



## Information needs of antenatal and post-natal mothers in Ignatius Ajuru University of education health Centre, Port Harcourt, Rivers State

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### Abstract

The study was carried out to ascertain the information needs of ante-natal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State. The objective of the study was to ascertain the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre. Survey research design was used to carry out the study while an instrument titled "Information Needs of Antenatal and Post-Natal Mothers (INAPNM) in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State" was used for data collection. Five (5) research questions was designed for the two groups. Demographic findings revealed that women who use the health centre have attained tertiary height in their education. These women have peculiar needs, while common and similar information need is centred on breastfeeding. In the health centre, information by ante-natal mothers is received mainly during post-natal sessions. Major constraints faced by the women in accessing information is the frequent power failure.

**Keywords:** information needs, antenatal mothers, post-natal mothers, Ignatius Ajuru University of education, health centre

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### Introduction

Information is crucial to life and is needed one way or the other by everyone irrespective of age, educational, religious or political affiliation or background. Information (especially positive and true one) can keep and prolong one's life depending on how it is disseminated and how it is received and used. It is pertinent to know at this juncture that the need for information sharing is so enormous and is the very life wire of human existence. In other words, good health and good life is precipitated by good and current information at all strata of life.

Information is everywhere and remains universal. It behooves the entire world too seek and give information at the right time and the right place. There are different types of information and various needs for it. It means different things to different people. Case (2002) <sup>[1]</sup> citing Miller (1968) defines information as any stimuli we recognize within an environment. Health information is not left out.

Ibegbulam, Eze and Enem (2015) <sup>[3]</sup> citing the World Health Organization (2013) define health as being complete physically, mentally and socially and not merely when someone is free from disease or infirmity. Health means complete wellness in our bodies. It also means emotional stability and all round peace irrespective of the societal challenges that meet the eyes on daily, weekly, monthly or even yearly basis.

### Statement of Problem

This is an information age and it is expected that pregnant and antenatal mothers are well informed of their health status before and after childbirth. Researches on information needs of antenatal and post-natal mothers have been carried out in various institutions with health centres but none has been carried out to find out the situation in Ignatius Ajuru University of Education Health Centre. This is the gap in knowledge that this study intends to fill.

### Scope of Study

The study is limited to the information needs of antenatal and pregnant mothers in Ignatius Ajuru University of Education Health Centre. The research covers antenatal and post-natal mothers that come for weekly antenatal and post-natal session on Wednesdays and Thursdays respectively.

### Purpose of Study

The purpose of this study is to ascertain the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State. The study was carried out with the following objectives in mind.

1. Determine the demographic characteristics of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State.
2. Find out the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State.
3. Investigate the sources of health information used by antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State.
4. Determine how often antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State seek and use information that they need.
5. Find out factors what constitute restraint to the effective use of health information by antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre in Port Harcourt, Rivers State.

### Research Questions for Antenatal Mothers

1. What are the demographic characteristics of antenatal mothers in Ignatius Ajuru University of Education, Port Harcourt, Rivers State?
2. What are the information needs of antenatal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State?
3. What are the sources of health information used by antenatal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State?
4. How frequent do antenatal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt Rivers State use information that they need?
5. What factors constitute restraint to the effective use of health information by antenatal mothers in Ignatius Ajuru University of Education Health Centre in Port Harcourt, Rivers State?

### Research Questions for Post-natal Mothers

1. What are the demographic characteristics of post-natal mothers in Ignatius Ajuru University of Education, Port Harcourt, Rivers State?
2. What are the information needs of post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State?
3. What are the sources of health information used by post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt, Rivers State?
4. How frequent do post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt Rivers State use information that they need?
5. What factors constitute restraint to the effective use of

health information by postnatal mothers in Ignatius Ajuru University of Education Health Centre in Port Harcourt, Rivers State?

### Significance of Study

The findings and results of this study will aid Ignatius Ajuru University Health Centre to meet the information health needs of antenatal mothers much better.

The antenatal mothers will see the need and importance of accessing information right on time to avoid mishaps that may likely occur during and after pregnancy.

This work will serve as literature to researchers who intend to carry out research on health related information needs for antenatal and intending mothers.

Challenges in health information needs will be reduced. Most mothers within the university and Rumuolumeni environs and even beyond will benefit from this research as they access the true findings of this research work.

