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Research Article

## A Survey on Awareness on Pregnancy Related Complications and Associated Factors

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### ABSTRACT

Pregnancy related complications are a major health concern in our country. Awareness of these complication is essential for early detection of complication and prevention of maternal mortality. The purpose of this study was to analyze the awareness regarding the pregnancy related complications and associated factors in pregnant and parous women. It was questionnaire based survey conducted in pregnant and parous women contains both open-ended and close ended questions covering the knowledge of complication like, anemia, gestational hypertension, gestational diabetes, pre-eclampsia, ectopic pregnancy, preterm birth. Finding of the survey indicates that the women had general awareness about complications but more awareness is still needed. high educational status, regular antenatal care attendance and exposure to health information can reduce the incidence of complications. the survey asses the role of ANC in prevention of complications and reduce the maternal health risk.

**Key words:** - pregnancy, complication, Antenatal care maternal health.

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### INTRODUCTION:-

Pregnancy complications are medical conditions that can affect a woman's or a fetus's health during pregnancy. Several factors influence the occurrence and severity of pregnancy-related complications, including maternal age, nutritional status, pre-existing health conditions, parity, education level, and access to quality antenatal care influence. The severity of these complications, Understanding these associated factors is essential for designing the policies to reduce maternal and child health risk.

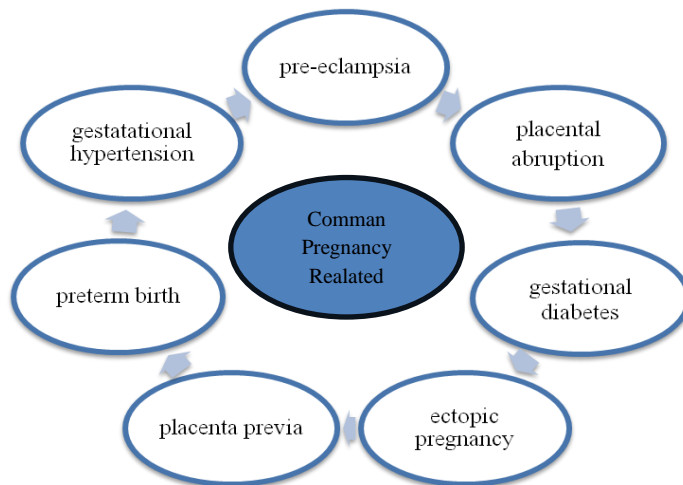
Antenatal care (ANC) detects and identifies these complications, and early detection can improve outcomes for both mother and baby. Common complications include pre-eclampsia, gestational hypertension, perinatal abortion, gestational diabetes, preterm birth, placenta previa, and ectopic pregnancy.

**Common complications arise during pregnancy:-**

Healthcare providers can monitor the pregnant women's health and provide guidance on lifestyle modification and offer appropriate treatment when needed. Early detection and management of complications can improve outcome for both mother and baby.

#### ➤ Need of awareness regarding pregnancy complication

Every year India record around 45,000 maternal deaths which is second largest in world after Nigeria. In Maharashtra, 1,168 deaths recorded in 2024-25. Many of these deaths are considerable preventable if the complication are recognized and treated early. That's why it is necessary to create awareness among pregnant women to prevent such cases. so the maternal death or complication can be prevented.



### AIM AND OBJECTIVE :-

**Aim:** - To asses awareness on pregnancy related complications and associated factors

### Objectives: -

1. To asses awareness of pregnancy related complication among women.
2. To investigate the risk factors and complications associated with pregnancy.
3. To evaluate the role of health care system in preventing complication in pregnancy.
4. To gather the information from women about their pregnancy and what type of complication they faced.

### METHODOLOGY:-

We conducted the survey by visiting hospital and home visit, data collected from pregnant and parous women. The survey was done by using a structured questionnaire, which contained both multiple-choice and open ended questions. The survey covers the topics-women's knowledge about complication related to pregnancy, their knowledge about antenatal care and importance of supplements, nutrients, food and certain medication in pregnancy, what help them to ease their pregnancy.

Data collection and observations:

#### 1. Hospital visit

For the survey we visited the hospital to collect the data from the patient, from ANC and pediatric unit. This helps to understand the work of ANC in preventing complication. This also helps in understand the level of knowledge women have about pregnancy complication. This help us to analyze the level of awareness the current women have regarding the pregnancy.

#### 2. Home visit

For conducting the survey we visited the home of pregnant women's to collect data regarding the complications they faced during pregnancy or what type of measure they take to avoid the

complication arrived in pregnancy .this help us to measure awarenesof women about complications. Also we measure the level of trust they shown to ANC visit and different characteristics (like physician, ASHA worker etc.)For prevention of complication in pregnancy.

