

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING CONTRACEPTIVE USAGE AMONG ANTENATAL MOTHERS IN SELECTED HOSPITAL OF DELHI.

Nursing

Ms. Meenakshi Tyagi

Nursing Tutor, Apollo School Of Nursing, Indraprastha Apollo Hospital, New Delhi-76

Ms. Rohini Sharma Vice Principal, Apollo School Of Nursing, Indraprastha Apollo Hospital, New Delhi-76

ABSTRACT

Family planning has far-reaching benefits for women and their families. All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children and to have the information, education and means to do so. Especially women who can plan the number and timing of their births enjoy improved health, experience fewer unwanted pregnancies and births and have lower rates of induced and often unsafe abortion. The aim of this study was to assess the effectiveness of planned teaching programme on knowledge and attitude regarding contraceptive usage among antenatal mothers in Selected Hospital. The research approach was quantitative and descriptive research design was used. Sample selected was antenatal mothers visited in antenatal OPD in selected Hospital of Delhi. Structured questionnaires were developed and used to assess the on knowledge and attitude regarding contraceptive usage among antenatal mother. The findings of the study revealed that Out of 50, In pretest 38(76%) antenatal mothers had below average knowledge score and accepting attitude was 28(56%, But in posttest, the knowledge score of above average 37(74%) and accepting positive attitude score 45(90%) were improved after administration of the planned teaching programme. On the basis of the findings, guidelines on contraception for antenatal mothers were developed and disseminated in the antenatal opd.

KEYWORDS

Antenatal mothers, Family planning, Contraceptive usage

INTRODUCTION

"Make we belief children should be by choice not by chance and that every child should be wanted"
Every mother and child count"

-BYWHO

"Delay the first, post pone the second and prevent the third". Marriage is an important social institution, which permits or admits man and women for family life. It is more or less durable condition between male and female, beyond the mere acting of propagation (Birth of offspring). It is an approved social institution where by two or more persons forms the family. From the biological view point the sexual inter-course is necessary for physical satisfaction and the birth of the progeny.^[1]

Family planning has far-reaching benefits for women and their families. All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children and to have the information, education and means to do so. Especially women who can plan the number and timing of their births enjoy improved health, experience fewer unwanted pregnancies and births, and have lower rates of induced and often unsafe abortion. Planned pregnancies are best for mother and child. By preventing closely spaced births, family planning could significantly reduce infant and child mortality. Couple protection rate (CPR) is an indicator of the contraceptive practice in the community. It is defined as the percentage of eligible couples effectively protective against child birth by one or the other approved method of family planning such as sterilization, IUD, condom, oral pills.^[2]

Contraceptives provide woman with save and effectiveness means to avoid unwanted pregnancies, or pregnancies that may place their health at risk, these pregnancies can have serious consequences including illness disabilities and death. Many of the deaths occur when a women with unwanted pregnancies resort to unsafe abortions. Contraceptives refers as the method which can prevent unwanted birth. Contraceptives such as natural, barrier, hormonal etc.^[3]

The objectives of this study were to assess the knowledge & attitude of antenatal mothers regarding contraceptive usage before and after administration of planned teaching programme & to develop as planned teaching programme for antenatal mothers regarding the contraceptive usage.

MATERIALANDMETHODS

The study was conducted in 2023. A quantitative research approach with quasi experimental one group pretest and post test was used to assess the knowledge & attitude of antenatal mothers regarding contraceptive usage in selected Hospital of Delhi. Formal ethical

approval and administrative permission was taken from the ethical committee of Lal Bahadur Shastri Hospital, khicripur, Delhi to conduct the final study. Total of 50 antenatal mothers were taken from the antenatal opd as sample. Purposive sampling technique was used for data collection. Structured questionnaire was used for collecting demographic profile and to assess the knowledge & attitude of antenatal mothers regarding contraceptive usage.

Before the questionnaire was given to the participants, consent was taken, aims and objectives were explained to them. The Structured Questionnaire to assess the knowledge & attitude of antenatal mothers regarding contraceptive usage comprised of three sections. Section A consisted of Demography Performa including 12 items to collect information on subject's demography characteristics (age, educational qualification, occupation, personal habits, religion, duration of marriage, number of living children, previous obstetrical history, age of youngest child, history of using contraceptives, main source of information on contraception.) Section B consisted of multiple choice questions to assess knowledge of antenatal mothers including 20 items related to contraceptive usage. Section C consisted of structured questionnaire to assess the attitude of antenatal mothers including 11 items about contraception usage.

