

**PREGNANT WOMEN’S HEALTH INFORMATION NEEDS AND INFORMATION
SEEKING BEHAVIOR IN FEDERAL TEACHING HOSPITAL LOKOJA: AN
INVESTIGATIVE STUDY**

BY

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Abstract

The study investigated pregnant women’s health information needs and information seeking behavior in Federal Teaching Hospital Lokoja. The study is been guided by five research questions. A descriptive survey design was adopted for the study. The population consist of 62 registered women which were all sampled. Data were collected from respondents through a closed-ended structured questionnaire and the responses were analyzed using descriptive statistics which comprises of mean and standard deviation. The study identifies pre-natal vitamins, their importance, information on healthy dietary choices and meal planning during pregnancy as the major health information needs. It was found that reliable sources include healthcare professionals, pregnancy-related books, antenatal programs, and social media platforms like Facebook and Instagram. However, caution is advised regarding online medical websites and articles, as they may not always provide trustworthy information due to the potential of unverified sources. Customized health information materials (leaflets, apps, and websites) should be developed to meet the diverse needs of pregnant women.

Key words: Health information, Information needs, Seeking behavior, pregnant women, Federal Teaching Hospital

Introduction

Information is viewed as a broad phrase that is difficult to define because it signifies different things to different people. Different individual in various distinct spheres of life use it to mean different things. Some people see information as facts while some perceive it as data or news. For instance, librarians see information as knowledge that is recorded while it means data

to telecommunication engineers. Udensi (2017) defined information as knowledge, ideas, and ways of living that may be transmitted from one person to another. Since time immemorial, information have been used as a means of searching for solutions to issues. Information has been recognized as a valuable tool in the everyday pursuit of knowledge and progress. Information can be packaged in different forms and shared through different channels such as books, journals, newspapers, magazines, emails, radio broadcast, instant messages, television broadcast, tweets, face book updates, blog posts, flyers, WhatsApp chats, and phone calls (Grades, 2022).

Health information (HI) refers to information that relates to the mental, physical, and social wellbeing of an individuals. HI is important in enabling individuals for making wise decisions about their health and wellbeing, including their sexual health (Jain & Patel, 2013). Information of one's physical, mental, and social welfare as it relates to their reproductive system, functions, and processes at all phases of life can also be referred to as health information (Mbitsa, 2019). Health information is essential for individuals for making better decisions in regards to their sexual health. HI creates awareness and call to action to help the pregnant women to provide adequate knowledge about various aspects of health, such as contraception, pregnancy, childbirth, postpartum care, among others.

Marriage is the coming together of two individuals in a legally and socially recognized union. It is a union typically characterized by emotional, financial, and legal commitments between partners. Beyond its legal and ceremonial aspects, marriage often carries deep cultural and religious significance, varying greatly across different societies and traditions. In Africa one of the primary reasons for marriage is procreation, and the only way through which this can happen is through conception. However, the reproductive years of a woman's life start ahead of

marriage; it starts when she begins menstruating until the time menstruation ceases. Reproductive years is the time a woman's reproductive organs work the hardest; the excitement, joy, opportunities, and challenges of this period of life can be exhilarating (Molania, Mousavi & Ghorbani, 2018). Pregnancy is a complex and individualized experience that involves significant changes in a woman's body and lifestyle; it requires careful medical supervision to ensure the best outcomes for both mother and child (Olatokun & Akande, 2018).

Information seeking behavior describes the actions and strategies pregnant women employ to search for, acquire, and utilize health-related information. Research on health information-seeking behavior and the need for pregnancy related health information is very important since pregnancy is considered one of the most sensitive and critical phases in women's lives. During pregnancy, a woman, as a healthy and natural person, carries another human being in her womb. So, she needs further attention and cares due to variations in her psycho-cognitive (e.g., enhanced levels of anxiety and depression) and physical (e.g., weight gain and cardiac output) needs. Acquiring medical and health information about pregnancy promotes women's knowledge, decreases uncertainty levels, reduces stress during exposure to medical problems, and increases their interaction with their doctors. Inadequate care for pregnant women poses health problems and negatively affects the baby. Such detrimental effects include abortion, stillbirth, premature birth, low birth weight, and many other problems, which impose costs on these individuals. Mothers should be equipped with health information seeking skills to promote their healthcare awareness (Panahi, Mahmoudvand & Sedghi, 2020).

