



A descriptive study to assess the knowledge regarding family planning methods among mothers of reproductive age group 18-49 years in Gynae ward, Rajindra Hospital, Patiala, Punjab.

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Abstract

This descriptive study was conducted among 50 mothers of reproductive age group 18-49 years at Gynae Ward, Rajindra Hospital, Patiala. Purposive sampling technique was used to allocate the samples and data were collected by using socio demographic data and self-structured knowledge questionnaire. Findings of the study revealed that Mothers of reproductive age group 18-49 years' majority of had 16% average knowledge, had 30% good knowledge, had 10% and 16% poor and excellent knowledge respectively. According to analysis of collected data the knowledge of mothers need further enhancement in age group 18-23 and 42- 49 years about family planning methods.

Introduction

Family planning is a method of thinking and a life style which is chosen voluntarily and according to the attitudes and responsible determination of the couples in order to promote the hygiene and convenience of the family. India is the first country that launched a National Family Planning Programme in 1952, emphasizing fertility regulation for reducing birth rates to the extent necessary to stabilize the population at a level consistent with the socio-economic development and environment protection. In 2015 the United Nations General Assembly adopted the 2030 Agenda for Sustainable Development, which reaffirmed the commitments of the landmark International Conference on Population and Development, held in Cairo in 1994. The Programme of Action emphasized that universal access to a full range of safe 15 and reliable family planning methods helps couples and individuals realize their right to decide freely and responsibly the number and spacing of their children. Contraception should also be viewed in the wider context of sexual and reproductive health. The capacity to enjoy and control sexual and reproductive behavior is a key element of sexual health but at the same time it accepted that birth intervals of at least 2 years improve maternal and infant mortality (DankajDesai, 2012). Current study was undertaken during the year 2021 at Rajindra Hospital, Patiala.

OBJECTIVES

- To assess the knowledge regarding family planning methods among Mothers of Reproductive age group 18-49.
- To find out the association between the knowledge of Reproductive mothers with their socio-demographic variables.
- To develop the pamphlets about family planning methods.

Methodology

A descriptive research approach was adopted for this study. This study included 50 mothers of reproductive age group 18-49 years at Gynae Ward, Rajindra Hospital, Patiala who had fulfilled the inclusion criteria. Quantitative research design and purposive sampling technique was used to allocate samples. Structured interview schedule is suitable to make extensive enquiries. The reliability of tool towards knowledge regarding family planning methods among Mothers was found to be 0.905. Ethical permission granted from Institutional ethical committee. Data has been collected through Structured interview schedule within 15 days of time period in month of february 2021.

Findings of the study

Findings related to sample characteristics of Mothers of Reproductive Age Group 18-49 Years.

Maximum knowledgeable mothers belong to Sikh religion had 24%, Hindu mothers had 14% Good, and other religion mothers had 4% Average level of knowledge related to family planning methods. According to Education Background the illiterate mothers had majority 10% Average, Primary level educated mothers had 8% Average, Secondary level educated mothers had 4% Good, Senior Secondary Level Educated mothers had 14% Average and Graduated and above level educated mothers had 14% Good level of knowledge about the family planning methods respectively. As per monthly family income 10,000 or below mothers had maximum 10% Average, income between 10,001-20,000 mothers had 18% average, income 20,001 or above mothers had 18% Good level of knowledge about family planning methods. Regarding source of previous information mothers acquire knowledge from health professionals had Maximum 12%, also from mass media had 12%, from internet had 10% and from any other source had 4% Average level of knowledge respectively.

Table 1 shows mean score of Mothers Regarding Family planning methods.

LEVEL OF KNOWLEDGE	PERCENTAGE	ACTUAL SCORE
POOR	10%	<8
AVERAGE	44%	8-16
GOOD	30%	17-24
EXCELLENT	16%	>25

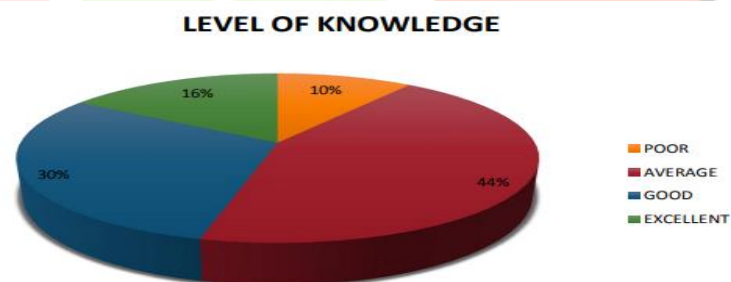


Figure 1 pie chart shows the level of knowledge in percentage. This table and figure shows that the mothers had majority 44% average, 30% had good, 16% had excellent and 10% had poor level of knowledge respectively.

Table 2 Identify the relationship of knowledge of Mothers Reproductive age group 18-49 years with their socio- Demographic variables.

