



## A STUDY TO ASSESS THE KNOWLEDGE OF CONTRACEPTIVE METHODS AMONG TARGET POPULATION (MULTIPARA MOTHERS) AT GHAZIABAD(UP)”

Nursing

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### ABSTRACT

#### INTRODUCTION

India is the second most populous country in the world, with over 1.271 billion people (2015), more than a sixth of the world's population. Already containing 17.5% of the world's population India adds more people to its population every year than any other country, and in fact the individual population of some of its states is equal to the total population of many countries.

After the launch of the National Rural Health Mission in 2005, the official family planning program has been subsumed in the reproductive and child health component of the Mission. However, universal adoption of small family norm still remains a distant dream in India.

**Aim:** To assess the posttest knowledge of contraceptive methods among multi para mothers.

**Material and Methodology:** The research approach adopted for the study was evaluative approach. NonRandomized Convenient Sampling technique was followed. A total of 30 respondents were selected for the study.

**Results:** The level of knowledge assessment of the respondents reveals 53.3% in posttest shows very good knowledge in Contraceptive methods.

**Conclusion:** This study need to develop an understanding of the contraceptive method awareness is helpful for population control.

### KEYWORDS

Contraceptive methods, Target population, Multipara mothers and Knowledge.

**INTRODUCTION:** India is the second most populous country in the world, with over 1.271 billion people (2015), more than a sixth of the world's population. Already containing 17.5% of the world's population India adds more people to its population every year than any other country, and in fact the individual population of some of its states is equal to the total population of many countries. For example, Population of Uttar Pradesh (state in India) almost equals to the population of Brazil. It, as per 2001 Population Census of India, has 190 million people and the growth rate is 16.16%. The population of the second most populous state Maharashtra, which has a growth rate of 9.42%, is equal to that of Mexico's population. Bihar, with 8.07%, is the third most populous state in India and its population is more than Germany's. West Bengal with 7.79% growth rate, Andhra Pradesh (7.41%) and Tamil Nadu (6.07%) are at fourth, fifth and sixth positions respectively which must have increased significantly by now. The sex ratio of India stands at 940 More than 50% of India's current population is below the age of 25 and over 65% below the age of 35. About 72.2% of the population lives in some 638,000 villages and the rest 27.8% in about 5,480 towns and urban agglomerations.

Between the 2001 and 2011 censuses India grew by 181 million people, nearly the entire population of Pakistan. India will have overtaken China as the world's largest country by 2025, when it is projected to have a population of 1.44 billion. By 2050, the population will have swelled to 1.65 billion. India has a Total fertility rate: 2.51 children born/woman (2014 est.), though that is an encouraging figure, the unmet need for contraception, among young married women, both for child spacing and termination, is still higher.

India was the first country in the world to adopt an official population policy and launch official family planning program way back in 1952 which remains the mainstay of family planning efforts. During its early years, the program focused on the health rationale of family planning. Family planning as a strategy for population stabilization received attention only after 1971 population census. This strategy resulted in an increase in the proportion of couples effectively protected from 12.4 percent during 1971-72 to 46.5 percent during 1995-96 but remained stagnant during 1995-96 through 2003-04 and decreased to 40.4 during 2010-11. The efforts did produce positive results, however, failed to achieve the ultimate goal and the population of India since getting independence from Britain in 1947 increased almost three times. After the launch of the National Rural Health Mission in 2005, the official family planning program has been subsumed in the reproductive and child health component of the Mission. However, universal adoption of small family norm still remains a distant dream in India. During 2007-08, only about 54 percent of the currently married women aged 15-49 years or their husbands were using a contraceptive method to regulate their fertility and the contraceptive prevalence rate appears to have stagnated after 2004. Moreover,

contraceptive practice in India is known to be very heavily skewed towards terminal methods which means that contraception in India is practiced primarily for birth limitation rather than birth planning. The low use of spacing methods is reflected in early child bearing and short birth intervals. Wherever, services exist, methods by cultural mores or pressure to rebuild the population. The recent changes in the institution of family education and economic independence of women have affected the traditional system and brought some structural changes in the status and role of women as a housewife in the Family.

#### MATERIALANDMETHODS:

A study was carried out to assess the knowledge of contraceptive methods among the multipara mothers in Ghazizbad. Non Randomized Convenient sampling technique was followed. The multipara mothers between the ages 15-45 years were chosen for this study. The Present study sample consisted of multipara mothers in order to have contraceptives knowledge in the communities. After reliability and Validity a total of 30 respondents were examined through questionnaire method for knowledge of contraceptive methods according to Standardized tool.

