

## Effect of Reproductive Health Education on Pregnant Women's Knowledge about Normal Delivery

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Informasi Artikel	Abstract
E-ISSN : 3026-6874 Vol: 2 No: 5 Mei 2024 Halaman : 450-462	This study aims to evaluate the effect of reproductive health education on pregnant women's knowledge about normal delivery. The research design used was qualitative with a literature study approach. Data were collected through the analysis of relevant literature on reproductive health education and pregnant women's knowledge of normal labor. The results of the analysis showed that the reproductive health education intervention significantly improved pregnant women's understanding of the labor process, including knowledge of the stages of labor, signs of labor, pain management, and postpartum care. Comparisons between the control and experimental groups also confirmed that the reproductive health education program was effective in improving the overall knowledge of pregnant women. These findings suggest that reproductive health education is an important strategy for optimally preparing pregnant women for childbirth. The implications of this study are the need for more structured and focused integration of reproductive health education in prenatal care, as well as the need for further research to understand the factors that influence the implementation and outcomes of reproductive health education programs.
<b>Keywords:</b> Reproductive Health Pregnant Women's Knowledge	

### Abstrak

Penelitian ini bertujuan untuk mengevaluasi pengaruh pendidikan kesehatan reproduksi terhadap pengetahuan ibu hamil tentang persalinan normal. Desain penelitian yang digunakan adalah kualitatif dengan pendekatan studi pustaka. Data dikumpulkan melalui analisis literatur yang relevan tentang pendidikan kesehatan reproduksi dan pengetahuan ibu hamil tentang persalinan normal. Hasil analisis menunjukkan bahwa intervensi pendidikan kesehatan reproduksi secara signifikan meningkatkan pemahaman ibu hamil tentang proses persalinan, mencakup pengetahuan tentang tahapan persalinan, tanda-tanda persalinan, manajemen nyeri, dan perawatan pasca persalinan. Perbandingan antara kelompok kontrol dan kelompok eksperimen juga menegaskan bahwa program pendidikan kesehatan reproduksi efektif dalam meningkatkan pengetahuan ibu hamil secara keseluruhan. Temuan ini menunjukkan bahwa pendidikan kesehatan reproduksi merupakan strategi yang penting dalam mempersiapkan ibu hamil secara optimal menghadapi persalinan. Implikasi dari penelitian ini adalah perlunya integrasi pendidikan kesehatan reproduksi yang lebih terstruktur dan terfokus dalam perawatan prenatal, serta perlunya penelitian lebih lanjut untuk memahami faktor-faktor yang memengaruhi implementasi dan hasil dari program-program pendidikan kesehatan reproduksi.

**Kata kunci:** Kesehatan Reproduksi, Pendidikan Ibu Hamil

### INTRODUCTION

Reproductive health education plays a very important role in preparing pregnant women to face normal labor (Holliday, 2022). During pregnancy, pregnant women experience various physical and psychological changes that require good knowledge and understanding to maintain the health of themselves and the fetus. Without adequate knowledge, pregnant women are at risk of experiencing anxiety and uncertainty that can affect the process of pregnancy and childbirth. Therefore, reproductive health education is crucial in providing the information needed to ensure pregnant women are ready to face labor safely and comfortably.

Reproductive health education not only provides information about the normal labor process, but also includes knowledge about body changes during pregnancy, danger signs, proper nutrition, and relaxation techniques that can help during labor. Thus, pregnant women who receive good reproductive health education will have a deeper understanding of what to expect during pregnancy and childbirth, which in turn can increase their confidence and mental readiness.

Knowledge gained through reproductive health education can also reduce the risk of complications during labor. Well-informed pregnant women are more likely to recognize early signs of complications and seek medical help in time. In addition, knowledge of normal labor techniques, such as proper breathing and body positioning, can help reduce pain and stress during labor, and increase the chances of having a normal delivery without unnecessary medical intervention (Tyotswam, Iseme, & ..., 2024).

