

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**ZADOVOLJSTVO NOSEČNIC S ŠOLO ZA BODOČE STARŠE**

**PREGNANT WOMEN' S SATISFACTION WITH ANTENATAL  
CLASSES**

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## POVZETEK

**Uvod:** Šola za bodoče starše je organizirana oziroma skupinska oblika vzgoje nosečnic. Poteka v obliki več zaporednih tečajev, ki jih vodi diplomirana medicinska sestra. Pomembna metoda dela je zdravstvena vzgoja. Nosečnice so v obdobju nosečnosti izredno motivirane za učenje in nasvete. Prizadevajo si, da bi bile čim bolj poučene o tem, kako ohraniti svoje zdravje in roditi zdravega otroka. Diplomirane medicinske sestre tako s svojim preventivnim delovanjem opremijo bodoče starše z najnovejšimi informacijami, ki so jim v pomoč pri odločitvah v času nosečnosti, med porodom in v poporodnem obdobju. Z raziskavo smo želeli ugotoviti, kako so nosečnice zadovoljne z vsebinami in organizacijo v šoli za bodoče starše.

**Metoda:** Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabili smo tehniko anketiranja. Za zbiranje podatkov smo kot instrument uporabili strukturiran anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec. Anketni vprašalnik smo razdelili 60 nosečnicam, ki so obiskovale šolo za bodoče starše. Vrnjenih smo dobili 58 vprašalnikov, kar predstavlja 96,7 % realizacije vzorca. Podatki so bili zbrani in obdelani s pomočjo programov Microsoft Excel 2010 in SPSS 20.0.

**Rezultati:** 56 (96,6 %) nosečnic je dobilo dovolj informacij v šoli za bodoče starše, prav toliko (56 oz. 96,6 %) nosečnic je bilo zadovoljnih s podano vsebino s strani diplomirane medicinske sestre, 42 (72,4 %) nosečnic v šoli za bodoče starše ni nič motilo, 39 (67,2 %) nosečnic bi dodalo še kakšno predavanje. Da so bile predstavljene vsebine dovolj zanimive in aktualne, meni 54 (93,1 %) nosečnic, prav toliko (54 oz. 93,1 %) nosečnic je največ informacij dobilo v šoli za bodoče starše. Dodatne informacije v zvezi z nosečnostjo in s porodom je 42 (72,4 %) nosečnic iskalo na spletu, 44 (75,9 %) nosečnic pa se največ informira o novorojenčku.

**Razprava in sklep:** Ugotavljamo, da so nosečnice zadovoljne z organizacijo tečaja in vsebinami, ki so predstavljene na tečaju. Pri tem ima pomembno vlogo diplomirana medicinska sestra, saj nosečnice s svojim zdravstvenovzgojnim delovanjem opremi z najnovejšimi informacijami in nasveti.

**Ključne besede:** šola za bodoče starše, nosečnost, zdravstvena vzgoja, zadovoljstvo.

## SUMMARY

**Introduction:** Antenatal classes are an organized form of educating the expectant mothers. It has a form of more sequential classes, taught by graduate nurses. An important part of classes is a health education. During a pregnancy the expectant mothers are highly motivated for learning and receiving advice. They accomplish to be as educated as possible in order to protect themselves and give a birth to a healthy baby. Graduate nurses are able to give future parents the most contemporary information which helps them with decisions during the pregnancy, the birth and in the postnatal period. The aim of our research was to ascertain the expectant mothers' satisfaction with contents and organization of antenatal classes.

**Methods:** Our research was based on a quantitative research method, a method of description. We used a questionnaire as a means of getting information we needed. The questionnaire was based on a pre-studied literature. A sample being used was random and was distributed among 60 expectant women who took part in antenatal classes. 58 questionnaires have been returned, which means that a realization of the sample was 96,7 %. Data had been chosen and processed by programs Microsoft Excel 2010 and SPSS 20.0.

**Results:** 56 (96,6 %) expectant mothers got enough information in antenatal classes. The same number of women was satisfied with the contents being advised and explained by graduate nurses. 42 (72,4 %) expectant mothers visiting classes were not agitated at all. 39 (67,2 %) women would be glad if a class or two would have been added. 54 (93,1 %) pregnant women think that contents were interesting and current enough, 54 (93,1 %) of them got the most information in antenatal classes. Some extra information about pregnancy and birth were being searched with the Internet. 44 (75,9 %) expectant mothers mostly searched information about the new-born.

**Discussion and conclusion:** Our findings show that expectant mothers are satisfied with organization of antenatal class and its contents. Graduate nurses are one of the biggest parts of it as a result of giving health-related advice to them.

**Key words:** Antenatal classes, pregnancy, health education, satisfaction.