

From Awareness to Readiness: Birth Preparedness and Complication Readiness among Antenatal Women under the Janani Suraksha Yojana

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ABSTRACT

Introduction: Birth Preparedness and Complication Readiness (BPCR) is vital for timely utilisation of maternal health services and prevention of maternal and neonatal morbidity and mortality. Awareness of BPCR and the Janani Suraksha Yojana supports institutional delivery, early recognition of danger signs, and timely care-seeking.

Aim: This study aimed to assess antenatal women's awareness regarding Birth preparedness and complication readiness and its association with selected variables.

Materials and Methods: A descriptive study was conducted at MMIMSR and R Hospital, Mullana, Ambala, Haryana, among 100 antenatal women selected using convenience sampling. Data were collected using a selected variables proforma, a structured awareness

questionnaire, and a birth preparedness checklist. Content validity was ensured by experts, and reliability was established using Kuder-Richardson-20. Descriptive and inferential statistics were applied.

Results: Good awareness was observed in 76% of participants, while 13% had excellent awareness. Moderate birth preparedness practices were noted in 73%. Awareness showed a significant association with possession of health insurance or maternity benefit schemes ($p < 0.05$), with no association for other variables.

Conclusion: Antenatal women demonstrated satisfactory awareness and preparedness under the Janani Suraksha programme. Strengthening focused antenatal education can further promote safe motherhood.

Keywords: Antenatal education, Neonatal morbidity, Structured awareness questionnaire.

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