knowledge of Women of Childbearing Age on Preconception Screening in Preparation for Pregnancy

<b>Knowledge</b>	<b>Frequency (f)</b>	<b>Percent (%)</b>
Less than	15	50
Good	15	50
<b>Total</b>	<b>30</b>	<b>100</b>

Source: Primary Data, 2024

Based on table 1, 1 out of 30 women of childbearing age as many as 15 people (50%) have poor preconception knowledge and as many as 15 people (50%) have good knowledge.

**TABLE 2.** Frequency Level of Attitudes of Women of Childbearing Age towards Preconception Screening in Preparation for Pregnancy

<b>Attitude</b>	<b>Frequency (f)</b>	<b>Percent (%)</b>
Negative	12	40
Positive	18	60
<b>Total</b>	<b>30</b>	<b>100</b>

Source: Primary Data, 2024

Based on table 2, out of 30 women of childbearing age, as many as 12 people (40%) have negative traits and as many as 18 people (60%) have a positive attitude.

**TABLE 3.** Frequency Level of Attitudes of Women of Childbearing Age towards Preconception Screening in Preparation for Pregnancy

<b>Preconception Screening</b>	<b>Frequency (f)</b>	<b>Percent (%)</b>
No	15	50
Yes	15	50
<b>Total</b>	<b>30</b>	<b>100</b>

Source: Primary Data, 2024

Based on table 3, out of 30 women of childbearing age, as many as 15 people (50%) have received preconception screening and as many as 15 (50%) people have not received preconception screening.

## **Discussion**

The relationship between knowledge of women of childbearing age and preconception screening at the Pacongkang Health Center, Soppeng Regency

Based on the results of the research test, women of childbearing age with less knowledge who have received preconception screening are 7 people (46.7%) and 8 people (53.3%) with less knowledge who do not get preconception screening. Meanwhile, women of childbearing age with good knowledge who have received preconception screening are 8 people (53.3%) and 7 people (46.7%) with good knowledge do not get preconception screening.

Based on the results of the Chi-square statistical test,  $p \text{ Value} = 0.715 > \alpha \text{ value} = 0.05$ , so that  $H_0$  was accepted and  $H_a$  was rejected, thus it can be concluded that there is no relationship between women's knowledge of childbearing age and preconception screening in preparation for pregnancy at the Pacongkang Health Center. This is in line with the results of the study which states that the preconception services carried out are not widely distributed in the sense that they are not All residents know about the preconception service. Based on the results of this study, it can be concluded that the knowledge of preconception services at the Pacongkang Health Center is quite good. However, the implementation is still not optimal. This is mainly due to the lack of effectiveness in socialization and dissemination of information about screening and preconception services so that there are still many women of childbearing age who are not aware of the existence of this service (Zakaria et al., 2022).

The relationship between the attitude of women of childbearing age towards preconception screening at the Pacongkang Health Center, Soppeng Regency

Based on the results of the research test, women of childbearing age with negative attitudes who have received screening are 7 people (58.3%) and 5 people (41.7%) with negative attitudes who do not get preconception screening. Meanwhile, women of childbearing age with a positive attitude who have been screened are 8 people (44.4%) and 10 people (55.6%) with a positive attitude who do not get a preconception screening.

Based on the results of the Chi-square statistical test,  $p \text{ Value} = 0.456 > \alpha \text{ value} = 0.05$ , so that  $H_0$  was accepted and  $H_a$  was rejected, thus it can be concluded that there is no relationship between the attitude of women of childbearing age towards preconception screening in preparation for pregnancy at the Pacongkang Health Center. The reason for the suboptimal attitude of women in this study is that all women are domiciled in areas that have slightly different characteristics from women who live in urban areas. Where the area of residence is a factor that affects access to information and health services, This is in line with the results of research which states that one of the main factors that cause women's attitudes towards preconception care is still not optimal is the lack of knowledge about the importance of preconception care (Widayani & Ulfah, 2021).

## Conclusion

Based on the results of the study, it can be concluded that there is no significant relationship between the knowledge and attitude of women of childbearing age towards preconception screening at the Pacongkang Health Center, Soppeng Regency. The results of the statistical test showed that neither knowledge nor attitude directly affected participation in preconception screening. Although the level of knowledge about preconception services at the Pacongkang Health Center is quite good, its implementation is still not optimal. Lack of socialization and dissemination of information is the main factor that causes low participation of women of childbearing age in preconception screening. In addition, environmental factors and access to information also play a role in shaping the attitude of women of childbearing age towards these services. Therefore, efforts are needed to increase the effectiveness of socialization regarding the importance of preconception screening, especially by considering the characteristics of the area where they live. Increasing access to information and wider health services can be a solution in increasing awareness and participation of women of childbearing age in preconception screening in preparation for pregnancy.

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