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# A Study of Attitude Towards Family Planning and Sex Education in Relation to Gender Socio-Economic Status and Religion

**Vibha A. Dave**

Assistant Professors, Government Arts College, Shahera, Dist. Panchmahal

**ABSTRACT**

*In these days of increasing sex offence and sex abuse it has become imperative to impact sex education to students in a systematic, organized and lucid manner through formal system of education to enable them to transform their morbid sexual energy into different creative expressions. The educational planners, however, have begun to plead for its inclusion in the school curricula. In fact, the role of sex education in laying the foundation of a satisfying sexual relationship is undeniable. "Many Indian educationists do realize the importance of sex education too and argue that some sort of sex education without including instructions in the available practice of birth control may be useful. The aim of education is to increase knowledge and ways of knowing, to develop understanding and awareness, and hopefully, to help us to achieve wisdom in the conduct of our lives, both as individual and collectively. These aims are shared by the new field that has come to be called population education. Throughout the majority of history, women and couples had to count solely on prayer and luck for family planning. Some couples who desired children were not able to have them. Other couples have desired fewer children or pregnancies that were spaced farther apart, but had trouble accomplishing this goal. Until the 20th century, the only reliable way to prevent or space out pregnancies was abstinence. Fortunately, there are many more family planning options in modern times.*

**KEYWORDS:**

## 1. Introduction:

Sex and Population education is a most controversial matter. Sex and population is not new phenomena in India. Many years ago writers of 'Kamsutra', 'Charksamhita', 'Agni usan', 'Gurud Puran','Munusmruti', 'Chour Panchasiks' and 'Amaru Shatak' related various technique and practise of sex, fertilization as well as contraceptives. Most of the technique and practices found satirical significant. The government also try to provide information on contraception. The most common sources of information on contraception were television, radio, print media, health care providers and NGO. In order to improve status of women, improve use of contraception and to solve sex related problems being responsible in sexual relationship, sex related diseases, sex difference, sex abuse and soon. We need to use multiple media sources to education couples and their parents regarding gender awareness, importance of sex and population education strengthen the perceptions that religion not only allows but also recommends family planning and two create awareness among women to have their rights and opinion. Many studies show positive attitudes helpful to improve women's status. Birth control and sex education.

## 2.1 Attitude:

Attitudes have been defined in a number of different ways. Allport (1935) defined an attitude as a "Mental and neural state of readiness, organized through experience, exerting a directive or dynamic influence upon the individual's response to all objects and situations with which it is related". He looked upon attitude primarily as a set to respond in a particular way. An Attitude is an enduring system that includes a cognitive component, a feeling component and an action tendency. Attitudes involve an emotional component. This is why an attitude is formed it becomes resistant to change; it does not generally respond to new facts. An attitude involves beliefs as well as evaluations.

## 2.2. Attitude Formation:

How are attitudes acquired? How do they develop? The majority of attitudes held by a person are acquired from the members of the family and form the peer group in early childhood and later. Thus, other people are generally the sources for the formation of attitudes. Most of our attitudes develop within the group to which we belong. Another sources are personal experience; they, however, from a small number, though they are more intense than those formed by association with other people. The most intense, but rare, are the attitudes formed by a "traumatic experience". Like, for example, the shock of being suddenly attacked physically by a member of another communal group.

## 2.3. Measurement of attitudes:

Measurement of attitudes is a highly technical process. So an attempt is made to give a general indication of the various procedures used to measure attitudes.

