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KNOWLEDGE ON SAFE PREGNANCY THROUGH EVIDENCE BASED-COUNSELING GUIDEBOOK IN BARANGAY CUMBA, LIAN BATANGAS

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ABSTRACT

This study focused on the development of an evidence-based counseling guidebook on safe pregnancy spacing for pregnant women and barangay health workers in Barangay Cumba. Specifically, it examined the level of respondents' knowledge regarding safe pregnancy practices, their perceptions toward the use of a counseling guidebook, and the significant relationship between their perceptions and their knowledge of safe pregnancy spacing. The study also identified the common challenges encountered by respondents in accessing and applying information related to safe pregnancy through evidence-based counseling.

A descriptive correlational research design was used in this study, and the respondents were selected from pregnant women and barangay health workers in Barangay Cumba. Survey questionnaires were used to gather data, and the results were analyzed using appropriate statistical treatments. The findings revealed that respondents generally had moderate knowledge of safe pregnancy spacing, particularly on the recommended birth interval, physical activity during pregnancy, emotional readiness, and reproductive age

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considerations. However, several gaps were noted, including limited access to culturally sensitive counseling, misconceptions about exercise during pregnancy, and the influence of traditional beliefs on reproductive health decisions.

The results also showed that respondents had positive perceptions toward the use of an evidence-based counseling guidebook, recognizing that it could help improve their understanding, correct misinformation, and support more informed decisions about pregnancy spacing, a significant relationship was found between the respondents' perceptions and their knowledge of safe pregnancy, indicating that positive perception toward the guidebook is associated with better knowledge retention and application.

Based on the findings, the developed counseling guidebook was designed to integrate evidence-based health recommendations and culturally sensitive strategies that are appropriate for the community. It is recommended that barangay health workers use the guidebook during prenatal and postnatal counseling sessions, and that future studies evaluate its effectiveness in improving actual pregnancy spacing practices in the community.

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