

A Descriptive Study on Pregnant Women's Knowledge of the Benefits of Antenatal Care at TK.IV.01.07.02 Binjai Hospital in 2025

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ABSTRACT

Antenatal care (ANC) is a planned program involving observation, education, and medical management for pregnant women, aimed at ensuring a safe and satisfying pregnancy and childbirth process. A preliminary survey conducted by the researcher at TK.IV.01.07.02 Binjai Hospital in 2025 involved interviews with 30 pregnant women. Among them, 26 reported attending ANC regularly, while 4 did not, citing a lack of knowledge about ANC as the primary reason. This study employed a quantitative descriptive-analytic survey design, with data presented univariately in narrative form. The results indicate that the majority of respondents 26 out of 30 (86.7%) had good knowledge regarding the benefits of ANC, while only 4 respondents (13.3%) exhibited poor knowledge. Further analysis based on demographic characteristics revealed that most participants were aged between 21–35 years (56.7%), while younger (<20 years) and older (>35 years) women each accounted for 23.3% of the sample. In terms of education, the largest proportion of respondents had completed junior high school (50.0%), followed by senior high school and higher education (each 23.3%), and a small minority had only completed primary school (3.3%). With respect to employment, the majority of respondents (60.0%) were employed, while 40.0% were unemployed. These findings highlight the importance of knowledge in determining ANC utilization among pregnant women and suggest that educational and occupational status may significantly influence health-seeking behaviors during pregnancy.

Keywords: Antenatal Care, Knowledge, Pregnancy

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INTRODUCTION

Pregnancy is a profoundly meaningful experience for women, families, and communities. Maternal behaviors during pregnancy, including the decision to seek skilled birth assistance, significantly influence maternal and fetal health outcomes. Midwives play a central role in preserving the health of both mother and fetus, as well as in preventing complications throughout the antenatal and delivery periods (Wilyani, 2018). Knowledge is formed through sensory experience—observation, hearing, touch, smell, and taste—and is shaped by interactions with the surrounding environment. As individuals accumulate experiences, their knowledge base expands and evolves. This transformation of experience into knowledge involves memory recall, both consciously and unconsciously, especially after exposure to specific objects or events (Lail, 2019).

In Indonesia, maternal and child health remains a significant public health concern. One of the core challenges is the low level of awareness among pregnant women regarding the importance of attending antenatal care (ANC) visits. This lack of awareness often leads to delayed identification of complications that are otherwise preventable or manageable with early medical intervention (Harry, 2019). Antenatal care involves a range of services provided to pregnant women before childbirth to ensure positive health outcomes for both the mother and the baby. These services include the early detection of life-threatening complications, preparation for childbirth, and health education (Zavira, 2020). ANC is considered essential because it promotes physical and mental

readiness, safeguards maternal and fetal health during pregnancy and delivery, and ensures a smoother transition into the postpartum period. However, in practice, many pregnant women do not access ANC services regularly. Several factors contribute to this, including economic barriers, employment constraints, and limited knowledge about the benefits of ANC. A lack of awareness often results in poor maternal nutritional practices, inadequate monitoring of fetal development, and insufficient preparation for postpartum and neonatal care (Darmawan, 2020).

ANC services should be delivered in accordance with established standards by qualified healthcare professionals such as obstetricians, general practitioners, midwives, and nurses (Januarto, 2020). ANC contact points typically include an initial visit during the first trimester and subsequent follow-ups during the second and third trimesters to monitor maternal and fetal health (Hayatun Nisa, 2018). Globally, improving maternal health is a top priority of the World Health Organization (WHO). Despite a 34% reduction in the global maternal mortality ratio (MMR), approximately 287,000 women died in 2020 due to pregnancy-related complications, the majority of which were preventable. In Southeast Asia, the MMR declined significantly from 372 deaths per 100,000 live births in 2000 to 117 in 2020 (WHO & UNICEF, 2023).

In Indonesia, the MMR declined from 305 to 189 deaths per 100,000 live births between the last intercensal population survey in 2020, with a national target of 183 by 2024 (Kemenkes RI, 2023). The leading causes of maternal deaths include hypertensive disorders (22.71%), hemorrhage (20.7%), and infections (5.5%). Infant mortality rates also reflect the quality of health services in a country. Between 2000 and 2021, global infant mortality decreased from 40 to 27 deaths per 1,000 live births, with Southeast Asia showing reductions between 65% and 78%. Despite this progress, Indonesia ranks fifth in infant mortality among ASEAN countries and shows higher neonatal mortality than countries such as Malaysia, Thailand, Brunei, and Vietnam (Kusnandar, 2022).

