



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING CONTRACEPTIVE METHODS AMONG WOMEN RESIDING IN SELECTED VILLAGES OF DISTRICT MOHALI, PUNJAB.

Nursing

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ABSTRACT

Introduction: Maintaining sexual and reproductive health for all women by ensuring equal access to their chosen methods of contraception to avoid unwanted pregnancies and other reproductive health difficulties, contraception is often used. In order to manage the time between pregnancies, couples should consider factors such as safety, efficacy, accessibility, cost, and acceptability while making their own educated choices about contraceptive techniques. Safe, effective, acceptable, affordable, and easy to use are the four pillars of a perfect contraceptive. As with every kind of contraception, there are both pros and cons to each approach. A contraceptive's efficacy in avoiding births is just one part of the equation; the other is how long women stick with it. **Aim:** To assess the knowledge and attitude regarding contraceptive methods among women **Methodology:** A descriptive research was adopted to assess the knowledge and attitude about contraceptive methods in women. A convenient sampling method was used to obtain 150 subjects who met the inclusion criteria for the research. The study was carried in selected villages, district Mohali, Punjab. Self-structured questions for knowledge and a self-structured five-point Likert scale were used to obtain the data needed for the study. **Results:** Descriptive and inferential statistics were used to analyse the collected data. The current study has shown that majority of women (45.3 percent) had average knowledge and (75.3 percent) had moderately favourable attitudes about contraceptive methods. **Conclusion:** According to the findings of this research, rural women have average knowledge and moderately favourable attitude. In order to avoid future population, undesired births, there is a constant need to educate people about the proper use of contraceptives.

KEYWORDS

Knowledge, attitude and contraceptive methods.

INTRODUCTION:

Contraception is a way of thinking and living that is freely embraced by people and couples in order to improve the health and welfare of the family group and so contribute successfully to the social development of the nation. Safe, effective, acceptable, affordable, and easy to use are the four pillars of a perfect contraceptive. Contraception is used to prevent pregnancy. There are several ways of birth control accessible nowadays. Both have their strengths and weaknesses. For the best contraception, it should be simple to use and cost-effective while also being acceptable to couples.

Planning the size of a family in accordance with one's physical and social resources is referred to as family planning. Pregnancy prevention involves techniques that assist couples achieve certain goals, such as avoiding undesired pregnancies, bringing desired births, and ensuring safe deliveries and proper spacing between children. It is achieved by the use of highly safe and effective methods of contraceptives. Maternal mortality and morbidity rates can be decreased drastically by the use of available family health services.

Achieving population control is still a long-term goal despite the large variety of contraceptive options available today. A number of factors contribute to India's high fertility rate, including the prevalence of marriage, early marriage, widespread illiteracy, and a strong preference for fathers as children. When it comes to contraceptive awareness, for example, IEC programmes are used to educate the public and modify their views on the topic.

OBJECTIVES

1. To assess the knowledge regarding contraceptive methods among women.
2. To assess the attitude regarding contraceptive methods among women.
3. To find out the correlation between knowledge and attitude regarding contraceptive methods among women.
4. To find out the association between knowledge and attitude with their socio-demographic variables.
5. To develop and administer an information booklet on contraceptive methods among women.

Review Of Literature

Accredited academics and researchers have previously established or published their findings on a certain subject; therefore, a literature review is a description of their findings.

Tilahun Wodaynew, Dinkinesh Bekele 2021: carried out a cross-sectional study to assess knowledge, attitude and practices of contraceptive use among postpartum women. The study setting was in south west Ethiopia. A total of 106 women of reproductive age group (19-45 years) were included who fulfilled the inclusion criteria. Results showed that 65.7% of those polled had strong knowledge, while 34.3% had inadequate knowledge, according to the research. Conversely, 69.8% of women had a good view regarding contraception while just 30.2% had a negative attitude.³²

Timsy, Amanpreet Kaur, Nirlep Kaur, Sandeep Kaur, Shivani, Nikhil 2021: An evaluation of married women of reproductive age's knowledge of contraceptive techniques was carried out quantitatively but not experimentally. Participants in the research had to be married. The survey found that the majority of participants (63 percent) had an average level of knowledge, while 18.37 percent had a low level of understanding. Women's age was shown to be strongly linked with knowledge at a 5% level of significance in the demographic factors.³⁷

