



KNOWLEDGE AND ATTITUDE REGARDING PERMANENT METHOD OF CONTRACEPTION AMONG ANTENATAL MOTHERS: A DESCRIPTIVE CORELATIONAL STUDY

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ABSTRACT

Birth control methods have been used since ancient times, but effective and safe methods only became available in the 20th century. The research approach used was cross sectional approach. The Research design selected for the study was descriptive design. The setting was Uttarahalli, Bangalore. The Sample includes 60 antenatal mothers and they are selected by non-probability convenience sampling technique. The Pilot Study was conducted with 6 antenatal mothers. Findings of the study indicated that 80% antenatal mothers possess inadequate knowledge; 16.7% antenatal mothers possess moderately adequate knowledge and 3.3% antenatal mothers possess adequate knowledge regarding the permanent method of contraception. The frequency and percentage distribution of antenatal mothers according to their attitude level towards permanent methods of contraception shown that majority 42 (70%) of antenatal mothers had only Unfavourable attitude towards permanent methods of contraception. 10 (16.6%) antenatal mothers had moderately favourable attitude towards permanent methods of contraception. Only 8 (13.3%) antenatal mothers had favourable attitude towards permanent methods of contraception.

KEYWORDS : Antenatal mothers; Information booklet; Cross-sectional approach; Convenience sampling technique.

INTRODUCTION

Birth control methods have been used since ancient times, but effective and safe methods only became available in the 20th century. For some people, contraception involves moral issues, and many cultures limit access to birth control due to the moral and political issues involved. About 222 million women who want to avoid pregnancy in developing countries are not using a modern contraception method. Birth control increases economic growth because of fewer dependent children, more women participating in the workforce, and less consumption of scarce resources. Women's earnings, assets, body mass index, and their children's schooling and body mass index all substantially improve with greater access to contraception.

Unmet need for family planning was first explored in 1960s, when data from surveys of contraceptive knowledge, attitude and practices showed a gap between some women's reproductive intention and their contraceptive behaviour. One of the first published use of term unmet needs appeared in 1977. Unmet need can be a powerful concept for family planning. Among the most common reason for unmet need are inconvenient or unsatisfactory services, lack of information, fears about contraceptive side effects and opposition from husband or relatives. According to National Family Health Survey-2 (1998-1999), about 16% of currently married women in India have an unmet need for family planning.

A prospective, observational study conducted on female sterilization counselling clinic over a 6-month period to determine the proportions of attendees keeping their appointment, proceeding to sterilization, and attending for surgery. A total of 226 women had appointments for female sterilization counseling and most confirmed attendance. Only 153 (68%) women attended; of those 101 (66%) chose to be sterilized, the remainder choosing reversible contraception. Ninety-three (92%) women went ahead with the sterilization procedure. Thus only 61% of the original attendees were sterilized; this was only 41% of those referred. The study suggests that many women referred for sterilization counselling fail to attend. Services offering counselling for female sterilization should also be able to provide easy access to a full range of contraceptive methods.

Investigator in her clinical experience found that mothers between 25-35 years of age are not receiving information about birth spacing and contraceptive methods that are safe and useful to them like sterilization. So they neglect and get

conception in short period, which ends up in further health problems. Knowledge is integral part for accepting or adopting permanent contraceptive methods. Therefore the investigator got motivation to give appropriate knowledge on permanent contraceptive methods and most of the studies suggested that there is need for educating women about contraceptive methods in various setting and various age groups.

MATERIALS AND METHODS

The research approach used was cross sectional approach. The Research design selected for the study was descriptive design. The setting was Uttarahalli, Bangalore. The Sample includes 60 antenatal mothers and they are selected by non-probability convenience sampling technique. The Pilot Study was conducted with 6 antenatal mothers. Based on the objectives of the study, a structured knowledge questionnaire was prepared in order to assess the knowledge of antenatal mothers regarding the permanent methods of family planning. An attitude scale (5 point) was prepared in order to assess the attitude of antenatal mothers towards permanent methods of family planning. Validity of the tool was established after consultation with experts from the field of O B G nursing, public health and community medicine departments. Minor modifications were made on the basis of recommendations and suggestion of experts. Permission was obtained from the authority and from the participants before collecting the data. The investigator was present personally and explained the need and importance of the study to the participants and requested their co-operation. The tools were given individually to the subjects and their doubts were cleared. They had to complete it on the same day and not to discuss it with anyone. Investigator was personally present with two subjects each day and they answered the items. The total procedure took 45 minutes after which the investigator collected the tool from the subjects.

