

## A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PLANNED-PARENTHOOD AMONG PRIMIGRAVIDA MOTHERS IN A SELECTED AREA OF JIND

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### Abstract

‘A study to assess the effectiveness of planned teaching programme on knowledge regarding planned-parenthood among primigravida mother in a selected area of Jind. Parenting is the hardest job any person will ever have. Planning about parenthood is considered as a vital step in economic and social planning. It helps to improve socio cultural changes, provide an opportunity for the couple to decide the family size, thereby reduce the mortality and morbidity rate of mother and children. A pre experimental evaluative study was conducted using one group pre test-post test research design. The sample was primigravida mothers of selected community area of Fatehabad. The sample was selected through purposive sampling. Data was collected using structured questionnaire. The result revealed that overall knowledge of pre test was 90% (54) of primigravida mothers’ were having inadequate knowledge, 10% (6) were having moderate knowledge and none of them had adequate knowledge regarding planned-parenthood. After planned teaching 85% (51) of primigravida mothers’ were having adequate knowledge, 15% (9) were having moderate knowledge and none of them belongs to inadequate knowledge category regarding planned-parenthood. The mean post test knowledge score 23.8 is higher than pre test score 10.3. The computed ‘t’ value 19.62 ( $p < 0.0001$ ) showed that there is highly significant difference between the pre test and post test mean knowledge score 118. This indicates that the planned teaching programme was effective in increasing the knowledge score regarding planned-parenthood. Chi-square test revealed that the variables such as age, mother’s occupation, husbands’ occupation, family income, type of family and source of information shows no significant association. The variables such as educational status and area of living show significant association. Hence the hypothesis  $H_2$  is accepted. The study finding revealed that planned teaching programme on the level of knowledge regarding planned-parenthood among primigravida mothers is effective in improving knowledge of primigravida mothers.

**Keywords:** Assess descriptive, knowledge, planned parenthood, primigravida mothers.

### INTRODUCTION

Parenting is the hardest job any person will ever have. Planning about parenthood is considered as a vital step in economic and social planning. It helps to improve socio cultural changes, provide an opportunity for the couple to decide the family size, thereby reduce the mortality and morbidity rate of mother and children.

On bearing a child a woman is suddenly thrust into the new role of motherhood. Primigravida mothers are especially vulnerable to dysfunction due to lack of participation in or observation of the child birth process as they are being pregnant for first time. Because of the change from the extended family concept to the nuclear family concept, most women today miss the in home

education based on participant observation that was formerly prevalent in the extended family. Planned Parenthood affiliates also provide sexuality education and risk reduction programmes in their communities and they advocate for protecting access to reproductive health services at local and state levels.

**Planned Parenthood describes itself as “the nation leading sexual and reproductive health care advocate and provider. Planned Parenthood affiliates performed medical and surgical abortions. An organization that gives out information on the planning of the number and spacing of the births of one’s children, as through the use of birth control measures.**

Childbirth is a new experience for the primigravida. It is said that mother builds up in a state of tension because of inadequate knowledge of childbirth process. The primigravidas experience of childbirth is influenced by the knowledge and expectation. Her expectation of childbirth are based on the information she has got from the antenatal clinic, the staff nurse, her mother, friends and family and it remarks that support during labour and delivery has a positive impact on childbirth outcome.

Planned parenthood is a passionate and trust worthy advocacy for policies that enable access to comprehensive, sexual, reproductive health care, education, and information. Policies that promote women’s health prevent unintended pregnancies, through effective family planning programmes, safe abortion, and sex education.

Planned parenthood is described as any interaction between the mother and the midwife regarding matters related to child birth.

Some people have basic questions about how pregnancy happens. Some may have questions about avoiding a pregnancy. Others are considering pregnancy and have questions about pre-pregnancy health, or infertility. And some may wonder about options for an unintended pregnancy.

Many women need information about pregnancy tests. Pregnant women may also have questions about prenatal care and the stages of pregnancy. And women who are concerned about pregnancy loss may have lots of questions about miscarriage or ectopic pregnancy only you can decide what is best for you when it comes to pregnancy. But we are here to help.

A staff member at your local Planned Parenthood health centre can talk with you about all of your pregnancy-related concerns. And we can help you get care that you need. Only you can decide if and when you are ready the right time to have a child is different for everyone parenting is a lifelong commitment many of us want to become parents someday. Some of us never want to become parents. And many people are unsure.