### QUESTIONARIE:-

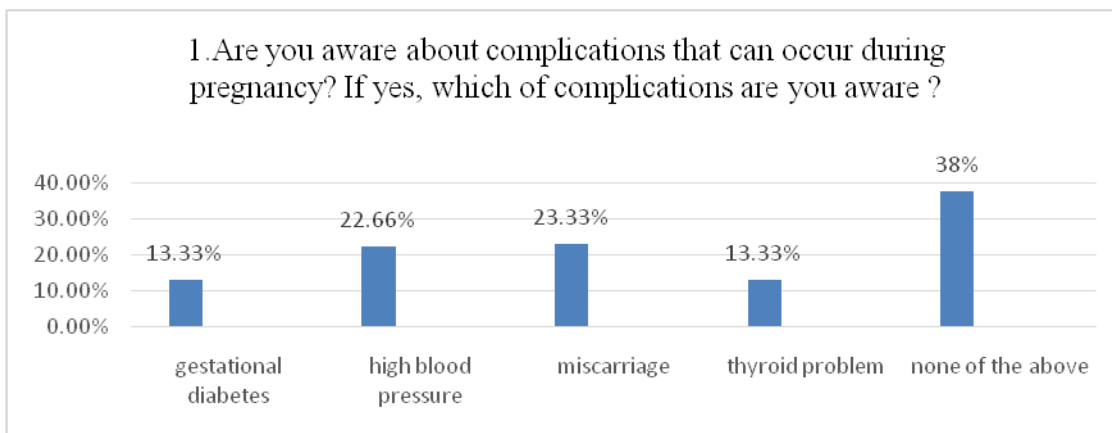
1. Are you aware about complications that can occur during pregnancy? If yes, which of complications are you aware?
2. Do you believe age affects pregnancy complications?
3. Who do you believe play most important role in preventing pregnancy complications?
4. Are you aware that pre-existing medical conditions (Thyroid disorder, Diabetes, Hypertension, PCOD/PCOS) can increase the risk of complications during pregnancy?
5. Do you know what is antenatal care? If yes, how many ANC visit should a pregnant woman have at minimum?
6. Do you think regular antenatal checkup can help to prevent complications?
7. Did you take any vaccination during pregnancy? If yes which of the following did you taken?
8. At what stage of pregnancy were you first tested for anemia?
9. Which of the following complications do you think can occur due to anemia during pregnancy?
10. Do you know about any medicine or food that should be avoided during pregnancy?
11. Are you aware of importance of nutrients during pregnancy?
12. Did you take any of the following supplements during pregnancy? [select all that apply]
13. Did you believe lifestyle habits like smoking and consuming alcohol can causes complications during pregnancy or increase risk during pregnancy?
14. Have you or someone you know had experienced any complication during pregnancy?
15. Do you think complications can be avoided with proper care?

16. In your opinion what can improve awareness of pregnancy complications in society?

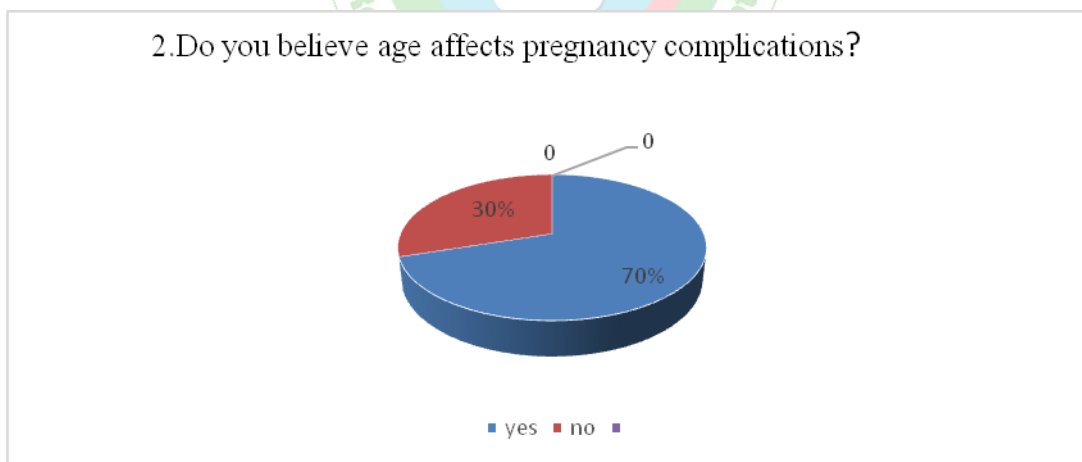
**DEMOGRAPHIC CHARECTERISTICS OF PARTICIPANTS:-**

Sr.no	Age	Frequency
1	18-20	2%
2	21-25	22.66%
3	26-30	54.66%
4	31-35	18.66%
5	35-40	2%

