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**INFORMATION NEEDS AND SOURCES OF INFORMATION FOR PREGNANT
WOMEN IN JOS SOUTH LOCAL GOVERNMENT AREA OF PLATEAU STATE,
NIGERIA.**

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ABSTRACT

This study discusses the Information needs and sources of information for Pregnant Women in Jos South Local Government Area of Plateau State. Three (3) objectives were formulated to guide the study. Descriptive research design was adopted for this study, 259 pregnant women in Jos South Local Government Area of Plateau State was used as the population for this study with the sample of 152 pregnant women. The sampling technique used was the simple random sampling technique. The instrument for data collection adopted was Questionnaire (both open-ended and close-ended). The method adopted for data analysis was the frequency count and simple percentages. The finding revealed that pregnant women have various information needs which are: information on how to prevent and manage VVF, how to secure safe child delivery during pregnancy, food during pregnancy, benefits of rest during pregnancy, benefits of exercise in pregnancy, importance of antenatal care, importance of antenatal visits and importance of blood examination. The study further revealed that the sources of information for pregnant women include internet, interpersonal sources such as mothers and friends, books, radio, magazines, television programs, medical books, hospital orientation and community sensitization, among other findings. In accordance with the findings, the following recommendations were made which are: The management of Jos South Local Government especially in the health sector should make efforts to ensure that the information needs of the pregnant woman in Jos South Local Government Area of Plateau state are met by providing the necessary information sources; the researcher also recommended that the PHCs should provide adequate information sources such as Hospitals orientation, community sensitization, and it should in a way that will be convenient for the pregnant women, among other recommendations.

Keywords: Information, Information Needs, Information Sources, Pregnant Women, Pregnancy.

INTRODUCTION

Pregnancy also known as gestation is a period between zero (0) to nine (9) months when an unborn baby is developing in the uterus. The first sign of pregnancy is usually missed menstruation, but there are also other signs. Pregnancy can occur by sexual intercourse or assisted reproductive technology. Pregnancy involves changes that will significantly affect a woman's body. Most pregnancies last for about 280 days, but they can last anywhere from 37 to about 42 weeks, starting from the first day of the last period. Doctors divide pregnancy into three stages, or trimesters, during which specific changes occur. Each trimester last for around 3 months. A pregnancy calculator can help to predict when a baby is likely to be born.

According to Udofia & Okonofua (2008), available evidence indicates that Africa accounts for the highest burden of mortality among women and children in the world. UN World Population Prospects & the Institute for Health Metric Reports (2010) as cited in Oyedele (2012) affirms that Nigeria ranks high among the list of countries with high maternal and infant mortality rates with a ratio of 545 per 100,000 live births on the maternal mortality index and 75 per 1000 live births on the infant mortality index. Such revelation, therefore, makes it necessary to study the information needs and sources for pregnant women as this would no doubt create more awareness of the seriousness of maternal health care issues. Also, it is important to identify the real ways of meeting the information needs of pregnant women which was the main focus of this study. Madden (2000) define information as stored knowledge.

The concern for maternal well being is justified as UNICEF (2009) observed that in the poorest part of the world, the risk of a woman dying as a result of pregnancy or childbirth during her lifetime is about one in six compared to about one in 30,000 in Northern Europe. India, being a developing country, contributes 26% of the global burden of maternal deaths with nearly 136,000 women dying annually due to causes related to pregnancy and childbirth.

In a research conducted by Aaronson, Mural & Pfoutz (1988) in a health education quarterly, a case study of eight randomly selected private physician practices and three large health care facilities in the Seattle, Washington Area. It was revealed that major sources of information were health care providers and books. Providers topped the list with 1845 points, followed by books (1,608 points), friends (925 points), print media (910 points), family (753 points), self (598 points), and audiovisual media (380 points). They finally concluded that multiple channels of acquiring information were used by pregnant women.

As noted by Allen (1996), information need occurs whenever an individual's knowledge fails. Dervin (1992) also points out that information need results from the effort of making sense which thus results in bridging of gap in an individual's knowledge.

Information is defined by Madden (2000) as stored knowledge, traditionally stored in books and electronic media. Also Madden (2000) defined information as an item of intelligence, a fact or circumstances of which one is told. The author emphasized that no information conveyed from a sender to a receiver ever remain the same. Information widely regarded as a property of living organization. Traditionally the storage medium has been books but increasingly electronic media becoming important information also can be collected data in storage for a certain purpose that any individual can need it.