A woman’s ability to choose when to become pregnant has a direct impact on her health and well-being. Family planning allows spacing of pregnancies and can delay pregnancies in young women at increased risk of health problems and death from early childbearing. It prevents unintended pregnancies, including those of older women who face increased risks related to pregnancy. Family planning enables women who wish to limit the size of their families to do so. Evidence suggests that women who have more than 4 children are at increased risk of maternal mortality.

By reducing rates of unintended pregnancies, family planning also reduces the need for unsafe abortion.

FPAI's (Family Planning Association of India) deep commitment to all aspects of planned parenthood is reflected in its well-rounded programme of information, education and communication including family life and sexuality education to prepare young men and women for responsible family living; reproductive health and family planning; training and research. Its rural projects are based on local needs, conditions and priorities and utilise its innovative community participation approach to integrate reproductive and child health with women's empowerment and youth concerns.

### OBJECTIVES

1. To assess the pre-test and post-test knowledge regarding planned parenthood among primigravida mothers.
2. To assess the effectiveness of planned teaching programme regarding planned-parenthood among primigravida mothers.
3. To determine the association between post-test knowledge score with selected demographical variables.

### ASSUMPTIONS

1. The primigravida mothers may have inadequate knowledge about planned-parenthood.
2. Planned teaching programme will improve the knowledge regarding Planned Parenthood among primigravida mothers.
3. The knowledge of Planned Parenthood among primigravida mothers may have relation with demographic variables.

### DELIMITATIONS

1. Study is limited to the primigravida mothers at a selected hospital, Fatehabad.
2. Study is limited to 60 samples.
3. Study is limited to primigravida mothers who are able to read and write in Hindi.

### HYPOTHESIS

H<sub>1</sub>: The mean post-test knowledge scores regarding planned-parenthood will be significantly higher than their mean pre-test knowledge scores.

H<sub>2</sub>: There will be significant association between knowledge scores regarding planned-parenthood and selected demographic variables.

### REVIEW OF THE LITERATURE

A literature review involves the systematic identification, location, scrutiny and summary of written materials that provide certain information on research problem.

**Section [A]** Literature review related to importance of Planned-parenthood

**Section [B]** Literature review related to birth spacing to enhance planned parenthood.

**Section [C]** Literature review related to effectiveness of antenatal education on Planned-parenthood.

**METHODOLOGY**

- **Research approach:** Evaluative approach.
- **Research design:** Pre-experimental research design will be adopted for this study.
- **Research Variable:** Knowledge about planned parenthood mothers.
- **Setting of the study:** Selected rural area of jind district of Haryana.
- **Population:** Primigravida mothers who are living in Patiala chock, jind.
- **Sample:** Primigravida mothers who fulfil the inclusion criteria will be consider as a sample.
- **Sample size:** Sample size consists of 60 primigravida mothers area Hisar of Haryana.
- **Sampling Technique:** Proposive sampling technique had been used for selection of the subject.

**RESULTS & INTERPRETATION**

**Table : Frequency and Percentage Distribution of Samples level of knowledge about Area wise analysis of pre test and post test knowledge of Planned Parenthood among the primigravida mothers .**

**N=60**

S. No.	KNOWLEDGE ASPECTS	MAX SCORE (30)	PRE-TEST			POST-TEST		
			MEAN	SD	MEAN %	MEAN	SD	MEAN %
1.	Introduction	3	0.5	1.5	28.7	2.4	0	80
2.	Sex education	2	0.38	2.12	39.1	1.6	2.8	80
3.	Preparation of parenthood	3	0.48	3.5	24.2	1.6	3.5	77.5
4.	Pregnancy plan	5	1.42	6.8	28.3	4.02	2.39	80.3
5.	Mother & child health	5	1.42	6.8	28.3	4.02	2.39	80.3
6.	Family planning method	3	1	2.5	20	4.05	1.7	81
7.	Antenatal care	6	0.43	1.4	22.4	1.6	2.7	79.5
8.	Complications	3	0.5	1.5	27.7	2.4	0	78
<b>9.</b>	<b>Total</b>	<b>30</b>	<b>6.13</b>	<b>26.12</b>	<b>218.7</b>	<b>21.61</b>	<b>15.48</b>	<b>636.6</b>

**Comparison of pre test and post test knowledge score**

**N=60**

Test	Knowledge score					Paired 't' test	P value
	MAX. SCORE	RANGE	MEAN	SD	df		
Pre-test	30	17-5 = 12	10.3	2.63	118	19.62*	0.0001
Post-test	30	29-9 =20	23.8	4.46			

Maximum Score=30

Minimum

Score=0

Table-To see the significance difference between two test hypothesis is formulated and tested by using paired t test.