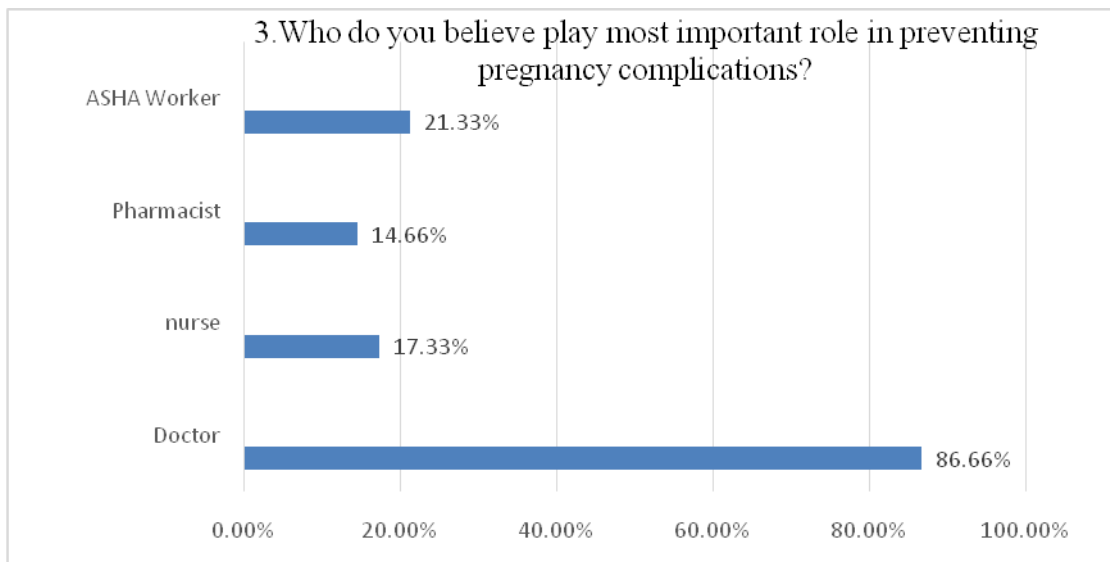
**RESULT AND RESPONSE**



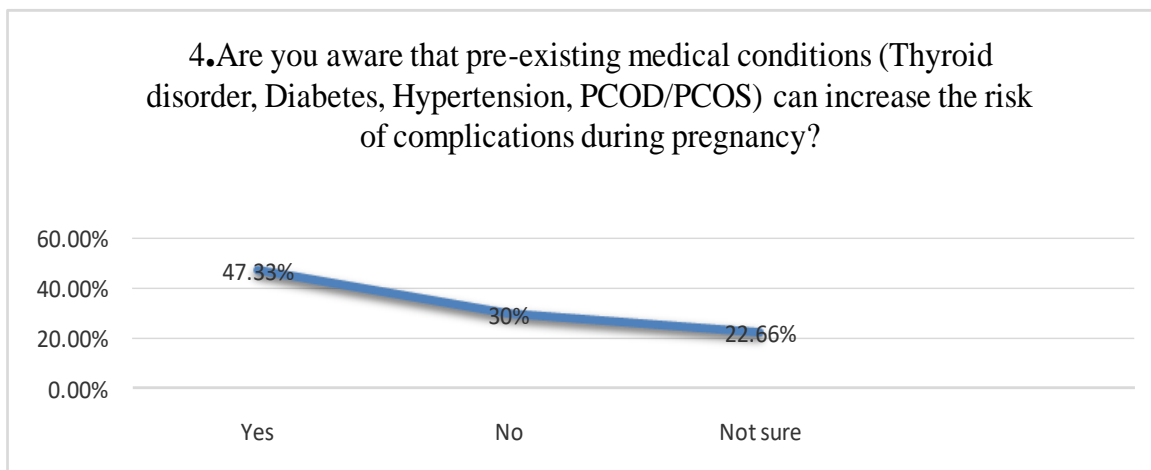
**Graph no.1** The above graph represent that 38% of women doesn't know any complication while 13.33% of women know about gestational diabetes,22.66%of women know about high blood pressure,23.33% of women know about miscarriage,32.66% of women know about anemia 13.33% of women knows about thyroid problems associated with pregnancy.