In Nigeria, where the maternal mortality rate is one of the highest in the world, it is essential to understand the health information needs and information-seeking behavior of pregnant women to develop effective health promotion strategies and improve maternal health outcomes (World Health Organization, 2020). The health information needs of pregnant women are complex and multifaceted, and their information-seeking behavior is influenced by a range of factors, including their socio-demographic characteristics, health status, and access to healthcare services. There is a need to develop an effective health promotion strategies and improve maternal health outcomes in Nigeria, thus, this paper focuses on the pregnant women's health information needs and information-seeking behavior in Federal Teaching Hospital, Lokoja.

Research Questions

1. What are the specific health information needs of pregnant women in Federal Teaching Hospital Lokoja?
2. What are the sources of health information by pregnant women in Federal Teaching Hospital Lokoja?
3. To what extent are health information been utilize by pregnant women in Federal Teaching Hospital Lokoja?
4. What are the factors influencing information seeking behavior among pregnant women in Federal Teaching Hospital Lokoja?
5. What is the satisfaction level of pregnant women with the health information received?

Literature Review

Health Information Needs

Health Information needs refers to the specific types of information that pregnant women seek to support their health and well-being. Health information needs during pregnancy can vary widely and may include questions about exercise, labor, breast feeding, prenatal care, nutrition, delivery, and postpartum care. Pregnant women undergo some changes such as social, psychological, and physiological throughout the pregnancy period. During this period, the health related information is vital since the decisions and changes would affect the mother as well as the unborn child, who are the future citizens of a country. The health of a baby starts from the womb of the mother (Ajayi, 2018). A woman's health directly affects the health of her unborn child, which influences the development of a healthy national population. Information about pregnancy is one of the healthcare services provided to expectant mothers; these women seek for information in order to have a successful pregnancy and delivery (Uloma, 2013).

Health information needs of pregnant women include information on prenatal care, pregnancy management, and fetal development. They seek information on symptom management, nutrition, and exercise during pregnancy. In teaching hospitals, pregnant women's health information needs are often addressed through antenatal clinics, where they receive care and guidance from healthcare providers. Information exchange during pregnancy is a tool that facilitates women's decision making process regarding prenatal and postnatal care as well as the care of their newborn babies, so that they can better manage their pregnancy (Haruna, Nwaeze & Lamadah, 2018). According to Panahi, Mahmoudvand & Sedghi (2020), pregnant women have unique health information needs that are crucial for ensuring both their well-being and that of their unborn child. Pregnant women need comprehensive information about prenatal care,

including the schedule of routine check-ups, essential tests, and vaccinations. Understanding what to expect during each trimester, how to interpret test results, and the signs of potential complications is vital. This information helps them to make informed decisions about their health and the health of their baby, such as when to seek medical attention or how to prepare for labor and delivery. Information about early developmental milestones and basic parenting skills is also important for building confidence in caring for their baby.

Health information plays a vital role throughout the journey of pregnancy, offering pregnant women essential knowledge and guidance to navigate the physical, emotional, and social changes they experience. Access to accurate and timely health information empowers women to make informed decisions about their prenatal care, ensuring the best possible outcomes for both mother and baby. Moreover, health information during pregnancy provides critical insights into the physiological changes occurring in a woman's body. Understanding these changes helps women anticipate and manage common discomforts such as nausea, fatigue, and hormonal fluctuations. It also prepares them for significant milestones like fetal development stages, labor progression, and postpartum recovery. Armed with this knowledge, women can engage more actively with their healthcare providers, asking pertinent questions and participating more confidently in their own care (Nwagu & Ajama, 2018).

Socially, health information helps pregnant women navigate their roles and relationships. It provides guidance on maintaining a healthy lifestyle, including nutrition, exercise, and avoiding harmful substances. Additionally, it informs women about prenatal classes, community resources, and support networks available to them. By fostering a sense of community and

shared experience, health information encourages women to seek support from peers and healthcare professionals alike, reducing feelings of isolation and increasing overall well-being (Panahi, Mahmoudvand & Sedghi, 2020). According to Thompson, Teresa & Harrington (2021), accurate health information during pregnancy is essential for preventing and managing potential complications. It educates women about warning signs to watch for, when to seek medical attention, and strategies for optimizing prenatal health. This knowledge empowers women to take proactive steps in safeguarding their own health and that of their developing baby, potentially reducing the incidence of complications through early intervention and informed decision-making.