Nationally, Indonesia's infant mortality rate decreased from 24 per 1,000 live births in 2017 to 16.85 in 2020. This downward trend must be maintained to achieve the target of 16 by 2024 and 12 by 2030 (Kemenkes RI, 2023). The most common causes of neonatal death include low birth weight (28.2%), asphyxia (25.3%), and infections (5.7%). Midwives, as professional healthcare providers, play a crucial role in reducing maternal and infant mortality by delivering comprehensive ANC services. Their responsibilities include routine maternal monitoring, health counseling, and educating pregnant women about maternal and fetal well-being (Juniarty, 2022). A preliminary survey conducted at TK.IV.01.07.02 Binjai Hospital in 2025 showed that out of 30 pregnant women interviewed, 26 attended ANC visits regularly, while 4 did not due to a lack of knowledge regarding ANC. This finding motivated the present study, which aims to explore the knowledge level of pregnant women concerning the benefits of antenatal care at the specified hospital.

Problem Statement

In light of the background presented, the central question addressed by this study is: What is the level of knowledge among pregnant women regarding the benefits of antenatal care at TK.IV.01.07.02 Binjai Hospital in 2025?

Research Objectives

The general objective of this research is to assess pregnant women's level of knowledge regarding the benefits of antenatal care at TK.IV.01.07.02 Binjai Hospital in 2025.

The specific objectives include:

- Describing the overall knowledge of pregnant women concerning ANC benefits.
- Analyzing knowledge levels based on maternal age.
- Analyzing knowledge levels based on educational background.
- Analyzing knowledge levels based on occupational status.

Significance of the Study

This study offers several benefits across different stakeholders:

For Healthcare Facilities

The findings are expected to serve as a valuable reference for improving maternal health services at TK.IV.01.07.02 Binjai Hospital, particularly in enhancing patient education and service delivery.

For Researchers

The study provides an opportunity to apply public health research methodologies and enrich the researcher's understanding of maternal health knowledge, particularly regarding ANC.

For Pregnant Women (Respondents)

The research is anticipated to enhance knowledge and motivation among pregnant women, encouraging them to utilize ANC services for better maternal and fetal health outcomes.

For Academic Institutions

This research can contribute to the academic body of knowledge and serve as a reference for students and future researchers interested in maternal health awareness and service utilization..

METHOD

This research adopts a quantitative descriptive analytic design using a survey method. The study aims to describe the knowledge levels of pregnant women regarding the benefits of antenatal care (ANC). Data are presented univariately in narrative form, focusing on the distribution of key variables such as knowledge, education, employment, and age. The conceptual framework of this study is grounded in the idea that knowledge influences behavior. Specifically, the independent variable in this study is the knowledge level of pregnant women about ANC, while the dependent variable is the extent to which they understand and value the benefits of antenatal care. The framework provides a visual and theoretical representation of how maternal knowledge impacts perceptions and behaviors related to ANC.

Variables in this study are classified into independent and dependent types. The independent variable refers to the knowledge that pregnant women possess regarding antenatal care. This knowledge can significantly influence how they approach pregnancy, particularly in accessing maternal health services. The dependent variable is the perceived benefits and utilization of ANC services among these women. Operational definitions are used to guide the measurement of these variables. Knowledge about ANC is defined as a woman's understanding of the importance of routine prenatal visits, potential risks during pregnancy, and the overall impact of ANC on maternal and fetal health. Women demonstrating an adequate level of knowledge will likely engage in regular check-ups and adopt healthy behaviors during pregnancy. Knowledge is scored using a questionnaire, where correct answers are given a score of one and incorrect answers a score of zero. A total score of 6 to 10 is categorized as "good knowledge," while scores from 0 to 5 indicate "poor knowledge."

Education is another factor examined in this study. It is defined as the highest level of formal schooling completed by the respondent. Educational attainment influences a person's ability to understand health information and to seek medical care when necessary. The levels include primary school, junior high school, senior high school, and higher education. Employment status is also considered, referring to whether the respondent is currently engaged in income-generating work. This variable is important as working women may have better access to information and healthcare services. For the purposes of this study, participants are categorized as either employed or unemployed. Maternal age is the final demographic variable assessed. Age is an important determinant of pregnancy risk and information-seeking behavior. Women between the ages of 20 and 35 are generally considered to be at optimal reproductive age. Younger women under 20 and older women above 35 are at higher risk for complications such as preeclampsia, preterm birth, and low birth weight. These age groups may also differ in their access to and understanding of antenatal health information.

The study is conducted at TK.IV.01.07.02 Binjai Hospital, a healthcare facility providing maternal health services. Data collection takes place over a six-month period from July to December 2025. The population for this study consists of all pregnant women visiting the hospital during this period, totaling 30 individuals. A total sampling technique is employed, meaning that every member of the population is included in the study sample. This approach ensures comprehensive coverage and increases the validity of the findings. Data are collected using both primary and secondary sources. Primary data are obtained directly from respondents through the administration of structured questionnaires. Respondents are given clear instructions and explanations regarding the purpose of the study and how to complete the questionnaire. Any

questions or uncertainties are addressed by the researcher during the data collection process. Secondary data are collected from institutional records at TK.IV.01.07.02 Binjai Hospital for the period between April and September 2024, providing context and supporting information for the primary data.

