



ATTITUDE REGARDING METHOD OF CONTRACEPTION AMONG POSTNATAL MOTHERS IN HARYANA.

Obstetrics & Gynecology

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ABSTRACT

Spacing methods of contraception are very important to avoid unwanted births. To regulate the interval between pregnancies, to determine the number of children in the family, and it will help in order to promote the health and welfare of family effectively to the social and economical development of a country. Objective was to assess the attitude of mothers and find out the association between attitude regarding method of contraception among postnatal mothers with their selected socio demographic variables. A quantitative study and non-experimental research design was used to find out attitude of 50 postnatal mothers regarding method of contraception. Non probability sampling technique was used for data collection. The study findings showed that obtained mean attitude score was 32.74 with standard deviation ± 4.14 . The study also concluded that 40% of postnatal mothers had negative attitude regarding birth spacing methods of contraception. They have some conflict regarding contraception method.

KEYWORDS

Attitude, Methods Of Contraception, Postnatal Mothers.

INTRODUCTION

A spacing method ensures better child health and maternal health, which makes the better survival of children and diminishes the desire for larger families. Spacing method is important for improving the quality of life of a population. Our country facing the biggest problem of over population with its all inevitable consequences on all aspects of development like employment, education, housing, health care and sanitation. As per 2011 census in India birth rate is 20.97 birth/1000 population and death rate is 7.48/1000 population fertility rate is 2.58 children born/women. In India about 78,000 mothers die during delivery and from complication of pregnancy. Birth spacing is one of the best ways to reduce mortality and morbidity rate. Spacing is an important factor in reproduction life to health and wellbeing of mother as well child. Without proper awareness, health education involvement of women family planning programme could never be a success.

A descriptive study was conducted to assess the attitude regarding birth spacing method among primi postnatal mothers at Rajiv Gandhi govt. women and children hospital Puducherry. Data was collected from 30 primi postnatal mothers. The finding shows that (77%) had moderate attitude regarding birth spacing method of contraception (16.3%) had adequate attitude. The attitude of mothers towards birth spacing method was less adequate so promote awareness regarding birth spacing method among postnatal mothers. There is a still need to educate, aware and motivate the couple and improve family planning services to achieve more effective and appropriate use of contraceptive and to stop the trends towards increase in population.

Contraception means prevent from fertilization or union of sperm and mother's eggs ovum. Temporary commonly contraceptives are used like condom, Mala-N, intrauterine devices. The national family planning programme was started in India in 1952 making it the first country in the world to do so. According to this programme there are 50% eligible couples in India are still unprotected against contraception. There is an over population in developing country is a major concern. There is poor acceptance of contraceptive methods either due to ignorance or due to fear of complication, others like social, cultural, traditional, religious issues, and financial problems. According to the **National Family Health Survey (NFH) 2005-2006** the couple protection rate is 41%, 78% pregnancies are unplanned and 25% are unwanted. Lack of knowledge, wrong attitude towards contraceptive methods and false myths prevent young girls from adopting contraceptive methods. Most young girls in India do not want to use contraceptive methods on a long period basis for the fear of side effects mostly oral pills, or coitus barrier. So unwanted and unplanned pregnancies are common.

With above mentioned data and discuss with experts in the Nursing and medical field and discuss with women regarding contraceptive methods, investigator understood that women had sufficient

knowledge and indifferent attitude false myths towards contraception. Hence the investigator felt the need to take up the study.

Objective Of The Study

Assess the attitude of mothers and find out the association between attitude regarding method of contraceptives among postnatal mothers with their selected socio demographic variables.

Hypothesis

H₁- There will be significant attitude of postnatal mothers regarding methods of contraception.

H₂- There will be significant association between the attitude scores of postnatal mothers regarding methods of contraception with their selected socio demographic variables.

METHODOLOGY

Research Approach

A Quantitative approach was used to assess the attitude of postnatal mothers among contraceptive method.

Research Design

Non-experimental research with one-shot test design was used to assess postnatal mothers who were admitted in MCH ward, PGIMS, ROHTAK, HARYANA.

Variables

Dependent Variables: Attitude score of postnatal mothers.

Independent Variables: health education

Demographic Variables: Age, occupation of mother, monthly income, occupation of husband, Type of family, Education of mother, Duration of married life, Education of husband,

Research Setting

The study was conducted in MCH ward, PGIMS, Rohtak, HARYANA among postnatal mothers.