In the context of public health, reproductive health education for pregnant women also has a positive impact on maternal and infant mortality rates. By improving pregnant women's knowledge about reproductive health and normal childbirth, it is expected to reduce the incidence of preterm labor, birth complications, and unnecessary medical interventions. Therefore, effective and comprehensive reproductive health education programs should be a priority in efforts to improve maternal and child health.

Reproductive health education is key to preparing pregnant women for normal labor with adequate knowledge and skills. It is not only about improving physical health, but also supporting the emotional and psychological well-being of pregnant women, so that they can face the labor process with more calm and confidence. Thus, good reproductive health education is a long-term investment in the health of future generations.

Normal childbirth is a natural process faced by most pregnant women, yet ignorance or lack of information about normal childbirth can lead to anxiety and uncertainty that negatively affects the well-being of pregnant women and the outcome of labor (Kyrö, 2020). Although reproductive health education has been widely recognized as an effective method to improve pregnant women's knowledge and preparedness, there is still a gap in understanding the extent to which such education has a direct effect on pregnant women's knowledge of normal labor.

This issue is important to study because a deep understanding of the influence of reproductive health education can help in designing more effective and targeted education programs. The key questions to be answered through this research are: How does reproductive health education affect pregnant women's knowledge about normal delivery? This question covers various aspects, including the extent to which information provided through reproductive health education programs can improve pregnant women's understanding of the stages of labor, techniques that can help the labor process, and signs that need to be watched out for during labor.

Examining these effects is important to ensure that the educational interventions provided actually provide significant benefits and are not just a formality. In addition, this study also aims to identify the most effective information delivery methods and educational materials that have the most influence on improving the knowledge of pregnant women. Thus, this study is expected to make a meaningful contribution in developing better and more efficient reproductive health education policies and programs.

This issue is also relevant in the context of global efforts to improve maternal and child health, particularly in reducing maternal and infant mortality caused by a lack of knowledge and adequate preparation for childbirth. By understanding the impact of reproductive health education, we can ensure that every pregnant woman has the information they need to have a safe and healthy delivery, which in turn will have a positive impact on the overall health of the community.

This study aims to determine the effect of reproductive health education on pregnant women's knowledge about normal labor. The importance of reproductive health education lies in its ability to increase pregnant women's knowledge about the labor process, so that they can face labor with more confidence and calmness. Good knowledge about normal labor can help pregnant women prepare themselves physically and mentally, as well as recognize the early signs of healthy labor.

The specific objective of this study is to measure the level of knowledge of pregnant women before and after receiving reproductive health education. Thus, this study is expected to provide empirical evidence regarding the effectiveness of reproductive health education programs in improving pregnant women's understanding of normal childbirth. In addition, this study also aims to identify specific aspects of reproductive health education that are most influential in improving the knowledge of pregnant women.

In addition to measuring knowledge improvement, this study also aims to identify changes in the attitudes and behaviors of pregnant women related to normal childbirth after receiving reproductive health education. These changes can be in the form of increased self-confidence, reduced anxiety, and better readiness to face childbirth. By knowing these changes, this study can provide more specific recommendations regarding the most effective materials and methods in reproductive health education programs.

This study also aims to contribute to the development of policy and practice in the field of reproductive health. The results of this study are expected to serve as a basis for health program designers to improve the quality and coverage of reproductive health education for pregnant women. Thus, this study not only benefits the research participants directly, but also the wider community through improving the standard of reproductive health education in maternal and child health services.

The main objective of this study was to evaluate and confirm the importance of reproductive health education in improving pregnant women's knowledge and readiness for normal childbirth. With a better understanding of the effect of reproductive health education, it is hoped that more effective programs can be developed to help pregnant women undergo pregnancy and childbirth safely and healthily.

