

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING FAMILY PLANNING METHODS AMONG ELIGIBLE COUPLES AT SELECTED OPD IN ERA LUCKNOW MEDICAL COLLEGE AND HOSPITAL

Author's Name: Firoz Zahra¹, Priyanka R Chand², Libin Babu³, Fatima⁴

Affiliation:

1. Assistant Professor, Era College of Nursing, Era University, Sarfrazganj, Lucknow, India.
2. Nursing tutor, Era College of Nursing, Era University, Sarfrazganj, Lucknow. India.
3. Associate Professor, Era College of nursing, Era University, Sarfrazganj, Lucknow India.
4. UG student, Era College of Nursing, Era University, Sarfrazganj, Lucknow, India.

Corresponding Author Name and Email ID: Libin Babu,

libin.babu@erauniversity.in

ABSTRACT

A descriptive study to assess the knowledge regarding Family Planning Method among eligible couple at selected OPD in Era Lucknow medical college and hospital. The non-experimental descriptive research design was used on 60 eligible couple at selected OPD in Era Lucknow medical college and hospital. Non probability convenience sampling technique was used. Demographic profile was used to collect personal information of subjects and self structured questionnaire was used to assess the knowledge regarding family planning methods among eligible couple. Structured Knowledge Questionnaire about family planning methods was distributed to the 60 eligible couples in OPD at Era Lucknow Medical College and Hospital with instruction to complete it. The completed questionnaire was collected back by the researcher after average time of 40 minutes. After obtaining the data from the sample about Family planning methods, a Booklet has been provided to the eligible couples. The find objective of the study was to assess the level knowledge among eligible couples regarding family planning methods. The standardized perceive knowledge questionnaires used for study investigated the level of knowledge among eligible couples. In the study 10% Eligible couple having inadequate knowledge regarding family planning methods, 78.34% eligible couples having moderate knowledge regarding family planning methods and 11.66% eligible couples having adequate knowledge regarding family planning method.

Keywords: Assess eligible couples, knowledge, and family planning.

INTRODUCTION

According to the World Health Organization (WHO), family planning refers to those practices that help individuals or couples avoid unwanted births, bring about wanted births, regulate the intervals between and timing of pregnancies (Le., child spacing), and determine the number of children in a family (WHO Expert Committee, 1971). Family planning is a fertility regulation approach that is adopted voluntarily by individuals and couples, in order to promote both personal and family health and well-being. According to a resolution of the Twenty-six World Health Assembly.

Family planning plays important public health roles in regulating fertility (population growth) and reducing mortality, especially maternal mortality. In developing countries, as compared to developed ones, there is still rapid population growth and high mortality rates. In these same countries, contraceptive use is still very low. The greatest problem of our time is the rapid growth of population, especially developing countries where this population growth matters, because it has enormous impact on human life.

BACKGROUND

The global population increases at a rate of around 150 people per minute, 220,000 people per day and 80 million each year. Around 90% of this population increases the share from third world countries with their population doubling every 37 years. (1) Therefore, the best solution in this global fight to reduce the population is to implement and expand family planning programmes. (2) Globally, men have not shared equally with women in the responsibility for fertility regulation. Family planning efforts have been directed almost exclusively towards women and there is lack of male involvement in family planning programs.

The Indian Population Census 2011 covered a number of parameters during the survey. These parameters include population, growth rate in population, rate of literacy, density of population, sex ratio and child sex ratio (0-6 years). According to the census reports of Indian Census 2011, the population of India is 1,210,854,977 with 623, 724, 248 males and 586,469, 174 females. The total literacy rate in the country at present is 74.04%. The density of population is 382 persons/sq.km. In regards to sex ratio, at present there are 940 females on average on per 1000 males and the child sex ratio is 914 females per 1000 males.

METHODOLOGY

The non-experimental descriptive research design was used on 60 eligible couple at selected OPD in Era Lucknow medical college and hospital. Non probability convenience sampling technique was used. Demographic profile was used to collect personal information of subjects and self structured questionnaire was used to assess the knowledge regarding family planning methods among eligible couple. Structured Knowledge Questionnaire about family planning methods was distributed to the 60 eligible couples in OPD at Era Lucknow Medical College and Hospital with instruction to complete it. The completed questionnaire was collected back by the researcher after average time of 40 minutes. After obtaining the data from the sample about Family planning methods, a Booklet has been provided to the eligible couples.

RESULTS

SECTION-1

DESCRIPTION OF DEMOGRAPHIC VARIABLES OF SELECTED SAMPLE

Table-1: Table showing Frequency and percentage distribution of samples according to demographic variables.

Variables	Category	Frequency	Percentage (%)
Age	21-25year	22	36.66
	26-30years	16	26.66
	31-35 years	14	23.33
	36 and above	8	13.33
Religion	Hindu	36	60
	Muslim	24	40
	Christian	0	0
	Other	0	0
Education	Non formal education	8	53.33
	Primary	14	23.33
	Secondary	14	23.33
	Graduate / postgraduate	24	40

Occupation	Self employed	8	1.33
	Home maker	34	56.66
	Private Job	16	26.66
	Government Job	2	3.33
Type of Family:	Nuclear	20	33.33
	Joint	38	63.33
	Extended	2	3.33
	Others	0	0
Source of information	Government hospitals	30	50
	PHC /CHC	7	11.66
	Private sectors	11	18.33
	Others	12	20

TABLE 1: Table summarized that among 60 eligible couples. Age majority of 22 eligible couples (36.66%). Religion majority of 36 (60%) eligible couples were Hindu. Education majority of 24 (40%) eligible couples were graduated. Occupation of majority 34 eligible couples (56.66%) were home maker. Type of family majority 38(63.33%) eligible couple were living in joint family. Source of information majority of 30 (50%) of eligible couples got information from government hospital.