### Literature Review

Information seeking behavior has become a popular trend in various disciplines and the health sectors are not left out. Information outfits now have to grapple with suitable information in diverse fields to meet the needs of its clientele. Mngutyo and Atuh (2015) <sup>[5]</sup> explain that information is sought for utilitarian, research, provision of services and teaching/training purposes.

Similar studies have been carried out to determine health-related information needs of pregnant and post-natal mothers. Okogwu (2015) <sup>[6]</sup> carried out a study on Information needs of rural community dwellers in Ezza North Local Government Area of Ebonyi State which cut cross various issues including health. The study revealed high cost of information materials and recommended that information be repackaged for easy consumption and accessibility. The study also suggested that information centre and libraries be provided to house diverse information on various issues including that of health.

Yousah *et al* carried out (2012) <sup>[9]</sup> a study to ascertain Canadian women's health information levels regarding pre- and postnatal topics on primiparous and multiparous samples and also identify levels of information accessible to both sets of women. The study reveals that additional information on diverse health topics are needed by these women and also identified income and perceived social support will have significant influence on these information levels.

Utor and Utor in Okongwu (2015) equally enumerated Aboyade's research findings (1987) supporting the provision of health information for rural dwellers to include treatment of malaria fever, ante-natal and post-natal care, nutrition of both aged and young people.

Ebijuwa, Ogunmodede & Oyetola (2013) <sup>[2]</sup> carried out another study on "Health Information Need and Information Sources of Pregnant women in Ogbomosho Metropolis, Oyo Stato, Nigeria", examining the information needs and sources of pregnant women within the region. 150 copies of questionnaire were distributed to respondents while 136 copies were found usable. The demographic characteristics show that majority of the pregnant mothers were graduates, 78 (57%) who have spent between 1-5 years in marriage. Information needs are mainly on maternity 93 (68%), delivery 91 (66.1%) and breastfeeding have 83 (61%). Constraints on information included ignorance and erratic power supply.

Javanmardi *et al* (2018) <sup>[4]</sup> in their study titled "Internet usage among pregnant women for seeking information: A review article", investigated the use of internet by pregnant women in seeking health-related information. Some databases like Science Direct, Pub Med, Iran doc and Google Scholar were used to measure the use. Results show that the pregnant women so used the internet due to ease of use, speed and connection with similar situation. The researchers also deduced that pregnant women derived benefits such as reduced anxiety, assistance, and emotional balance as well as raised confidence. The study suggested that health providers can harness the use of internet even more to meet the information needs of pregnant mothers.

Sayakhot, P. & Carolan-Olah M. (2016) <sup>[7]</sup> carried out a study to investigate how pregnant women used to retrieve pregnancy-related information through the internet. The researchers had a systematic review to answer the question having made use of some data such as: Scopus, Medline, Pre MEDLINE, EMBASE, CINAHL AMD PubMed to look out for "internet," "pregnancy" and "health information seeking." Most of the papers reported that pregnant women used the internet to source for pregnancy-related information. It also

revealed that women with higher education were three times more likely to seek medical advice than women with a high school education.

### Methodology

This study adopted a descriptive survey and structured questionnaire to access the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, Port Harcourt. The population of the study is made up all 50 pregnant and 120 postnatal mothers who come for antenatal and post-natal clinic on Wednesdays and Thursdays respectively. Two sets of questionnaire were drawn up separately for antenatal and post-natal mothers. This is in order to get accurate result of the research carried out. Forty (40) and hundred (100) were returned and found usable for the research.

### Data Analysis

#### Research Question One

What are the demographic characteristics of antenatal and post-natal mothers in Ignatius Ajuru University of Education in Port Harcourt, Rivers State?

**Table 1:** Demographic characteristics of antenatal and post-natal mothers in Ignatius Ajuru University of Education in Port Harcourt

Demographic characteristics	Antenatal mothers				Post-natal mothers			
	18-25	26-35	36-45	46 and above	18-25	26-35	36-45	46 and above
Age	18-25	26-35	36-45	46 and above	18-25	26-35	36-45	46 and above
F	2(5%)	26(65%)	11(28%)	1(2%)	6(6%)	52(52%)	38(38%)	4(4%)
Educational Status	Primary	Secondary	Tertiary	Primary	Secondary	Tertiary		
F	0(0%)	17(42.5%)	23(57.5%)	0(0%)	62(62%)	38(38%)		
Occupation	Self-employed	Unemployed	Civil servants	Self-employed	Unemployed	Civil servants		
F	8(20%)	12(30%)	20(50%)		25(25%)	32(32%)	43(43%)	

Data in Table 1 indicates the demographic characteristics of antenatal and post-natal mothers in Ignatius Ajuru University of Education in Port Harcourt. In addition, Table 1 reveals the frequency of each demographic characteristic. The percentage of occurrence is shown in the brackets. Table 1 also indicates that the demographic characteristics are: age, educational status and occupation. The occurrence of these

demographic characteristics are also shown in Table 1.