1. Self-report measure. Typically attitudes are assessed on the basis of a series of carefully constructed, standardized, statements each with an index. The subject is asked to specify whether he "agrees" or "disagrees" with the statement. Usually each statement is assigned a scale value so that a quantitative index of the attitude may be obtained. When a scale constructed by the Thurston (1959) method is used, the subject simply selects those items with which he agrees. For example, in the Thurston scale to measure attitude toward war, the statement "War is glorious" has a scale of 11.0. "I never think about war and it does not interest me" has a scale value of 5.5." "War is a futile struggle resulting in self-destruction," has a scale value of 1.4. The attitude score is the median of the scale values of the items with which he agrees.
2. Observation of overt behaviour. It has been above how Lapiere (1934) made a trip around U.S with a Chinese couple to study the attitude of hoteliers toward oriental people, on the basis of actual behaviour. Webb et al (1896) have criticized the heavy dependence of social psychologists on self-reports to measure attitudes. They have suggested a series of measures based on actual behaviour or on records indicating behaviour. Interpretation of partially structured stimuli. The subject may be shown a photo or a picture and asked to describe the scene. This is a "projective" technique. On this basis of the description or story, the subject's attitude toward that social object could be studied.

## 3 Sex Educations:

Sex education, particularly in the Indian context is not only repressed but also has been considered a tabooed subject since ages due to ignorance of people of its people of its proper meaning as well as societal rigidity and conservatism. But sex education really does not mean education on male-female relationship or sexual intercourse as well as reproduction and contraception as people usually conceive. Rather, it is concerned with knowledge on sex awareness and making decisions in regard to desired sexual behaviour. Sex education is based on the great and fundamental forces lying within each individual and aims at enlightening the individual about the nature and functioning of the sex drive so that he is able to control it and use in for his physical and mental health.

In these days of increasing sex offence and sex abuse it has become imperative to impact sex education to students in a systematic, organized and lucid manner through formal system of education to enable them to transform their morbid sexual energy into different creative expressions. The educational planners, however, have begun to plead for its inclusion in the school curricula. In fact, the role of sex education in laying the foundation of a satisfying sexual relationship is undeniable.

**4 Family Planning:**
Throughout the majority of history, women and couples had to count solely on prayer and luck for family planning. Some couples who desired children were not able to have them. Other couples have desired fewer children or pregnancies that were spaced farther apart, but had trouble accomplishing this goal. Until the 20th century, the only reliable way to prevent or space out pregnancies was abstinence. Fortunately, there are many more family planning options in modern times.

**4.1 Identification:**
The term "family planning" is often used as a synonym for "birth control". Family planning, however, does not only involve contraception. Family planning also takes into account planning your child's birth for specific times (possibly by spacing births a few years apart from one another) and planning for a child when you have challenges conceiving one.

Population education is a relatively new concept and it seems more logical to explain it, in terms of objectives rather than by a single definition. The primary objectives of population education are:

- Basis understanding of population dynamic including the growth rate and structure of population in the country in the context of world population.
- Appreciation of the significance of the population characteristics for the present and future quality of life including economic development and the attainment of a high level of health, education, housing, diet and other amenities of life.
- Realization that the size of the family can be easily planned for the benefit of individual families and that large families are not necessary in the present day.
- Understanding of the health risks involved or the mother and the child.
- Appreciation of the small family as a setting in which a high quality of life for each person is more likely to be attained.
- Understanding of the Government's Family planning Programme in relation to the country's need.

**4.2 Variables Included in Family Planning:**
**4.2.1 Population Problem:**
In the preceding sections we have been dealing with mainly the problems caused by population. But population as it is not a problem. It becomes a problem only when it exerts pressure on food products, and on other subsistence. This situation arises because the natural resources are not adequate to produce the required food materials to feed the population. Or it may be also due to lack of efficiency to produce more food products in spite of natural resources.

**4.2.2 Family Planning:**
People are put into various kinds of miseries due to the crises by the population explosion. There is food shortage, no job and no shelter, because of the rapid growth population and the same thing is going to be a perennial issue. Therefore the immediate remedy is to control population growth by adopting family planning programme. It has been observed that there are about forty developing nations seriously implementing the family planning programme.

**4.2.3. Birth control:**
Birth control is limiting of child bearing by means of contraception. Couples who given birth to one or two children may decide not to have any more children for them and they may adopt any one of the birth control methods to stop further pregnancy and delivery of a child. The couples who are having one or two children should voluntarily come forward to limit their size. Birth control can be made by a method whatever is suitable or convenient to the couples.