Meanwhile, the importance of health information during pregnancy cannot be overstated. It serves as a lifeline, offering guidance, reassurance, and empowerment to women as they navigate the transformative journey to motherhood. By ensuring access to reliable information, healthcare providers and support networks can effectively partner with pregnant women in promoting positive pregnancy experiences and optimal health outcomes for both mother and child (Akpabio, et al., 2017). Pregnant women need information on prenatal care, pregnancy management, and fetal development. They need information on managing pregnancy-related symptoms, such as morning sickness, back pain, and fatigue. Pregnant women require information on healthy eating, nutrition, and dietary recommendations during pregnancy. They need guidance on safe exercise and physical activity during pregnancy, they need information on managing stress, anxiety, and depression during pregnancy. They also need information on birth options, pain management, and postpartum care with information on breastfeeding, lactation, and newborn care.

Health Information Seeking Behavior

Information seeking behavior is a more specific concept of information behavior. It specifically focuses on searching, finding, and retrieving information. Information seeking behavior research can focus on improving information systems or, it includes information need, can also focus on why the users behaves the way they do. Information seeking behavior is the purposive seeking for information as a consequence of a need to satisfy some goals. In the course of seeking, the individual may interact with manual information systems such as a newspaper or a library, or with computer based systems such as the world wide web. Information seeking is the purposive seeking for information as a consequence of a need to satisfy some goal (Lopez, et al. 2018). Information seeking behaviour can be described as the way a user conducts herself or acts when looking for, receiving or acquiring information. These include her utterances, gestures, anger, anxiety, eagerness, reluctance, zeal or any other attribute displayed by an information user in his efforts to acquire the information he needs.

Health information-seeking behaviour (HISB), also known as health seeking behaviour or health information behaviour, refers to how people look for information about health and illness. HISB is a key strategy for many people to understand their health problems and to cope with illness. Recently, people have a trend of seeking health information on the Internet. Health information seeking behavior encompasses a broad spectrum of activities individuals engage in to obtain knowledge about health-related topics. In today's digital age, the internet has revolutionized how people access information, making it more convenient and immediate than ever before. This ease of access has significantly influenced health information seeking behaviors, shaping both the quantity and quality of information individual's encounter. People

often turn to various sources for health information, including websites, social media platforms, and online forums. These platforms offer a plethora of information ranging from medical articles and research papers to personal experiences and opinions. However, the abundance of information can sometimes be overwhelming and misleading, requiring individuals to critically evaluate sources and information credibility (Zimmerman, 2020).

Some of the factors Influencing Information-seeking behavior are socio-demographic characteristics such as age, education level, income, and ethnicity, health status, pregnancy history, cultural and societal factors; and support system such as women with a strong support system (e.g., partner, family, and friends) may seek less information. The reasons behind seeking health information can vary widely. Some individuals seek information to understand symptoms they or a loved one are experiencing, aiming to self-diagnose or prepare for a medical consultation. Others may seek preventive measures or want to learn more about specific medical conditions for personal or professional reasons. Additionally, cultural beliefs, socioeconomic status, and educational background can influence how and where people seek health information (Thompson, 2021). Pregnancy can be a time of heightened emotions, ranging from joy and anticipation to anxiety and uncertainty. Reliable information equips women with coping strategies, reassurance, and practical tips for managing stress and emotional challenges. This aspect is particularly crucial as mental health during pregnancy significantly impacts both maternal and fetal health outcomes. Kasthuri & Chavan (2015) stated that beyond the physical aspects, health information supports the emotional well-being of pregnant women.

Moreover, health information seeking behavior is not limited to online sources. Other sources such as healthcare professionals, family, and friends remain vital in the decision-making process. These sources provide personalized advice, reassurance, and context that online sources may lack. The combination of both traditional and digital sources allows individuals to gather comprehensive information to make informed decisions regarding their health. It is essential to recognize the challenges associated with health information seeking behavior. Misinformation and biased information can lead to incorrect self-diagnoses or misguided treatment decisions. Therefore, promoting health literacy and providing reliable sources of information are essential steps toward empowering individuals to navigate the vast landscape of health information effectively. Health information seeking behavior is a complex process influenced by technological advancements, personal motivations, and societal factors. As digital platforms continue to evolve, understanding how individuals seek and interpret health information is crucial for improving health outcomes and promoting informed decision-making (Thompson, 2021).