Around the world in developing nations, maternal and child health care has been on the forefront of consciousness for improving the lives of global citizens. However, there is need to avail more maternal information to pregnant women in different formats especially the illiterate ones. The role of information to women and their information needs is innumerable. For example, pregnant women need maternal information. Identifying the information consumers and their needs is essential. Although the information needs of pregnant women have been understood, few studies have examined the information needs.

In a study by Nwangwu & Ajama (2011), on women's health information needs and information sources: a study of a rural oil palm business community in South-Western Nigeria. The study addresses the health information needs, sources and Information Seeking Behaviour of women living in a rural palm plantation community in Nigeria. Survey design method was used. Data was collected through focus group discussion and a questionnaire. The population of women in the community was about 120, 626. Two villages were randomly selected from each of the three (3) regions giving a total of 6 villages. The villages are Okunmo, Igodan, Idepe, Ayeka, Erekiti and Oloto. Majority of the women were married, aged about 31 years, mainly Christian traders and have a mean household size of 5.6. Most of them have secondary school level of education and are low income earners. About nine out of every ten reported that they needed information about malaria, which they obtained mainly from friends/families or chemists shops. The Focus Group Discussion (FGC) revealed that women relied on traditional sources for health information: They practiced self-medication guided by prior diagnosis and visited the hospital only when their illnesses went out of hand. There was an intriguing observation of referral practices from modern to traditional healers, they had low consciousness about HIV/AIDS and poor knowledge about behavioural aspects of illnesses. The long distance to the general hospitals and the exorbitant fee charged by the private hospitals discouraged their use of modern health facilities. There was also low trust and confidence on the services, competence and adherence to ethical standards by the modern health care providers. Just as health workers in the community required reorientation to fit in the setting, the women, also require intensive awareness and literacy intervention to increase their person-efficacy and reduce the effect of cultural glass ceiling that disempowers them, and promote reliance on quack medical services.

In a Northern Nigerian rural community where a picture was presented about the information needs of rural women. The study by Nwangwu & Ajama (2011) showed that

health information constituted 20 percent of the information needs of rural women, and the paramount health information required were antenatal and postnatal care: immunizations, especially on the six childhood killer diseases, how to prevent and manage Vesico Vaginal Fistula (VVF), and how to secure safe child delivery. The rural women in this study also reported that they needed information on how to prevent and control epidemics especially cholera and meningitis which were rampant in the area. The study further revealed that the women used five main sources of information: government and its agents, elite groups relatives and friends, market women and non-governmental organization (NGOs), with an indication that the major sources are informal.

One of the studies carried out on the level of health awareness related to pregnancy and sources of information among pregnant women was conducted by Rasheed & Al-Sowielem (2003), in a study on health education needs for pregnancy: A study among women attending primary health centers. The study was to find out the level of health awareness related to pregnancy and the sources of information among parous women visiting the Primary Health Centres in Al-Khobar, Saudi Arabia. This is a cross sectional study conducted at three Primary Health Centres in Al-Khobar during a two week period in April, 2001. Five hundred and eighty one (581) parous women who were eligible for the study were interviewed with the help of a questionnaire. Data were analyzed using the SSPS package programme. Distributions and vicariate analyses of data were done. The chi-square test of significance was used where appropriate.

The findings indicated that large number of women were well informed about certain health issues of pregnancy such as dietary intake of essential foods like dairy products (74.7%), protein-rich foods (71.4%) and fruits (68.2%), the hours of daily rest necessary (81.9%), the need for exercise (83.6%), the importance and timing of antenatal visits, the risk of smoking in pregnancy (99.3%) and proper spacing of babies (97.7%). However, many

women had no knowledge of the importance of taking high-fiber foods (55.1%) to avoid constipation, the required dietary changes in early pregnancy to prevent nausea and vomiting, and the ill-effects of maternal smoking on the foetus, Rubella infection and advancing maternal age on the foetus. They were also not aware of the importance of the various antenatal procedures such as blood examination, breast-care during pregnancy and immunization to prevent Tetanus and Rubella infection. A higher literacy level of the women was significantly correlated with better knowledge on certain health parameters. Physicians and nurses constituted poor sources of health information (35.6%).

