



**Tehran University of Medical Science
International Campus
Nursing and Midwifery School**

TITLE:

**Survey the Level of Pregnant Women Empowerment
in Psychological Coping with Pregnancy and Its
Related Factors in Kabul, Afghanistan -2020**

**“A thesis submitted as partial fulfillment of the requirement for Master of
Science (MSc) Degree”**

In

Midwifery (Maternal and Child Health)

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Abstract

Background: The Empowerment of pregnant women appears to affect the use of prenatal care services. We can improve mothers' reproductive health with the promotion of empowerment during pregnancy that helps women attain the necessary skills to correctly approach problems that may emerge. Afghanistan has a high maternal mortality rate because of different reasons that will reduce by helping the woman to be empowered. The aim of this study is to determine the level of empowerment and its related factors in pregnant women who came to governmental hospitals in Kabul.

Method: This study was a descriptive, correlational, and cross-sectional study on 428 pregnant women who referred for prenatal visit or giving birth to four governmental hospitals in Kabul, Afghanistan in 2020. Sampling started on 2 May on four governmental hospitals and continued until 10 July when desired sample size achieved. The instruments were Kameda Empowerment Questionnaire, Sarason social Support Questionnaire and Male Involvement Questionnaire. Association between variables determined by using Chi Square, T-Test, Pearson Correlation Coefficient at a significance level of $P < 0.05$. Data analysis was done using the SPSS version 16.

Results: Among 428 pregnant women in the study, the mean score of empowerment was 85.48 ± 9.02 , social support satisfaction was 1.5 ± 0.43 and social support number was 5.49 ± 0.65 . In majority of cases, their husbands followed them to antenatal clinic (77.8%) and ultrasound examination (54.7%) in this pregnancy, believed that men should follow their partner to antenatal clinic (94.1%), believed that it is necessary to educated men whose partners are pregnant (93.2%), believed that they like someone to be with them in labour and delivery (93%) and majority of them liked that their mother be with them (75%) and men should stay away during delivery (88.8%). Also age ($P = 0.007$), education ($P = 0.01$), husband's age ($P = 0.01$) and gestational age ($P = 0.002$) had a significant relationship with empowerment; and the empowerment had a positive significant relationship with the social support satisfaction ($P = 0.001$) and social support number ($P = 0.007$) and most items of male involvement.

Conclusions and recommendations: Afghan pregnant women were relatively empowerment and this shows that still capable in difficult conditions and lack of facilities. The social support score and male involvement was lower than the average score. Given that social support and male involvement were directly related to the empowerment of pregnant women, thus to increase the empowerment of pregnant women in Afghanistan, policymakers need to pay special attention to increasing social support and male involvement during pregnancy.

Key Words: empowerment, social support, male involvement, pregnant women, Afghanis

