



## Evaluation of Awareness Towards Family Planning Among Adolescents

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### ABSTRACT

As a result of the early age of marriages in India, women experience the early sexual debut, early pregnancy and childbirth, often multiple, also at an early age. Almost one-fifth of young women aged 20-24 years married before age 15 and more than 47 percent of women in the same age group got married by 18 years of age (NFHS-3, 2005-6). Present is carried out to evaluate the awareness of adolescents towards family planning.

**KEYWORDS :** Contraceptives, Family planning, Space

### Introduction

In most of the world, family planning programs, have had great success in slowing population growth, yet in many countries, these programmes tend to reach older woman often after they had desired number of children, even as family planners encourage woman to plan the family size and adequately space births, the young married couples are often overlooked. (Allaudin et al., 1999).

Another major study reveals that around 40 percent women marry before the legal age of marriage for girls of 18 years and 15 percent of men marry before 21 years (Santhya and Jejeebhoy, 2003). In the rural areas, as high as 23 percent girls are married before age 15 years (IIPS and Macro International, 2007). More than half of women marry before reaching 18 years in most of the backward states of India. Approximately, around 15 percent of young men and fewer than 10 percent of young women have experienced pre-marital sexual relations (Santhya and Jejeebhoy, 2003). 13 percent currently married young women aged 20-24 years already had 3 children (IIPS and Macro International, 2007). The review shows that 15-30 percent of adolescent boys and up to 10 per cent of girls in India were sexually active before marriage (Jejeebhoy and Sebastian 2004).

### MATERIAL AND METHOD

Survey method is used to study the knowledge and attitude towards Family planning of +2 level girls' students in Sagar district. Data have

been collected from 341 Girls of class X & XI comprising, each category i.e. English Medium School and Hindi Medium School students of higher secondary (+2) level of Sagar district of Madhya Pradesh. Null hypothesis is used in this research to analyse the knowledge and attitude of two different variables viz. English medium students and Hindi medium girl students.

### Result & Discussion

Table 1 shows the knowledge of legal marriage age and preferred marriage age by girls. It is revealed that 88.2 percent girls have correct knowledge and 11.7 girls have incorrect knowledge about the legal age of marriage. 34.3 percent girls prefers to marry at the age of above 25 years.

Regarding the knowledge of legal marriage age and preferred marriage age, it is revealed that 83.0 percent English medium girls have correct knowledge and 16.9 percent girls have incorrect knowledge about the legal age of marriage. 38.1 percent girls prefers to marry at the age of above 25 years. None of them wishes to marry at the age of 16-20 years. In Hindi medium girls 93.1 percent girls have correct knowledge of legal age of marriage for both boys and girls. 6.8 girls have incorrect knowledge about the legal age of marriage. 30.6 percent girls prefers to marry at the age of above 25 years,  $X^2 = 8.47$ ,  $p < 0.01$ , Significant for legal age of marriage and  $X^2 = 47.85$ ,  $p < 0.01$ , Significant for preferred age for marriage.

**TABLE 1 : AWARENESS OF LEGAL MARRIAGE AGE AND ATTITUDE TOWARDS MARRIAGE AGE**

Total girls	Information of legal age of marriage		Preferred age of marriage (In years)								
	Correct	Incorrect	16-18	19	20	21	22	23	24	25	+25
EMS (165)	137	28	0	0	0	8	11	14	22	47	63
%	83.0	16.9	0	0	0	4.8	6.6	8.4	13.3	28.4	38.1
HMS (176)	164	12	0	0	6	0	44	30	18	24	54
%	93.1	6.8	0	0	3.4	0	25.0	18.1	10.2	13.6	30.6
TOTAL (341)	301	40	0	0	6	8	55	44	30	71	117
%	88.2	11.7	0	0	1.7	2.3	16.1	12.9	8.7	20.8	34.3
$X^2$ Value of EMS, HMS	$X^2 = 8.47$ $p < 0.01$		$X^2 = 47.85$ $p < 0.01$								

EMS – English medium school, HMS- Hindi medium school

Total girls	Ideal number of children in family			Ideal number of children Male + Female				Ideal age for first conception (in years)							
	1	2	3	1 + 0	1 + 1	2 + 2	2 + 1	18	19	20	21	22	23	24	25
EMS (165)	19	130	16	10	141	0	14	0	0	2	8	29	42	37	47
%	11.5	78.7	9.6	6.0	85.4	0.0	8.4	0.0	0.0	1.2	4.8	17.5	25.4	22.4	28.4
HMS (176)	12	143	21	7	157	0	12	1	3	5	19	42	52	24	30
%	6.8	81.2	11.9	3.9	89.2	0.0	6.8	0.5	1.7	2.8	10.7	23.8	29.5	13.6	17.0
TOTAL (341)	21	283	37	17	298	0	26	1	3	7	27	71	94	61	77
%	6.1	82.9	10.8	4.9	87.3	0.0	7.6	0.0	0.8	2.0	7.9	20.8	27.5	17.8	22.5
$X^2$ Value EMS HMS	$X^2 = 2.52$ $p > 0.05$			$X^2 = 1.18$ $p > 0.05$				$X^2 = 19.4$ $p > 0.05$							