A study conducted by Davies & Bath (2002) which aimed at identifying the main maternity information sources used by Somali women living in a Northern city in the United Kingdom revealed that, women sought and used information from several interpersonal sources which included their mothers, grandmothers and friends. However, findings from a research done by Saleh & Lasisi (2011) on Information Needs and Information Seeking Behaviour of Rural women in Borno State, Nigeria differ from the study and state that there are basically five sources through which the rural women satisfy their information needs. These are: Government and its agents, Elite groups, Relatives and friends, market women and Non-Governmental Organization (NGOs).

The internet is also becoming a more commonly used source of information. Akakandelwa (2002) stated that, the format of information is also changing. As a result of the impact of technology, access to information can be via internet, mobile phones and computers. Information technology is changing our environment at an ever increasing rate, while such technology provides improved opportunities for accessing information, realizing these opportunities requires knowledge and skills that are not easily acquired and are even more difficult to keep up to date.

Information has been recognized over the world as an important tool for making decisions and reducing uncertainty. However, despite the abundance of information resources in a variety of sources, literature still reveals that mortality rate among pregnant women is still high especially in Nigeria and other developing countries. Where such situation continues to exist, more women would likely die from preventable pregnancy related causes. It is the light of this that the study investigated the information seeking behaviour of pregnant women in selected hospitals of Jos South Local Government Area.

Jos South Local Government Area is in Plateau State, Nigeria. It houses the governor's office in Rayfield and can thus be described as the de facto capital located in Bukuru town on 9°48'00"N 8°52'00"K. It has an area of 510km and a population of 306, 716 at the 2006 census. It is the second most populated local government area in the state after Jos North. The postal code of the area is 930.

STATEMENT OF THE PROBLEM

Although information is important for pregnant women in alleviating maternal health problems, very little is known about how women seek for maternal information more especially for those living in high populated areas. As such, there is a need to assess the information needs and sources for women who are pregnant. This study is necessary because as a woman gets pregnant, she experience changes in her body both psychologically, physically and also emotionally. Information has been recognized over the world as an important tool for making decisions and reducing uncertainty. However, despite the abundance of information resources in a variety of sources, literature still reveals that mortality rate among pregnant women is still high especially in Nigeria and other developing countries. Where such situation continues to exist, more women would likely die from preventable pregnancy related causes. It is in the light of this that the study investigated the

information needs and sources for pregnant women in Jos South Local Government Area of Plateau State.

Preliminary investigations and observations revealed that in Jos South Local Government of Plateau State, pregnant women do not give much priority to information regarding when they are pregnant which always lead to a lot of abnormalities to the unborn babies, such as: giving birth to children with 'big head (macrocephaly)', 'intestine outside (gastrochisis)', 'incomplete closing of the spine or membrane (spinal bifida)', 'missing skin (nonsyndromic aplasia cutis congenita)', 'malformation of the arm (Phocomelia)', 'birth without arms and limbs (congenital amputation) and many other abnormalities. It is very common in Jos South Local Government of Plateau State for women to give birth at home without getting any health care information. The women therefore, need information on how to do things, how and what to eat and also on things to avoid. The study will help pregnant women during the pregnancy period to be careful in order to avoid difficulty during birth. It will also reduce mortality rate to a minimal level. If this study is not carried the, the ignorance of pregnant women might lead to a high level of maternal mortality.

OBJECTIVES OF THE STUDY

The specific objectives of the study are to:

1. Identify the Information Needs of Pregnant Women in Jos South Local Government Area of Plateau State.
2. Identify sources of Information for Pregnant Women in Jos South Local Government Area of Plateau State.
3. Find out the relevance of the Information Sources to the Pregnant Women in Jos South Local Government Area of Plateau State.

RESEARCH QUESTIONS

1. What are the Information Needs of Pregnant Women in Jos South Local Government Area?
2. What are the Information Sources of Pregnant Women in Jos South Local Government Area?
3. How relevant are the Information Sources to the Pregnant in Jos South Local Government Area?

METHOD AND PROCEDURE

The design adopted for this research is survey. This is because the research focuses mainly on people and their opinions, attitudes, motivations and behavior. This was in line with the assertion of Kerlinger & Lee (2000) who opined that survey research focuses mainly on people and their opinions, attitudes, motivations and behaviors.

