



## EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING CONTRACEPTIVE METHODS AMONG REPRODUCTIVE AGE GROUP WOMEN IN SELECTED RURAL COMMUNITY."

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### ABSTRACT

**Aims:** The aim of present study were to assess the effectiveness of planned teaching on knowledge regarding contraceptive methods among reproductive age group women. **Material and Methods:** Non probability convenient sampling technique was used to select the sample. Quantitative research approach. Quasi experimental one group pre test post-test research design was used. The data collected during the month of November among rural Community in selected area. using socio demographic data sheet and structured questionnaire. **Results:** A number of sample being selected in the study. 100 women from rural Community who was available during the period of data collection. On final scoring of tests in pre-test score, 68% had good level of knowledge score and 32% of subjects in pre test had average level of knowledge score.. Post-test score, 53% had excellent level of knowledge score and 47% of reproductive age group women in post test had very good level of knowledge score. **Conclusions:** The study finds that the knowledge of target population was significantly improved after receiving information in the form of planned teaching regarding contraceptive methods

**KEYWORDS :** Effectiveness, Planned Teaching, Contraceptive, Women, Rural Community

### INTRODUCTION:

An Expert committee (1971) of the WHO defined family planning as a way of think and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of the family group and thus contribute effectively to the social development of a country.<sup>2</sup>

Contraception methods are preventive methods to help women avoid unwanted pregnancies. They include all temporary and permanent measures to prevent pregnancy resulting from coitus.<sup>2</sup>

### Background Of The Study:

Contraceptive implants and intrauterine devices (IUDs) provide pregnancy protection on par with permanent contraception. Increased use of these methods has been associated temporally with decreases in unintended pregnancy rates in the United States (US). Since there appears to be a link between inconsistent contraceptive use and perception of low personal risk for pregnancy, it is interesting to consider that a perception of low pregnancy risk might influence choice of contraceptive method. India stands second in terms of population. Investigators have also attempted to understand why men and women discontinue contraceptive methods or use them inconsistently. Given that high priority, they were sought to determine if women were aware of the superior pregnancy protection offered by IUDs and implants or if they thought older methods were as effective. They were also asked how women rated the health risks of pregnancy compared to the health risks associated with combined oral contraceptives. Finally, they were sought to determine if age, education or parity influenced any of the findings.<sup>7</sup> The only time that a woman would read up her reproductive cycle is most likely during pregnancy, and education in this respect at school is usually very limited. This above statements states that it is important to focus on educating women regarding use of contraception.<sup>7</sup>

### Need For The Study:

Family planning favourably influences the health development and well-being of the family. So people must be encouraged to plan their families. Especially to accomplish the small family norm and maintain health of eligible couples as well as child, eligible couples should develop awareness regarding different contraceptive methods or use of contraceptive methods.<sup>3</sup>

India launched the Family Planning Programme in 1952 to accelerate the country's socioeconomic development and to reduce the rate of population growth. In spite of the efforts by the government, women, especially in the rural areas are reportedly reluctant to accept any method of contraception due to various reasons.

In India it is based on efforts largely sponsored by the Indian government. In the 1965-2009 period, contraceptive usage has more than tripled (from 13% of married women in 1970 to 48% in 2009) and the fertility rate has more than halved (from 5.7 in 1966 to 2.7 in 2009), but the national fertility rate is still high enough to cause long-term population growth. India adds up to 10 lakh (1,000,000) people to its population every 15 days. Low female literacy levels and the lack of widespread availability of birth control methods is hampering the use of contraception in India. In 2009, 48.3% of married women were estimated to use a contraceptive method, i.e. more than half of all married women did not. Meghalaya, at 20%, had the lowest usage of contraception among all Indian states. Bihar and Uttar Pradesh were the other two states that reported usage below 30%.<sup>1</sup>

A cross-sectional observational study was conducted to assess the Knowledge, attitude regarding family planning and the practice of contraceptives among rural women. 100 women between age group of 15-45 were included in the study. Data was collected using a questionnaire that assessed knowledge, attitude and practice on contraceptives. Knowledge, attitude and practice on contraceptives. 100 women's were interviewed out of which 81(81%) had some knowledge about family planning methods. Regarding the usage of contraceptive methods, only 53 (53%) of the respondents were using some sort of contraception. Barrier method (condoms) was in practice by 18 (33.9%) and 12 (22.6%) of women had already undergone tubal ligation. The women using injectables and intrauterine contraceptive devices were 10 (18.8%) and 7 (13.2%) was shown by 76 (76%) of them, while 41(41%) stated their husbands' positive attitude towards contraception was shown by 76 (76%) of them, while 41(41%) stated their husbands' positive attitude towards contraception. The study concluded that there was a low contraceptive use among women of rural origin despite good knowledge. The study recommended that motivation of couples through media and health personnel can help to achieve positive attitude of husbands for effective use of contraceptives.<sup>10</sup>

Thus the above mentioned study states that women should be

educated regarding the contraception also it is said that women who are able to plan & carry proper planning for self & family with good knowledge of contraception are better ambassadors for their safety, better success & better family living.<sup>10</sup>

Researcher also knew that when a women is educated the family is educated & through it society as well as the whole world gets educated. So the investigator thought of taking a small step to educate the world by conducting this study.