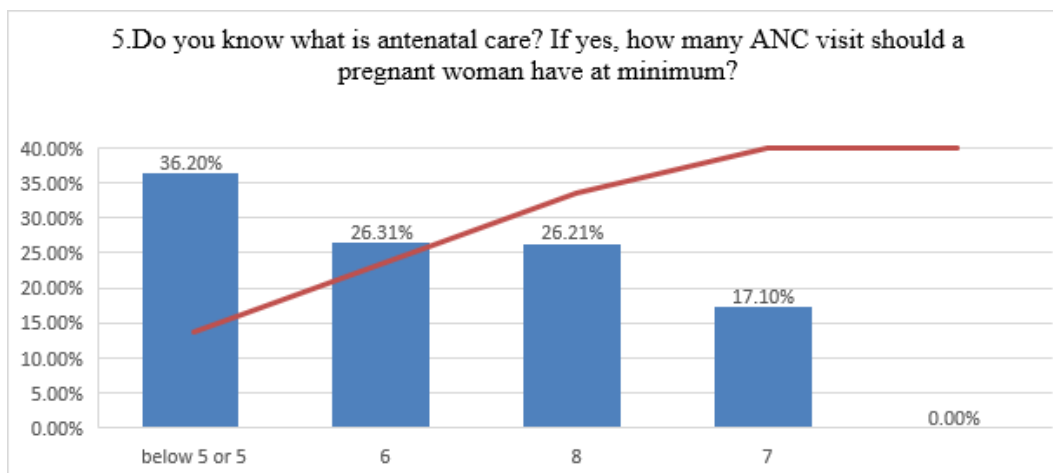
**Graph no. 2** The pie chart represent that 70% of women think that age affect the pregnancy while 30% dosen't think that.



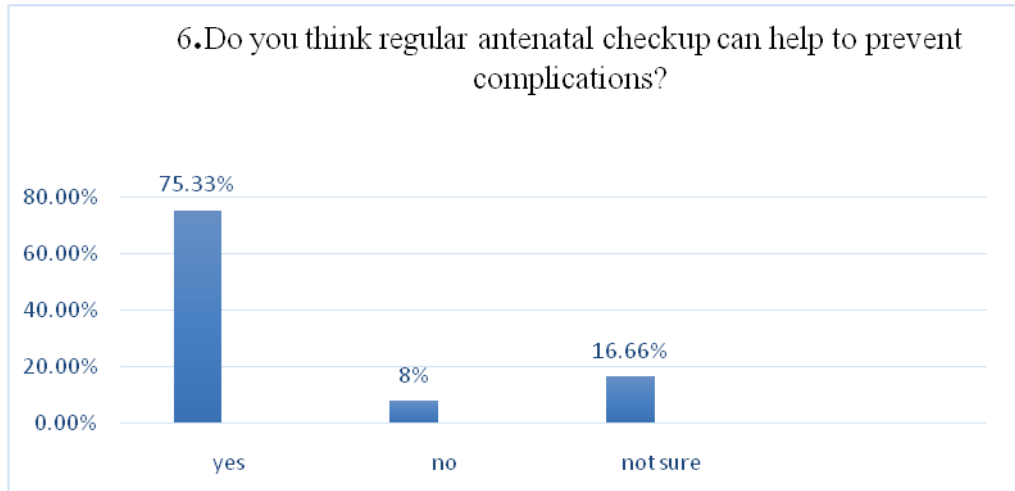
**Graph no.3** The above graph show that 86.66% women believe that doctors play most important role in preventing complication while 17.33% women believe nurse,14.66% women believe pharmacist,21.33% women believe ASHA worker, play important role in preventing pregnancy complications.



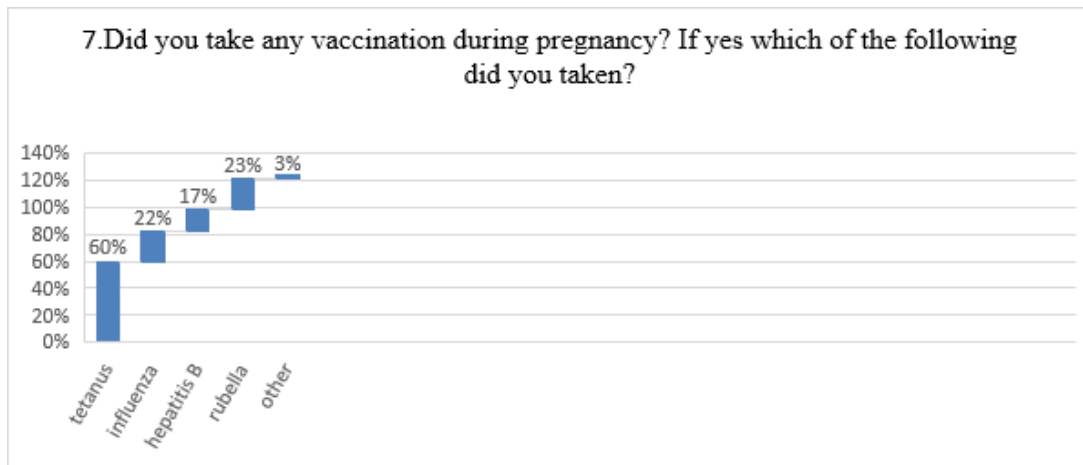
**Graph no.4**Above graph illustrates that 47.33% women’s aware that pre existing medical conditions can increase the risk of complication during pregnancy while 30% are not aware about that and 22.66% women not sure about that.



