



“ A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TEMPORARY CONTRACEPTIVE METHODS AMONG PRIMIGRAVIDA WOMEN ATTENDING ANTENATAL OPD AT SELECTED HOSPITAL, LUCKNOW”

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ABSTRACT

Aim and Objective: Assess the existing knowledge regarding temporary contraceptive methods among primigravida women.

Methodology: The study was conducted using Quantitative Research Approach at Krishna Medical Centre. The samples were collected using convenience sampling technique, and Pre experimental research design(one group pre-test post-test design) was used in this study. The conceptual framework utilized in this study was **General Systems Theory by Ludwig Von Bertalanffy**. A total of 30 samples were selected to be a part of this study. Before conducting the study written consent was obtained from the participants keeping in mind of all the ethics, rules and regulations of the study. The Instrument used had 2 sections in it. The first section consisted of 7 demographic variable questions to obtain a baseline data of every individual participating in the study. And the other half of the section contained 30 structured questions on knowledge regarding temporary contraceptive methods among primigravida women. A pre-test was done to assess their existing knowledge and later an STP was administered to them on temporary contraceptive methods after which a post-test was taken to assess for the effectiveness of my teaching and also to assess their level of knowledge on the same.

Result: The result revealed that the Structured teaching programme on temporary contraceptive methods was effective. The researcher observed that initially the primigravida women had inadequate knowledge on the temporary contraceptive methods after which their level of knowledge increased after administration of STP. There was an enhancement of 4 in the mean total. In future, various measures should be taken to improve the knowledge and awareness of temporary contraceptive methods.

Discussion: The study concluded that there was a significant enhancement of knowledge among the primigravida women attending antenatal opd after proper administration of STP. Thus the STP was an interactive tool to improve knowledge regarding temporary contraceptive methods.

Keywords: Temporary contraceptive methods, Primigravida women, Antenatal OPD, Structured Teaching Programme, Knowledge, Effectiveness.

INTRODUCTION:

“You can tell the condition of a country by looking at the status of it’s women”

-Jawaharlal Nehru

Delay the first, post-pone the second and prevent the third (Park k.). All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children and have the information, education and means to do Family planning has far reaching benefits for woman and their families.

Improving the social and economic status of woman, which greatly affect and are affected by poor reproductive health, is a vital concern. Increasing a woman’s educational level and control over financial resources can improve her status within the household their by increasing not only her role in decision making, knowledge about health services available to her that contribute a good health

Contraceptives provide women with safe and effective 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 woman with unwanted pregnancies resort to unsafe abortion.

NEED FOR THE STUDY:

It is estimated that recently overall population of India according to the January 2020 Census was 1,380,004,385. And the population of Lucknow according to the 2020 census was estimated to be 3,676,515. Hence Population is a prime concern. Methods of contraception or family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods.

OBJECTIVES OF THE STUDY

- Assess the existing knowledge regarding temporary contraceptive methods among primigravida women.
- Evaluate the effectiveness of structured teaching programme on knowledge regarding Temporary contraceptive methods among Primigravida women.
- Find the association between knowledge score and selected demographic variables among Primigravida women.

OPERATIONAL DEFINITION:

Effectiveness : In this study, It refers to determining the extent to which the Structured Teaching Programme will achieve the desired goal.

Assess: In this study, It refers to the process of achieved knowledge in post test knowledge score regarding selected contraceptive methods among pregnant women.

Knowledge In this study, Knowledge refers to the correct responses given by the Primigravida women regarding temporary Contraceptive methods as measured by Structured knowledge questionnaire administered through Interview technique.

Temporary Contraceptive Methods: In this Study, It refers to the methods that are used to maintain interval between two successive pregnancies. Contraceptive methods used for the present study are oral pills, Condoms, IUCD, Breast feeding and emergency contraception.

Primigravida Women In this study, Women who have conceived for the very first time are defined as Primigravida women.

Antenatal OPD: It is an essential unit of a hospital where pregnant women visit the OPD for their regular Antenatal check-ups.

HYPOTHESIS:

H1: There will be significant difference between pre and post-test level of knowledge regarding temporary Contraceptive methods among primigravida women.

H2: There will be significant association between knowledge score and selected demographic variable at p value < 0.05.