#### Objective Of The Study:

1. To assess the knowledge regarding contraceptive methods among reproductive age group women.
2. To assess the effectiveness of planned teaching on knowledge regarding contraceptive methods among reproductive age group women.
3. To associate the knowledge regarding contraceptive methods among reproductive age group women with their selected demographic variables.

#### Hypothesis

**H<sub>0</sub>**---There is no significant difference between pre test and post- test knowledge scores regarding contraceptive methods among reproductive age group women in selected area measured at  $P < 0.05$  level of significance.

**H<sub>1</sub>**---There is significant difference between the pre test and post-test knowledge of women towards contraceptive methods among reproductive age group after planned teaching measured at  $p < 0.05$  level of significance.

#### Ethical Aspects

1. Prior permission was obtained from the institutional ethical committee.
2. Prior permission was obtained from the college authorities.
3. Prior permission was taken from gram panchayat authority.
4. Informed written consent was taken prior to the study from participant

#### Sampling Criteria:

##### Inclusive Criteria

- Rural community people who were present at time of data collection.
- Rural people who were willing to participate in the study.
- Rural people who could read and write Marathi.

##### Exclusive Criteria:

- Rural people who had under gone health education program regarding contraceptive methods.
- Persons who were working in medical field and under gone health education program regarding contraceptive methods.

#### Methodology:

Non probability convenient sampling technique was used to select the sample. Quantitative research approach with Quasi-experimental one group pre-test post-test research design. The data collected during the month of November 2018 among reproductive age group women in selected rural community. Total 100 samples were selected. After obtaining consent from the subjects, socio demographic and structured questionnaire were administered and data were collected.

#### Tools:

**Socio demographic data sheet:** It contains data regarding age in year, Monthly Income, Education, Occupation Knowledge about contraceptive methods, Source of information regarding contraceptive methods

**Knowledge questions:** This section contains 30 questions to assess the knowledge regarding contraceptive methods.

**Statistical analysis:** The data was analysed, by using descriptive and inferential statistics on the basis of objectives and hypothesis of the study. Analysis of effectiveness of planned teaching done with the help of student paired-'t' test. Association between post-test knowledge scores and demographic variables were analysed by chi-square test.

#### Description of the tool

##### Section A – Demographic data

It includes age in year, Monthly Income ,Education, Occupation, Knowledge about contraceptive methods, Source of information regarding contraceptive methods

##### Section B – A Structured Questionnaire

There are multiple choice questions to evaluate the knowledge of reproductive age group women regarding contraceptive methods.

Total 30 items were selected for the structured questionnaire. A blue print was prepared.

#### Scoring Technique

##### Grading of knowledge score among subjects.

Level of knowledge score	Percentage of marks	Marks
Poor	20%	1-6
Average	21-40%	7-12
Good	41-60%	13-18
Very Good	61-80%	19-24
Excellent	81-100%	25-30

#### RESULTS:

The finding of the study result showed that among all subjects, in pre-test score 68% had good level of knowledge score and 32% of subjects in pre test had average level of knowledge score.. Post-test score, 53% had excellent level of knowledge score and 47% of reproductive age group women in post test had very good level of knowledge score. Mean knowledge score of pre-test was  $12.92 \pm 1.80$  and post-test was  $23.99 \pm 1.88$ . The study reported that the result regarding level of knowledge contraceptive methods among the subjects in pre-test was less and after the implementation of the planned teaching post-test score was increased. Evaluation of the effectiveness of planned teaching showed that in pre-test mean score 12.92. Post-test mean score was 23.99. The calculated-'t' value i.e. 41.85 was much higher than the tabulated value at 5% level of significance for overall knowledge score of subject which was statistically acceptable level of significance. Hence, it was statistically interpreted that the planned teaching on knowledge regarding contraceptive methods among reproductive age group women in selected rural community was effective.

#### CONCLUSION:

The investigator concludes that the knowledge of target population was significantly improved after receiving information in the form of planned teaching regarding contraceptive method

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