

To assess the effectiveness of planned teaching programme regarding temporary family planning methods among women: quasi experimental study

Abstract

Temporary family planning methods or Spacing of child birth is an essential factor in reproductive life to promote health and wellbeing of mother and child. Spacing children minimum of three years apart gives the child a healthier start in life, and the mother an adequate time to recuperate from physiological and psychological stress from previous pregnancy, delivery and strain of taking care of the child. When mother's health is disturbed, whole family's routine will be disturbed a lot, as she is important figure in the family and first teacher to her children. The objectives of the study were to assess the knowledge regarding temporary family planning methods among the women of experimental and control group. The samples were selected by using convenience sampling technique from Budhera 30 sample as control group and from Farukh Nagar 30 as experimental group samples. Structured questionnaire was prepared to determine the knowledge regarding temporary family planning methods. Mean of experimental group in pre test was 9.9 and in post test was 18.76 at 0.05 significant level. By using chi square test it was found that there was no association found between post test knowledge in control group and demographic variables such as age, occupation, education, number of children and contraceptive methods. t-test value was 1.28 at df 29 of control group. By using chi square test it was found that there was no association between the post test knowledge and demographic variables such as age, occupation, education, number of children in experimental group. But significance found in variable contraceptive methods of family planning at $p < 0.05 = 8.25$ and t test value was 14.29 at df 29.

Keywords: temporary family planning, spacing, reproductive life, physiological and psychological stress

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Introduction

During 2009-2010 the total number of family planning acceptors by different methods was condom users -8.0 million, oral pill users 4.47 million, IUD insertion -4.92 million. However about 53.5 % eligible couples are still unprotected against contraception. During the year (2009- 2010) 46% of eligible couples in the reproductive age group were effectively protected against conception by one or other family planning methods. During the study which was conducted in 2014 shows that condom users was 99% and skin implants 86%, emergency contraception users was 85%, oral pills users was 85%. The right to plan one's family gives rise to a governmental duty to ensure that women and men have equal access to a full range of contraceptive choices and reproductive health services and that they have accurate information about sexual and reproductive health. The last few years have witnessed a contraceptive revolution. The contraceptive methods are preventive methods to help women to avoid unwanted pregnancy. They include all temporary or permanent measures to prevent pregnancy resulting from coitus. A method which is quite suitable for one group may be unsuitable for another because of different cultural patterns, religious beliefs and socio-economic milieu. A full range of contraceptive methods includes male and female condoms, barrier methods, oral contraceptives, implants, injectables, intra uterine devices, female sterilization and emergency contraceptive.¹

Material and method

Research design: quasi experimental design

Sample size: The sample size was 60 women (30 in experimental group and 30 in control group).

Sampling technique: Convenience Sampling Technique.

Major findings

Finding depicts that the women of control group in age category of 18-23 years were 16.7%, 24-29 years were 66.7%, 30-35 years were 13.7%, 40-45 years were 3.3%. The women from the occupation of government job were 26.7%, farmers were 3.3%, labor was 0%, house wife were 70%. The education rate of primary education were 66.7%, higher secondary were 33.3%, the women with number of children 1-2 were 56.7%, 3-4 were 26.6%, 5 and above were 16.7%.

The methods of contraceptive used by control group, condom were 56.7%, oral pills were 3.3%, i-pills were 6.7%, others were 33.3%.²

- Mean of control group in pre test was 9 and in post were 9.5 at 0.05 significant level.
- Finding depicts that the women³ of experimental group in age category of 18-23 years were 36.7%, 24-29 years were 26.6%, 30-35 years were 36.6%, the women from occupation of govt. job were 3.3%, farmer were 6.7%, labor were 3.3%, house wife were 86.7%, rate of education of experimental group in primary education were 53.3%, higher secondary were 30%, graduate and above were 16.7%, the methods of contraception used by experimental group, condom were 40%, oral pills were 3.3% others were 50% Figure 1.

- iii. Mean of experimental group in pre test was 9.9 and in post test was 18.76 at 0.05 significant level.
- iv. By using chi square test it was found that there was no association found between post test knowledge in control group and demographic variables such as age, occupation, education, number of children and contraceptive methods. t-test value was 1.28 at df 29 of control group.

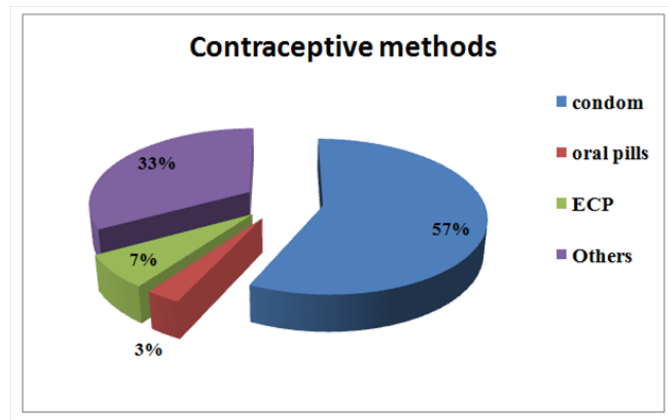


Figure 1 Depicts that contraception methods used by control group.

By using chi square test it was found that there was no association between the post test knowledge and demographic variables such as age, occupation, education, number of children in experimental group. But significance found in variable contraceptive methods of family planning at $p < 0.05 = 8.25^*$ and t test value was 14.29* at df 29 Table 1-3.