#### Research Question Two

What are the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education health care centre, Port Harcourt, Rivers State?

**Table 2:** Mean responses of antenatal and post-natal mothers on their information needs in Ignatius Ajuru University of Education health care centre, Port Harcourt

Information Needs of Antenatal Mothers						Information Needs of Post-Natal Mothers							
S/N	Information Needs	N	$\bar{x}$	SD	Cm	Rmk	S/N	Information Needs	N	$\bar{x}$	SD	Cm	Rmk
1	Information on pregnancy	40	2.94	0.91	2.5	Needed	1	Information on Children hygiene	100	2.94	0.91	2.5	Information Needed
2	Information on labour	40	3.09	1.02	2.5	Needed	2	Information on Teething	100	2.88	0.85	2.5	Information Needed
3	Information on delivery	40	3.12	1.05	2.5	Needed	3	Information on fitness/exercises	100	2.86	0.82	2.5	Information Needed
4	Information on breastfeeding	40	3.14	1.07	2.5	Needed	4	Information on Breastfeeding	100	2.91	0.89	2.5	Information Needed
5	Information on miscarriage	40	2.98	0.94	2.5	Needed	5	Information on family planning	100	3.01	0.96	2.5	Information Needed
	<b>Grand mean</b>	<b>40</b>	<b>3.05</b>	<b>0.99</b>	<b>2.5</b>	<b>Needed</b>	6	Information on immunization	100	3.01	1.05	2.5	Information Needed
								<b>Grand Mean</b>	<b>100</b>	<b>2.95</b>	<b>0.91</b>	<b>2.5</b>	<b>Information Needed</b>

Data in Table 2 indicates the information needs of both antenatal and post-natal needs in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt in Rivers State. Table 2 shows that the only information needs common to both antenatal and post-natal mothers is breastfeeding. Otherwise, the information needs peculiar to antenatal mothers are: information on pregnancy, information on labour, information on delivery and information on miscarriage. The mean response of these information needs is greater than the criterion mean (2.5). On the other hand, the information needs of post-natal mothers are: information on

children hygiene, information on teething, information on fitness/exercise, information on family planning and information on immunization. Responses of these information needs are greater than the criterion mean (2.5). The grand mean responses of the antenatal mothers ( $\bar{x} = 3.05$ ) and the grand mean responses of post-natal mothers ( $\bar{x} = 2.95$ ) are also greater than the criterion mean (2.5) indicating that these are the information needs of both antenatal and post-natal mothers. The standard deviation (SD) shows the extent to which both antenatal and post-natal mothers are in agreement of their information needs. The finding of this research

question is that to a high extent there are differences between the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt, Rivers State.

### Research Question Three

What are the sources of health information used by antenatal and posts-natal mothers in IAUE health care centre in Port Harcourt, Rivers State?

**Table 3:** Mean score responses of antenatal and post-natal mothers on their sources of health information in IAUE health care centre, Port Harcourt

Sources of health Information of Antenatal Mothers							Sources of health Information of Post-Natal Mothers						
S/N	Sources of health information	N	$\bar{x}$	SD	Cm	Rmk	S/N	Sources of Health Information	N	$\bar{x}$	SD	Cm	Rmk
1	Medical Doctors	40	2.98	0.94	2.5	Needed	1	Medical Doctors	100	2.96	0.92	2.5	Sources
2	Midwives	40	2.94	0.91	2.5	Needed	2	Midwives	100	2.95	0.91	2.5	Sources
3	Pharmacists	40	2.81	0.85	2.5	Needed	3	Pharmacists	100	2.83	0.81	2.5	Sources
4	Antenatal sessions	40	2.95	0.92	2.5	Needed	4	Antenatal sessions	100	2.96	0.93	2.5	Sources
5	Through friends	40	2.92	0.89	2.5	Needed	5	Through friends	100	2.94	0.92	2.5	Sources
6	Social media	40	2.89	0.84	2.5	Needed	6	Social media	100	2.92	0.88	2.5	Sources
7	University library	40	2.87	0.82	2.5	Needed	7	University library	100	2.99	0.95	2.5	Sources
8	Internet	40	3.02	1.01	2.5	Needed	8	Internet	100	2.89	0.89	2.5	Sources
9	From mother	40	2.75	0.73	2.5	Needed	9	From mother	100	2.78	0.76	2.5	Sources
	Grand mean	40	2.90	0.89	2.5	Needed		Grand mean	100	2.91	0.87	2.5	Sources