Pregnant Women

Pregnancy is a remarkable physiological process in which a fertilized egg develops into a fetus within a woman's uterus. It typically lasts around 40 weeks, divided into three trimesters, each characterized by specific developmental milestones. During the first trimester, the embryo forms major organs and systems, and the woman may experience symptoms such as morning sickness, fatigue, and emotional changes due to hormonal shifts. The second trimester often brings relief from early symptoms and is marked by noticeable fetal growth and the development

of distinct features, including the ability to hear and move. This is also when the mother's abdomen begins to visibly expand (Thompson, 2021).

In the third trimester, the fetus continues to grow rapidly, and its organs mature in preparation for birth. The mother may experience increased physical discomfort, such as back pain and difficulty sleeping, due to the growing size of the uterus and the fetus's position. Hormonal changes also prepare the body for labor and breastfeeding. Prenatal care is crucial throughout pregnancy to monitor the health of both the mother and the baby, addressing any complications that may arise and providing guidance on nutrition, exercise, and labor preparation. Pregnancy is a complex and individualized experience that involves significant changes in a woman's body and lifestyle. It requires careful medical supervision to ensure the best outcomes for both mother and child (Olatokun and Akande, 2018).

Preparing for childbirth involves understanding the different stages of labor, pain management, and the available various delivery methods. Women benefit from information on what to pack for the hospital, how to create a birth plan, and what to expect during labor and delivery. Additionally, learning about postpartum care and recovery, including physical and emotional aspects, helps in transitioning smoothly after birth. After childbirth, new mothers require guidance on infant care, including feeding practices (breastfeeding versus formula feeding), newborn sleep patterns, and managing common issues like colic or jaundice. According to Haruna et al., (2018), Information exchange during pregnancy is a tool that facilitates women's decision making process regarding prenatal and postnatal care as well as the care of

their newborn infants, so that they can better manage their pregnancy. Information was also important for the maintenance of ‘equilibrium’.

Beliefs and practices surrounding childbirth and postpartum care vary widely across cultures. Some cultures have specific rituals or customs related to childbirth, such as birthing positions, ceremonies, or dietary restrictions post-delivery. Understanding and respecting these traditions ensures that healthcare providers can offer personalized care that honors cultural norms while prioritizing maternal and newborn health outcomes. Accessible information about childbirth options, postpartum recovery, and newborn care, tailored to cultural preferences, empowers women to make informed decisions that align with their cultural values and beliefs. Personalized and culturally sensitive information is essential for supporting pregnant women, respecting their cultural identities, and enhancing overall maternal health outcomes. By recognizing and integrating diverse cultural perspectives into prenatal care, healthcare providers can promote a positive and empowering pregnancy experience for women of all backgrounds (Kasthuri *and* Chavan, 2015).

Information and education about maternal mental health is essential. Pregnancy can amplify pre-existing mental health conditions or trigger new ones such as anxiety or depression. Women need information on recognizing the signs and symptoms of these conditions, understanding their causes, and knowing when and how to seek professional help. Educating women about the importance of self-care, stress management techniques, and healthy coping strategies empowers them to prioritize their mental health throughout pregnancy. Bonding and attachment support is also crucial during pregnancy. Developing a bond with the baby begins

during pregnancy and continues after birth. Emotional support involves encouraging practices that promote bonding, such as talking to the baby, playing music, or engaging in relaxation exercises together. Partners and family members can also play a significant role in fostering this connection by actively participating in prenatal activities and discussions (Barnes *et al*, 2018).

Pregnant women seek information from various sources, including healthcare providers such as obstetricians and midwives, online resources, family and friends, pregnancy books and magazines, prenatal classes and workshops. Pregnant women prefer information in various formats, including written materials, visual aids and personalized advice from healthcare providers (Lopez, et al., 2018). Pregnant women seek information at different stages of pregnancy, with some seeking information in early pregnancy, at each prenatal visit, and as they prepare for birth and parenthood. Pregnant women may face barriers to seeking information, which include limited access to healthcare services, limited health literacy, language barriers and cultural or societal factors. By understanding the health information needs and information-seeking behavior of pregnant women, healthcare providers can develop effective strategies to support their patients and improve maternal and fetal health outcomes.