Population

The population includes in this were who deliver a child in MCH ward, PGIMS, Rohtak, Haryana.

Sample

This study includes postnatal mothers who were admitted in postnatal MCH ward in PGIMS, Rohtak, Haryana.

Sample Size

In the present study there were 50 postnatal mothers who fulfilled the study criteria

Sampling Technique

Data were collected by non-probability convenient sampling technique.

Description Of Tool

The following tools were used in order to obtain the data:

Section A- This section was comprised of demographic variables, it includes eight (8) questions to collect the background data of the study. The items are sample Age, occupation of mother, monthly income, occupation of husband, Type of family, Duration of married life, Education of mother, Education of husband.

Section B: This section had an attitude scale to assess the attitude of methods of contraception. Attitude scale was 3 pointed Likert scale consisted of 20 items. The score for agree, neutral, disagree response to each to assess the attitude of postnatal mothers on methods of contraception. The respondent were required to respond to the item as “agree” “neutral” “disagree”. Subjects were given as per their response three, two and one score.

RESULT

Table-1: Distribution Of Postnatal Mothers According To Attitude Score Categorization. N=50

ATTITUDE LEVEL	ATTITUDE SCORE	
	FREQUENCY	%AGE
DISAGREE	20	40%
NEUTRAL	30	60%
AGREE	0	0%
TOTAL	50	100

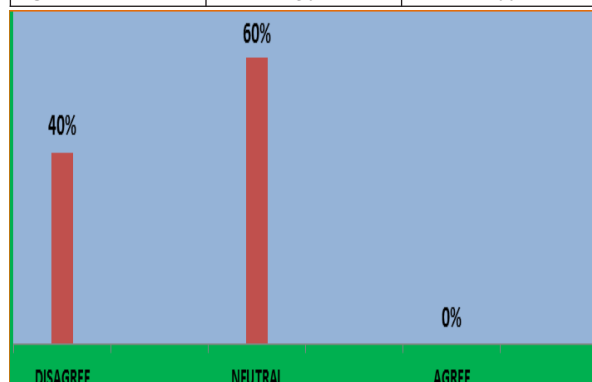


Fig. 1 Showing Data Presented In The Table Depict That 40% Of Postnatal Mothers Had Disagree Attitude And 60% Had Neutral Attitude Score And 0% Had Agree Attitude.

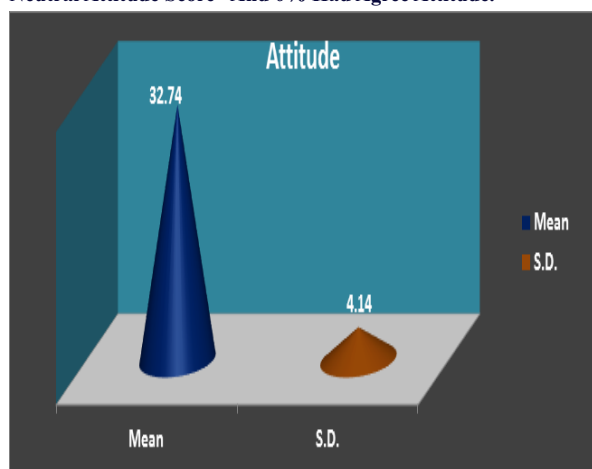


Fig. 2. Showing The Overall Mean And S.d. Of Attitude Score Of Postnatal Mothers Is 32.74 With Standard Deviation Of 4.14.

The mean value of test attitude score was 32.74 and the standard deviation was 4.14. Only 0 % of postnatal mother were having the agree attitude regarding methods of contraception. 40% of postnatal mother were having the disagree attitude score regarding methods of contraception. 60% of postnatal mother were having the neutral attitude score regarding methods of contraception.

The chi square test is used to determine the association between the attitude with selected demographic variables. Family Income were found to be associated with the attitude of postnatal mothers. There

was no association between Age, Education of mother, Type of family, Duration of married life, Occupation of mother, Occupation of husband, education of husband regarding methods of contraception. Hence, there will be partial significant relation between selected demographic variables and attitude of postnatal mothers regarding methods of contraception.

CONCLUSION

The study were concludes that postnatal mother were some misconception regarding contraception and most of mothers neutral attitude towards birth spacing method. So the attitude change by health education.

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