

## Knowledge and Attitude of Pregnant Mothers toward Cesarean Section in Rural Community in Pallepola Division, Matale, Sri Lanka

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### Abstract

Cesarean Section (CS) is a common surgical procedure used in childbirth when vaginal delivery poses risks to the mother or baby. The knowledge and attitudes of pregnant mothers towards CS play a crucial role in determining their acceptance of this birthing method. This study focuses on evaluating the knowledge and attitudes of individuals engaged with social philosophies towards accepting CS among pregnant mothers in the Pallepola division, Matale District, Sri Lanka. The study selected a sample size of 133 participants from the total population of 200 pregnant mothers using a stratified sampling method to ensure representativeness across different subgroups. The data was collected through well-structured questionnaires that were validated for accuracy and reliability. The study found that the overall knowledge about CS among the participants was 57%, while their attitude towards CS was 58%. Significantly, the acceptance level of CS was 54%. The majority of respondents had heard of cesarean sections, and most of them learned about them through neighbors, doctors, clinical consultations by midwives, and field nurses in the division. Most mothers believed that cultural and religious philosophies had minimal direct influence on the child birthing procedure. The majority of respondents had some knowledge about CS, and their attitude and acceptance towards CS were relatively positive. Recommendations based on the research findings include arranging further health educational programs and social awareness initiatives led by community leaders to improve healthcare procedure knowledge in the community.

**Keywords:** *Cesarean Section, Knowledge, Attitudes, Acceptance*