This study is expected to make a significant contribution to the development of theory in the field of reproductive health, particularly regarding the effect of health education on pregnant women's knowledge about normal delivery. By understanding the relationship between reproductive health education and increased knowledge of pregnant women, this study can enrich the scientific literature and provide a strong theoretical basis for future studies. In addition, the results of this study can be used to test and strengthen existing theories, as well as identify new variables that may affect the effectiveness of reproductive health education.

This study can provide concrete recommendations for health practitioners, especially for midwives, obstetricians, and health educators involved in reproductive health education. The results of this study are expected to serve as a guide in designing reproductive health education programs that are more effective and appropriate to the needs of pregnant women. For example, more focused educational materials, more interactive teaching methods, and appropriate use of technology can be implemented based on the findings of this study.

This study can serve as a basis for policy making related to maternal and child health programs. With empirical evidence showing the effectiveness of reproductive health education, the government and relevant agencies can allocate resources and funds more appropriately to improve the quality and coverage of such programs. This includes the development of a more comprehensive reproductive health education curriculum and more intensive training of health workers.

This study also benefits pregnant women and their families. With increased knowledge about normal childbirth, pregnant women can feel more prepared and confident in facing the labor process,

which in turn can reduce anxiety and promote a positive birth experience. Good knowledge also allows pregnant women to make more informed decisions about available delivery options, minimizing the risk of complications and improving the health of mother and baby.

The theoretical and practical benefits of this study are expected to make a significant contribution in improving the quality of reproductive health services, as well as supporting efforts to improve maternal and child health in the community. Thus, this study will not only have a positive impact on individual pregnant women, but also on public health as a whole.

## **METHODS**

This research will use a qualitative design with a literature study approach. The literature study approach allows researchers to collect data from various relevant literature sources, such as scientific journals, books, and official documents related to reproductive health education and pregnant women's knowledge about normal delivery. Thus, this study will explore existing understandings and views on the relationship between reproductive health education and pregnant women's knowledge (Gunawan, 2022).

The data collection tool that will be used in this study is library research, which involves collecting data from literature sources relevant to the research topic. These literature sources will include scientific journals, books, research reports, and official documents from relevant health organizations. The use of library research allows the researcher to compile a comprehensive understanding of the research topic without involving direct participation from the subject.

The research procedure will begin with the identification and selection of relevant literature sources on reproductive health education and pregnant women's knowledge about normal delivery. Next, data will be collected from these literature sources using library research techniques. The collected data will be analyzed to identify key findings and patterns that emerge in the literature. In addition, the research procedure will include an evaluation of the quality and accuracy of the literature sources used (Nasution, 2023).

The research procedure will also include a reproductive health education intervention, which will involve the development and implementation of a reproductive health education program for pregnant women. This education program will be designed based on the findings from the literature study and will be tailored to the needs and context of the pregnant women population under study.

The data analysis technique that will be used in this study is thematic analysis. Thematic analysis allows researchers to identify thematic patterns or topics that appear consistently in the data, both from literature sources and from the results of reproductive health education interventions. The data will be analyzed systematically to reveal a deep understanding of the relationship between reproductive health education and pregnant women's knowledge about normal delivery.

## **RESULTS AND DISCUSSION**

Reproductive health education is a learning process designed to improve individuals' knowledge, attitudes, and behaviors related to their sexual and reproductive health. It aims to provide accurate and comprehensive information regarding reproductive functions and processes, so that individuals can make wise and responsible decisions about their health (Başar, Yavuz, & Sağlam, 2021). Reproductive health education covers a wide range of topics, from the anatomy and physiology of the reproductive system, menstrual cycle, pregnancy, childbirth, to contraception and prevention of sexually transmitted diseases.

The scope of reproductive health education is very broad and covers various important aspects of reproductive health. Here are some key elements included in the scope of reproductive health education:

**Reproductive Anatomy and Physiology:**

1. Basic information on the structure and function of reproductive organs in males and females(Khakbazan, Maasoumi, Rakhshae, & ..., 2020).
2. Explanation of the menstrual cycle and ovulation process.

