



KNOWLEDGE AND ATTITUDE REGARDING SPACING METHODS OF CONTRACEPTION AMONG PRIMIPARA MOTHERS OF KOLHAPUR

Nursing

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ABSTRACT

Background: Almost half of the pregnancies are usually unintended. Inappropriate spacing between pregnancies can lead to maternal and neonatal complications. Awareness and education plays, a major role in combating this issue. This study was aimed to assess the knowledge and attitude regarding spacing methods of contraception among primipara mothers of Kolhapur.

Material and methods: The descriptive study was performed on 110 primipara mothers admitted in hospitals of Kolhapur. A pre-validated study tool consisting of a questionnaire and a Likert attitude scale was used to assess knowledge and attitude of participants. Chi-square and Spearman's rank correlation test was used to find the association and correlation between variables.

Results: Good knowledge score was observed in 5.45% participants whereas, average and poor knowledge score found in 70% and 24.55% of participants respectively. A favorable attitude was noted in 53.6% of mothers and moderately favorable attitudes and unfavorable attitudes were observed in 43.6% and 2.7% mothers respectively. A significant positive correlation was observed between the knowledge score and attitude score of primipara mothers ($r=0.379$, $P=4.326e^{-05}$). A significant association of knowledge score ($P<0.01$) and attitude score ($P<0.01$) with the socio-demography of the participants was observed.

Conclusion: Most of the primipara mothers had a favorable attitude regarding spacing methods of contraception but they are lacking in knowledge. The Socio-demography of the participants was significantly associated with knowledge and attitude scores.

KEYWORDS

Birth rate, Contraception, Fertility, Family planning, Pregnancy, Population growth.

INTRODUCTION

India was the first country in the world to implement the national family planning program in the year 1952 to control the baby boom. The program aimed to spread knowledge of family planning methods and develop a favorable attitude among people for the adoption of contraception methods. The use of contraception has increased despite this, there is a gap in knowledge, attitude and practice among the population^[1] However, from 1975 to 2010 the Indian population doubled to 1.2 billion and is now estimated at around 1.3 billion. India is predicted to be the world's most populous country by 2024 with a birth rate of 18.2 births/1000 population.^[2] According to the national family health survey (NFHS-4) 2015-16, the fertility rate in Indian women is 2.2 (children per woman). The unmet need for family planning is 12.9% and the unmet need for spacing is 5.7%. In Maharashtra, the fertility rate is 1.9 with an unmet need for family planning and spacing at 9.7% and 4.3% respectively.^[3] The utilization of the spacing method of contraception ranges from 13-26%.^[4,5] In previous reports regardless of the level of education, 75% women were found to be sexually active at 3 months post-delivery and 28% were active within 6 weeks of delivery. However, only 54% used contraception the most common being condoms.^[6,7]

Overpopulation is one of the biggest problems in India with its inevitable consequences on development. Moreover, a pregnancy interval less than 6 months, and abortion are associated with increased risk of preterm births, low birthweights, maternal mortality and morbidity.^[8] Spacing of pregnancies is imperative to promote health and wellbeing of both mother and child. It also prevents unwanted births and regulates interval between pregnancies, ultimately contributing to the promotion of family health and welfare and the socio-economic development of the country.^[9-10] Therefore, the study aimed to assess the knowledge and attitude regarding spacing methods of contraception among primipara mothers of Kolhapur.

MATERIAL AND METHODS

The descriptive study was performed for 20 days on 110 primipara mothers admitted to hospitals at Kolhapur city. Primipara mothers present at the time of data collection and willing to participate in the study were included. Those who had complications of puerperium and had a caesarean section on the previous day were excluded. The study was performed after the clearance of the ethics committee and local authorities. Informed consent was obtained from all the participants before the initiation of the study.

Preparation, validation and reliability testing of the study tool

A study tool was designed to collect the data after extensive literature reviews and expert discussion. The tool consisted of items on socio-demography, a questionnaire on contraception and an likert attitude scale. Items in the tool were analyzed according to Gilbert's classification^[11] and validated by 20 experts from obstetrics and gynecological nursing, MD Obstetrics and gynecological and statistics. The reliability of the tool was determined using the split-half method through Karl Pearson's coefficient of correlation formula and Spearman's Prophecy Browns methods.