Methodology

The study adopts a descriptive survey design. This study was carried out at in Federal Teaching Hospital Lokoja, Kogi State, Nigeria. The population of this study comprises of 62 registered women attending antenatal at the Federal Teaching Hospital Lokoja. The researcher adopted the entire population. This is called complete enumeration where data are gathered on all members of the study. The study adopted judgmental sampling technique. The instruments for

data collection is a closed-ended structured questionnaire. The information gathered was analyzed using descriptive statistics which comprises of mean and standard deviations.

Findings

1. The specific health information needs of pregnant women in Federal Teaching Hospital Lokoja

Table 1: Specific health information needs of pregnant women

S/N	Specific Health Information Needs of Pregnant Women	Response				Total Σfx	Mean \bar{x}	Remark
		SA 4	A 3	D 2	SD 1			
1.	I need detailed information on prenatal vitamins and their importance	30	20	10	2	202	3.30	Accepted
2.	Understanding the signs and symptoms of common pregnancy complications is crucial for me	25	20	12	5	189	3.05	Accepted
3.	I would like information on healthy dietary choices and meal planning during pregnancy	30	15	10	7	192	3.10	Accepted
4.	It is important to know about safe exercise routines and physical activity guidelines during pregnancy	18	20	15	9	171	2.76	Accepted
5.	Information about the different stages of labor and delivery is essential for me.	18	22	15	7	175	2.82	Accepted

Keys: SA = Strongly Agree, A = Agree, D = Disagree, SD = Strongly Disagree

Results from Table 1 shows the responses on the specific health information needs of pregnant women in Federal Teaching Hospital Lokoja. From the results, I need detailed information on prenatal vitamins and their importance ($\bar{x} = 3.30$), understanding the signs

and symptoms of common pregnancy complications is crucial ($\bar{x}=3.05$), information on healthy dietary choices and meal planning during pregnancy ($\bar{x}=3.10$), it is important to know about safe exercise routines and physical activity guidelines during pregnancy ($\bar{x}=2.76$) and information about the different stages of labor and delivery is essential ($\bar{x}=2.82$). From the table analysis, it is revealed that the above listed specific health information are highly needed by pregnant women.

Based on the data presentation and analysis, it was discovered that the specific health information needs of pregnant women includes information on prenatal vitamins, understanding the signs and symptoms of common pregnancy complications, information on healthy dietary choices and meal planning during pregnancy, it is also important to know about safe exercise routines and physical activity guidelines during pregnancy and information about the different stages of labor and delivery. This align with Giugliani *et al*, (2021) on the information needs and sources among pregnant women prenatal care, childbirth preparation, and postnatal care. The research revealed that pregnant women have a wide range of information needs, including prenatal care, childbirth preparation, and postnatal care. The study emphasized the need for clear, accessible, and accurate health information to support pregnant women effectively.

2. The sources of health information by pregnant women in Federal Teaching Hospital Lokoja

Table 2: Sources of health information by pregnant women

S/N	sources of health information by pregnant women	Response				Total Σfx	Mean \bar{x}	Remark
		SA 4	A 3	D 2	SD 1			
1.	I rely on my healthcare provider (e.g., obstetrician, midwife) for	25	20	10	7	187	3.02	Accepted

	accurate health information during pregnancy								
2.	I find online medical websites and articles to be a reliable source of information about pregnancy.	12	18	20	12	154	2.48	Rejected	
3.	I prefer to use pregnancy-related books and guides as my primary source of information	14	22	15	11	163	2.63	Accepted	
4.	Social media platforms (e.g., Facebook, Instagram) are useful sources of health information during pregnancy	30	15	11	6	193	3.11	Accepted	
5.	I attend antenatal programmes to get information about pregnancy and childbirth.	35	20	4	3	211	3.40	Accepted	

Keys: SA = Strongly Agree, A = Agree, D = Disagree, SD = Strongly Disagree

Data in Table 2 shows the responses on the sources of health information needed by pregnant women at Federal Teaching Hospital Lokoja. Information from health care provider ($\bar{x} = 3.02$), online medical websites and articles ($\bar{x} = 2.48$), the use of pregnancy-related books, ($\bar{x} = 2.63$), information from social media platforms (e.g., Facebook, Instagram) ($\bar{x} = 3.11$), information from antenatal programmes ($\bar{x} = 3.40$). The table analysis above shows that most pregnant women do not fully rely on information on online medical websites and articles but rather they majorly rely on the above sources of information with the mean score above 2.50.

