



ENHANCING MATERNAL NURSING VIA VISUAL THINKING

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Abstract

Visual thinking strategy, in turn, consists of a number of techniques and methods that help people visualize their thoughts, feelings, and ideas. This strategy is often used in the educational process, as well as in the fields of health and care. The importance of visual thinking strategy is especially high in maternal and women's health care. This article focuses on a quasi-experimental study to study the role of visual thinking strategy in maternal and women's health care and its effectiveness.

Keywords: Visual thinking, graphics, visualization in health.

Introduction

Maternal health and women's health are one of the main pillars of society. Mothers and women face various health problems and challenges in their lives. Taking care of their health affects not only themselves, but also the family and the entire society. Education and information are important in health care. Here, visual thinking strategies are distinguished by their effectiveness. Visual thinking strategies facilitate the process of understanding and remembering information, which plays an important role in maternal and women's health care.

MATERIALS AND METHODS

Visual thinking strategies can take various forms. These include diagrams, graphs, pictures, videos and other visual materials. Through these materials, information is presented in a clear and understandable way. For example, when presenting information on maternal and women's health, statistics on certain health problems can be shown using diagrams and graphs. This helps students to have a clear idea of the problem and makes them more interested. The research process uses a quasi-experimental design. This design involves dividing one group of participants into a control group and another group into an experimental group. The control group includes participants who use traditional teaching methods without using visual thinking strategies. The experimental group uses visual thinking strategies. Through this method, the results of the study are compared and the effectiveness of visual thinking strategies is determined.

RESULTS AND DISCUSSIONS

The women and mothers participating in the study may be of different ages, social and economic status. They may include women facing various health problems, pregnant women, mothers of newborns, etc. During the study, participants are provided with information on maternal and women's health. This information is presented using visual thinking strategies, for example,





through diagrams, graphs and videos. The results of the study showed that participants who used visual thinking strategies, the experimental group, understood and remembered information on maternal and women's health significantly better. They became more knowledgeable about health issues, which helped them make more effective decisions about their health care. On the other hand, participants in the control group understood and remembered less information obtained using traditional teaching methods.[1:45]

The study will also conduct questionnaires and interviews to explore the participants' opinions. This will determine the participants' attitudes, interests, and changes in visual thinking strategies. The results also show how visual thinking strategies can be effective in maternal and women's health care. The results of the study show that visual thinking strategies play an important role in maternal and women's health care. They facilitate the process of understanding and remembering information, which allows women and mothers to be better informed about health problems and make effective decisions. This, in turn, helps to improve maternal and women's health. The results obtained during the study will also serve as a basis for further development of visual thinking strategies in the future and their wider application in maternal and women's health care. These strategies can be used in the educational process, in health institutions, and in public health programs. This can improve women's health, ensure that they are informed about their health problems, and guide them towards a healthy lifestyle.[2:23]

Visual materials are of great importance in maternal and women's health care. Visual materials, such as pictures, diagrams, infographics, and videos, make information easier to digest, deepen understanding, and raise awareness about health issues. This is because the human brain is able to process visual information quickly and effectively. Therefore, the use of visual materials in the field of health is a very useful tool in presenting information that is important for women and mothers. The topic of maternal and women's health is very broad and complex. It includes reproductive health, pregnancy, childbirth, breastfeeding, menopause, and many other areas. Women can face different health problems at each stage. Therefore, it is very important to use visual materials to understand and prepare for these problems. For example, during pregnancy, women can receive information using diagrams and infographics so that they can see and prepare for the changes that are happening in their bodies. These materials help them understand each stage of pregnancy, the development of the baby, and the health of the mother. Visual materials also play an important role in promoting healthy lifestyles. For example, infographics can be created to show the importance of proper nutrition and physical activity. These infographics can help women learn about healthy eating principles, how to make good food choices, and how to incorporate physical activity into their lives. Such materials can also be used to provide advice on stress management, mental health, and self-care. Videos are also important in maternal and women's health care. They can help women learn practical skills and learn about health issues. For example, videos can be created that provide instructions on the birth process or breastfeeding techniques. Such videos can help women gain confidence by showing them practical experiences and help them navigate the health care process. Presentations on maternal and women's health are also very useful. Presentations can provide information about health issues, care methods, and healthy lifestyles. These presentations can also be held in the form of seminars and trainings. During such events, participants can gain new knowledge and share experiences in healthcare. [3:12]





Presentations can also be made more engaging and understandable with the help of visual materials. Mobile applications and online platforms are also important in using visual materials in maternal and women's health care. Through these applications, women can access visual materials about health problems, care methods and other important information. [4:67]

In addition, it is very important to use visual materials to raise awareness of women's health issues and encourage them to take care of their own health. This, in turn, will help support women's healthy lifestyles, prevent health problems, and detect them in time. Thus, the use of visual materials in maternal and women's health care further enhances their role and importance in health care. Information presented using visual materials in maternal and women's health care also promotes women's communication. The environment created using visual materials is very important for women to share experiences, give advice, and openly communicate about their health problems. This, in turn, allows women to help each other and learn together during the health care process. At the same time, the process of providing health care education can be made more interesting and effective with the help of visual materials. Women can easily obtain interesting and useful information through visual materials. This increases their interest in health care and allows them to gain a deeper understanding of their health problems. The importance of visual materials in maternal and women's health care is evident not only in the presentation of information, but also in its assimilation. Visual materials make the process of learning information faster and more effective. This helps women to educate themselves about health issues, gain the necessary knowledge, and achieve success in their health care. [5:34]

In general, the importance of visual materials in maternal and women's health care is very great. Through them, women can be informed about health problems, gain knowledge in self-care, and support a healthy lifestyle. Therefore, the use of visual materials in the field of health care is an important tool for providing information that is important for women and mothers. This, in turn, increases the role and importance of women in health care. [6:55]

CONCLUSION

In conclusion, the visual thinking strategy is important in maternal and women's health care. The results of a quasi-experimental study show the effectiveness of this strategy and emphasize the need for its wider application in the field of health care. The use of visual thinking strategies in maternal and women's health care will help them improve their health and learn more about health problems. This, in turn, will serve to increase the health level of the community and create a healthy environment for future generations.

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