The target population for this study consists of 259 pregnant women which includes 42 pregnant women who registered for Antenatal Care in Rayfield Primary Health Care Center (PHC) as at October, 2019; 70 registered pregnant women from Vwang PHC, 102 registered pregnant women from Bukuru Express PHC, and 45 registered pregnant women from the Bukuru Central PHC. Therefore, the target population was 259 in total from which the researcher carried out the sampling to get a sample size of 152 which includes 25 women from Rayfield, 41 from Vwang, 60 from Bukuru Express and 26 from Bukuru Central.

A sample is a smaller group or sub-group obtained from the accessible population (Mugenda & Mugenda, 1999). This subgroup is carefully selected so as to be representative of the whole population with the relevant characteristics. Each member or case in the sample is referred to as subject, respondent or interviewees. The sample was drawn using Krejcie and Morgan table for determining sample size.

Table 1: Population and Sample Table

Primary Health Care Center	Population	Sample Size
Registered Pregnant women in Vwang Primary Health Care Center	70	41
Registered Pregnant women in Rayfield Primary Health Care Center	42	25
Registered Pregnant women in Bukuru Express Primary Health Care Center	102	60
Registered Pregnant women in Bukuru Central Primary Health Care Center	45	26
Total	259	152

Source: Antenatal registers of PHCs in Rayfield, Vwang, Bukuru Express and Bukuru Central as at October, 2019.

The data collection instrument that was used in this study was questionnaire. It was divided into six sections which are from Section A - Section D; **Section A** is for demographic information of the respondents, the respondent are required to tick the appropriate option as applicable to them. **Section B** is for Research Question 1 which is “what are the information needs of pregnant women in Jos South Local Government Area?” The respondents are required to choose from “Strongly Agreed”, “Agreed”, “Disagreed” and “Strongly Disagreed” to show their agreement or otherwise to the statements in the section. **Section C** is for Research Question 2 which is “what are the information sources of pregnant women in Jos South Local Government Area?” The respondents are required to choose from “Strongly Agreed”, “Agreed”, “Disagreed” and “Strongly Disagreed” to show their agreement or otherwise to the statements in the section. **Section D** is for Research Question 3 which is “how relevant are the information sources to the pregnant women in Jos South Local Government Area?” The respondents are required to choose from “Very relevant”,

“Moderately relevant” and “Not relevant” to show how relevant or otherwise are the information sources listed in the section.

DATA PRESENTATION, RESULT AND ANALYSIS

RESPONSE RATE

Out of the 152 questionnaire administered, 83 were filled, returned and found usable representing 55% response rate.

Table 2: Response Rate

Number of Questionnaire Administered	Number of Questionnaire Retrieved	Percentage
152	83	55%

Source: Field Survey, 2019

Table 2 above shows the response rate of the study. Out of the 152 questionnaires administered, 83 representing 55% were filled, returned and found usable for the study.

RESPONDENTS DEMOGRAPHIC INFORMATION

Table 3: Age of Respondents

Age Range	Frequency	Percentage
Below 20	15	18%
21 – 24 years	25	30%
25 – 29 years	32	39%
30 – 39 years	10	12%
40 years and above	1	1%
Total	83	100%

Source: Field Survey, 2019

Table 3, above shows the age of the respondents. 15 (18%) are below 20 years, 25 (30%) are between the range of 21–24 years, 32 (39%) are between the range of 25–29 years

10 (12%) are between the range of 30–39 years and 1 (1%) are between the range of 40 years and above.

Table 4: Marital Status of the Respondents

Marital Status	Frequency	Percentage
Single	6	7%
Married	77	93%
Divorced	0	0%
Separated	0	0%
Widowed	0	0%
Total	83	100%

Source: Field Survey, 2019

The distribution of the respondents according to their marital status as shown in Table 4 above, indicates that 6 (7%) of the respondents were single, 77 (93%) were married. However, none of the respondent was divorced, separated or widowed.

Table 5: Number of Years in Marriage of the Respondents

Number of Years	Frequency	Percentage
Below 5 years	52	63%
6 – 10 years	21	25%
11 years and above	10	12%
Total	83	100%

Source: Field Survey, 2019

The distribution of the respondents according to their number of years in marriage as shown in Table 5, indicates that 52 (63%) have been in marriage below 5 years, 21 (25%) have spent 6–10 years in marriage and 10 (12%) have spent 11 years and above.