REVIEW OF LITERATURE:

Study related to knowledge regarding temporary contraceptive method

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 the data. The results of the study showed that the pre-test Knowledge score of Primigravida mothers was 37.7 % and the post test 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 PTP. The findings of the study reveals that a significant increase in the Knowledge of Primigravida mothers in post-test, out of the several demographic variables, Age, educational qualification and Type of family were significantly associated with the Knowledge gain scores regarding Temporary contraceptive methods.

Study related to knowledge, attitude and practice regarding temporary contraceptive methods

A quasi-experimental study was conducted (one group pre-test post-test design) to assess the knowledge, attitude and practice on temporary and permanent contraceptive methods among primi and multi gravida mothers in Alandurai and Rathinapuri areas in Coimbatore. In this study, 150 primi and 150 multi mothers were selected by non-probability convenient sampling technique to assess the knowledge , attitude and practice by structured questionnaire. There was a significant association between pre-test level of KPA and demographic variables like age, duration of marriage etc. The result showed poor knowledge on Contraceptive methods among mothers, hence they suggested that knowledge should be provided on contraception to all the mothers.

DATA ANALYSIS AND INTERPRETATION: Analysis is the examination and evaluation of relevant information to select the best course of action from various alternatives systematic investigation to establish facts or principles and to collect information on a subject , to carry out investigation into particular sequence. Analysis is the process of carefully scrutinizing the data by placing it in categories and applying the statistical procedures.

The analyzed data was organized according to objectives and presented under the following major headings:

Section I: Demographic Variables/ Sample Characteristics

Section II: Objective wise analysis

Frequency and percentage distribution according to socio demographic variable

N

= 30

S. no	Demographic data	Category	Frequency	Percentage%
1.	Age (in years)	19 to 25	2	6.7
		26 to 30	27	90.0
		31 to 35	0	0
		36 & above	1	3.3
2.	Educational qualification	1. Illiterate	2	6.7
		2. 12 th pass	7	23.3
		3. Graduate	16	53.3
		4. Post graduate	5	16.7
3.	Duration of marriage	Less than 3 years	3	10.0
		1 to 2 years	13	43.3
		1 year	10	33.3
		4 years & above	4	13.3
4.	Occupation	Employed	4	13.3
		Unemployed	26	86.7
5.	Type of family	Nuclear	2	6.7
		Joint	24	80.0
		Extended	4	13.3
6.	Socio-Economic status	Upper	0	0
		Middle	25	83.3
		Lower	5	16.7
7.	Source of information	Friends & family	4	13.3
		Books	5	16.7

		Multimedia	17	56.7
		Health personnel	4	13.3

Section I: Demographic Variables/ Sample Characteristics

Section II: Objective wise analysis

Objective-1: Assess the existing knowledge regarding temporary contraceptive methods among primigravida women.

Table 2(a)

Frequency, percentage and mean distribution of pre-test.

n=30

Level of knowledge	Scores	Frequency	Percentage %	Mean =13.33	SD 3.45
Inadequate	00-12	10	33.3		
Moderate	13-22	20	66.7		
Adequate	23-30	00	00		
TOTAL	30	30	100%		

Minimum score = 00

Maximum score = 30

Table 2(b)

Frequency, percentage and mean distribution of post-test. n=30

Level of knowledge	Scores	Frequency	Percentage %	Mean=17.73	SD 3.68
Inadequate	00-12	3	10		
Moderate	13-22	25	83.3		
Adequate	23-30	2	6.7		
TOTAL	30	30	100%		

Minimum score = 00

Maximum score = 30

Objective-2: Evaluate the effectiveness of structured teaching programme on knowledge regarding Temporary contraceptive methods among Primigravida women.

Mean percentage % distribution comparison of pre-test and post-test knowledge scores

n = 30

Aspects	Mean	Mean %	SD	Paired t-test	Df	P Value
Pre-test	13.33	43%	3.45	-11.507	29	.000
Post-test	17.73	57%	3.68			
Enhancement	4.4					

Objective-3: Find the association between knowledge score and selected demographic variables among Primigravida women.

Association between post-test knowledge score on level of knowledge on temporary contraceptive methods among primigravida women with selected demographic variables.

