

Correlation between Women's Knowledge, Life Style and Impact Level of Social Networking Sites on Women After Abortion Using Counseling Based On PLISSIT Model

Abstract:

Background: Abortion is the termination of a pregnancy prior to fetal viability, often presenting a woman with physical and emotional challenges. Nurses play a crucial role in post-abortion counseling, aiding in recovery, lifestyle improvement, and providing psychological support to women and their families. The PLISSIT model offers a framework for healthcare providers to implement effective strategies for addressing post-abortion life adjustments. **Aim:** The current study was conducted to evaluate correlation between women's knowledge, life style and impact level of social networking sites on women after abortion using counseling based on PLISSIT model. **Subjects & Methods:** **Design:** A quasi-experimental (pre- and post-test) research design was used. **Subjects & Settings:** A convenient sample of 92 women who had abortions affiliated obstetrics & gynecology unit at Beni-Suef University Hospital. **Tools:** (1) structured interview questionnaire. (2) women's knowledge regarding abortion and management. (3) Women's lifestyle after abortion. (4) Information technology. (5) post-abortion counseling based on the PLISSIT model. **Results:** mean age 28.13 ± 5.824 years. The mean of the total general knowledge of the studied women during pretest was 20.73 ± 6.33 regarding general knowledge about abortion which improved posttest to become 34.04 ± 6.76 . Total life style improved from 38.17 ± 10.99 pretest to 68.33 ± 10.38 post test. Total impact of social networking sites on women after abortion improved from 8.15 ± 3.05 to 14.69 ± 3.25 after implementation of counseling. There was a statistically significant improvement among the studied women regarding knowledge; life style sub-items on abortion posttest and total impact of social networking sites on women after abortion, as well ($p \leq 0.01$). **Conclusion:** There was no correlation between total knowledge, lifestyle and impact level of social networking sites on women after abortion during pretest. Also, there was negative correlation between total knowledge and impact level of social networking sites on women after abortion during posttest. While, there was strong positive correlation between total knowledge and total lifestyle level and between total lifestyle level and total impact level of social networking sites on women after abortion. **Recommendations:** Developing strategies to facilitate women's understanding and support lifestyle adjustments after abortion by applying this study to a large sample in inpatient and outpatient departments.

Keywords: Women's Knowledge, Life Style, Social Networking Sites, Abortion, Counseling, PLISSIT Model