



## Knowledge of eligible couples regarding family planning methods

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### Abstract

The present study was undertaken to compare the knowledge and practice of eligible couples between urban and rural areas in Bangalore, Karnataka regarding selected family planning methods. Purposive sampling technique was used to select the samples. Data was collected from 100 eligible couples (50 samples from urban and 50 samples from rural areas) by using structured interview schedule. Analysis was done by using descriptive statistics and inferential statistics. Results show that the eligible couples in rural area (62%) had average level of knowledge and in urban area (42%) had satisfactory knowledge regarding family planning methods. The overall knowledge score regarding family planning methods was comparatively higher in urban area (40%) than in the rural area (23.8%). The mean knowledge score regarding selected temporary F.P. methods was comparatively higher in urban area (11.50%) than in rural area (7.62%) The mean knowledge score regarding permanent F.P. methods was comparatively higher in urban area (8.34%) than in rural area (5.04%). Related to practice of F.P. methods, in urban area 32% and in rural area only 4%. The reasons for not practicing F.P. methods were, Elders are not allowing (47.9%), to get child soon (31.3%) and do not like to use (20.8%).

**Keywords:** knowledge, eligible couples, family planning methods

### Introduction

“You can tell the condition of a nation by looking at the status of its women”-Jawaharlal Nehru. Maternal Health is important because her health affect the health of her children. Family planning plays a vital role in stabilization of the population. Couples have to decide their family size. Planned pregnancies are best for mother and child. By preventing closely spaced births family planning could significantly reduce the infant and maternal mortality.

Contraceptives provide women with a 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, disability and death.

Family planning is considered today as a basic right. Directorate of Health and Family Welfare Services, Karnataka State (2003) estimates that out of 8,650,085 eligible couples, 60.26% are effectively protected by contraception.

The investigator came across the eligible couples of both rural and urban areas and found that they are having lack of knowledge regarding family planning methods. Hence the investigator decided to compare the knowledge of eligible couples regarding family planning methods between rural and urban areas.

### The objectives of the study were

1. To assess the knowledge of eligible couples regarding selected family planning methods in selected rural and urban areas.
2. To assess the family planning practices of eligible couples in a selected rural and urban areas.
3. To compare the knowledge and practice of eligible couples

regarding selected Family Planning methods between selected rural and urban areas.

4. To find an association between knowledge and selected demographical variables.

### The following hypotheses were tested at 0.05 level of significance

- H1:** There will be a significant difference between the mean knowledge scores of rural and urban eligible couples regarding family planning methods.
- H2:** There will be a significant difference between the practice score of rural and urban eligible couples regarding family planning methods.
- H3:** There will be an association between knowledge score and selected demographic variables.

Conceptual frame work adopted for this study was based on Orem's self care model. The conceptual frame work indicated that adequate knowledge and proper practice helps to maintain women's health. where as inadequate knowledge and no proper practice leads to women's ill health and planned teaching programs, demonstrations of A.V. Aids etc. can be conducted which is not included in the study.

### Methodology

The comparative study was carried out at Bangalore rural and urban areas in Karnataka. One hundred eligible couples (50 from rural and 50 from urban) were selected by purposive sampling technique. The tool was developed by the investigator after reviewing the related literature and guidance from experts in the field. The questionnaire consisted of three parts

### Part I Demographic Data

## Part II Knowledge aspects questionnaire

## Part III Practice aspects questionnaire.

There were 30 questions regarding temporary family planning methods, 20 questions regarding permanent family planning methods and 20 questions regarding practice aspects.

The score interpretation was below average  $\leq 35\%$ , average knowledge 36 to 50% satisfactory knowledge 51-75% and good knowledge 76-100%.

Analysis was done by using descriptive statistics and inferential statistics (chi-square test and student 't' test)

### Results

The eligible couples in rural area (62%) had average level of knowledge and in urban area (42%) had satisfactory knowledge regarding family planning methods.

The overall knowledge score regarding family planning methods was comparatively higher in urban area (40%) than in the rural area (23.8%)

The mean knowledge score regarding selected temporary F.P. methods was comparatively higher in urban area (11.50%) than in rural area (7.62%)

The mean knowledge score regarding permanent F.P. methods was comparatively higher in urban area (8.34%) than in rural area (5.04%).

Related to practice of F.P. methods, in urban area 32% and in rural area only 4%.

### The reasons for not practicing F.P. methods were

- Elders are not allowing (47.9%)
- to get child soon (31.3%) and
- Do not like to use (20.8%)

### Association between knowledge scores and demographic variables

There was no significant association between knowledge scores of rural and urban eligible couples with variables such as wife's age in rural area ( $X^2=0.407$ ,  $P>0.05$ ) with family income in rural area ( $X^2=2.017$ ,  $P>0.05$ ), education in rural area ( $X^2=1.311$ ,  $P>0.05$ ) in urban area ( $X^2=0.268$ ,  $P>0.05$ ) with family income in rural area ( $X^2=0.196$ ,  $P>0.05$ ) in urban area ( $X^2=0.053$ ,  $P>0.05$ ).

Hence the research hypothesis is rejected and null hypothesis is accepted.

There are important implications for the nursing service, education and administration and nursing research.

### Nursing practice

Health education is an important aspect of nursing practice. Nurses working in hospital and community health centers can provide information and timely help to the eligible couples regarding F.P. methods to prevent unwanted births.

### Nursing education

On the basis of findings, the eligible couples were having less knowledge. To provide adequate knowledge, nursing education program should incorporate these factors in the nursing curriculum. Nursing curriculum should provide an

opportunity to plan and conduct teaching programme in a variety of settings. Namely family, community, industry hospital and other health care agencies.

### Nursing Research

The present study reveals that especially in rural eligible couples had lack of knowledge regarding F.P. methods. So nurses especially those work in community should take initiation in conducting research studies in the community.

### Nursing administration

Nurse Administrators are the back bone for providing facilities to improve knowledge and practice regarding F.P. methods. Necessary administrative support should be provided to conduct health education in any setting as required. A hospital policy should be adopted to provide health education or written information to all inpatients and outpatients. Health education materials such as leaflets and pamphlets should be made available to the public.

### Recommendations

1. Similar study may be replicated on a large scale.
2. A comparative study may be conducted between women and men.
3. A study can be conducted to find out the attitude of eligible couples regarding family planning methods.
4. An experimental study can be conducted with structured learning program on knowledge, attitude and practice regarding family planning methods.
5. A comparative study can be conducted between the states regarding knowledge and attitude towards F.P.

### Conclusion

Women's Health reflects the multiple dimensions of women's lives including menarche, child birth and menopause. These should be adequate gap between two pregnancies. If not it affects the health of the mother. Therefore it is essential to ensure that a woman understands the importance of family planning.

Health care providers should take important role in providing accurate and up-to-date information regarding family planning methods to the eligible couples, which will help them to gain knowledge and leads to proper practice, thereby reduce the population explosion.

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