Written consent for the participation of the multipara mothers in the study was obtained, after explaining the purpose of the study. on the first day collected collected the demographic variables and knowledge level of contraceptive methods assessed by questionnaire method and second day,with the help of teaching aids given to all multipara mothers ,third day, posttest was done by questionnaire method.

#### DATAANALYSIS:

Collected data were tabulated and analysed using Descriptive and inferential statistics.

#### RESULTS:

**Table 1: Frequency and percentage distribution of multipara mothers as per sample characteristics:**

VARIABLES		FREQUENCY	PERCENTAGE
Age	15-20	1	3.3%
	20-25	10	33.3%
	25-30	13	43.3%
	30-35	6	20.0%
Religion	Hindu	14	46.7%
	Muslim	9	30.0%
	Christian	5	16.7%
	Others	2	6.7%

Size of Family	Nuclear	9	30.0%
	Joint	1	3.3%
	Extended	20	66.7%
Education	High School	9	30.0%
	Higher Secondary	1	3.3%
	Illiterate	17	56.7%
	Under Graduate	3	10.0%
Monthly Income	<5000	28	93.3%
	>10000	2	6.7%
Occupation	Private	16	53.3%
	Government	8	26.7%
	Business	3	10.0%
	Unemployed	3	10.0%
Age of marriage	20-25	8	26.7%
	25-30	20	66.7%
	30-40	2	6.7%
No. of Children	2	1	3.3%
	3	19	63.3%
	4	10	33.3%

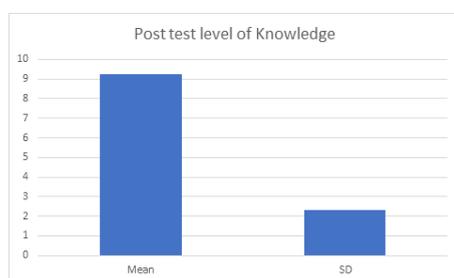
**Table:2 Frequeny and Percentage Knowledge level of multipara mothers after giving Structured Teaching Programme**

S.no	Level of Knowledge	Frequency	Percentage
1.	Very good level of Knowledge	16	53.3
2.	Good level of Knowledge	8	26.7
3.	Average level of Knowledge	3	10
4.s	Inadequate level of Knowledge	3	10

**KNOWLEDGE SCORE**

Mean score	9.23
Knowledge score	2.31

**Figure 1 – Bar Diagram showing mean and standard deviation of knowledge score of contraceptive methods among multipara mothers**



**DISCUSSION:**

This study finding reveals that 43.3% multipara mothers were in the age group 25-30 years ,56.7% of them were Illiterate and 53.3% of them were self employed. Majority of mothers were having income less than 5000 INR Per month. 66.7% of the mothers were married in the age group of 25-30 years and majority of them (63.3%)have 3 children.

Fig :1 Indicates that contraceptive method of knowledge after giving teaching aids among 30 respondents with Target population followed by verygood(53.3%),Good (26.7%) and average 10% level of Knowledge. This study assessed the knowledge of contraceptive methods among target population in Ghaziabad. It shows that mean score of posttest knowledge is 9.23 (SD=2.31) respectively.

The demographic variable like age, size of family, religion, education qualification, monthly income, Age of marriage, No. of Children, there was no significant association between the post test knowledge level of contraceptive methods among multipara mothers with their selected demographic variable.

The demographic variable of occupation, there was significant association between the post test knowledge level of contraceptive methods among multipara mothers with their selected demographic variable. Target population value is 3.0 which were significant at 0.04 levels.

These findings were supported by a study to assess the Women's knowledge of, and attitude to, family planning effectiveness and adverse health effects. The objectives were to determine women's knowledge of the effectiveness of different family planning methods and their attitudes regarding the acceptability of bleeding irregularities and weight change. An additional aim was to determine what information women want to be given about family planning methods. in order to statist the study objectives, a series of semi structured focus groups was conducted with women of differing life stage and background from Oxford. The result of the study showed that mothers had inadequate knowledge regarding various family planning methods and the need for health education by the health worker. (Jaye E Edwards,2009)

**CONCLUSION:**

On the basis of findings of the study,Multipara mothers who were provided teaching aids experience increase level of knowledge in terms of answering for the contraceptive questions. An understanding of the level of Public awareness is helpful for control the population in our India.

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