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Developing Health Literacy Instruments for a Healthy Pregnancy

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ABSTRACT Health literacy refers to the ability to access, understand, and apply health information. Although health literacy has been widely measured in Indonesia, instruments specifically designed for preconception women remain limited. This study aimed to develop and validate a context-specific questionnaire for women preparing for a healthy pregnancy. A quantitative descriptive design was conducted among 108 women who had never been pregnant in the Religious Affairs Office working area of Tallo District. Validity was assessed using Pearson Product Moment correlation, and reliability was evaluated using Cronbach's Alpha. All items met validity criteria and demonstrated satisfactory internal consistency. Cronbach's Alpha values were 0.885 for information access, 0.883 for comprehension, 0.758 for self-efficacy, and 0.936 overall. The findings indicate that the questionnaire is valid and reliable for assessing health literacy and supporting targeted preconception health interventions.