Table 6: Age of Pregnancy of Respondents

Age of Pregnancy	Frequency	Percentage
First trimester	23	28%

Second trimester	50	60%
Third trimester	10	12%
Total	83	100%

Source: Field Survey, 2019

The distribution of the respondents according to their age of pregnancy, as shown in Table 6 above, indicate that 23 (28%) were in their first trimester, 50 (60%) were in their second trimester and 10 (12%) were in their third trimester.

Table 7: Highest Educational Qualification of the Respondents

Highest Qualification	Frequency	Percentage
Not Educated	2	2%
FSLC	14	17%
SSCE	47	57%
NCE	9	11%
ND	6	7%
HND	3	4%
BSc	2	2%
MSc	0	0%
Total	83	100%

Source: Field Survey, 2019

The distribution of the respondents according to their Highest Education Qualification as shown in Table 7 above, indicates that 2 (2%) are not educated, 14 (17%) holds FSLC, 47 (57%) holds SSCE, 9 (11%) holds NCE, 6 (7%) holds ND, 3 (4%) holds HND, 2 (2%) holds BSc while none of the respondents holds MSc.

Table 8: Occupation of the Respondents

Occupation	Frequency	Percentage
Civil servant	6	7%

House wife	26	31%
Self-employed	16	20%
Business woman	28	34%
Public servant	1	1%
Student	6	7%
Total	83	100%

Source: Field Survey, 2019

The distribution of the respondents according to their occupation as shown in Table 8 above, indicates that 6 (7%) are civil servant, 26 (31%) are House wives, 16 (20%) are self-employed, 28 (34%) are Business women, 1 (1%) is a Public servant and 6 (7%) are students.

RESEARCH QUESTIONS

Research Question 1: *What are the Information Needs of Pregnant Women in Jos South Local Government Area?*

Table 9: Information Needs of Pregnant Women in Jos South Local Government Area of Plateau State

VARIABLES	SA	A	D	SD	Total	%
Information on how to prevent and manage Vesico Vaginal Fistula (VVF)	66 (79.5%)	13 (15.7%)	1 (1.2%)	3 (3.6%)	83	100%
Information on how to secure safe child delivery during pregnancy	62 (74.7%)	19 (22.9%)	0 (0%)	2 (2.4%)	83	100%
Information on food during pregnancy	61 (73.5%)	20 (24.1%)	1 (1.2%)	1 (1.2%)	83	100%
Information on benefits of rest during pregnancy	60 (72.3%)	19 (22.9%)	4 (4.8%)	0 (0%)	83	100%
Information on benefits of exercise in pregnancy	59 (71.1%)	20 (24.1%)	2 (2.4%)	2 (2.4%)	83	100%
Information on importance of antenatal care	62 (74.7%)	16 (19.3%)	0 (0%)	5 (6.0%)	83	100%

Information on importance of antenatal visits	63 (75.9%)	16 (19.3%)	2 (2.4%)	2 (2.4%)	83	100%
Information on importance of blood examination	60 (72.3%)	15 (18.1%)	6 (7.2%)	2 (2.4%)	83	100%

Source: Field Survey, 2019

Table 9, above shows the response of the pregnant women in Jos South Local Government Area of Plateau State on their information needs. Majority of respondents indicated by 66 (79.5%) strongly agreed that they need information on VVF, 63 (75.9%) indicated that they need information on antenatal visit, 62 (74.7%) indicate that they need information on antenatal care, and information on how to secure safe child delivery, 61 (73.5%) needs information on food, 60 (72.3%) need information on rest and blood examination and 59 (71.1%) on exercise.

This shows that the pregnant women in Jos South Local Government Area of Plateau State need information on VVF, food, safe child delivery, rest, exercise, antenatal care, antenatal visit and blood examination.