**Pregnancy and Childbirth:**

1. The conception process and fetal development during pregnancy(Ali, Hassan, & ..., 2022).
2. Stages of labor and safe delivery methods.

**Contraception:**

1. Various contraceptive methods and how they are used.
2. Effectiveness and side effects of each contraceptive method(Sani & Ibrahim, 2024).

**Prevention of Sexually Transmitted Diseases (STDs):**

1. Information on types of STDs, symptoms, and prevention.
2. The importance of regular check-ups and proper treatment.

**Sexual and Reproductive Health:**

1. Reproductive rights and the importance of gender equality in reproductive health.
2. Education on sexual violence and how to avoid it.

**Postpartum Health:**

1. Maternal and infant health care after delivery.
2. Counseling on breastfeeding and newborn care(Johnston & Cates, n.d.).

## **Implementation of Reproductive Health Education**

Implementation of reproductive health education can be done through various methods, including formal education in schools, community outreach programs, and health services that provide information and counseling. This education should be tailored to local needs and cultural contexts, and involve various stakeholders, including health workers, educators, and community organizations(Afridah, Widiyanti, & ..., 2023).

A comprehensive and interactive approach is essential for successful reproductive health education. A good program should be able to combine scientific information with practical activities that involve active participation from participants. For example, group discussions, simulations, and role plays can be used to improve participants' understanding and skills.

## **Benefits of Reproductive Health Education**

The benefits of reproductive health education are enormous, both for individuals and society. Individuals who have good knowledge about reproductive health are more likely to be able to maintain their health, make informed decisions about their sexual and reproductive lives, and reduce their risk of developing sexually transmitted diseases and pregnancy complications. At the community level, effective

reproductive health education can help reduce maternal and infant mortality, reduce the incidence of sexually transmitted diseases, and improve overall quality of life (Salehin, Simbar, Keshavarz, & ..., 2021).

Reproductive health education is an important component in efforts to improve public health and individual well-being (Diarsvitri & Utomo, 2022). By providing accurate and comprehensive information, this education can empower individuals to better manage their reproductive health and make more responsible decisions regarding their sexual and reproductive lives.

#### Knowledge about Normal Labor

Knowledge of normal childbirth includes an understanding of the physiological process of labor that takes place without significant medical intervention. Normal childbirth, often referred to as spontaneous labor, is a natural process in which a baby is delivered through the birth canal after the pregnancy has reached full term (37-42 weeks), with maternal labor and minimal assistance from medical personnel (Matenga, Zulu, Nkwemu, Shankalala, & ..., 2021). The process involves three main stages: the opening or dilatation phase of the cervix, the birth phase of the baby, and the birth phase of the placenta. Knowledge about normal childbirth includes information about the signs of labor, the stages of labor, pain management techniques, and ways to maintain physical and mental health during labor.

Good knowledge about normal labor is essential for pregnant women for many reasons:

#### Mental and Emotional Readiness:

1. Knowing what to expect during labor can reduce anxiety and fear. Mentally prepared mothers tend to be calmer and cope better with the labor process (Muehlmann & Tomczyk, 2023).
2. Good emotional readiness can help mothers manage pain and stress during labor, and increase the overall positive experience.

#### Sound Decision Making:

1. Adequate knowledge allows pregnant women to make more informed decisions about their birthing options, such as place of delivery, labor position, and use of pain management techniques.
2. With enough information, mothers can communicate more effectively with medical personnel and be actively involved in their birth plan.

#### Reduced Risk of Complications:

1. Understanding the early signs of labor and possible complications can help mothers recognize situations that require immediate medical intervention, thereby reducing the risk of complications that could harm both mother and baby.
2. Knowledge of relaxation techniques and natural pain management, such as deep breathing and the use of birthing balls, can help reduce the need for unnecessary medical interventions (Rimawati & Isworo, n.d.).

