

## Attitude and Practice towards Self-care in Women Referred to Health Centers in Dezful

Nosrat Bahrami<sup>1</sup>, Zahra Pajohideh<sup>2\*</sup>, Solmaz Mohammadi Shosi Koshte<sup>3</sup>, Elham Maraghi<sup>4</sup>

1. MSc in Midwifery, OM-AL-BANIN Research and Clinical Center for Infertility, Department of Midwifery, Faculty of Nursing and Midwifery, Dezful University of Medical Sciences, Dezful, Iran.

2. MSc in Midwifery, Faculty of Nursing and Midwifery, Dezful University of Medical Sciences, Dezful, Iran.

3. MSc in Midwifery, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.

4. PhD Candidate in Biostatistics, Department of Epidemiology and Biostatistics, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran.

\* **Corresponding Author:** Zahra Pajohideh, Faculty of Nursing and Midwifery, Dezful University of Medical Sciences, Azadegan Blv, Dezful, Iran.

Email: Fatemeh\_d\_d@yahoo.com

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### Abstract

**Background and Objective:** Self-care includes all activities related to health care, prevention and treatment of disease by themselves people and greatly affect by their self-efficacy. Doing it requires adopt behaviors that are influenced by knowledge, perceptions and beliefs of the people towards self care. The purpose of this study was to determine the attitude and practice towards self-care in women referred to health centers in Dezful.

**Materials and Methods:** In this descriptive-analytic study, 550 women aged 18-55 years old participated. They were selected through random-quota sampling. The research data were collected using demographic characteristics, attitude and practice towards self-care. The validity and reliability of the questionnaire were provided by content and face validity and internal consistency.

**Results:** The mean (S.D) age of participants was 28.06(8.89) years. The mean (S.D) scores of attitude and practice towards self-care in women were 15.78(2.33) and 15.78(2.66), respectively. The majority of women (61.4% and 71.1%) had attitude and practice scores more than total mean. Correlation test showed that there is a significant relationship between the mean of attitude score towards self-care and age ( $r=0.14$ ), marriage duration ( $r=0.12$ ) and number of children ( $r=0.11$ ) ( $p<0.05$ ).

**Conclusion:** The findings indicated that although most people were interested in self-care activities, but they did not have appropriate practice towards Self-care.

**Keywords:** Self-care, Attitude, Practice, Women