The study unveils the sources of health information need by pregnant women to include information from health care provider, usage of pregnancy-related books, information from social media platforms (e.g., Facebook, Instagram) and information from antenatal programmes

are helpful. On the contrary, online medical websites and articles are not reliable due to untrusted source of information. This is in line with Zimmerman, 2020, the study reveals that people often turn to various sources for health information, including websites, social media platforms, and online forums. These platforms offer a plethora of information ranging from medical articles and research papers to personal experiences and opinions. However, the abundance of information can sometimes be overwhelming and misleading, requiring individuals to critically evaluate sources and information credibility

3. Extent at which health information are been utilized by pregnant women in Federal Teaching Hospital Lokoja

Table 3: The extent at which health information are utilized by pregnant women

S/N	Extent by which health information are utilized by pregnant women	Response				Total Σfx	Mean \bar{x}	Remark
		SA 4	A 3	D 2	SD 1			
1.	I actively use the health information provided by my healthcare provider in managing my pregnancy	22	25	10	5	188	3.03	Accepted
2.	I frequently refer to online resources to make decisions about my pregnancy care	8	16	25	13	143	2.31	Rejected
3.	I discuss the health information I find with my healthcare provider to confirm its accuracy	12	22	18	10	160	2.58	Accepted
4.	I incorporate advice from family and friends into my pregnancy care plan	25	18	10	9	183	2.95	Accepted
5.	I find information from social media platforms useful and apply it to my pregnancy-related decisions	30	20	5	7	197	3.18	Accepted

Keys: SA = Strongly Agree, A = Agree, D = Disagree, SD = Strongly Disagree

Table 3 shows the responses on the extent by which health information are utilized by pregnant women at Federal Teaching Hospital Lokoja. From the results, active usage of health information provided by healthcare provider in managing pregnancy (\bar{x} =3.03), reference to online resources to make decisions about my pregnancy care (\bar{x} =2.31), discussing health information acquired with healthcare provider to confirm its accuracy (\bar{x} =2.58), incorporate advice from family and friends into pregnancy care plan (\bar{x} =2.95), application of information from social media platforms (\bar{x} = 3.18). The table analysis above shows that most pregnant women at Federal Teaching Hospital Lokoja do not frequently refer to online resources to make decisions about pregnancy care but rather to a greater extent they utilize the above mention information with the mean score above 2.50.

The study further reveals the extent by which health information are utilized by pregnant women at Federal Teaching Hospital Lokoja, these include the active usage of health information provided by healthcare provider, discussing health information acquired with healthcare provider to confirm its accuracy, validate and incorporate advice from family and friends into pregnancy care plan. In contrary online resources to make decisions about my pregnancy care is not utilized.

4. Factors influencing information seeking behavior among pregnant women in Federal Teaching Hospital Lokoja

Table 4: Factors influencing information seeking behavior among pregnant women

S/N	Factors influencing information Response	Total	Mean	Remark
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	seeking behavior among pregnant women	SA 4	A 3	D 2	SD 1	Σfx	\bar{x}	
1.	I seek health information based on recommendations from my healthcare provider	24	19	11	8	183	2.95	Accepted
2.	I am influenced by the recommendations and experiences of family and friends when seeking information	32	15	10	5	198	3.29	Accepted
3.	I am more likely to seek information when I am experiencing symptoms or health concerns	45	15	2	0	229	3.70	Accepted
4.	I prefer information that is easy to understand and free from medical jargon	30	20	8	4	200	3.23	Accepted
5.	The ease of access to information (e.g., availability of resources) affects my likelihood of seeking it	14	18	20	10	192	2.58	Accepted

Keys: SA = Strongly Agree, A = Agree, D = Disagree, SD = Strongly Disagree

Table 4 shows the responses on the factors influencing information seeking behavior among pregnant women at Federal Teaching Hospital Lokoja. From the results, seeking information based on recommendations of healthcare provider ($\bar{x} = 2.95$), influence by the recommendations and experiences of family and friends when seeking information ($\bar{x} = 3.29$), experiencing symptoms or health related issues ($\bar{x} = 3.70$), easy to understand and information free from medical jargon ($\bar{x} = 3.23$), ease of access to information ($\bar{x} = 2.58$). From the table analysis, it is revealed that the above mentioned factors are the factors influencing information seeking behavior among pregnant women at Federal Teaching Hospital Lokoja.