RESULTS

The characteristics of the demographic variables are described in terms of their frequency and percentage distribution. The age results indicate that highest per cent (43.3%) of the respondents were belonging to the age group of 38-40 years, (70%) of the respondents were Hindus, (33.3%) of the respondents had their education up to primary level, (36.7%) of the respondents are house wives, (63.3%) of the respondents had a monthly family income of 5,000 Rupees or less, (91.7%) of the respondents were belonging to nuclear family, (56.7%) of the respondents were going through their

second pregnancy and (56.7%) of the respondents were not having any source for getting information about permanent method of contraception.

Table 1: Knowledge of antenatal mother's about permanent methods of contraception.

(n=60)

Sl No	Overall percentage	Frequency	Percentage
1	Inadequate (<50%)	48	80%
2	Moderately adequate (50-75%)	10	16.7%
3	Adequate (>75%)	2	3.3%
	Combined	60	100%

Table 1 shows overall knowledge of antenatal mothers on permanent method of contraception. The result shows that 80% antenatal mothers possess inadequate knowledge; 16.7% antenatal mothers possess moderately adequate knowledge and 3.3% antenatal mothers possess adequate knowledge regarding the permanent method of contraception.

Table 2: Frequency and percentage distribution of antenatal mothers according to their attitude level towards permanent methods of contraception.

(n=60)

Sl No	Attitude	Frequency	Percentage
1	Un favourable attitude	42	70
2	Moderately favourable attitude	10	16.7
3	Favourable attitude	8	13.3

Table 2 indicates the frequency and percentage distribution of antenatal mothers according to their attitude level towards permanent methods of contraception. Majority 42 (70%) of antenatal mothers had only Unfavourable attitude towards permanent methods of contraception. 10 (16.6%) antenatal mothers had moderately favourable attitude towards permanent methods of contraception. Only 8 (13.3%) antenatal mothers had favourable attitude towards permanent methods of contraception.

Relationship between the knowledge and attitude levels of antenatal mothers regarding permanent method of contraception.

The correlation coefficient of knowledge and attitude score is 0.681 which is positively correlated. P value is >0.05 level. The mean knowledge score is 10.47 (SD 5.76) and mean attitude score is 74.46 (SD 9.64).

Association between knowledge level of antenatal mothers regarding permanent method of contraception and selected demographic variables

There was statistically significant association (p<0.05) between educational status of the Respondents, monthly family income, type of family, and knowledge level on permanent method of contraception.

DISCUSSION

The result shows that 80% antenatal mothers possess inadequate knowledge; 16.7% antenatal mothers possess moderately adequate knowledge and 3.3% antenatal mothers possess adequate knowledge regarding the permanent method of contraception. The aspect wise analysis of antenatal mother's responses shown that the overall mean knowledge score is 34.9% and SD is 5.76. The highest mean percentage knowledge score is related to the advantages of permanent methods of contraception (38.09%), whereas, the lowest mean knowledge score is related to the procedure, aftercare and follow up of permanent methods of contraception (32.3%).

Dung LP, Tho N T to analyze the community knowledge regarding permanent method of contraception in North Vietnam. A 2-weeks cross-sectional survey was carried out to identify women's level of knowledge toward family planning and to identify possible barriers in using family planning. At all maternity units in Butembo of post-partum women, 572 women were interviewed. Family planning knowledge was high (76%), perception good (80%). Majority used traditional methods (65%), mostly Calendar method (72%). Barriers to using modern family planning methods included lack of knowledge, fear of side effects, religious considerations and husband opposition. Unmet need for spacing and limiting was high (21 & 31%). Promotion of Family planning was poor (42%). The study recommended training of health workers, advocating modern contraception, improving Family planning services in all public health facilities and promoting Family planning on each contact of women.

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