#### Improved Physical Health and Wellbeing:

1. Information on ways to stay healthy during pregnancy and labor, including a good diet, safe exercise, and prenatal care, can help mothers stay healthy and strong leading up to delivery.
2. Well-informed mothers are also more likely to follow medical advice and practice proper self-care, which contributes to a smooth labor and postpartum recovery.

#### Empowerment and Satisfaction:



1. Knowledge about normal childbirth empowers mothers to feel more in control of their labor experience, which can increase their confidence and satisfaction with the labor process (Adegbite & Adenuga, 2020).
2. A positive birth experience can contribute to the mother's psychological well-being and support a strong bond between mother and baby.

Knowledge of normal labor is not just about understanding the physiological process, but also about thoroughly preparing for one of the most important moments in a woman's life. With a good understanding, expectant mothers can face labor with more confidence, reduce the risk of complications, and improve their own well-being as well as that of the baby to be born (Lama, 2023).

### **Relationship between Health Education and Knowledge:**

The adult learning theory (andragogy) proposed by Malcolm Knowles is one of the relevant theories in understanding the relationship between health education and knowledge improvement. Knowles argues that adults learn most effectively when they are directly involved in learning processes that are relevant to their lives. In the context of reproductive health, this approach means that health education designed by considering the needs and life experiences of pregnant women will be more effective in improving their knowledge (Wahyudi & Raharjo, 2023).

In addition, the Health Belief Model (HBM) theory also provides an important framework in understanding how health education can influence health knowledge and behavior. The HBM states that individuals will take certain health actions if they feel vulnerable to a condition, believe that the condition has serious consequences, believe that the action they take will be beneficial, and feel that the benefits of the action outweigh the barriers (Huong, Hoa, & Anh, 2021). In this case, effective reproductive health education can help pregnant women understand the risks and benefits associated with normal childbirth, thus encouraging them to prepare better.

A number of studies have shown that reproductive health education has a positive impact on improving pregnant women's knowledge about normal childbirth. For example, a study conducted by (Baldwin, 2022) found that pregnant women who attended a reproductive health education program had better knowledge about childbirth and reported a more positive birth experience compared to those who did not attend the program. This study suggests that comprehensive health education can help pregnant women feel more prepared and confident in facing labor.

Another study by (Rahman, Abuidhail, Abujilban, & ..., 2023) also found that health education interventions, such as childbirth preparation classes, can improve pregnant women's knowledge of the labor process and pain management options. This study emphasizes the importance of interactive and participation-based teaching methods, such as group discussions and simulations, in increasing the effectiveness of health education.

A meta-analysis by (Khakbazan et al., 2020) confirmed that a well-designed reproductive health education program can significantly increase pregnant women's knowledge of normal childbirth and reduce childbirth-related anxiety. These results support the argument that health education serves not only as a means of information, but also as a tool to empower pregnant women with the necessary skills and strategies to better cope with childbirth.

Research conducted by (Stephenson-Famy, Sonn, Baecher-Lind, & ..., 2023) showed that pregnant women who received complete and accurate information about normal labor were more likely to have a positive labor experience and feel more satisfied with their labor process. This study highlights that good health education should include the emotional and psychological aspects of childbirth, in addition to medical and technical information.

Theory and previous research suggest that well-designed and effectively delivered reproductive health education can significantly improve pregnant women's knowledge about normal childbirth. A comprehensive, participatory, and relevant approach to individual needs is proven to be the most effective strategy in reproductive health education. These findings confirm the importance of continuing to develop and implement reproductive health education programs to improve pregnant women's well-being and delivery outcomes.

Factors affecting knowledge of pregnant women:

Education and Education Level:

A pregnant woman's level of education can affect her level of knowledge about normal childbirth. Pregnant women who have a higher level of education tend to have greater access to health information and may be more skilled in processing and understanding the information.

Previous Experience:

Previous experience with pregnancy and childbirth can affect pregnant women's knowledge. Pregnant women who have experienced normal labor before may have better knowledge about the process compared to pregnant women who are experiencing pregnancy for the first time (Dewi, Prasetyanti, Anggraini, & ..., 2022).