**4.2.4 Fertility Control:**
Fertility generally refers to the number or birth occurring in a specified population in a given period of time. Fertility means the ability in men or women to produce children. Some couples are having high fertility and they produce more number of children without sufficient interval between one child and the other child and make their family size bigger. But some have low fertility and produce one or two children and make their family size naturally smaller.

**4.2.5 Birth Control Method: Abortion**
Abortion is one of the methods of birth control. It is a procedure to terminate pregnancy before the fetus (unborn child) gets its full development into a child. Abortion has been proved to the capable of reducing birth rates rapidly. Abortion induced is one of the surest means of controlling birth. Abortion as one of the birth control method was used by the Japanese successfully and it has reduced the birth rate to a half.

**4.2.6 Contraceptive Methods:**
Contraceptive Method is one of the methods used for birth control. Contraceptive means preventing conception or pregnancy by artificial method. It is tending to prevent impregnation or pregnancy. Contraceptive method is practised in various ways. It may be using the Pill orally or by Intra-Uterine Contraceptive device (IUCD), or sterilization or vasectomy, salpingectomy or the conventional Contraceptive method, the use of condom.

**4.2.7 Sterilization:**
The method of Sterilization, as one of the method of birth control, is in use in India for the past twenty years. Many men who do not want any more children after giving birth to two daughters have taken Sterilization. Sterilization means making one not to produce any more children (Offspring's). It is way of making one, infertile, to produce children medically. It is a minor operation, can be done to both males and females. When a male gets Sterilization, it is called vasectomy and when a female gets Sterilization, it is called salpingectomy. As some men fear, Sterilization does not, in any way, affect the sexual gratification either in males or in females. The purpose is not to get one impregnated and not to cause any impotency.

**4.2.8 Age of Marriage:**
Another way of controlling the rapid growth population in India is to increase the marriageable age for both males and females in addition to the use of contraceptive methods and abortions. India is a multi-culture and multi-religions nation. The marriage age in India varies from place to place, culture to culture and religion to religion. From studies we come to know that at present in India the marriageable age varies from 11 years of age to 20 years of age. In one of the studies conducted by Kale (1965) in Karnataka state the median marriageable age of females was 11 years. According to his study, there were 84 percent of women married before the age of 13 years, about seven percent married at the age of fifteen years and above. In the Barode Fertility study, Bhanot and Gandorta (1970) have observed that the median marriage age was 15 years in urban areas and 12 years in rural areas. The Guajarati speaking backward community people's marriage age was 13 years. In Tamil nadu the marriageable age among the lower socio-economic status people varies from13 years to 20 years.

**5 Need for Population Education:**
1. Rapid population growth is a threat to economic development, especially with respect to the per capita economic growth. The greater the population, the less there is to distribute to the people. In India the growth of economic is just being "eaten up" by even more rapid growth of population. The main reason why the Indian economy continues to be an economy of shortages is the country's excessive population growth. This means that the population increase in the production of food and other necessities does not keep pace.
2. The second crucial problem which the country is facing is that of providing adequate food for more and more people, which the achievement of the green revolution has been spectacular for the welfare of the millions of Indians, it is still modest in terms actual needs.
3. Rapid population growth in the last half century has also affected the structure of our population, for a growing population is usually a "Young population". Almost half of the population of the country today is less than 16 years of age whereas the median for most advanced countries is 30 to 35 years. A young population requires a particular kind of expenditure to support it; a proportionately large is required for supporting the social services needed for it, like education, health and other facilities etc.

**6. Conclusion:-**
To enter fertility age-group thus strengthen and enlarge the area of commitment towards checking population growth. It is here population education become relevant as a motivational instrument which will prompt the younger generation with a desire to adopt small family norm. This desire should grow out of both the concern for 'over population and quality'.

Thus, population education is not only concerned with population awareness but also with developing attitude and values so that quality and quantity are taken care of.