**TABLE 2 : ATTITUDE TOWARDS FAMILY SIZE AND CHILD BEARING AGE**

EMS – English medium school, HMS- Hindi medium school

Regarding attitude towards family size and childbearing age **Table 2** reveals that 82.9 percent girls accepted that there should be two children in a family, Sex wise bifurcation of children shows that 87.3 girls mentioned one male & one female child, 4.9 percent said one male & none female while 7.6 percent girls have accepted two males & two female children should be in the family. Age of first conception should be 22 to 25 years of age as concluded in the study. 22 years age is accepted by 20.8 percent girls, 23 years by 27.5 percent, 24 years by 17.8 percent & 25 by 22.5 percent of students. The ideal difference between marriage and first conception should be 2 or 3 years as accepted by 14.0 percent and 41.3 percent girls each (**Table 3**)

**TABLE 3 : DIFFERENCE BETWEEN FIRST CONCEPTION AND MARRIAGE**

Total girls	Ideal difference between marriage and first conception (In years)					
	1 year	2 years	3 years	4 years	5 years	Above 5 years
EMS (165)	0	12	78	39	36	0
%	0	7.2	47.2	23.6	21.8	0
HMS (176)	1	36	63	18	60	0
%	0.5	20.4	35.7	10.2	34.0	0
TOTAL (341)	1	48	141	57	96	0
%	0.2	14.0	41.3	16.7	28.1	0
X <sup>2</sup> Value of EMS & HMS	X <sup>2</sup> = 27.88 p < 0.01					

EMS – English medium school, HMS- Hindi medium school

78.7 percent **English medium** girls accepted that there should be two children in a family. Sex wise bifurcation of children shows that 85.4 percent girls mentioned one male & one female child, is ideal for happy family, 20.8 percent girls accepted 22 years age is the ideal age for first conception & 22.5 percent mentioned 25 years is the ideal age. The ideal difference between marriage and first conception should be 2 or 3 years as accepted by 7.2 percent and 47.2 percent girls each. (**Table 25 & 26**).

**TABLE 4 : KNOWLEDGE AND ATTITUDE TOWARDS FAMILY PLANNING**

Total girls	Limitation to child birth is possible		Space between two children is possible			Ideal difference between birth of two children (In years)					
	Yes	No	Yes	No	NR	1.6	2	3	4	5	5+
EMS (165)	165	0	165	0	0	7	12	99	33	14	0
%	100.0	0	100.0	0	0	4.2	7.2	60.0	20.0	8.4	0
HMS (176)	176	0	176	0	0	2	36	96	12	30	0
%	100.0	0	100.0	0	0	1.1	20.4	54.5	6.8	17.0	0
TOTAL (341)	341	0	341	0	0	9	48	195	45	44	0
%	100.0	0	100.0	0	0	2.6	14.0	57.1	13.1	12.9	0
X <sup>2</sup> Value of EMS & HMS						X <sup>2</sup> = 30.11 p < 0.01					

EMS – English medium school, HMS- Hindi medium school

In **Hindi medium** students, also 100.0 percent girls knew that limitation to child birth is possible. 100.0 percent girls had knowledge that space between children is possible. Regarding spacing 54.5 percent girls mentioned ideal difference between two children is 3 years, 17.0 percent girls mentioned 5 years and 6.8 percent girls accepted 4 years followed by 2 years (20.4 percent) one & half years (1.1 percent). (**Table 27**) X<sup>2</sup> = 30.11 is Significant at 0.01 level p= 0.0000463 null hypothesis is rejected the awareness level is different for both variables.

81.2 per cent **Hindi medium** girls accepted that there should be two children in a family, 17.0 percent mentioned 25 years is the ideal age for first conception. The ideal difference between marriage and first conception should be 2 or 3 years as accepted by 20.4 percent and 35.7 percent girls each. 4 year accepted by 10.2 percent while 34.0 percent girls mentioned that women should have child after five years of marriage. (**Table 2&3**).

X<sup>2</sup> = 2.52 (p > 0.05) Non Significant difference is for the ideal number of children (p=0.283). X<sup>2</sup> = 1.18 (p > 0.05) nonsignificant difference for the ideal number of children (p=0.55) it is interpreted that girls have similar views for issues socially accepted universally in Indian context. X<sup>2</sup> = 19.4, (p > 0.05) is significant for ideal age of conception (p=0.0070). The chi square value computed 27.88 is significant at 0.01 level (p=0.000139) for ideal difference between marriage and first conception.

**Nair (1970)** has studied the factors influencing the desired family size. He found younger people (20-24 years old) to be more positive towards small family than older people. Those who had knowledge of contraceptives preferred small family size. Education of the respondent has an inverse relationship with desired family size.

The family planning attitude among youth shows their future planning. 100.0 percent girls (**Table 4**) correctly accepted that limitation to childbirth is possible. Regarding spacing 57.1 percent girls mentioned ideal difference between two children is 3 years, 12.9 percent girls mentioned 5 years and 13.1 percent girls accepted 4 years followed by 2 years (14 percent) one & half years (2.6 percent) . 100.0 percent girls accepted spacing between children is possible.

In **English medium** students also 100.0 percent girls knew that limitation to childbirth is possible. 100.0 percent girls had knowledge that space between children is possible. Regarding spacing 60.0 percent girls mentioned ideal difference between two children is 3 years, 8.4 percent girls mentioned 5 years and 20.0 percent girls accepted 4 years followed by 2 years (7.2 percent) one & half years (4.2 percent) (**Table 27**).

**Conclusion and Recommendations**

The policymakers should formulate a comprehensive national strategy and program of action to address the multidimensional needs of adolescents. There should be adolescent counseling and guidance centers at school and college level institutions. Awareness about the Child Marriage Restraint Act, and legal age for marriage should be generated. Girl child school retention preferably till 18 years should be mandatory and incorporate life skill education in the syllabus of adolescents at schools and college level.

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