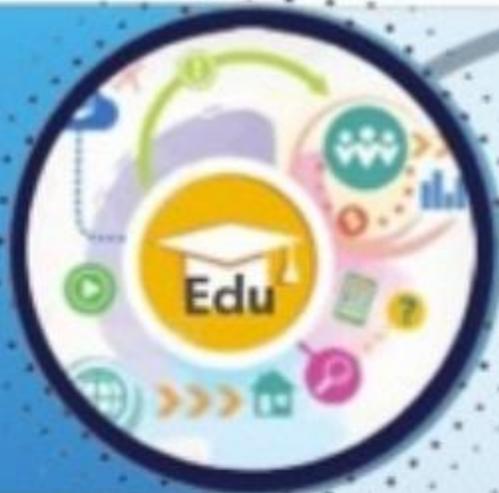




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## APPLYING VISUAL THINKING STRATEGY TO MATERNAL/WOMEN'S HEALTH NURSING: A QUASI-EXPERIMENTAL STUDY

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**Abstract:** The visual thinking strategy is a set of methods and techniques that help to visualize a person's thoughts, emotions, and ideas. This strategy is widely used in educational settings as well as in healthcare and caregiving. Its significance is particularly notable in the care of maternal and women's health. This article focuses on the role of visual thinking strategies in maternal and women's health care and presents the results of a quasi-experimental study aimed at evaluating their effectiveness.

**Keywords:** Visual thinking, strategy, maternal health, women's health, nursing practice, healthcare, quasi-experimental study, innovations in caregiving.

**Vizual tafakkur strategiyasini onalik va ayollar salomatligi bo'yicha hamshiralik ishida qo'llash: kvazieksperimental tadqiqot**

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**Annotatsiya:** Vizual fikrlash strategiyasi — bu insonning fikrlarini, his-tuyg'ularini hamda g'oyalarini vizual shaklda ifodalashga xizmat qiluvchi uslublar va metodlar majmuasidir. Mazkur strategiya ta'lim jarayonida, shuningdek, sog'liqni saqlash va parvarishlash sohaslarida keng qo'llaniladi. Ayniqsa, ona va ayol salomatligini parvarish qilishda uning ahamiyati alohida e'tiborga loyiqdir. Ushbu maqolada vizual fikrlash strategiyasining ona va ayol salomatligini saqlashdagi o'rni hamda uning samaradorligini aniqlash maqsadida olib borilgan kvazieksperimental tadqiqot natijalari tahlil qilinadi.

**Natijalar va muhokama:** Ayollar va onalarga sog'liqni saqlash bo'yicha bilim berishda vizual tafakkur strategiyalarini qo'llash samarali natijalar berdi. Diagramma, video va infografikalar kabi vositalardan foydalangan ishtirokchilar sog'liq bo'yicha ma'lumotlarni an'anaviy usullarga nisbatan ancha yaxshiroq tushundi va eslab qoldi. Bu ularning sog'lig'iga oid ongli qarorlar qabul qilishiga, shuningdek sog'lom turmush tarzini shakllantirishga yordam berdi.

**Xulosa:** Vizual tafakkur strategiyalari ayollar va onalar sog'lig'i bo'yicha ma'lumotlarni tushunish va eslab qolishni yaxshilaydi. Bu strategiyalarni ta'lim va sog'liqni saqlash tizimiga keng joriy qilish ayollar salomatligini yaxshilash va sog'lom jamiyat barpo etishga xizmat qiladi.

**Kalit so'zlar:** Vizual fikrlash, strategiya, ona salomatligi, ayol salomatligi, parvarishlash amaliyoti, sog'liqni saqlash, kvazi-eksperimental tadqiqot, sog'liqni parvarishlashda innovatsiyalar.

**Применение стратегии визуального мышления в сестринском уходе за матерями и женским здоровьем: квазиэкспериментальное исследование**

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**Аннотация:** Стратегия визуального мышления представляет собой совокупность методов и подходов, способствующих визуализации мыслей, эмоций и идей человека. Данная стратегия широко применяется в образовательных процессах, а также в сфере здравоохранения и ухода. Особенно важна её

роль в обеспечении материнского и женского здоровья. В данной статье рассматривается значение стратегии визуального мышления в уходе за материнским и женским здоровьем, а также анализируются результаты квази-экспериментального исследования, проведённого с целью оценки её эффективности.

**Результаты и обсуждение:** Применение стратегии визуального мышления в обучении женщин и матерей вопросам здоровья показало высокую эффективность. Участницы, обучавшиеся с использованием визуальных материалов (диаграмм, видео, инфографики), значительно лучше усваивали информацию, чем те, кто обучался традиционными методами. Это способствовало росту осведомлённости и способности принимать обоснованные решения в вопросах собственного здоровья. Также отмечено положительное влияние на формирование здорового образа жизни и повышение интереса к медицинскому просвещению.

**Вывод:** Стратегии визуального мышления улучшают понимание и запоминание информации в области женского и материнского здоровья. Их внедрение в образовательные и медицинские программы может способствовать улучшению здоровья женщин и созданию устойчивой модели просвещения в обществе.

**Ключевые слова:** Визуальное мышление, стратегия, материнское здоровье, женское здоровье, практика ухода, здравоохранение, квази-экспериментальное исследование, инновации в сестринском деле.

## INTRODUCTION

Maternal and women's health is a critical component of sustainable societal development and an essential focus within healthcare systems. Throughout their lives, women face diverse health-related challenges that require a comprehensive and individualized approach from healthcare professionals, particularly nurses. Effective education and communication strategies play a central role in ensuring high-quality care. In recent years, there has been increasing interest in innovative methods of teaching and communication in healthcare, among which visual thinking strategies (VTS) have received growing attention. These strategies enhance the comprehension, retention, and application of health-related information. Their integration into maternal and women's health nursing practice holds the potential to improve both healthcare professionals' training and patient engagement. This quasi-experimental study aims to evaluate the impact of applying visual thinking strategies within the context of maternal and women's health nursing.

## MATERIALS AND METHODS

Visual thinking strategies (VTS) encompass various forms of visual tools such as diagrams, graphs, illustrations, videos, and other visual media. These tools are used to present information in a clear and accessible manner. In the context of maternal and women's health education, for example, statistical data related to specific health conditions can be visualized through charts and graphs, aiding students in better understanding the issues and increasing their engagement.

This study employed a quasi-experimental research design. Participants were divided into two groups: a control group and an experimental group. The control group received instruction through traditional teaching methods without the integration of visual thinking strategies. In contrast, the experimental group was exposed to educational content that incorporated VTS techniques. The outcomes of both groups were compared to evaluate the effectiveness of visual thinking strategies in enhancing understanding and engagement in maternal and women's health nursing.

## 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].

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].

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 [3].

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 [4].

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. 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 [5].

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 [6].

## **CONCLUSION**

In conclusion, visual thinking strategies play a significant role in maternal and women's health care. The results of a quasi-experimental study demonstrate the effectiveness of these strategies, highlighting their potential to enhance the understanding and retention of health information. The study emphasizes the importance of implementing visual thinking strategies more widely within health care practices, especially in the context of maternal and women's health. The use of visual materials not only helps women better understand their health issues but also empowers them to make informed decisions about their well-being. Consequently, this approach can contribute to improving the overall health of individuals and communities, fostering a healthier environment for future generations.

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