Data in Table 3 indicates the sources of health information used by antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt, Rivers State. Data in Table 3 reveals that the only difference in the sources of information between antenatal and post-natal mothers is that expectant mothers obtain information from antenatal session while post-natal mothers obtain information from post-natal clinics. Data in Table 3 also shows that the sources of information for both antenatal and post-natal mothers. In addition, data in Table 3 indicates that the grand mean scores of antenatal mothers ( $\bar{x} = 2.90$ ) and post-natal mothers ( $\bar{x} = 2.91$ ) is greater than the criterion mean scores (2.5). The standard deviation reveals the extent

of antenatal and post-natal mothers on their agreement on the sources of health information available to them. The finding of this research question is that there is slight difference between the sources of health information used by antenatal and post-natal mothers in Ignatius Ajuru University of Education health care centre in Port Harcourt, Rivers State.

### Research Question Four

How frequent do antenatal and post-natal mothers in IAUE health care centre in Port Harcourt, Rivers State use the information that they need?

**Table 4:** Mean responses of the use of information needed by antenatal and post-natal mothers in IAUE health care centre in Port Harcourt

Use of Information by Antenatal Mothers							Use of Information by Post-Natal Mothers						
S/N	Use of Information	N	$\bar{x}$	SD	Cm	Rmk	S/N	Use of Information	N	$\bar{x}$	SD	Cm	Rmk
1	Daily	40	3.09	1.02	2.5	Used	1	Daily	100	2.98	0.95	2.5	Used
2	Weekly	40	2.63	0.59	2.5	Used	2	Weekly	100	2.69	0.66	2.5	Used
3	Bi-monthly	40	2.61	0.56	2.5	Used	3	Bi-monthly	100	2.66	0.63	2.5	Used
4	Monthly	40	2.58	0.54	2.5	Used	4	Monthly	100	2.63	0.61	2.5	Used
5	Quarterly	40	2.54	0.51	2.5	Used	5	Quarterly	100	2.57	0.54	2.5	Used
6	As the need arises	40	3.13	1.06	2.5	Used	6	As the need arises	100	2.94	0.91	2.5	Used
	Grand mean	40	2.76	0.71	2.5	Used		Grand Mean	100	2.75	0.72	2.5	Used

Data in Table 4 indicates the frequency of the use of information needed by antenatal and postnatal mothers in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt. Data in Table 4 shows that while antenatal mothers mostly use information as the need arises ( $\bar{x} = 3.13$ ) post-natal mothers use information they need daily ( $\bar{x} = 2.98$ ). Data in Table 4 also reveals that the grand mean responses of antenatal mothers on the information they need is ( $\bar{x} = 2.76$ ). While the grand mean resources of post-natal mothers on their use of information they need is ( $\bar{x} = 2.75$ ). The standard deviation is a measure of the agreement of antenatal and post-natal mothers on how frequent they use the information that

they need in Ignatius Ajuru University of Education Health Care Centre. The finding of this research question is that there is a slight difference in the responses of antenatal and post-natal mothers on how frequent they use the information they need in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt.

### Research Question Five

What factors constitute restraint to the effective use of health information by antenatal and postnatal mothers in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt, Rivers State?

**Table 5:** Mean responses of the factors that constitute restraint to the effective use of health information by antenatal and post-natal mothers in IAUE Health Care Centre

