

UNIVERSITI TEKNOLOGI MARA

**ASSESSING KNOWLEDGE, ATTITUDE, AND
PRACTICE (KAP) QUESTIONNAIRE ON ANEMIA
IN PREGNANCY AMONG WOMEN**

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I am confident that the findings of this study will contribute to the existing body of knowledge and serve as a valuable reference for future research and initiatives in this field.

ABSTRACT

Background: Anaemia during pregnancy remains a significant public health concern affecting both maternal and fetal health. Many pregnant women with anaemia fail to adopt appropriate dietary and health-related practices to address iron deficiency. Anaemia in pregnancy is defined as a haemoglobin level below 11.0 gm/dl and is classified as mild anaemia (10 to 11.9 g/dl), moderate anaemia (8 to 9.9 g/dl), and severe anaemia (less than 8 g/dl). Improving knowledge, attitude, and practice (KAP) among women of reproductive age can play a vital role in reducing anaemia-related complications. **Objective:** This study aims to assess women's knowledge, attitude, and practice (KAP) regarding anaemia in pregnancy using a structured questionnaire. **Method:** A cross-sectional study was conducted among 263 women in Selangor, involving both those who have experienced anaemia and those who have not. Participants were selected using purposive sampling. Data were collected using a validated KAP questionnaire and analysed using SPSS. Due to the non-normal distribution of KAP scores, non-parametric tests were applied. **Key Findings:** Women with a history of anaemia and those with higher education level demonstrated significantly higher KAP scores compared to women without a history of anaemia and those with lower education levels. The KAP questionnaire also served as an awareness tool, helping participants better understand the importance of preventing and managing anaemia in pregnancy. These findings highlight the importance of targeted education and early intervention in improving maternal health outcomes.

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CHAPTER 1

INTRODUCTION

1.1 Research Background

Anaemia in pregnancy is a major public health issue, particularly in developing and middle-income countries, including Malaysia. It is commonly caused by iron deficiency and can lead to significant complications for both the mother and the developing fetus. According to the World Health Organisation (WHO), anaemia in pregnancy is defined as a haemoglobin level below 11.0 g/dL. It is further categorised into mild (10.0-10.9 g/dL), moderate (8.0-9.9 g/dL), and severe (<8.0 g/dL). Despite routine antenatal care and health education, many women still lack adequate awareness about anaemia, leading to delayed prevention or management.

The Knowledge, Attitude, and Practice (KAP) framework is a widely recognized tool used to assess individuals' understanding, perceptions, and behaviours related to health issues. Assessing women's KAP related to anemia during pregnancy can help identify gaps in awareness and guide the development of targeted interventions to reduce maternal anemia rates and improve health outcomes for mothers and infants.

1.2 Motivation for This Work

Although anaemia in pregnancy is preventable and treatable, many women still experience it, often due to insufficient knowledge or poor dietary and health practices. During pregnancy, women experience increased nutritional demands, particularly for iron. However, many do not adequately adhere to iron-rich foods or supplements. Education programs are often underutilised, and misconceptions about iron intake or symptoms of anaemia persist.

By assessing women's KAP regarding anaemia in pregnancy, this research aims to raise awareness and contribute to better prevention strategies. It also supports the