4.3.2 Research Question 2: *What are the Information Sources of Pregnant Women in Jos South Local Government Area?*

Table 10: Sources of Information for Pregnant Women in Jos South Local Government Area of Plateau State

VARIABLES	SA	A	D	SD	Total	%
Internet	20 (24.1%)	28 (33.7%)	20 (24.1%)	15 (18.1%)	83	100%
Interpersonal such as friends & mothers	42 (50.6%)	34 (41.0%)	7 (8.4%)	0 (0%)	83	100%
Books	33 (39.8%)	34 (41.0%)	10 (12.0%)	6 (7.2%)	83	100%
Radio	34 (41.0%)	37 (44.6%)	6 (7.2%)	6 (7.2%)	83	100%
Magazines	19 (22.9%)	38 (45.8%)	7 (8.4%)	19 (22.9%)	83	100%

Television programs	30 (36.0%)	45 (54.0%)	3 (4.0%)	5 (6.0%)	83	100%
Medical books	23 (27.7%)	42 (50.6%)	8 (9.7%)	10 (12.0%)	83	100%
Hospital orientation	48 (57.8%)	28 (33.8%)	4 (4.8%)	3 (3.6%)	83	100%
Community sensitization	39 (47.0%)	35 (42.2%)	6 (7.2%)	3 (3.6%)	83	100%

Source: Field Survey, 2019

Table 10 above shows the responses of the pregnant women in Jos South Local Government Area on the sources of information they need. Majority of the respondents strongly agreed that their source of information as pregnant women is hospital orientation indicated by 48 (57.8%) of the respondents, it was followed by interpersonal source as indicated by 42 (50.6%) and community sensitization by 39 (47.0%) of the respondents. Also, highest number of the respondents Agreed that their source of information is Television programs indicated by 45 (54.0%), medical books with 42 (50.6%) of the respondents. Magazine with 38 (45.8%) of the respondents, radio with 37 (44.6%) and books with 34 (41.0%) of the respondents and internet by 28 (33.7%) of the respondents. However, none of the respondents indicated other sources. This shows that the respondents used various sources of information to meet their information needs as pregnant women.

4.3.3 Research Question 3: *How relevant are the Information Sources to the Pregnant Woman in Jos South Local Government Area?*

Table 11: Relevance of Information Sources to the Pregnant Women in Jos South Local Government Area of Plateau State

VARIABLES	VR	MR	NR	Total	%
Internet	38 (45.8%)	20 (24.1%)	25 (30.1%)	83	100%
Interpersonal such as friends & mothers	54 (65.1%)	28 (33.7%)	1 (1.2%)	83	100%
Books	48 (57.8%)	29 (35.0%)	6 (7.2%)	83	100%

Radio	47 (56.6%)	30 (36.2%)	6 (7.2%)	83	100%
Magazines	34 (41.0%)	33 (39.7%)	16 (19.3%)	83	100%
Television programs	48 (57.8%)	25 (30.1%)	10 (12.1%)	83	100%
Medical books	45 (54.2%)	25 (30.1%)	13 (15.7%)	83	100%
Hospital orientation	57 (68.7%)	21 (25.3%)	5 (6.0%)	83	100%
Community sensitization	52 (62.7%)	28 (33.7%)	3 (3.6%)	83	100%

Source: Field Survey, 2019

Table 11 above shows the responses of the pregnant women in Jos South Local Government Area of Plateau State on the relevance of information sources to them. Majority of the respondents represented by 57 (68.7%) indicated that hospital orientation is very relevant to them, 54 (65.1%) indicated interpersonal source such as friends and mothers, 52 (62.7%) indicated community sensitization and 48 (57.8%) indicated books and Television programs, 47 (56.6%) indicated radio, 45 (54.2%) medical books, 38 (45.8%) and magazine by 34 (41.1%).

This shows that all the information sources which include internet, interpersonal sources, books, radios, magazines, televisions, medical books, hospital orientation and community sensitization are very relevant sources of information to pregnant women in Jos South Local Government Area of Plateau State.

SUMMARY OF FINDINGS

1. The finding revealed that pregnant women needs information on how to prevent and manage Vesico Vaginal Fistula (VVF), information on how to secure safe child delivery pregnancy, information on benefits of rest during pregnancy, information on benefits of

exercise in pregnancy, information on importance of antenatal care, information on importance of blood examination.

2. The findings also revealed that the sources of information for pregnant women include internet, interpersonal sources such as mothers and friends, books, radio, magazines, television programs, medical books, hospital orientation and community sensitization.
3. The findings also revealed that the information sources that are relevant to pregnant women in Jos South Local Government Area of Plateau State include internet, interpersonal sources such as mothers and friends, books, radio, magazines, television programs, medical books, hospital orientation and community sensitization.