**Association between selected demographical variables and post test knowledge score**

N=60

CATEGORY	FREQUENCY	MEAN	DF	$\chi^2$	P values
		Post test			
<b>1. AGE (in years)</b>					
a)21-25years	18	25.6	3	0.15 <sup>NS</sup>	0.98
b)26-30years	24	23.04			
c)31-35years	12	23.5			
d)Above 35years	6	22.2			
<b>2. FAMILY INCOME PER MONTH</b>					
a) Below 5,000	00	0	2	0.38 <sup>NS</sup>	0.83
b) 5,000-10,000	12	27.9			
c) 10001-20,000	36	22.8			
d) Above 20,000	12	22.8			
<b>3. EDUCATIONAL STATUS</b>					
a) Primary education	6	14.6	3	8.38 <sup>**</sup>	1.04
b) Secondary	12	18			
c) Graduate	18	31.06			
d) Post-graduation	24	34.6			
<b>4. OCCUPATIONAL STATUS</b>					
a) Housewife	12	21.8	1	0.03 <sup>NS</sup>	0.87
b) Working women	48	27.8			
<b>5. AREA OF LIVING</b>					
a)Rural	36	13.3	1	4.07 <sup>**</sup>	1.98
b) Urban	24	34.7			
<b>6. HUSBANDSS' OCCUPATION</b>					
a) Government Employee	36	23.3	1	0.01 <sup>NS</sup>	0.98
b) Private Employee	24	24.7			
<b>7. TYPE OF FAMILY</b>					
a) Nuclear Family	36	23.3	1	0.01 <sup>NS</sup>	0.98
b) Joint Family	24	24.7			
<b>8. SOURCE OF INFORMATION</b>					
a) Family & relatives	24	24	2	0.31 <sup>NS</sup>	0.85
b) Mass media	12	20.7			
c) Health professional	24	25.2			

To see the association between the post test level of knowledge score with selected demographical variables, hypothesis is formulated and tested by using paired ' $\chi^2$ ' test.

**NURSING IMPLICATIONS**

✦ **Nursing Education**

- Students of Nursing can be taught about the role of primigravida mothers in Planned Parenthood.
- Formal and informal teaching can be conducted for the student nurses in the clinical & community areas so as to build and strengthen knowledge and attitude of primigravida mothers regarding Planned Parenthood.

- ✦ Exhibition/ Quiz contest for nurses in the clinical areas can be put up to improve their knowledge and practice.

- ✦ **Nursing Practice**

As the study reveals that majority of 90% primigravida mothers were having inadequate knowledge regarding Planned Parenthood and 10% primigravida mothers were having moderate knowledge. Therefore it has its implication for enhancement of their practices towards Planned Parenthood, so that our nursing personnel help them to good practice and also help to improve their own knowledge and practice in today's world.

- Nurses working in clinical & community nursing areas must arrange informal and formal teaching programs e.g. continue teaching education, seminars, conferences, Role play, counseling sessions for primigravida mothers planned parenthood.

- ✦ **Nursing Administration**

- Nursing Administration is the organization and direction of nursing personnel and material resources to achieve desired ends and also, focuses on formulating interventions directed towards practice planned parenthood and its importance.
- Nursing has become a complex and highly practice discipline with a rapidly growing, well developed, well documented and humanistic knowledge base.
- Literature in the form of booklet can be provided to the nurses regarding Planned Parenthood for building and strengthening their knowledge.

- ✦ **Nursing Research**

- The findings of the study will act as catalyst to carry out more extensive research on a large population sample in different setting.
- The findings of the study can serve as basis for the professional and student nurses for further studies on knowledge of primigravida mothers and the information contained in the study can be source of data for future researches.
- Nursing personnel can take initiatives in conducting the research as well as discussing the findings of the research study among nurses and to encourage them to implement the findings.
- Through publication of research findings, inadequate level of knowledge can be promoted to adequate level of knowledge and practice towards Planned Parenthood by the nurse researcher.

## RECOMMENDATIONS

Based on the findings, the following recommendations were offered for future research.

- The study can be replicated on a large sample to validate and generalize its findings.
- Similar study can be conducted in a different setting like clinical areas.
- A video-assisted study can be conducted to assess the effectiveness on knowledge and practice of primigravida mothers regarding Planned Parenthood.
- The Descriptive study can be conducted among both parents regarding Planned Parenthood.

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