INSTABRIGHT e-GAZETTE
ISSN: 2704-3010
Volume VIII, Issue II
November 2026
Available online at https://www.instabrightgazette.com

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PREGNANT WOMEN BIRTH READINESS THROUGH BARANGAY-LEVEL EDUCATION CAMPAIGN IN BARANGAY CUMBA AND PRENZA, LIAN BATANGAS

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ABSTRACT

This study aimed to assess women's birth readiness through a barangay-level education campaign in Barangay Cumba and Prenza, Lian, Batangas. The study wanted to find out the profile of the respondents by looking at age, gravida, para, civil status and highest educational level. It also looked at how pregnant women see their birth readiness in terms of readiness, knowledge and awareness. Birth readiness is a part of health because it helps pregnant women prepare for childbirth. Birth readiness helps pregnant women pick a place to deliver find a birth attendant, arrange transportation gather money and understand possible danger signs during pregnancy.

The study employed a research design to systematically gather and analyze data on pregnant women's birth readiness. The respondents consisted of sixty (60) women from Barangay Cumba and Prenza, Lian, Batangas who were selected through purposive sampling. A researcher-made questionnaire served as the data-gathering instrument. The collected data were statistically analyzed to describe the respondents' profile and assess their perceptions of birth readiness in terms of readiness, knowledge and awareness.

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The findings showed that pregnant women were between 24 and 29 years old. Many pregnant women were experiencing their pregnancy. Had not given birth before. Most pregnant women lived with a partner. Most had finished school. In general, pregnant women strongly agreed that pregnant women were ready for childbirth with a weighted mean of 3.59. Pregnant women also showed knowledge about childbirth preparation and birth readiness with a weighted mean of 3.55. Pregnant women were very aware of health services, family support, nutrition, physical activity changes during pregnancy and postnatal care, with a weighted mean of 3.58. These results underline how barangay-level education campaigns can strengthen women's readiness, knowledge and awareness. This helps pregnant women make decisions and prepares women more safely for childbirth.

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