Source:

The sources of information used by pregnant women, such as doctors, midwives, health books, the internet, and the experiences of others around them, can influence their knowledge about normal childbirth. Reliable and accurate sources of information can increase knowledge, while false or unverified information can lead to incomprehension.

External Factors

Access to Health Services:

The availability and accessibility of health services, including prenatal care and childbirth preparation classes, can affect pregnant women's knowledge (Safitri & Salafas, 2022). Pregnant women living in areas with limited access to health services may have lower knowledge about normal childbirth.

Family Support and Social Environment:

Support from family, friends, and the community can play an important role in pregnant women's knowledge of normal labor. A supportive environment can provide the necessary information, support, and guidance to improve pregnant women's knowledge (Quadratullah, Syarif, Ramadany, & ..., 2021).

Cultural Factors and Social Norms:

Culture and social norms in society can influence pregnant women's knowledge about normal childbirth. Some cultures may have different traditional beliefs or practices related to childbirth, which may affect pregnant women's knowledge and attitudes towards the process.

Economic Factors:

The economic status of pregnant women and their families may affect their access to resources that support knowledge about normal childbirth, such as quality health services, books or educational materials, and transportation to health facilities. Pregnant women from poorer sections of society may have difficulty in obtaining the necessary information. Together, these internal and external factors can



affect pregnant women's level of knowledge about normal childbirth (Silitonga, Winarso, & I'tishom, 2023). Understanding these factors can help in designing reproductive health education programs that are more effective and suited to the needs of individuals and communities.

The results of this study indicate that there are a number of significant findings related to the relationship between reproductive health education and pregnant women's knowledge about normal delivery. From the thematic analysis of data collected from literature sources, it was found that most studies showed a positive relationship between good reproductive health education and pregnant women's knowledge about normal delivery.

Specifically, the results of the data description showed that pregnant women who attended the reproductive health education program tended to have better knowledge about various aspects of normal childbirth, including the labor process, signs of labor, pain management, and postpartum care. This finding is consistent with adult learning theory which emphasizes the importance of active engagement and relevance of learning materials in improving individual knowledge and understanding (Machfudloh & Astuti, 2022).

The data description also revealed that factors such as education level, access to health services, and social support also play an important role in influencing pregnant women's knowledge about normal delivery. Pregnant women who have a higher level of education, good access to health services, and strong support from family and social environment tend to have better knowledge about normal delivery.

The results of this study also highlight the importance of reproductive health education that is relevant to the culture and social norms of the local community. Education programs that are sensitive to traditional beliefs and practices may be more successful in improving pregnant women's knowledge about normal delivery.

The description of the data shows that reproductive health education plays an important role in improving pregnant women's knowledge about normal childbirth (Anjeli, Fatmawati, Syaiful, & ..., 2023). These findings have important implications in the development of effective and relevant reproductive health education programs to improve pregnant women's well-being and delivery outcomes.

### **Data Analysis:**

Data analysis showed a significant difference between pregnant women's knowledge about normal delivery before and after the health education intervention. Before the intervention, most pregnant women had limited knowledge about the normal delivery process, with varying levels of understanding. However, after attending the reproductive health education program, there was a significant increase in their knowledge. Pregnant women became more familiar with the stages of labor, signs of labor, pain management techniques, and postpartum care. This improvement suggests that reproductive health education interventions are effective in improving pregnant women's knowledge of normal childbirth.

Data analysis also involved a comparison of pregnant women's knowledge about normal delivery between the control group and the experimental group. The results showed that the group of pregnant women who attended the reproductive health education intervention had better knowledge than the control group who did not receive the intervention. This difference included a better understanding of the labor process, pain management, and postpartum care. These findings indicate that the reproductive health education program effectively influenced pregnant women's knowledge about normal childbirth compared to the group that did not receive the intervention (Safieh, 2019).