Data was collected to assess knowledge and attitude regarding the spacing method of contraception among primipara mothers. The tool was used to collect responses. Every correct answer in the knowledge questionnaire was awarded one point. No points were given to an incorrect answer. The response was arbitrarily graded as good knowledge (19-27), average knowledge (10-18), and poor knowledge (0-11). The five-point Likert scale was used to assess attitude towards spacing methods of contraception.^[12] The tool consisted of 10 statements including five positives and five negative statements. The attitude was graded as a favorable attitude (37-50), moderately favorable attitude (24-36), and unfavorable attitude (11-23). A pilot study was conducted in a randomly selected hospital at Kolhapur on 15 willing participants and the tool was used to collect the data.

STATISTICAL ANALYSIS

Data were analyzed using R-Studio V 1.2.5001 software. The categorical variables were expressed in percentage and frequency whereas, continuous variables were shown in mean $\pm$ SD. To find the association between variables Chi-square test was used. Whereas, the correlation between variables were determined by using Spearman's rank correlation test. $P<0.05$ was considered statistically significant.

RESULTS

According to Gilbert's classification difficult index on item analysis of the tool showed the number of difficult questions was 10 whereas, good and easy questions were 25 and 01 respectively. Discrimination index indicated that excellent, good, and poor questions were 17, 11, and 08 respectively. However, no marginal questions were present in the tool. Item analysis was carried out on 35 items, among which the final tool contained 27 questions. The pilot study proved that the tool was reliable and consistent, the reliability of the tool was computed as $R=0.86$.

Most of the participants were within the age group of 20-24-years (83.64%). Detailed demography of the primipara mothers is described in table no. 1.

The mean knowledge and attitude score of the participants was 12.38 ± 3.93 and 36.20 ± 5.29 , respectively. Detailed knowledge and attitude scores are shown in figure 1 and 2, respectively.

A significant positive correlation was observed between the knowledge score and attitude score of primipara mothers ($r=0.379$, $P=4.326e^{-05}$). A significant association was observed between knowledge score of primipara mothers regarding spacing methods of contraception and their socio-demography such as age ($P=0.005$), duration of marriage ($P=0.005$), religion ($P=0.040$), education ($P=0.005$), occupation ($P=0.005$), type of family ($P=0.002$), and source of information ($P=0.003$). Similarly, a significant association was observed between attitude score of primipara mother and socio-demography except age (duration of marriage ($P=0.005$), religion ($P=0.045$), education ($P=0.005$), occupation ($P=0.005$), type of family ($P=0.004$), and source of information ($P=0.001$)).

DISCUSSION

Contraceptive methods among Indian women is known to be related to socio-demographical factors including age, duration of marriage, religion, occupation and education qualification which is also association with knowledge of contraception in mothers.^[9,13,18] Findings of the study are concurrent with this in spacing contraception as well.

A good knowledge score for spacing method of contraception among primipara mothers was observed in 5.45% of participants. Whereas average and poor knowledge was observed in 70% and 24.55% of mothers respectively. In contrast with this finding, the study of Chacko T et al. showed no good knowledge at all in any participants. Whereas, average and poor knowledge was observed in 18.3% and 81.7% participants respectively.^[8] The negative attitude towards the spacing method of contraception is due to lack of knowledge, fear of side effects, more children, the willingness of partner, sex of the baby, and religion.^[13] A favorable attitude in 53.6% participants and moderately favorable attitude and unfavorable attitude in 43.6% and 2.7% mothers respectively was seen. These results were similar to the findings of Priyadharshini S. et al.^[9] The study showed a significant positive correlation between knowledge score and attitude score ($P=4.326e^{-05}$), meaning as the knowledge of contraception increases the favourable attitude towards contraception increases. A similar correlation was shown in the study of Santoso BL. et al.^[19] Furthermore, the use of spacing method of contraception is depend on the socio-demography of the mother. Similarly, a significant association of knowledge score and attitude score with socio-demography of the participants was observed. In favor of these findings, previous studies showed similar associations.^[8,9,17,19,20]

CONCLUSION

Most of the primipara mothers showed a favorable attitude regarding spacing methods of contraception but lacked knowledge. A significant correlation was observed in knowledge and attitude regarding spacing methods of contraception. A significant association of knowledge score and attitude score with socio-demography of the participants was observed. The results of the study can be further used to develop an education tool for spacing method of contraception.

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