S. no.	Demographic data	Category	Frequency	Inadequate	%	Moderately adequate	%	Adequate	%	Df	Chi square	P value
1.	Age (in years)	19 to 25	2	0	0	2	6.7	0	0	6	0.804	12.59
		26 to 30	27	3	10	22	73.4	2	6.6			
		31 to 35	0	0	0	0	0	0	0			
		36 & above	1	0	0	1	3.3	0	0			
2.	Educational	Illiterate	2	2	6.7	0	0	0	0	6	*34.8	12.59
		12 th pass	7	1	3.3	6	20	0	0			
		Graduate	16	0	0	15	50	1	3.3			

	qualification	Post graduate	5	0	0	4	13.4	1	3.3			
3.	Duration of marriage	Less than 3 years	3	0	0	2	6.7	1	3.4	6	9.164	12.59
		1 to 2 years	13	3	10	10	33.4	0	0			
		1 year	10	0	0	9	30	1	3.4			
		4 years & above	4	0	0	4	13.4	0	0			
4.	Occupation	Employed	4	0	0	4	13.4	0	0	2	0.87	5.99
		Unemployed	26	3	10	21	70	2	6.6			
5.	Type of family	Nuclear	2	1	3.4	1	3.4	0	0	4	4.50	9.49
		Joint	24	2	6.6	20	66.7	2	6.6			
		Extended	4	0	0	4	13.3	0	0			
6.	Socio-Economic status	Upper	0	0	0	0	0	0	0	4	6.14	9.49
		Middle	25	1	3.4	22	73.4	2	6.6			
		Lower	5	2	6.6	3	10	0	0			
7.	Source of information	Friends & family	4	2	6.6	2	6.6	0	0	4	4.50	9.49
		Books	5	0	0	4	13.4	1	3.3			
		Multimedia	17	1	3.3	15	50	1	3.4			
		Health personnel	4	0	0	4	13.4	0	0			

SUMMARY

The present study was conducted to assess the effectiveness of Structured teaching programme on knowledge regarding temporary contraceptive methods among primigravida women. A pre-experimental (one group pre-test post-test design) was adopted to conduct the present study. The study was conducted at Krishna

Medical centre, Lucknow. Descriptive and Inferential statistics was used for data analysis. Analyzed data was represented in the form of tables, diagrams, pie charts, bar graphs.

CONCLUSION

From this study “A study to assess the effectiveness of Structured Teaching programme on knowledge regarding Temporary contraceptive methods among primigravida women attending antenatal OPD in selected hospital, Lucknow” identified that the women had gained knowledge on temporary contraceptive methods. It is also the responsibility of a health personnel to create awareness regarding the various temporary contraceptive methods in clinical as well as community settings so as to prevent unwanted births and have a well balanced family life which would be safe and sound for both women and children.

NURSING IMPLICATIONS

The present study emphasized on knowledge regarding temporary contraceptive methods among primigravida women.

NURSING PRACTICE

- Health Education is an important aspect of nursing practice.
- For effective health education the nurses should gain complete knowledge about the temporary contraceptive methods among women of all reproductive age groups.
- Educative role of the nurse could be implemented in the Nursing practice.

NURSING EDUCATION

- The nurses must have adequate knowledge regarding all aspects of contraceptive methods for providing education.
- The nurses should take active participation in Health education programmes

NURSING ADMINISTRATION

- Nursing administrator should take interest in motivating the Nursing personnels especially the nurses to improve their knowledge and professional knowledge and skills by attending the health conferences, workshops, seminars and training programs on various aspects of temporary contraceptive methods

NURSING RESEARCH

- The survey provides baseline data for conducting other research studies.
- The findings of the study are helpful for nursing professionals, researchers and investigators to conduct further studies to find out the effectiveness of various methods of providing education on improving the knowledge regarding temporary contraceptive methods among primigravida women, multigravida women, newly wedded couples, nursing students and public.
- It will strengthen nursing research pertaining to the Obstetrics and Gynaecological nursing.

RECOMMENDATIONS

- ✓ A similar study can be replicated on a larger sample.
- ✓ A descriptive study can be conducted to assess the knowledge of the primigravida women and people regarding temporary contraceptive methods.
- ✓ A comparative study can be carried out between primigravida and multigravida

LIMITATIONS

- ✓ Smaller sample size due to lack of time and Pandemic (COVID-19) constraints.
- ✓ The study was limited only to Primigravida women attending antenatal OPD

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