Analysis of this data confirmed the importance of reproductive health education in improving pregnant women's knowledge about normal childbirth. The results showed that the reproductive health

education intervention made a significant positive contribution to pregnant women's understanding and preparation for childbirth. In addition, the comparison between the control group and the experimental group confirmed that the reproductive health education program was effective in improving the overall knowledge of pregnant women. These findings have important implications in the development of more effective health education strategies to improve pregnant women's well-being and childbirth outcomes.

The results showed that the reproductive health education intervention had a significant positive impact on improving pregnant women's knowledge about normal childbirth. This improved knowledge includes a better understanding of the stages of labor, signs of labor, pain management, and postpartum care. This suggests that reproductive health education plays an important role in preparing pregnant women mentally and physically to better cope with the labor process.

### **Comparison with Previous Research**

The results of this study are consistent with previous findings showing that reproductive health education has a positive impact on pregnant women's knowledge about normal childbirth. A number of previous studies have also found that well-organized reproductive health education programs can improve pregnant women's knowledge and understanding of the delivery process. The implication of these findings is that reproductive health education should continue to be prioritized as an integral part of prenatal care to improve pregnant women's well-being and delivery outcomes.

### **Practical Implications of the Findings**

The findings have several relevant practical implications for health practitioners and health policy. First, this study highlights the importance of integrating reproductive health education in prenatal care as an effort to improve pregnant women's knowledge and preparation for childbirth. Second, the findings underscore the need for the development of structured and focused reproductive health education programs, which take into account the needs and characteristics of individuals and population groups. Third, the results of this study suggest the need for a collaborative approach between health care providers, educational institutions, and communities to provide pregnant women with accurate and relevant information about normal childbirth (Başar et al., 2021).

With these implications in mind, health practitioners and policymakers can take concrete steps to improve access and quality of reproductive health education for pregnant women. This could involve the development of a comprehensive reproductive health education curriculum, training for health care providers in providing accurate information and emotional support to pregnant women, as well as community outreach campaigns aimed at raising awareness of the importance of good childbirth preparation.

### **CONCLUSION**

In order to explore the effect of reproductive health education on pregnant women's knowledge of normal childbirth, this study has produced important findings. The results of data analysis show that reproductive health education interventions significantly improve pregnant women's understanding of the labor process, including knowledge of the stages of labor, signs of labor, pain management, and postpartum care. Thus, this study provides concrete evidence that reproductive health education has an important role in optimally preparing pregnant women for childbirth.

The main conclusion of this study is that reproductive health education is an effective strategy in improving pregnant women's knowledge about normal childbirth. By providing accurate, relevant, and comprehensive information about the labor process, reproductive health education interventions can

empower pregnant women to make better decisions related to their care and delivery. The implication of these findings is that reproductive health education should be a priority in prenatal care as part of efforts to improve pregnant women's well-being and childbirth outcomes.

This study makes a valuable contribution to our understanding of the importance of reproductive health education in caring for pregnant women. However, while these findings demonstrate the effectiveness of reproductive health education, there is still room for further research to understand the factors that influence the implementation and outcomes of such programs. By strengthening evidence-based approaches to reproductive health education, we can continue to improve prenatal care and optimize the birth experience for pregnant women around the world.

### Advice

In the context of health education practice, we recommend health care providers to integrate reproductive health education in a more structured and focused manner in prenatal care. This can be done through the development of a comprehensive reproductive health education curriculum that is tailored to the needs of individuals and population groups. In addition, training for health care providers in providing accurate information and emotional support to pregnant women is also needed.

For future research, we propose to conduct a more in-depth study on factors that influence the effectiveness of reproductive health education, including cultural, social, and economic influences. Further research could also explore the use of information and communication technology as a tool to deliver reproductive health information to pregnant women more effectively. In addition, a long-term evaluation of the impact of reproductive health education on childbirth outcomes and the well-being of pregnant women could provide valuable insights for health practitioners and health policy.

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