Restraint to effective Use of health information by Antenatal Mothers						Restraint to effective Use of health information by Post-Natal mothers							
S/N	Use of Information	N	$\bar{x}$	SD	Cm	Rmk	S/N	Use of Information	N	$\bar{x}$	SD	Cm	Rmk
1	Medical language	40	2.99	0.91	2.5	Restraint	1	Medical Language	100	2.91	0.87	2.5	Restraint
2	Attitude of medical doctors	40	2.66	0.62	2.5	Restraint	2	Attitude of medical doctors	100	2.67	0.63	2.5	Restraint
3	Attitude of nurses	40	2.98	0.94	2.5	Restraint	3	Attitude of Nurses	100	2.96	0.92	2.5	Restraint
4	Cost of information	40	2.75	0.71	2.5	Restraint	4	Cost of Information	100	2.81	0.76	2.5	Restraint
5	Not conversant with information sources	40	3.02	0.98	2.5	Restraint	5	Not conversant with information sources	100	2.99	0.94	2.5	Restraint
6	Frequent power failure	40	3.06	0.99	2.5	Restraint	6	Frequent power Failure	100	3.03	0.97	2.5	Restraint
7	Attitude of library attendant	40	2.98	0.95	2.5	Restraint	7	Attitude of library attendant	100	2.98	0.94	2.5	Restraint
	<b>Grand mean</b>	<b>40</b>	<b>2.91</b>	<b>0.87</b>	<b>2.5</b>	<b>Restraint</b>		<b>Grand Mean</b>	<b>100</b>	<b>2.91</b>	<b>0.86</b>	<b>2.5</b>	<b>Restraint</b>

Data in Table 5 shows the factors that constitute restraint to the effective use of health information by antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt, Rivers State. Data in Table 5 reveals that frequent power failure is the commonest restraint to effective use of health information among antenatal mothers ( $\bar{x} = 3.06$ ). This is followed by not conversant with information sources ( $\bar{x} = 3.02$ ), the medical language ( $\bar{x} = 2.99$ ) and the attitude of nurses and library attendant ( $\bar{x} = 2.98$ ). The least constraint to effective use of health information by antenatal mothers is attitude of medical doctors ( $\bar{x} = 2.66$ ). On the other hand, the commonest restraint to effective use of health information among post-natal mothers is frequent power failure ( $\bar{x} = 3.03$ ). This is followed by not conversant with information sources ( $\bar{x} = 2.99$ ) then attitude of library attendant ( $\bar{x} = 2.98$ ) and attitude of nurses ( $\bar{x} = 2.96$ ). The grand mean responses of antenatal mothers ( $\bar{x} = 2.91$ ) and post-natal mothers ( $\bar{x} = 2.91$ ) indicates that there are slight differences in the response of antenatal and post-natal mothers on the factors that constitutes restraint to the effective use of health information in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt, Rivers State. The standard deviation indicates the extent to which antenatal and postnatal mothers are in agreement on the responses on the factors that constitute restraint to effective use of health information in Ignatius Ajuru University of Education Health Care Centre in Port Harcourt, Rivers State.

### Discussion and Summary of Findings

Table 1 highlights the demographic characteristics of antenatal and post-natal mothers. The table above shows antenatal and post-natal mothers who have attained tertiary status and 50% and 43% respectively. These percentages corroborate with the study carried out by Ebijuwu, Ogunmodede & Oyetola (2013) [2] showing 57% of antenatal mothers who have tertiary degrees explaining that they are enlightened and well informed.

Table 2 shows a glaring presentation that there are differences in pregnancy and afterbirth based on the data shown. They have various peculiar needs while the common and similar information need to both is on breastfeeding.

The sources of information needs on table 3 shows antenatal mothers receiving information during antenatal sessions while post-natal mothers obtain their from post-natal clinics. Table 4 shows that while post-natal mothers use information on daily basis, antenatal mothers use information whenever the need arises.

Table 5 shows the agreement on constraints of effective use

of health information by antenatal and post-natal mothers indicating frequent power failure as a major constraint to free flow of information acquisition. This finding is in agreement with that of Ebijuwu, Ogunmodede & Oyetola (2013) [2] explaining major constrains of effective information as ignorance and erratic power supply.

### Conclusion and Recommendation

The study focused on the information needs of antenatal and post-natal mothers in Ignatius Ajuru University of Education Health Centre, located in Port Harcourt. The study constituted more graduates both in antenatal and post-natal clinics based on the answer given. The studies show that their peculiar information needs on pregnancy, labour, delivery and miscarriage for antenatal mothers and hygiene, teething, fitness, family planning and immunization on the part of post-natal mothers. Erratic power supply has been a major challenge for both mothers in terms of accessing information. Based on the findings, the study recommends that various information sources available to antenatal and post-natal mothers should be maintained while the issue of electricity be given attention. If the university management treats it as a priority health information for antenatal and post-natal mothers will be greatly improved.

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