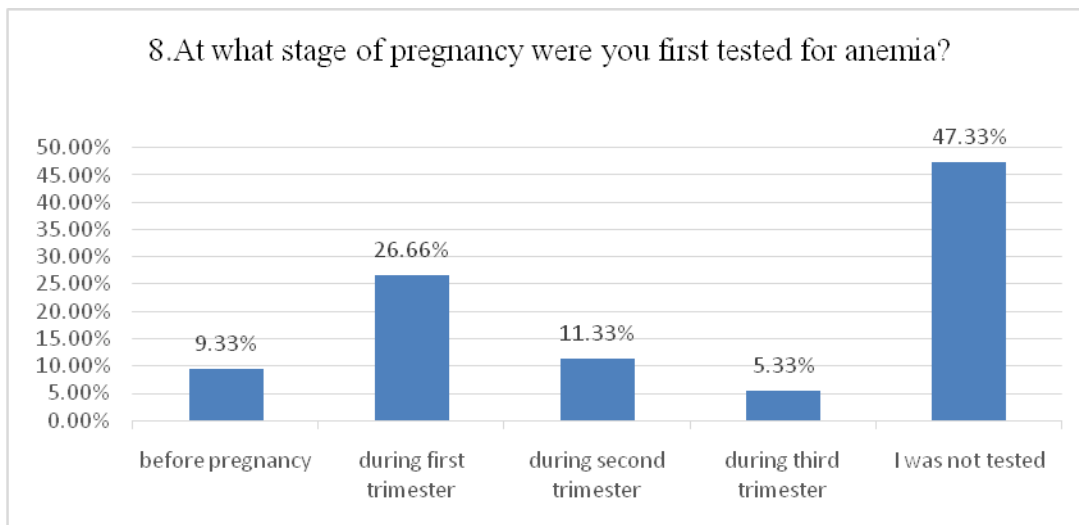
**Graph no. 5** Above graph show that 100% women know about ANC 36.20% women think 8 ANC visit should pregnant women do at minimum while 26.31% women think 7 ANC ,17.10% Women think6 ANC,26.21% women think 5 or below 5 visit should done by pregnant women at minimum.



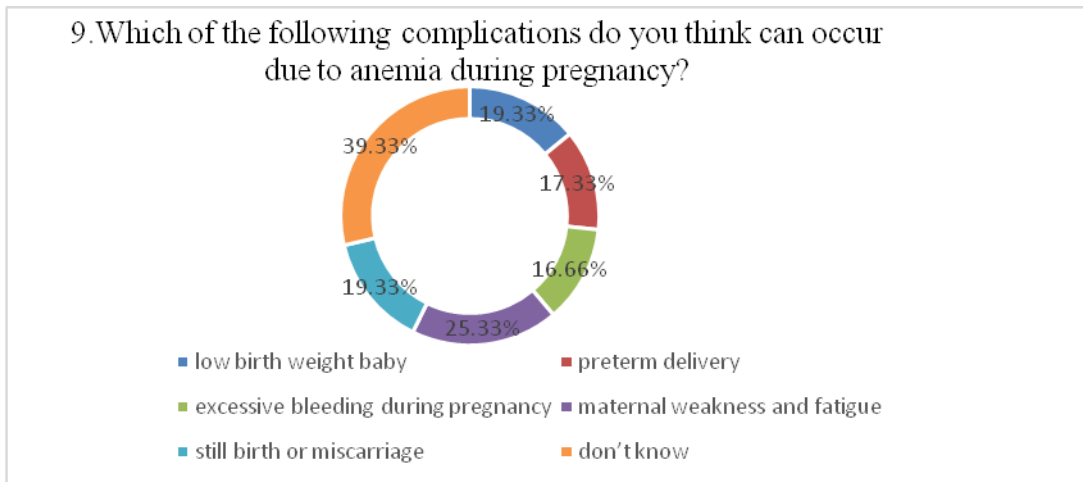
**Graph no.6** The above data show that 75.33% women think ANC checkup can help in pregnant complication while 8% doesn't think that while 16.66% women not sure about that.



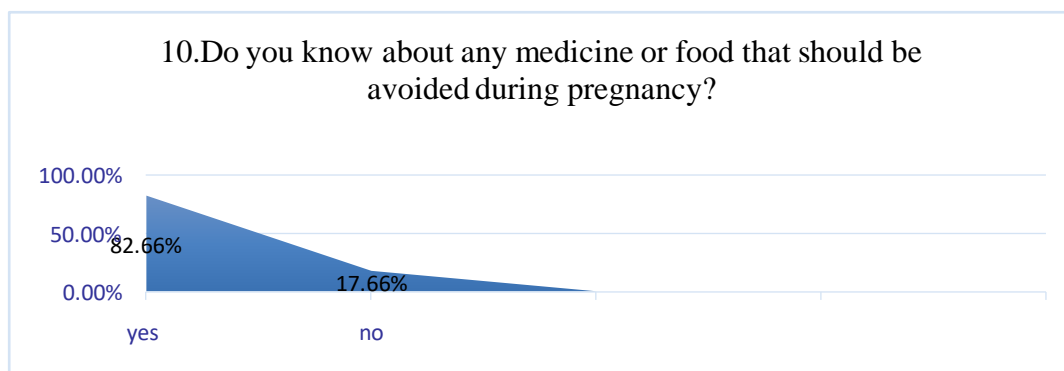
**Graph no.7** The above graph represent that 60% of pregnant women taken tetanus vaccine during pregnancy while 22% women taken influenza, 16.66%, 22.66% taken hepatitis B and rubella respectively while 3.33% women take other vaccination.