Table 3 Depicts that no association was found between post test knowledge and demographic variables of experimental group such as age, occupation, education, number of children but significance found in variable contraceptive methods of family planning at $p < 0.05 = 8.25^*$.

S. No.	Demographic variable	N	Poor	Average	Good	Df	X2	P value
1.	Age	30						
	18-23	11	0	2	9			
	24-29	8	0	1	7			
	30-35	11	0	2	9	2	0.136	0.924
	40-45	0	0	0	0			
2.	Occupation	30						
	Govt. job	1	0	0	1			
	Farmer	2	0	1	1			
	Labor	1	0	0	1	3	1.40	0.74
	Housewife	26	0	6	20			
3.	Education	30						
	Illiterate	0	0	0	0			
	Primary education	16	0	2	14			
	Higher sec. education	09	0	2	4	2	0.440	0.803
	Graduate and above	05	0	1	7			
4.	Number of children	30						
	1-2	26	0	6	20			
	3-4	3	0	0	3			
	5 and above	1	0	0	1	2	1.15	0.562
5.	Contraception	30						
	Condom	12	0	2	10			
	Oral pills	2	0	0	2			
	i-pills	1	0	0	1	3	8.25*	0.041
	others	15	0	4	11			

Association between the post test knowledge score in experimental group regarding temporary family planning methods with demographic variables.

*=Significant at $p < 0.05 = 8.25$

Table 1 Frequency, percentage and mean distribution of women in control and experimental group regarding temporary family planning methods

Pretest knowledge regarding temporary	Control group N =30			Experimental group N =30		
	N	%	Mean SD	N	%	Mean SD
Poor(1-8)	15	50%		10	33.3%	
average(9-16)	15	50%	9 2.3	20	66.7%	9.9 3.34
Good(17-24)	0	0%		0	0%	

N=60

Table 2 Comparison of post test knowledge score regarding temporary family planning methods among the women of control group and experimental group

Pretest knowledge regarding temporary family planning	Control group		Experimental group	
Pretest score of women	Mean	SD	Mean	SD
Regarding temporary	9	2.3	9.9	3.34
Family planning methods		9 2.3		9.9 3.34
Post test score of women	9.5	2.54	18.76	2.12
Regarding temporary				

N=60

NS= non-significant at $p < 0.05$

*= significant at $p < 0.05$

Discussion

This chapter relates to the result of finding of present study with the studies conducted in the past, present study finding have been discussed in accordance with the objectives of the study.⁴⁻¹⁰

Objective 1: to assess the pre test knowledge score regarding temporary family planning methods in control group and experimental group among women in rural areas of Gurgaon, Haryana.

The analysis of data in pre test knowledge score regarding temporary family planning methods in control group and experimental group among women in rural areas of Gurgaon revealed that pre test knowledge score in control group was 50% poor, 50% average and pre test knowledge score in experimental group was 33.3% poor and 66.7% average. Mean of control group in pre test was 9 and in experimental group was 9.9. The findings of the present study was supported by J. Karpagam et al. who conducted a study to evaluate the effectiveness of teaching programme for importance of birth spacing among primi post natal mothers. An evaluate approach with one group pre test and post test design was used for the study. 60 samples were selected using purposive sampling method. The frequency distribution of primi post natal mothers according to their pretest knowledge scores. The data showed that 36 (60%) had poor knowledge score [score range 0-12], 11 (18.3%) had average knowledge [score range 13-25], 13 (21.7%) had good knowledge [score range 26-37]

Objective 2: to assess the post test knowledge score in control group and experimental group among women in rural areas of Gurgaon, Haryana.

The analysis of data in post test knowledge score regarding temporary family planning methods in control group and experimental group revealed that the mean of post test control group was 9.5 and SD was 2.54. In experimental group mean was 18.76 and SD was 2.12. The findings of the present study was supported by Vikas Choudhary, Parul Saini who conducted a study to assess effectiveness of Structural Teaching Programme on Knowledge Regarding the Contraceptive Method among the Eligible Couples regarding the comparison of pre-test and post-test mean knowledge score of eligible couples in control and experimental group, the pre-test and post-test mean knowledge score of control group (25.42, 24.02) was not statistically significant, whereas the pre-test and post-test mean knowledge score of experimental group (23.18, 36.54) was highly significant at $p < 0.001$.

Objective 3: to find out the association between the post test knowledge score in experimental and control group with demographic variables, regarding temporary family planning methods among women in rural areas of Gurgaon, Haryana.

The analysis of data revealed that in control group, no association was found between knowledge and demographic variable like age, occupation, education, number of children and contraceptive method. No significant association was found between post test and demographic variables. In experimental group, no association was found between knowledge and demographic variable such as age, occupation, education, number of children. But significance found in variable contraceptive methods of family planning at $p < 0.05 = 8.25^*$. These findings were consistent with study conducted by Shabana Anjum et al.² the aim of the study was to assess the status of

knowledge of contraception methods among married women's before and after health education, to correlate the selected demographic variable and status of knowledge regarding contraception method. Result shows that 99% users of condom, 86% skin implants, oral pills 85%, emergency contraceptive users was 85%. Socio-Demographic variables was significantly associated with existing knowledge and level of married women's specially age at marriage, age of first child, occupation, income and education.¹¹⁻¹⁴

Summary

This chapter deals with the analysis, interpretation and discussion of collection of data, descriptive & inferential statistics were used for analysis and interpretation. The pie and bar diagram and tables were used for findings, discussion was done by selective the results of study with finding of studies conducted in the past.

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None.

Conflict of interest

The author declares no conflict of interest.

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