



# A Descriptive Study to assess the Knowledge, Attitude, and Practice Regarding COVID-19 at selected hospital of shimla, himachal Pradesh.

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## ABSTRACT

**Background:** Pregnant women are a vulnerable group during pandemics due to physiological and immunological changes. This study aimed to assess the knowledge, attitude, and practice (KAP) regarding COVID-19 among pregnant women

**Methods:** A descriptive design with quantitative approach was adopted. A total of 200 pregnant women aged 25–40 years attending Kamla Nehru Hospital, Shimla, were selected by convenient sampling. Data were collected using a self-structured knowledge questionnaire, Likert attitude scale, and practice checklist. Descriptive and inferential statistics were applied.

**Results:** Majority (65.0%) of participants had average knowledge, 33.5% had good knowledge, and 1.5% had poor knowledge. Attitude scores revealed that 51.5% had negative attitudes, 48.5% had neutral attitudes, and none reported positive attitudes. Practice scores showed that 71.5% demonstrated good practices, 28.0% average, and 0.5% poor practices. Knowledge scores were significantly associated with gestational age, while practice scores were linked with educational status.

**Conclusion:** Most pregnant women exhibited average knowledge, neutral to negative attitudes, but comparatively better preventive practices regarding COVID-19.

**Keywords:** COVID-19, knowledge, attitude, practice, pregnant women, Shimla

## INTRODUCTION

Coronavirus disease (COVID-19) caused by SARS-CoV-2 has posed unprecedented challenges to public health. Pregnant women, due to physiological and immunological changes, are considered at higher risk of severe illness and pregnancy-related complications. Misconceptions and misinformation can further influence maternal and fetal outcomes. Understanding knowledge, attitudes, and practices (KAP) of pregnant women is crucial to develop effective interventions.

The present study was conducted to assess KAP regarding COVID-19 among pregnant women attending a selected hospital in Shimla, Himachal Pradesh, and to explore associations with demographic variables.

## METHODOLOGY

Design & Setting: Descriptive study conducted at Kamla Nehru Hospital, Shimla, Himachal Pradesh.

Sample: 200 pregnant women aged 25–40 years, selected using non-probability convenient sampling.

### Tools:

- Self-structured knowledge questionnaire (15 items).
- Likert scale (11 items) for attitude.
- Checklist (11 items) for practice.

Data Analysis: Descriptive statistics (frequency, percentage, mean, SD) and Chi-square test for associations.

## RESULTS

Table 1. Distribution of Knowledge Scores among Pregnant Women (N=200)

Level of Knowledge	Frequency (n)	Percentage (%)
Good (11–15)	67	33.5
Average (6–10)	130	65.0
Poor (0–5)	3	1.5

Table 2. Distribution of Attitude Scores among Pregnant Women (N=200)

Level of Attitude	Frequency (n)	Percentage (%)
Positive (56–75)	0	0.0
Neutral (36–55)	97	48.5
Negative (15–35)	103	51.5

Table 3. Distribution of Practice Scores among Pregnant Women (N=200)

Level of Practice	Frequency (n)	Percentage (%)
Good (9–11)	143	71.5
Average (5–8)	56	28.0
Poor (0–4)	1	0.5

## DISCUSSION

Findings reveal that although most pregnant women had average knowledge and engaged in good preventive practices, their attitudes towards COVID-19 were largely negative or neutral. This contrasts with studies in India and abroad where positive attitudes were more prevalent. The gap between knowledge and practice, compared to attitude, indicates the need for targeted counseling during antenatal care.

## CONCLUSION

Pregnant women in Shimla demonstrated average knowledge, predominantly negative attitudes, but good preventive practices regarding COVID-19. None showed a highly positive attitude, highlighting the need for structured education and supportive interventions.

## IMPLICATIONS

- Nursing Practice: Nurses can provide regular antenatal health education on COVID-19 prevention.
- Nursing Education: Integration of pandemic preparedness modules in curriculum.
- Nursing Administration: Implementation of maternal health policies addressing KAP gaps.
- Nursing Research: Larger, multi-center studies recommended.

## LIMITATIONS

- Conducted in a single hospital with 200 participants.
- Used convenient sampling.
- Focused only on pregnant women aged 25–40 years.

## RECOMMENDATIONS

- Replication in larger,
- Diverse populations across different regions.
- Development of tailored IEC (Information, Education, Communication) materials for pregnant women.

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