

## Educational Needs of Women in Relation to Postpartum Religious Orders

### Abstract

**Introduction:** Religious orders are one of the educational needs of the postpartum period. This study was conducted to determine the educational needs of postpartum religious orders.

**Materials and Methods:** This cross-sectional study was conducted among 421 postpartum women and 15 specialists. Quota random sampling was conducted from January to March 2014 in Isfahan, Iran. Data analysis was performed using the Statistical Package for the Social Sciences software and statistical methods. **Results:** From the perspective of women and specialists, the results showed that the educational needs of women in postpartum religious orders is high. **Conclusion:** Considering the high educational need in the field of postpartum religious orders, it is necessary to integrate education in prenatal and postnatal health education programs.

**Keywords:** Education, Iran, postpartum period, women's health

Marjan Beigi<sup>1</sup>,  
Nafisehsadat  
Nekuei<sup>1</sup>

<sup>1</sup>Department of Midwifery and Reproductive Health, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran

### Introduction

The postpartum period is one of the important periods in a woman's life because it has special educational needs, including religious (Islam) orders. It is necessary to inform the educational needs of people in order to achieve the learning objectives.<sup>[1]</sup> In Iran, no study has been reported on the educational needs of postpartum religious orders. Therefore, this study was designed and conducted to determine the educational needs of women in relation to postpartum religious orders (starting point and training base in this field).

### Materials and Methods

This cross-sectional study was conducted among 421 women postpartum in hospitals of Isfahan (Iran) as well as 15 specialists. Random quota sampling in women and purposive sampling in specialists were conducted from January to March 2014. Data were collected using demographic data and educational needs questionnaire that included a 19 options 4-level Likert items. The validity of the questionnaire was confirmed by specialists and reliability was confirmed by the test-retest method. The information was analyzed using the Statistical Package for the Social Sciences version 16 (SPSS Inc., Chicago, IL).

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### Ethical considerations

The ethical committee of Isfahan university of medical sciences approved this research. (Grant number: 292257) For all participants an informed consent was provided.

### Results

The results showed that the mean age of women was 26.9 years, parity was 1.47, and educational need was 69.29 (out of 100). Table 1 shows the frequency distribution of educational needs in women. According to experts, the need is high in all the fields. The items in experts were the same as postpartum women.

### Discussion

The results showed that the mean score of educational need is high. Because educational needs have clear educational direction, planning is necessary. In addition, in the majority of the components of postpartum orders, educational need was high. No similar study was found for comparison, however, the study showed that 72% of medical interns faced with the problem did not know its religious and legal issue.<sup>[2]</sup> In fact, the majority had high educational needs. Another study showed that 60.9% of midwives faced with the issue did not know its religious and legal order, and 88.1% were willing to undergo

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### Address for correspondence:

Ms. Nafisehsadat Nekuei,  
Department of Midwifery and Reproductive Health, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.  
E-mail: [Nekuei@nm.mui.ac.ir](mailto:Nekuei@nm.mui.ac.ir)

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**Table 1: Frequency distribution of women's educational needs about postpartum religious orders from their perspective**

Question	Very much, <i>n</i> (%)	Much, <i>n</i> (%)	Medium, <i>n</i> (%)	Low, <i>n</i> (%)	Priority ranking
Components of postpartum religious orders					
Religious criterion for diagnosis of postpartum	103 (24.5)	172 (40.9)	93 (22.1)	53 (12.6)	3
Difference between menstruation and postpartum bleeding on the basis of religious orders	100 (23.8)	160 (38)	101 (24)	60 (14.3)	5
Women's religious tasks in postpartum	113 (26.8)	179 (42.5)	89 (21.1)	40 (9.5)	1
Postpartum religious orders (obligations and prohibitions)	103 (24.5)	186 (44.2)	90 (21.4)	42 (10)	2
Religious orders of abortion	100 (23.8)	174 (41.3)	92 (21.9)	55 (13.1)	4

re-education.<sup>[3]</sup> The present work is partly consistent with these two studies. In another study, the educational needs of marriage volunteers in the field of Islamic and legal issues were as follows: Provisions of sexuality, Islam recommends spouses relations, the provisions of contraception, marriage, and divorce laws.<sup>[4]</sup> The high educational need in this study illustrates the importance and effectiveness of education. According to the specialists in this study, much education is required in all religious orders that are consistent with women's view and is a sign of their education priority. A similar study was not found comparable to the findings.

### Conclusion

The results showed that there is high educational need to postpartum religious orders from the perspective of women and professionals, which is a sign of the need for more attention to education. This can be done either verbally or virtually in hospitals or health centers.

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### Conflicts of interest

There are no conflicts of interest.

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