
PP 31**Knowledge and Attitude of Husband on the Preparation of Motherhood of Their Wives during the Pregnancy: A Hospital-based Cross-sectional Study**

Rathnayaka P.#, Rathnayake N.

Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka

#Corresponding author: pabasarithnayaka26@gmail.com

Background: Preparation of motherhood (POM) is an intermediate process of active, conscious, and positive participation that favors the transition towards motherhood. Husband has a huge role in POM of his wife/partner. Their support and contribution are crucial for having a healthy infant. Hence, the husband should be knowledgeable, and share the responsibility with the wife in the critical milestone of women's lives. This eventually leads to better pregnancy outcomes and a healthy generation.

Objective: To assess the knowledge and attitude of husbands on the POM of their wives during the pregnancy who attend the antenatal clinics (ANC) of Teaching Hospital Mahamodara (THM)

Methods: A hospital-based cross-sectional study was carried out with the participation of 310 conveniently selected husbands of pregnant women who attended the ANC of THM during pregnancy. A pre-tested self-administered questionnaire with close ended questions was administered that included 35 questions to evaluate the knowledge and eight statements to evaluate attitudes. Knowledge was categorized into three levels (poor; 0-12 marks, average; 13-24 marks and good; 25-35 marks). Descriptive statistics, independent sample t-test and one-way ANOVA test were used to analyse data using SPSS version 26.0.

Results: Mean(\pm SD) age of the participants was 20.40 (\pm 0.61) years old. Participants were well aware about the clinic visits, investigations, nutrition, rest, breastfeeding, danger signs and mental well-being while they had comparatively less awareness on nutritional supplementation, sexual activities, and minor complications. Mean (\pm SD) knowledge score of the participant was 25.38 (\pm 4.88). Among the participants, 57.4 % (n=178) had good knowledge while 41.3 % (n=128) had average level of knowledge and only 1.3 % (n=4) had poor level of knowledge on POM. Husband's level of knowledge was only associated with number of children in the family ($p=0.018$) and trimester of pregnancy of wife ($p<0.001$). Higher mean score of husband's knowledge of POM was seen in the families with higher number of children and advanced (3rd) trimester. All the study participants (100%) had positive attitudes regarding the POM.

Conclusions: Husbands of expectant mothers attending ANC of THM had a good level of knowledge and positive attitudes regarding the POM. However, comparatively a less awareness was seen on nutritional supplementation, sexual activities, and minor complications. These aspects need to be addressed in improving the better pregnancy outcomes and husband-wife relationship during the pregnancy period.

Keywords: *Attitude, Husband, Knowledge, Motherhood, Preparation*