Variables	Level of Knowledge			
	Poor	Average	Good	Excellent
1. 18-23 Years	2%	10%	12%	0%
2. 24-29 Years	6%	6%	8%	10%
3. 30-35 Years	0%	8%	8%	4%
4. 36-41 Years	4%	6%	2%	2%
5. 42-49 Years	4%	4%	0%	0%

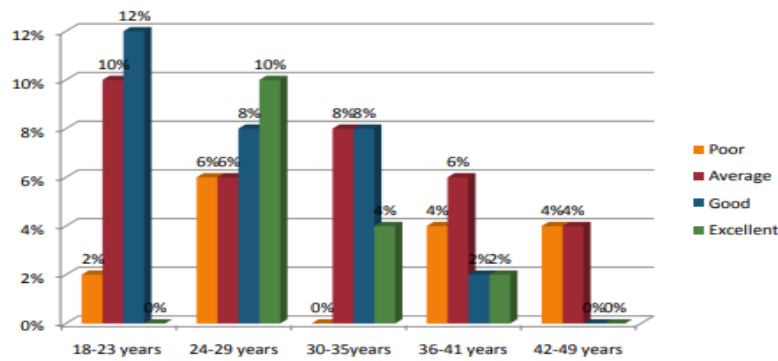


Figure 2 shows that the majority 24-29 years age group had 10% Excellent, 18-23 years age group had 12% good and also 18-23 years age group had 10% Average and 24-29 years age group had 6% Poor level of knowledge respectively.

Table 3 level of knowledge in percentage according to different Religions.

Variables	Level of Knowledge			
	Religion	Poor	Average	Good
1. Sikh	2%	24%	20%	10%
2. Hindu	10%	10%	14%	6%
3. Any other	0%	4%	0%	0%

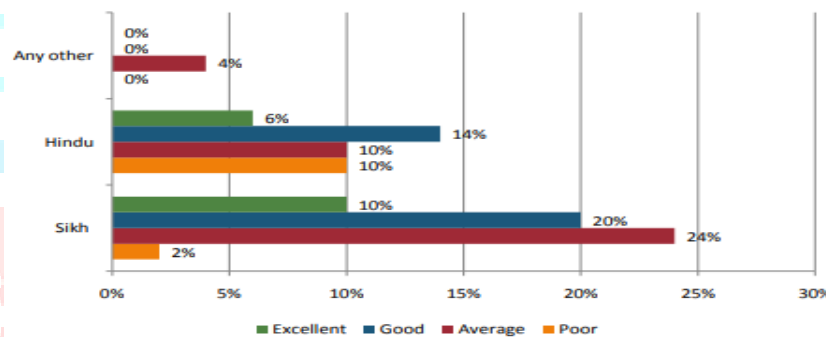


Figure 3 Horizontal Bar graph shows that the maximum Sikh religion had 20% good, Hindu religion had 14% good as comparison of both any other religion had 0% good level of knowledge respectively.

Table 4 level of knowledge in percentage according to different Education levels.

Variables	Level of Knowledge			
	Education	Poor	Average	Good
1. Illiterate	4%	10%	2%	0%
2. Primary	4%	8%	4%	0%
3. Secondary	0%	4%	4%	0%
4. Senior Secondary	2%	14%	12%	4%
5. Graduation and above	0%	4%	14%	6%

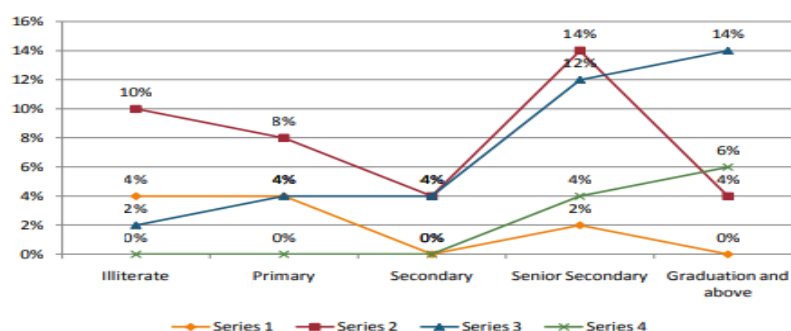


Figure 4 shows that the Illiterate, Primary, Secondary and Graduation and above had Same 0% Poor level of knowledge respectively but only Senior secondary had 2% Poor level of knowledge.

Table 5 level of knowledge in percentage according to occupation.