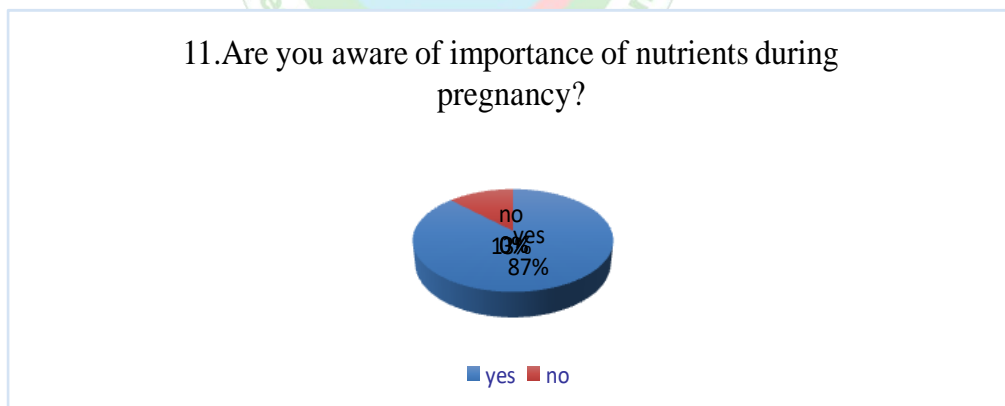
**Graph no.8** The above graph represent that the 47.33% women not tested for anemia while 9.33% women tested for anemia before pregnancy, 26.66% women tested for anemia during first trimester, 11.33% women tested during second trimester and 5.33% women tested during third trimester.



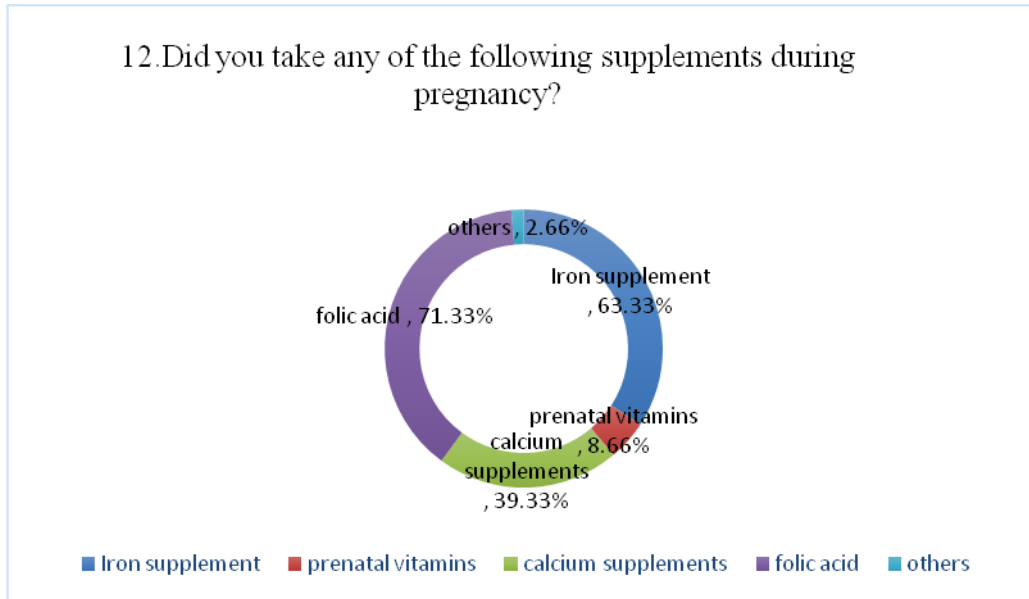
**Graph no.9** the above graph show that 39.33% of women doesn't know about complication that occur due to anemia while 19.33% women know low birth weight baby,17.33% women think preterm delivery,16.66% women think excessive bleeding,25.33% women think still birth ,29.33% of women think miscarriage can occur due to anemia.