The study shows that the factors influencing information seeking behavior among pregnant women at Federal Teaching Hospital Lokoja includes information based on recommendations of healthcare provider, influence by the recommendations and experiences of family and friends, symptoms or health related experience, easy to access, understand and information free from medical jargon. This is related with the outcome of the research conducted by Hassan *et al*, (2018) on the information seeking behaviour of pregnant women. The findings indicated that pregnant women often seek information to reduce anxiety and increase their confidence in managing pregnancy. They preferred sources perceived as credible and trustworthy, such as healthcare professionals and peer recommendations. The study also found that pregnant women value personalized and supportive communication.

5. Satisfaction levels of pregnant women with the health information received

Table 5: Information satisfaction levels received by pregnant women

S/N	Information satisfaction levels received by pregnant women	Response				Total Σfx	Mean \bar{x}	Remark
		SA 4	A 3	D 2	SD 1			
1.	The health information provided to me was clear and easy to understand	30	18	8	6	196	3.16	Accepted
2.	The information I received was relevant to my pregnancy needs	27	21	9	5	194	3.13	Accepted
3.	The healthcare provider gave me enough time to ask questions about the health information need	22	25	10	5	188	3.03	Accepted
4.	I received adequate information about the signs of labor and when to seek medical help	25	20	10	7	187	3.02	Accepted
5.	I am satisfied with the overall quality of health information I	28	22	8	4	198	3.19	Accepted

received during pregnancy

Keys: SA = Strongly Agree, A = Agree, D = Disagree, SD = Strongly Disagree

Table 5 shows the responses on the information satisfaction levels received by pregnant women at Federal Teaching Hospital Lokoja. Health information provided was clear and easy to understand ($\bar{x} = 3.16$), information received was relevant to pregnancy needs ($\bar{x} = 3.13$), healthcare provider gave enough time to ask questions about the health information need ($\bar{x} = 3.03$), adequate information about the signs of labor and when to seek medical help was received ($\bar{x} = 3.02$), satisfied with the overall quality of health information received during pregnancy ($\bar{x} = 3.19$). From the table analysis, it is revealed that the pregnant women at Federal Teaching Hospital Lokoja are satisfied with the level of information they received during pregnancy.

The study unveils the information satisfaction levels received by pregnant women at Federal Teaching Hospital Lokoja were clear and easy to understand, information received was relevant to pregnancy needs, healthcare provider gave enough time to ask questions about the health information need, adequate information about the signs of labor and when to seek medical help was received and that they were satisfied with the overall quality of health information received during pregnancy. Al-Asadi *et al*, (2018) examine the influence of healthcare provider communication on pregnant women's health information needs. The findings indicated that clear, empathetic, and comprehensive communication from healthcare providers significantly influenced pregnant women's satisfaction with the information they received. Women felt that

their pregnancy health providers listened to their concerns and provide tailored information which brings about satisfaction in managing their pregnancy information need.

Conclusion

The study investigated pregnant women's health information needs and information seeking behavior in Federal Teaching Hospital Lokoja. The study concluded that, healthcare providers, pregnancy-related books, and antenatal programs are reliable sources of information, while online medical websites is less trusted. The research explores how pregnant women utilize health information, highlighting the role of healthcare providers and the influence of family and friends. Factors influencing information-seeking behavior include ease of access, clarity, and recommendations from trusted sources. The study concluded that pregnant women are generally satisfied with the quality of health information received.

Recommendations

Based on the findings of the study, the following recommendations can be made:

1. Healthcare providers should provide personalized information and advice to pregnant women, taking into account their individual needs and circumstances.
2. Educational programs and workshops should be offered to teach women how to identify and utilize credible health websites, as they may not always provide trustworthy information due to the potential of unverified sources.
3. Training healthcare providers to offer more personalized, evidence-based information, alongside initiatives to enhance digital health literacy and outreach to underserved communities

4. Information providers such as Librarians should address barriers to information seeking, such as limited access to healthcare services or language barriers.
5. Customized health information materials (leaflets, apps, and websites) should be developed to meet the diverse needs of pregnant women.

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