Krishna Kumari Samantaray, Ronali Purohit, Somashree Das, Shrabani Pradhan 2020: A correlational research was conducted to examine the knowledge and attitudes of reproductive women about temporary contraceptive techniques. The survey found that 24% of women had strong knowledge, 53% had moderate knowledge, and 23% had poor understanding about contraception. In contrast, 72% of women had an optimistic outlook, compared to 28% who had a negative outlook. An R value of 0.55 suggests that as one's degree of knowledge improves, one's attitude becomes more positive. As indicated by the results of a chi-square analysis, there was a strong correlation between education, number of children still alive, and marital age. Despite this, there was no correlation between attitude and any socio-demographic factors.²³

Mrs Pushpam I. Deva Pon 2019: conducted research to examine the knowledge and attitudes of married women of reproductive age about

contraceptive methods. one hundred married women were included in Jammu city. When it came to temporary approaches, the survey found that 25% of people knew too little, 68% knew just enough, and 7% knew too much. There were 62 percent favourable, 37 percent neutral, and just 1 percent negative attitudes on temporary contraceptive techniques from the participants in this study.33

Shubhdrani Muragod, Beena R, Drakshayani B, Desai 2018: A descriptive research study was done to examine the knowledge of primi mothers about spacing strategies of family planning. The research has a 50-person sample size. There were 72 percent participants who had ordinary understanding of spacing strategies, followed by 16 percent with excellent knowledge, and 12 percent women who lacked this expertise. The amount of knowledge and some demographic characteristics have therefore been shown to have no meaningful connection.29

METHOD

A Descriptive research design was adopted to assess the knowledge and attitude about contraceptive methods in women. A convenient sampling method was used to obtain 150 subjects who met the inclusion criteria for the research. The study was carried in selected villages, district Mohali, Punjab. Self-structured questions for knowledge and a self-structured five-point Likert scale were used to obtain the data needed for the study data analysis was done by descriptive and inferential statistics.

RESULTS

Table 1. Sociodemographic profile of women residing in selected villages of district Mohali. N=150

Variables	f	%
Age (years)		
20-25	44	29
26-30	42	28
31-35	48	32
36-40	12	08
>40	04	03
Educational status		
Up to matriculation	44	29
Senior secondary	88	59
Graduate and above	18	12
Marital status		
Married	147	98
Divorced /separated	03	02
Religion		
Sikh	107	71
Hindu	43	29
Occupation		
Home maker	68	45
Labourer	19	13
Business women	42	28
Job	21	14
Type of family		
Nuclear	76	51
Joint	39	26
Extended	35	23
Total monthly income		
10001-15000	59	39
15001-20000	91	61
Do you have any child		
Yes	114	76
No	36	24
Total no. of children		
One	60	40
Two	48	32
Three	09	06
Age of last child		
Up to 1 year	18	12
2-4 year	36	24
5-7 year	57	38
8-10 year	33	22

Table.2. Percentage distribution among women according to Knowledge regarding contraceptive methods. N=150

Levels of knowledge	f	%
Excellent	08	5.3
Good	39	24.7

Average	68	45.3
Below average	35	24.7

Table. 3. Descriptive statistics for knowledge. N=150

Descriptive statistics	Mean±SD	Median	Mean %
Knowledge score	16.08±5.3	15	44.67

Table. 4. Attitude among women regarding contraceptive methods. N=150

Attitude	f	%
Moderately favourable	113	75.3
Unfavourable	37	24.7

Table.5. Correlation between knowledge and attitude regarding contraceptive methods among women. N=150

Variables	Mean±SD	Attitude
		46.97±8.75
Knowledge	16.08 ± 5.36	r = 0.887 p=0.03*

There is a significant association of knowledge with age and educational status of women as analysed by chi square value of 81.155 and 53.627 at p=0.05 level of significance.

There is a significant association of attitude with age and educational status of women as analysed by chi square value of 21.945 and 14.851 at p=0.05 level of significance.

CONCLUSION

The majority of women have average knowledge about contraceptive methods. It is also concluded that the majority of women viewed contraceptive techniques moderately unfavorably. The relationship between knowledge and attitude is positive. The observed r value was 0.887 and there was a statistically significant positive correlation found between knowledge and attitude. As knowledge grows, attitudes would become more optimistic. There was a statistically significant association between women's age and educational level and their level of knowledge and attitude.

Scope For Future Study

The effectiveness of a systematic training programme on women's knowledge and attitude about contraceptive techniques may be evaluated in quasi-experimental research.

Contraception knowledge, attitudes, and practices may be compared between rural and urban women via comparative research

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