

DECLARATION

I declare that this dissertation is my own work and that all the sources I have quoted have been indicated and acknowledged using complete references. I further declare that this dissertation has not been previously submitted for a diploma, a degree or for any other qualifications at this or any other University. It has been written according to the guidelines for Master of Midwifery, Child and Women's Health degree dissertation of the University of Zambia

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APPROVAL

This dissertation of Mwila Kennedy is approved as fulfilling part of the requirements for the reward of master in Midwifery, Women and Child's health by the University of Zambia

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DEDICATION

I dedicate my dissertation work to my wife, Mabulo and my son Jason. A special feeling of gratitude to my loving parents Christine and Stanley Mwila Mwesa whose words of encouragement and push for tenacity rings in my ears. This dissertation is also dedicated to the past, present and future midwives in Zambia and globally.

DEFINITION OF TERMS

Male involvement: This is the active participation of men in pregnancy, labour and post-delivery activities and not only the financial or material support to the wellbeing of the mother or the unborn child (Kani, 2013).

Gender: Socially constructed characteristics of women and men – such as norms, roles and relationships of and between groups of women and men. It varies from society to society, and can be changed (WHO, 2016).

Antenatal Care: This is a type of preventive healthcare with the goal of providing regular check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of the pregnancy while promoting healthy lifestyles that benefit both mother and child (United States National Library of Medicine, 2012).

Woman: Female aged 15 years and above (Lim, 2012).

ABSTRACT

Male involvement in antenatal care services refers to various ways in which men are involved in women's health during pregnancy from a very early stage, which includes provision of finances, nutrition, physical and emotional support. Having men at the centre of women's health is an essential element that World Health Organisation has been advocating for. The initiative to involve men in maternal health was born during the International Conference on Population and Development in Cairo, Egypt, in the year 1994. The aim of this study was to explore factors that are associated with male involvement in antenatal care. A quantitative paradigm using cross sectional design was carried out. A simple random sample of 383 men with antenatal women at the time of the study and those who had a pregnant partner before, at five (5) systematically selected Lusaka urban health centres between July and August, 2018 were selected. Pretested structured interview schedule was used to capture information from men on male involvement in ANC on service related and social cultural factors. The findings of the study presented revealed that economic status, knowledge levels, attitude of respondents and the health care system were associated with male involvement in ANC, a statistically significant finding ($p < 0.001$). A higher proportion of respondents with high knowledge (60.4%) were involved in ANC as compared to respondents with low knowledge whose involvement stood at 10%. In respondents with good attitude towards involvement in ANC, the rate of involvement (41%) was higher than in respondents with bad attitude where it stood at 21.8%. In terms of the health care system, good health care was associated with higher rate of male involvement in ANC (42.3%) as compared to bad health care where involvement was at 18.2%. Similarly, respondents with a high economic status were involved in ANC (38.4%) as compared to those with a low economic status whose involvement rate was at 12.4%. A binary logistic regression test was done to check the combined effects of Knowledge, Attitude, Health Care Systems and Economic Status on the involvement of males in ANC. It was observed that changes in Knowledge from low to high, Attitude from bad to good, Health Care Systems from poor to good, and Economic Status from low to high would all impact significantly on the outcome of the model. The results from this study suggest that male involvement in positively impacted with improvements in knowledge levels of men. Therefore there is need to increase public awareness on male involvement in ANC to ensure positive maternal and neonatal outcome.

Key words: Male involvement, Antenatal Care, Pregnancy, Lusaka urban district, Health care system, Economic status

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ABBREVIATIONS

ANC	Antenatal care
C.I	Confidence Interval
DHMT	District Health Management Team
Emtct	Elimination of Mother to Child Transmission of HIV/AIDS
CSO	Central Statistical Office
GMP	Growth Monitoring Program
HIMS	Health Information Management System
HBM	Health Belief Model
HIV	Human Immuno Virus
IEC	Information Communication Education
ICPD	International Conference on Population and Development
ZDHS	Zambia Demographic Health Survey
MCH	Maternal and Child Health
MoH	Ministry of Health
UNICEF	United Nations International Children's Emergency Fund
UNZA	University of Zambia
WHO	World Health Organisation