The measurement of knowledge is carried out through a questionnaire comprising 10 items. Each correct response is assigned a score of one, while incorrect responses receive a score of zero. The maximum possible score is 10, and the minimum is zero. Using Sudjana's classification method, the interval is calculated to determine knowledge categories. A score of 6 to 10 indicates good knowledge, while a score of 0 to 5 indicates poor knowledge. Educational background is recorded as reported by the respondent, and categorized into four levels: primary, junior high, senior high, and higher education. Employment status is recorded as either employed or unemployed, and maternal age is grouped into three categories: under 20 years, between 21 and 35 years, and over 35 years. Data processing follows a systematic approach that includes editing, coding, entry, and tabulation. Editing ensures that all responses are complete and consistent. Coding assigns numerical values to qualitative responses to facilitate analysis. Data are then entered into a computer using appropriate software for analysis. Tabulation involves the organization of data into tables to support interpretation and reporting.

Analysis is conducted using univariate statistical techniques, which focus on describing the characteristics of each variable individually. Frequency distributions are used to summarize the data, and results are presented in tables and interpreted in narrative form. This analytic approach allows for a clear and focused understanding of the knowledge levels of pregnant women and the factors that influence their awareness and utilization of antenatal care services.

FINDING AND DISCUSSION

This chapter presents the findings from the study titled "An Overview of Pregnant Women's Knowledge Regarding the Benefits of Antenatal Care at TK.IV.01.07.02 Binjai Hospital in 2025". The study involved a total of 30 pregnant women as respondents. The data analysis employed in this research is univariate, aiming to describe the distribution of each variable examined.

Univariate Analysis

Univariate analysis is used to explain and describe the characteristics of each variable individually. In this study, it reveals the distribution of knowledge levels among pregnant women regarding the benefits of antenatal care (ANC), as well as demographic characteristics such as age, educational background, and employment status.

Knowledge of Pregnant Women about ANC

The results of the analysis indicate that the majority of respondents had a good level of knowledge about the benefits of ANC. Out of 30 respondents, 26 (86.7%) demonstrated good knowledge, while only 4 respondents (13.3%) were classified as having poor knowledge. These results suggest that awareness of ANC among pregnant women at TK.IV.01.07.02 Binjai Hospital is relatively high.

Knowledge Level	Frequency (f)	Percentage (%)
Good	26	86.7%
Poor	4	13.3%
Total	30	100%

Age of Respondents

Based on respondents' age, the majority of pregnant women were within the optimal reproductive age range. A total of 17 respondents (56.7%) were between 21–35 years old. In contrast, 7 respondents (23.3%) were under 20 years, and another 7 respondents (23%) were above 35 years. This distribution suggests that most women participating in the study were within the age range considered safe and ideal for pregnancy.

Age Group (Years)	Frequency (f)	Percentage (%)
< 20	7	23.3%
21–35	17	56.7%
> 35	7	23.0%
Total	30	100%

Educational Background

Regarding educational attainment, the largest proportion of respondents had completed junior high school (SMP), with 15 individuals (50.0%). Respondents with senior high school education and higher education (university) each accounted for 7 individuals (23.3%). Only 1 respondent (3.3%) had completed primary school (SD). These findings highlight that most pregnant women had at least a basic level of formal education, which could positively influence their knowledge about antenatal care.

Education Level	Frequency (f)	Percentage (%)
Primary School (SD)	1	3.3%
Junior High (SMP)	15	50.0%
Senior High (SMA)	7	23.3%
Higher Education	7	23.3%
Total	30	100%

Employment Status

In terms of employment, the majority of the respondents were employed. A total of 18 women (60.0%) reported being employed, while 12 women (40.0%) were unemployed. These findings may suggest that employment plays a role in shaping knowledge levels, possibly due to increased exposure to information or greater access to health services.

Employment Status	Frequency (f)	Percentage (%)
Employed	18	60.0%
Unemployed	12	40.0%
Total	30	100%

Discussion

This chapter discusses the findings of the study on *The Knowledge Level of Pregnant Women Regarding the Benefits of Antenatal Care (ANC) at TK.IV .01.07.02 Binjai Hospital in 2025*. The discussion is structured based on the distribution of respondents' knowledge levels in relation to key demographic characteristics. The analysis of knowledge levels among pregnant women revealed that a significant majority, totaling 26 out of 30 respondents (86.7%), possessed good knowledge about the benefits of ANC. Only 4 respondents (13.3%) demonstrated limited understanding. These results suggest a generally high level of awareness among pregnant women at this facility. This finding is consistent with research conducted by Nurfitriyani et al. (2022), which reported that 79.7% of pregnant women had good knowledge, 86.1% held positive attitudes, and 82.3% adhered to health protocols. Additionally, proximity to ANC service locations, the presence of qualified medical personnel, and the availability of health protocol facilities were reported to enhance utilization and awareness levels. Similarly, Patikasari (2019) found that among 47 respondents, 29.8% had good knowledge, 27.7% had moderate knowledge, and 42.6% had poor knowledge, reinforcing the variability in maternal understanding across different settings.