SECTION-2

KNOWLEDGE ASSESSMENT REGARDING FAMILYPLANNING METHODS

Table 2- Table showing the level of knowledge regarding family planning methods among eligible couples

CRITERIA MEASURE OF KNOWLEDGE SCORE

LEVEL OF SCORE N=60	FREQUENCY	PERCENTAGE
Inadequate knowledge [0-9]	6	10%
Moderate knowledge [10-18]	47	78.34%
Adequate knowledge [19-28]	7	11.66%
Maximum=28, Minimum=0		

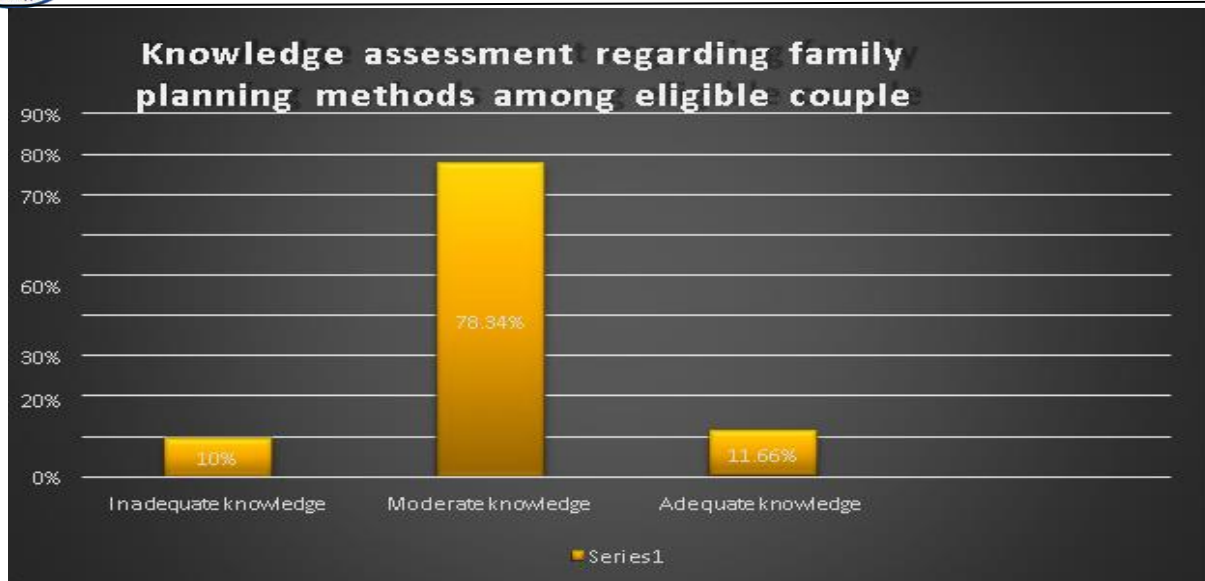


Table 2- Indicates overall level of knowledge regarding family planning methods among eligible couple in which majority of eligible couples 47 (78.34%) had moderate knowledge, 6 (10%) had inadequate knowledge, and 7 (11.66%) eligible couples have adequate knowledge

SECTION 3

ASSOCIATION BETWEEN THE SELECTED DEMOGRAPHIC VARIABLES AND THE LEVEL OF KNOWLEDGE SCORE AMONG ELIGIBLE COUPLES

TABLE - 3

S.N	Demographic Variables	Category	F	Inadequate	F	Moderate	F	adequate
1	Age	21-25year	4	6.66	15	25	3	5
		26-30years	0	0	13	21.66	3	5
		31-35 years	1	1.66	12	20	1	1.66
		36 and above	0	0	7	11.66	1	1.66
2	Religion	Hindu	3	5	28	46.66	5	8.33
		Muslim	3	5	19	31.66	2	3.33
		Christian	0	0	0	0	0	0
		Other	0	0	0	0	0	0
3	Education	Non formal education	2	3.33	4	6.66	2	3.33
		Primary	2	3.33	10	16.66	2	3.33
		Secondary	2	3.33	12	20	0	0
		Graduate / postgraduate	0	0	21	35	3	5
4	Occupation	Self employed	1	1.66	7	11.66	0	0
		Home maker	4	6.66	25	41.66	5	8.33
		Private Job	6	10	9	15	1	1.66
		Government Job	0	0	2	3.33	0	0
5	Type of Family:	Nuclear	1	1.66	17	28.33	2	3.33
		Joint	3	5	31	51.66	4	6.66
		Extended	2	3.33	0	0	0	0
		Others	0	0	0	0	0	0
6	Source of information	Government hospitals	5	8.33	25	41.66	0	0
		PHC /CHC	4	6.66	0	0	3	5
		Private sectors	0	0	10	16.66	1	1.66
		Others	1	1.66	9	15	2	3.33

DISCUSSION

The present study was conducted in Era's Lucknow Medical College and Hospital, Lucknow. A total number of 60 eligible couple had been selected for the study. The test was conducted by using self-structured questionnaire. The duration of the test ranged from 10-20 minutes for each eligible couple. Before collecting data investigator gave brief introduction about self, purpose of the study and instruction regarding filling of the tool and gain confidence. 6% eligible couples are having inadequate

knowledge regarding family planning methods, 78.34% eligible couples are having moderate knowledge regarding family planning methods. And 7% eligible couples are having adequate knowledge regarding family planning methods. The study proved that the most of the eligible couple have moderate knowledge regarding Family planning methods.

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