Variables Occupation	Level of Knowledge			
	Poor	Average	Good	Excellent
1. Govt. job	0%	0%	4%	4%
2. Private job	0%	4%	10%	8%
3. House wife	10%	32%	22%	4%
4. Business	0%	2%	0%	0%

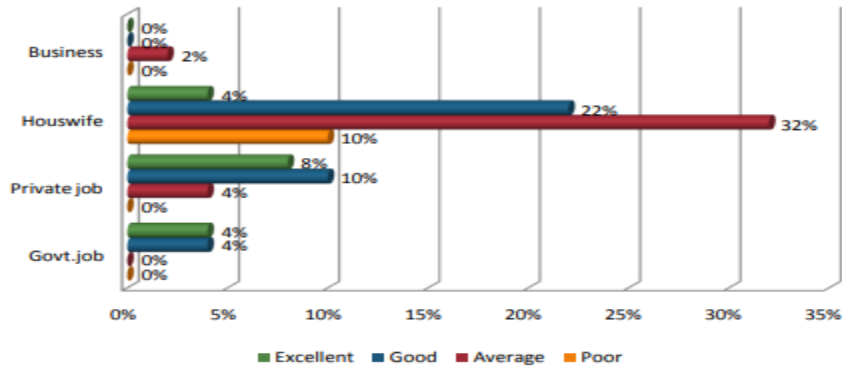


Figure 5 horizontal figure figure shows that the according the occupation majority Housewife had 32% Average, Private job had 10% good, Govt. job had 4% Good and business had only 2% Average level of knowledge respectively.

Table 6 level of knowledge in percentage according to family income.

Variables Family income	Level of Knowledge			
	Poor	Average	Good	Excellent
1. Below 10,000	6%	10%	4%	2%
2. 10,001-20,000	4%	18%	14%	6%
3. 20,001 or above	0%	10%	18%	8%

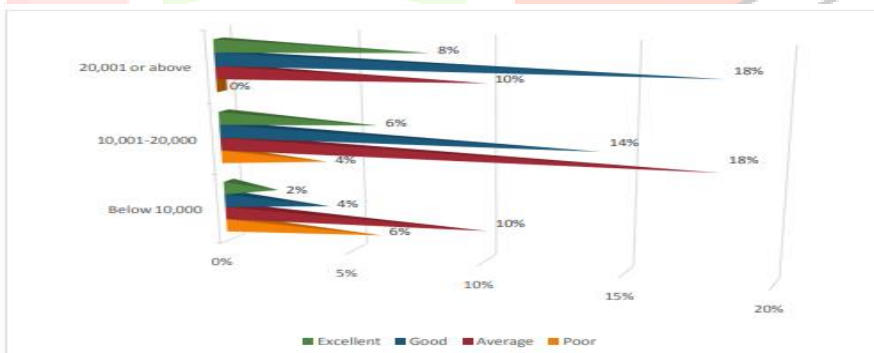


Figure 6 clustered horizontal pyramid chart shows that the according to family income maximum below 10,000 had 10% , 10,001-20,000 had 18% as comparison of both 20,001 or above had 10% Average level of knowledge respectively.

Table 7 show the level of knowledge in percentage according to type of family.

Variables Type of family	Level of Knowledge			
	Poor	Average	Good	Excellent
1. Joint family	8%	20%	20	2%
2. Nuclear family	2%	18%	16%	14%
3. Extended family	0%	0%	0%	0%

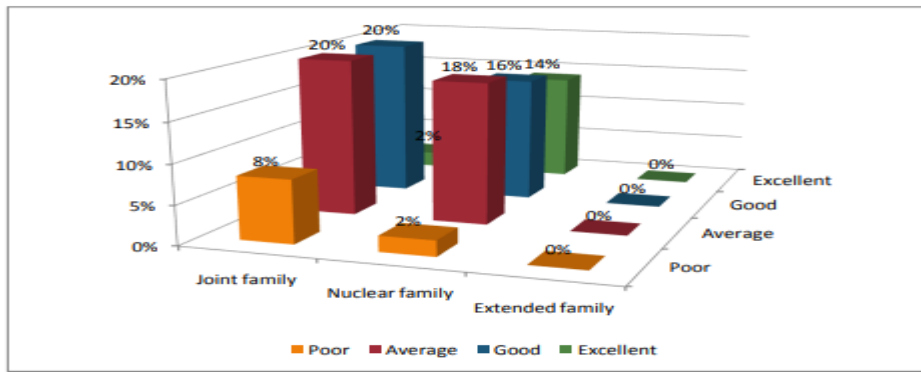


Figure 7 column chart shows that the according to Family type maximum Nuclear family had 14%, Joint family had 2% as comparison of both Extended family had 0% Excellent level of knowledge respectively.

Table 8 show the level of knowledge in percentage according to source of information.