RESULTS

The data was collected by using structured questionnaire from 50 antenatal mothers attending antenatal opd in selected hospital and were analyzed and interpreted by using descriptive and inferential statistics. The obtained data are organized, analyzed and presented under the following headings: -

The data presented in the Figure 1 shows that majority of the nursing personnel (66 %) were between 25- 30 years of age and only very few (4%) were above 30- 35 years of age.

Section A

Findings related to description of demographic characteristics of the Antenatal Mothers

- Frequency and percentage distribution of demographic characteristics of the Antenatal Mothers.

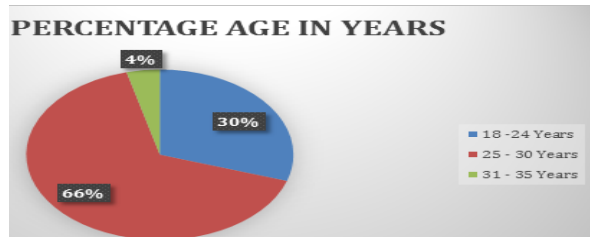


Figure 1: A Pie Chart Diagram Showing The Percentage Distribution Of Age In Years Of Antenatal Mothers**Section II****Findings Related To Knowledge Regarding The Contraceptive Usage.**

- Frequency and percentage distribution of knowledge score of sample subjects before and after administration of planned teaching programme.

Table 1 : Out Of 50, In Pretest 38(76%) Having Below Average, 10(20%) Having Average, 2(4%) Having Above Average And Out Of 50, In Post Test 2(4%) Having Below Average, 11(22%) Having Average, 37(74%) Having Above Average.

KNOWLEDGE LEVEL	KNOWLEDGE SCORE	PRETEST		POST TEST	
		Frequency	%	Frequency	%
Below average	<10 (<50%)	38	76	2	4%
Average	10-12 (50-60%)	10	20	11	22%
Above average	>12 (>60%)	2	4	37	74%

Section III**Findings related to attitude regarding the contraceptive usage.**

- Frequency and percentage distribution of attitude scale of sample subjects in terms of accepting and non-accepting.

Table no. 2 showing that in pretest 28(56%) of antenatal mothers is accepting the attitude scale, 22(44%) were non accepting and difference between both of them is 17(34%). In posttest 45(90%) of antenatal were accepting the attitude scale while 5(10%) is non accepting and difference between both of them is -17(-34%).

ATTITUDE SCALE	PRETEST		POST TEST		DIFFERENCE (POST – PRE TEST)
	FREQUENCY	%	FREQUENCY	%	
ACCEPTING (>60%)	28	56%	45	90%	17
NON-ACCEPTING (<60%)	22	44%	5	10%	-17

Section – Iv

Planned teaching programme developed for antenatal mothers regarding the Contraceptive usage on the basis of pretest knowledge score & attitude scale & were implemented.

DISCUSSION AND CONCLUSION

The present study findings were revealed in terms of the objectives for the study. Out of 50 antenatal mothers, 33,(66%) are in age group of 25-30 years. 21(42%) were educated up to 11th – 12th class, were homemaker/unemployed 44(88%), personal habits 50(100%) none of the above, 48(96%) were Hindu, 27(54%) were having <1 year of marriage, 17(34%) have 1 children, 21(42%) were not having previous obstetrical history, 17(34%) having youngest child age more than 1 year, 36(72%) not using any contraceptives before pregnancy, 22(44%) were not aware about contraceptives.

The findings of the study revealed that Out of 50, In pretest 38(76%) antenatal mothers had below average knowledge score and in post test, the knowledge score of above average was 37(74%). The findings related to attitude score were out of 50, In pretest 28(56%) antenatal mothers had accepting the attitude scale and posttest, accepting the attitude scale were 45(90%).

Antenatal mothers gained knowledge about the contraceptive usage as per the difference between the pretest and posttest score and accepting positive attitude towards the contraceptive usage as per the difference between pretest and posttest percentage.

The findings showed that post test knowledge improved as per pre test score. The attitude score of accepting the positive attitude towards the contraceptive usage was increased after the administration of the planned teaching programme.

A pre experimental study was conducted to assess the effectiveness of

planned teaching programme (PTP) on the knowledge regarding temporary contraceptive methods among primigravida mothers at selected maternity centres at Bangalore. A sample of 60 primigravida mothers were selected by using convenient sampling technique. A structured questionnaire was used to collect data. The results of the study showed that the pretest knowledge score of primigravida mothers was 37.7 % and the posttest knowledge score was 81.5 %. On an average, in post test, mothers are having 43.8% more knowledge than pre test which indicates the effectiveness of Planned Teaching Programme.^[4]

A study by Poonam Taneja showed that the main source of awareness was media (42.5%) followed by health personnel (25%). Acceptability can be interpreted as positive attitude towards adoption of contraception.^[5]

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