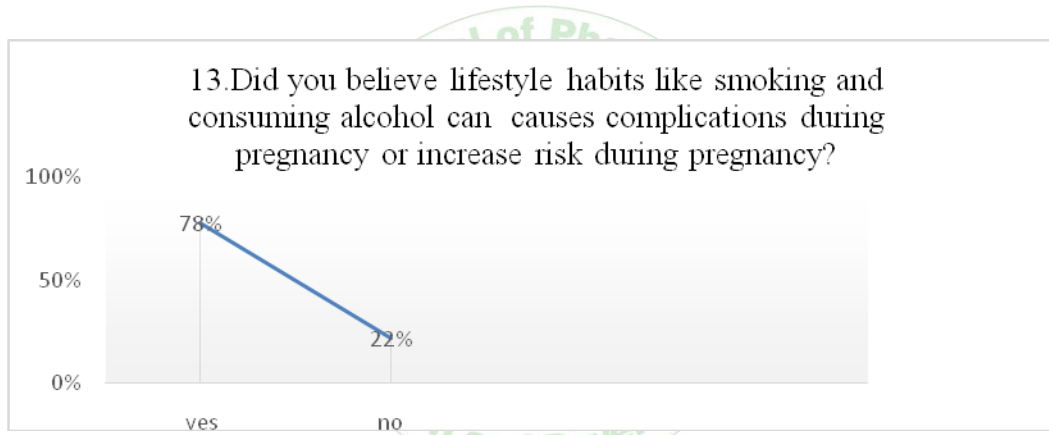
**Graph no. 10** The above graph show that an 82.66% woman knows about any medicine or food that should while 17.66% doesn't know.



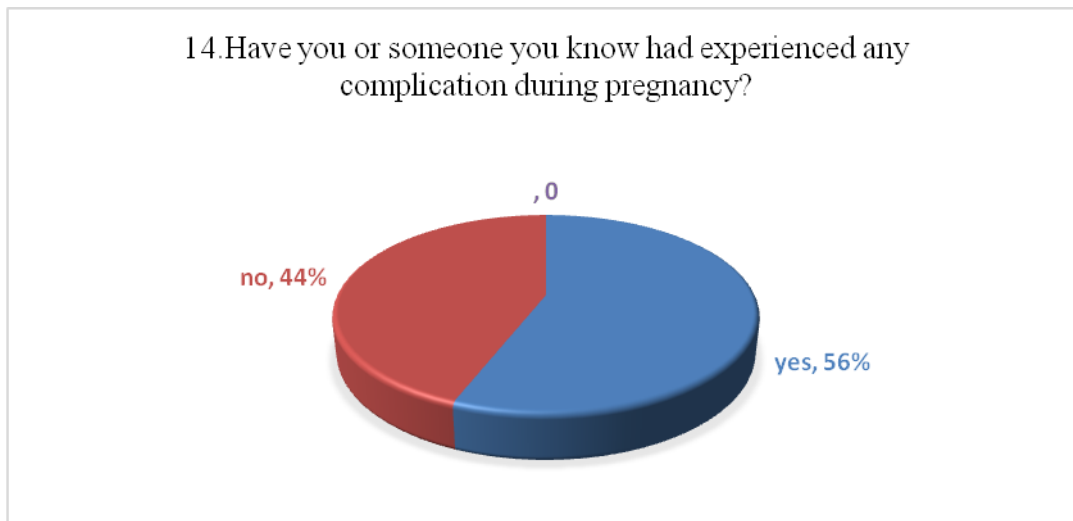
**Graph no. 11** The above data show that 87.33% women aware about the nutrient which taken during pregnancy 12.66% doesn't aware about that.



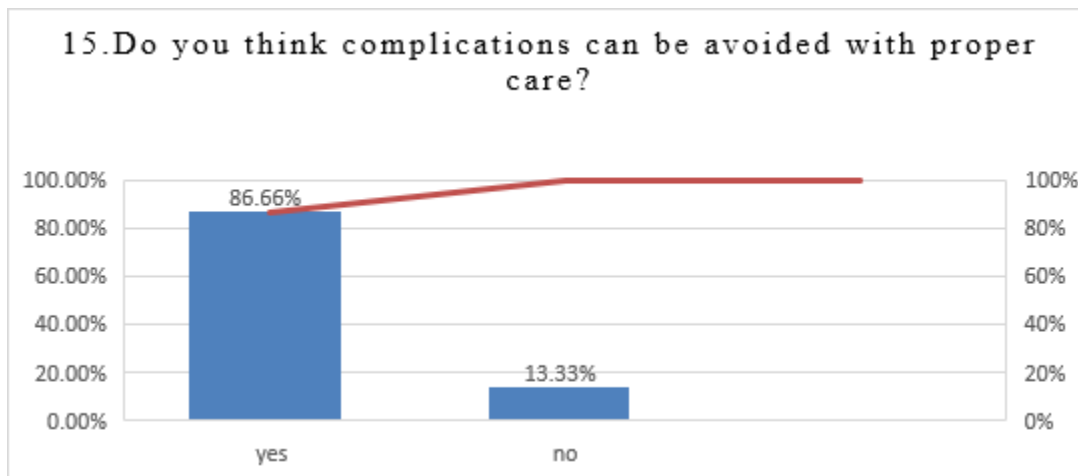
**Graph no.12** Above graph represent that 2.66% of women didn't taken any supplement during pregnancy while 63.33% of women taken iron supplement during pregnancy, 8.66% of women taken prenatal vitamins, 39.33% of women taken calcium supplement, 71.33% folic acid and 2.66% taken other supplement.