In terms of age distribution, the study showed that the largest proportion of knowledgeable respondents were aged 21–35 years (56.6%), followed by younger women under 20 years (23.3%), and women above 35 years (20.1%). This finding corresponds with research by Aisyah (2019), which identified that pregnant women in high-risk age groups, especially those under 20 or above 35, were more likely to utilize ANC services appropriately when they possessed sufficient

knowledge and received quality care. Her study found that 90% of high-risk age mothers followed ANC standards, supported by positive attitudes, education levels, and access to nearby services. Likewise, a study by Rumbo and Harsina (2017) reported that the majority of respondents (70.2%) were aged 20–35 years, indicating that this age group commonly seeks maternal health services. The researchers emphasized that maternal age plays a crucial role in shaping awareness and decisions regarding ANC.

When analyzed by educational background, the highest proportion of respondents (50.0%) had completed junior high school (SMP), followed by those with senior high school and higher education (each 23.3%). Only 3.3% had completed only primary school. These findings align with those of Junitasia (2019), who observed that most pregnant women in her study had completed senior high school (27.0%), with fewer respondents having only elementary or tertiary education. Fitnaningsih and Cahyawati (2020) also concluded that education is a key determinant of health behavior. Their research highlighted that respondents with higher education levels possessed greater health knowledge and were more likely to accept new health-related information. Education equips individuals with the cognitive tools necessary to understand health risks, interpret medical advice, and participate actively in healthcare decisions.

In terms of employment status, the current study found that 60% of respondents were employed, while 40% were not. Women who worked were more likely to have better knowledge of ANC. This result supports Aisyah's (2019) findings, which showed that the majority of respondents with good ANC knowledge were employed. In her study, 72.1% of employed women had high knowledge levels, and 58.1% underwent ANC visits according to national standards. Febriati (2022), however, reported different trends, with the majority of knowledgeable respondents being unemployed (71.9%), while only 28.1% of those with good knowledge were employed. These contrasting results may suggest that employment alone is not a definitive predictor of maternal knowledge; rather, access to information, health services, and social support networks may also influence awareness levels. Overall, this study demonstrates that knowledge regarding ANC among pregnant women is influenced by various demographic factors, including age, education, and employment. The findings underscore the importance of targeted health education programs to ensure that all pregnant women regardless of background—have access to the information needed to safeguard their health and that of their unborn children.

CONCLUSIONS

Based on the findings of the study titled *An Overview of Pregnant Women's Knowledge Regarding the Benefits of Antenatal Care (ANC) at TK.IV.01.07.02 Binjai Hospital from July to August 2025*, the following conclusions can be drawn:

1. The majority of pregnant women demonstrated good knowledge about the benefits of antenatal care, with 26 respondents (86.7%) categorized as having good knowledge, while only 4 respondents (13.3%) were classified as having poor knowledge.
2. In terms of age, most respondents were within the optimal reproductive age range of 21–35 years, accounting for 17 individuals (56.7%). Meanwhile, the remaining 7 respondents (23.3%) were either under 20 years or over 35 years of age.
3. Regarding educational background, only 1 respondent (3.3%) had completed primary school, while the majority, 15 respondents (50.0%), had completed junior high school. Respondents with senior high school education and those with higher education (university level) each accounted for 7 individuals (23.3%).
4. With respect to employment status, 18 respondents (60.0%) were employed, while 12 respondents (40.0%) were unemployed. This suggests a potential correlation between employment and greater knowledge about ANC.

Recommendations

Based on the findings of this research, several recommendations are proposed:

For Educational Institutions: The results of this study may serve as a valuable reference and supplementary reading material to support the teaching and learning process, particularly for

students at Kharisma Husada Midwifery Academy in Binjai. It may help enrich understanding regarding maternal health and antenatal care.

For the Healthcare Facility: TK.IV.01.07.02 Binjai Hospital is encouraged to enhance its maternal care services, especially in providing education and nutritional support for pregnant women throughout pregnancy and the postpartum period.

For Healthcare Professionals: These findings may be used as input for healthcare workers to further improve maternal education efforts. Increasing awareness and knowledge among pregnant women—spanning from early pregnancy to postpartum—can contribute significantly to better maternal and neonatal outcomes.

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