DISCUSSION

This study was conducted to investigate the Information Needs and Sources of Information for Pregnant Women in Jos South Local Government Area of Plateau.

Respondents' responses indicated that pregnant women needs information on how to prevent and manage VVF, how to secure safe child delivery during pregnancy, on food during pregnancy, on benefits of rest during pregnancy, on benefits of exercise in pregnancy, on importance of antenatal care, on importance of antenatal visits and on importance of blood examination. This was in line with the study by Nwangwu & Ajama (2011) whose findings revealed that health information constituted 20 percent of the information needs of rural women and the paramount health information required were antenatal and postnatal care: Immunizations, especially on the six childhood killer diseases, how to prevent and manage Vesico Vaginal Fistula (VVF), and how to secure safe child delivery. This was also in agreement with the study by Rasheed & Al-Sowielem (2003), whose findings indicated that large number of women was well informed about certain health issues of pregnancy such as dietary intakes of essential food.

The study also revealed that sources of information that pregnant women in Jos South Local Government Area of Plateau State used include: internet, interpersonal sources such as friends and mothers, books, radios, magazines, television programs, medical books, hospital orientation and community sensitization. This was in agreement with the study by Bernharelt & Felter (2004), who affirmed that there are countless books, magazines, videos, television programs, classes and other sources on childbirth, parenting and pediatric from which mothers and mothers to be choose. This was corroborated by Hsieri & Brennan (2005) whose findings revealed that books, pamphlets and internet are sources of information for pregnant women. The findings of this study was in disagreement with the research done by Saleh & Lasisi (2011) whose findings indicated that there are basically five sources through which the rural women obtain information which are: Government and its agent, Elite groups, relatives and friends, market women and non-governmental organizations (NGOs). This was also disagreement with the study by Lavi (2010) whose findings indicated that the most prominent type of information sought by Israeli pregnant women was the internet.

Furthermore, the research revealed that internet, interpersonal sources such as friends and mothers, books, radio, magazines, television programs, medical books, hospital orientation and community sensitization are very relevant sources of information to pregnant women in Jos South Local Government Area of Plateau State. The findings of the study was in line with the study by Ankem (2007) whose finding indicated that in generating awareness of women's health information, popular magazines and television can be effective. This was also in line with the study by Okereke, Aradeon, Aberele, Tanko and Yisa (2013) whose findings revealed that knowledge of safe pregnancy practices among some women in rural communities is strongly associated with attendance at ANC visits and being employ or acquiring some level of education. This was in disagreement with the study by Ebijuwa,

Ogunmodede & Oyetola (2013) whose study revealed that information on maternity, information on delivery and information on breastfeeding among others are relevant.

CONCLUSION

Based on the findings on information needs and sources for Pregnant Women in Jos South Local Government Area of Plateau State and based on the data collected and analyzed, it was concluded all of the pregnant women in Jos South Local Government Area of Plateau state have different information needs. The pregnant women need information on how to prevent and manage Vesico Vaginal Fistula (VVF), on how to secure safe child delivery during pregnancy, on food during pregnancy, on benefits of rest during pregnancy, on benefits of exercise in pregnancy, on importance of antenatal care, on importance of antenatal visit and on importance of blood examination. These information need can only be meet if the sources such as internet, interpersonal sources such as friends and mothers, books, radio, magazine, television programs, medical books, hospitals orientation and community sensitization are all available for the pregnant women. However, the study revealed that the most required and used source of information by pregnant woman in Jos South Local Government Area of Plateau were hospital orientation followed by interpersonal sources of information such as friends and mothers.

RECOMMENDATIONS

Based on the findings, the researcher recommended that the following measures and actions should be taken by Jos South Local Government Area, selected Primary Healthcare Centres (PHCs) and the pregnant women in order to meet the various information needs of pregnant woman in Jos South Local Government Area of Plateau State.

1. The management of Jos South Local Government especially in the health sector should make effort to ensure that the information needs of the pregnant woman in Jos South

Local Government Area of Plateau state are met by providing the necessary information sources.

2. The researcher recommended that the PHCs should provide adequate information sources such as Hospitals orientation, community sensitization, and it should in a way that will be convenient for the pregnant women.
3. The researcher also finds out that most of the health facilities in Jos South Local Government Area are not very close to the pregnant women. It is recommended that more PHCs should be built for easy accessibility.

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