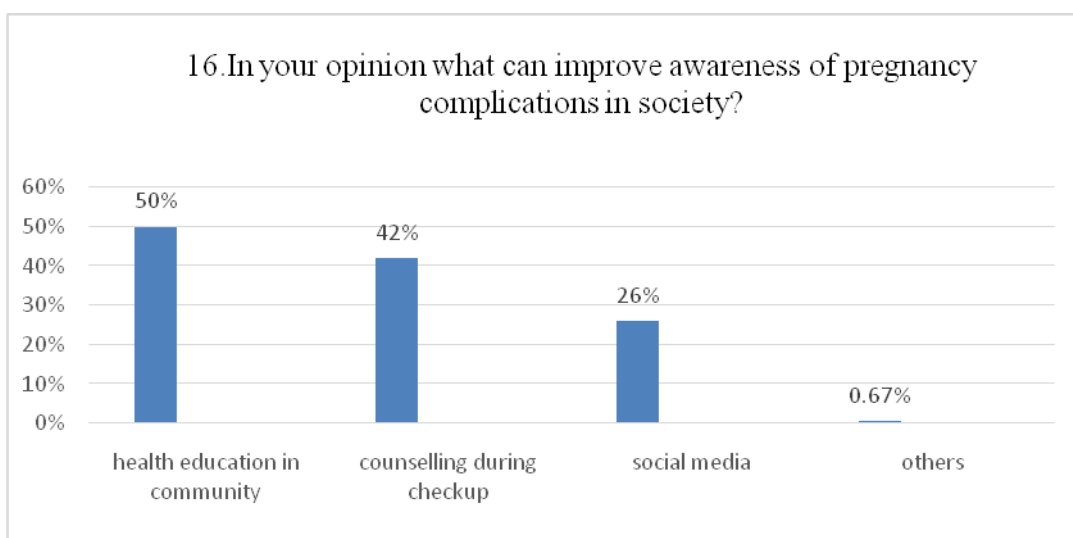
**Graph no.13** The above data show that 78% women believe that lifestyle habits like smoking and consuming alcohol can



**Graph no.14** The above data show that 56% women or someone they know experienced complication during pregnancy while 44% do not experienced that.



Graph no.15 above data show that 86% women think that complication can avoided with proper care while 13.33% do not think that



Graph no. 16 The above data show that 50% of women think that awareness can be improved by providing health education in community while 42%,26%,0.67% women think that awareness can be improved by counselling during checkup, social media respectively.

**DISCUSSION:-**

The survey was conducted on awareness on pregnancy related complications and associated factors that can faced by women during pregnancy. Complications can be prevented if women are aware about the complications. According to WHO approximately 15% of all pregnancy developed life threatening complications. ANC play crucial role in pregnancy. From the survey we found that most pregnancies are between age group 26-30. According to survey most of women believes that if we take proper diet, nutrients regular supplements it reduces the complications that occur during pregnancy. It was found that most of the women believe on ANC unit to ease there pregnancy and minimize the risk associated with pregnancy and most of the women believe at least 8 ANC visit should be done by pregnant women. The data gathered from survey, it was found that most of the women had taken vaccine during pregnancy and most of them has taken tetanus vaccine. Most of women believes that the life style habits like smoking and consuming alcohol can

increase the risk of complication during pregnancy. As per data obtained from survey 43.33% of women faced anemia during their pregnancy. According to survey, the most of the women believe that by providing the health education in community the risk of complication can be decreased.

**CONCLUSION:-**

From the survey it was concluded that most of the women are aware about complication that arises during pregnancy. Women think that age is important factor in relation to complication and pre-existing medical condition can also affect the pregnancy. Women believe that the ANC play important role in management of pregnancy related complication and most of them do visit to ANC unit at least 8 time. Data obtained from survey shows that all women taken at least one vaccine during their pregnancy. It is concluded that almost half of the women faced anemia during pregnancy it shows that anemia is very common in pregnancy. Most of women are aware about curtain food and medicines that

should be avoided during pregnancy. It was concluded that lifestyle habits like smoking and consuming alcohol can increase the risk of complications. half of women or someone they know experienced complications during pregnancy. most the women think that complications are avoided with proper care. In conclusion most of women are aware about the complication that occurs during pregnancy but still more awareness is needed it can be created by conducting health education or by social media. Doctor play important role in minimizing and decreasing the risk of complication some of the women also think that ASHA workers also play important role.

#### ACKNOWLEDGEMENT:-

This survey was conducted in Wardha region of Maharashtra, India.

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