Variables Source of information	Level of Knowledge			
	Poor	Average	Good	Excellent
1. Health professionals	2%	12%	4%	2%
2. Mass media	6%	12%	12%	10%
3. Internet	2%	10%	14%	4%
4. Any other	0%	4%	6%	0%

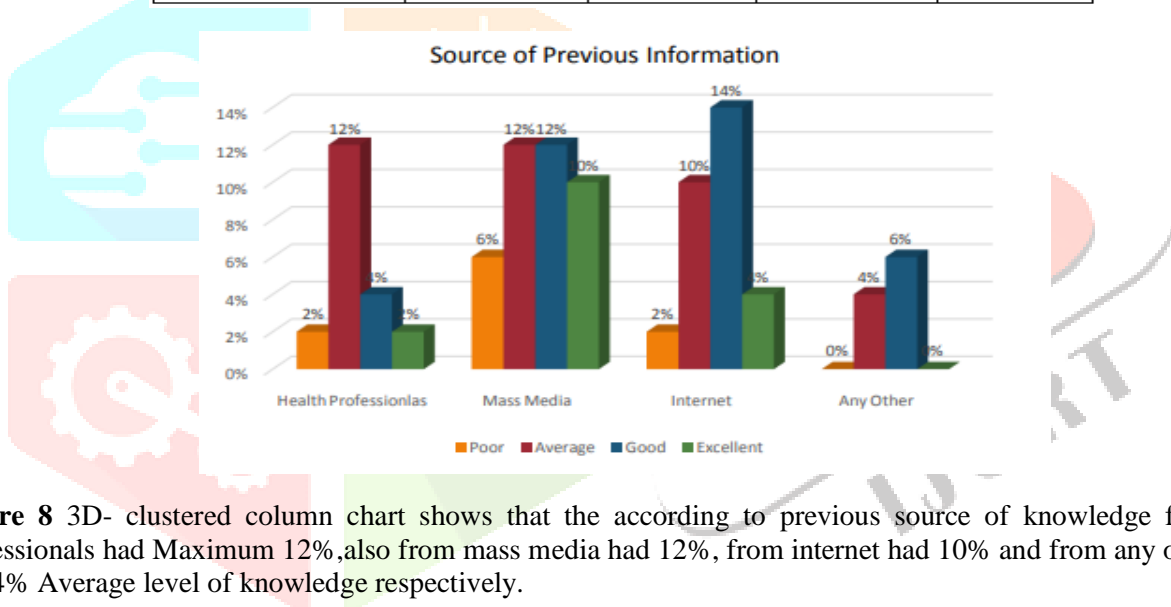


Figure 8 3D- clustered column chart shows that the according to previous source of knowledge from health professionals had Maximum 12%,also from mass media had 12%, from internet had 10% and from any other source had 4% Average level of knowledge respectively.

Association between the knowledge of Reproductive mothers with their socio-demographic variables.

Results show that there is no significant association between knowledge level of mothers with their socio-demographic variables (age, religion, education ,occupation, number of children, family income, type of family, source of previous information) as calculated values of chi square is less then tabulated values.

There was significant difference between knowledge of mothers of reproductive age group 18-49 years. The mothers had majority 44% average, 30% had good, 16% had excellent and 10% had poor level of knowledge respectively.

Discussion

Thapa P. Om Health Campus, September 13, 2018, conducted a study to assess the knowledge and attitude of women on family planning the study showed that 2394(82.8%) of the participants had knowledge of the least one contraceptive method. Overall the mean knowledge score of Family planning was 4.3% and 1254 (43.4%) responds had good family planning knowledge.

In the current study there is no significant association between knowledge level of mothers with their socio-demographic variables (age, religion, education ,occupation, number of children, family income, type of family, source of previous information) as calculated values of chi square is less then tabulated values.

The new National Population Policy, 2000, adopted by the Government of India has set as its immediate objective the task of addressing unmet need for contraception in order to achieve the medium term objective of bringing the total fertility rate down to replacement level by the year 2010.

Limitations of the study

The study sample was confined only to Mothers of Reproductive Age Group 18-49 Years at Gynae Ward, Rajindra Hospital, Patiala. Structured interview schedule towards family planning methods were used by investigator to collect the information. Only limited samples were studied as there was limited available for data collection.

Conclusion

After the detailed analysis, this study leads to the following conclusion: -

In context of knowledge regarding family planning methods among mothers at Gynae Ward, Rajindra Hospital, Patiala shows that reproductive age group 18-49 years' majority of had 16% average knowledge, had 30% good knowledge, had 10% and 16% poor and excellent knowledge respectively. According to analysis of collected data the knowledge of mothers need further enhancement in age group 18-23 and 42- 49 years about family planning methods. There is no significant association between knowledge level of mothers with their socio-demographic variables (age, religion, education ,occupation, number of children, family income, type of family, source of previous information) as calculated values of chi square is less then tabulated values. The Descriptive study was beneficial to significantly assess the knowledge of mothers of reproductive age group 18-49 years. By this study, it shows that the age group 36-41 and 42-49 years requires proper education on family planning methods. Pilot study results and reliability of tools found it feasible to continue to conduct main study.

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