A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING FAMILY PLANNING METHOD AMONG MARRIED MEN IN SELECTED RURAL COMMUNITY AREA OF NAGAUR CITY

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ABSTRACT

India has the second-largest population in the world. The higher fertility in India is attributed to the universality of marriage, low level of literacy, limited use of contraceptives, and traditional way of life. The role of men has always been considered to dominate in the decision-making process about women's fertility and birth spacing. Getting men involved in family planning programs will lead to an increase in using contraceptive methods and consequently will improve the continuous use of the methods. The survey addressed knowledge related to family planning methods. Data analysis utilized descriptive statistics and chi-square tests to examine associations with demographic variables, including Age, Education, occupation, Income of family, and type of family. The study revealed knowledge regarding family planning methods. Demographic analysis indicated that certain variables, including age, education, occupation, and family income had high significant influence on knowledge. In conclusion, the study's findings highlight the association between the knowledge of family planning methods towards demographic variables. These findings suggest that interventions and educational programs aimed at improving knowledge should be tailored..

Keywords: Family Planning, Contraceptive, Knowledge, Assess.

INTRODUCTION

Family planning is sometimes used as a synonym or euphemism for the use of contraception. However, it often involves methods and practices in addition to contraception. It is most usually applied to a female-male couple who wish to limit the number of children they have and/or to control the timing of pregnancy (also known as *spacing children*). Family planning may encompass sterilization, as well as abortion.

Family planning means preparing a sex plan for the family which means helping individuals and couples in achieving the welfare of their family by keeping it small. Though family planning is not a synonym of birth control it has the same connotation in the minds of people, which only symbolizes the obstructive, negative, and delusionary nature of the thinking.

STATEMENT OF PROBLEM

"A Descriptive Study to Assess the Knowledge Regarding Family Planning Method Among married men in Selected Rural Community Area of Nagaur City"

The objectives of the study were:

1. To assess the knowledge regarding family planning among married men in selected rural community areas.
2. To assess the demographic variation among men involved in the study.

METHODOLOGY

A quantitative research approach was used for the present study; which is aimed to assess the knowledge regarding family planning methods among married men and to find out association with their demographic variables such as age of participants, Education, Occupation, Family income per month (in rupees), and type of family. In this study, the descriptive research design was adopted as it was found to be appropriate for assessing the knowledge regarding family planning methods among married men aged 20-45 years. The study was conducted in a selected community area of Nagaur with a target population of the present study includes all married men between 14-45 years. the sample size was 40 married which were collected by Purposive sampling technique.

INSTRUMENTS AND TOOLS FOR DATA COLLECTION

The tool used for data collection was a self-modified questionnaire consisting of two sections

Section A: Demographic variables

It consisted of the demographic variables which included items such as the name of men, age of men, education status, occupation, type of family, and family monthly income.

Section B: General information about methods of family planning

Structured interview schedule to assess the knowledge regarding family planning. The tool consists of 20 items regarding family planning. The item was close-ended questions especially multiple-choice questions. The total score was 20. Each correct response was carried out with one mark. The tool was prepared in English and translated into Hindi & Rajasthani.

Table 1: Interpretation of knowledge score

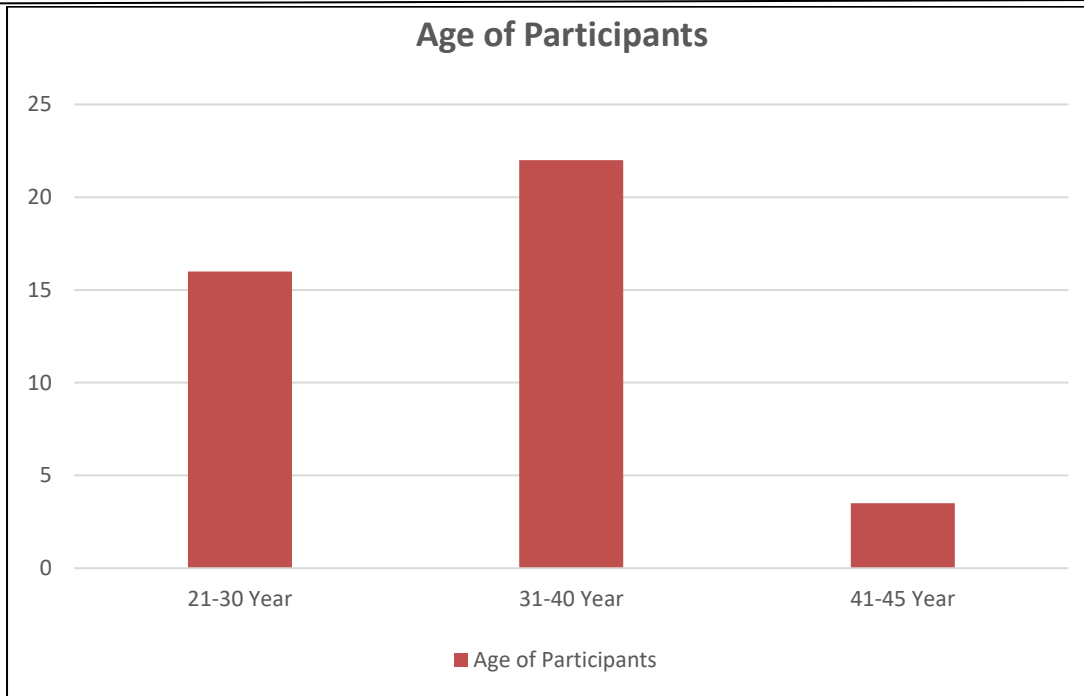| Score	Knowledge Level
0-5	Inadequate knowledge
6-15	Moderate knowledge
16-20	Adequate knowledge

RESULT:

Section I: Description of sample characteristics

N=40

Table 2: *Frequency and percentage distribution of Demographical characteristics*

Sr. No.	Demographic characteristics	Frequency	Percentage
1.	Age		
	A. 21 to 30 Year	16	40%
	B. 31 to 40 Year	22	55%
	C. 41 to 45 Year	02	05%
	Total	*40*	*100%*
2.	Educational Status		
	A. Illiterate	02	05%
	B. High school	18	45%
	C. Higher Secondary	12	30%
	D. Collegiate and above	08	20%
	Total	*40*	*100%*
3.	Occupation		
	A. Private	12	30%
	B. Government	08	20%
	C. Un Employed	20	50%
	Total	*40*	*100%*
4.	Family monthly income		
	A. Below 5,000 Rs.	16	40%
	B. 5,000 to 15,000 Rs.	14	35%
	C. Above 15,000 Rs.	10	25%
	Total	*40*	*100%*
5.	Types of family		
	Joint	30	75%
	Nuclear	10	25%
	Total	*40*	*100%*

Figure 1: Bar graph showing the age of participants

Section II: Findings related to knowledge regarding family planning methods among married men.

N = 40

Table 3: shows level the of knowledge regarding family planning methods among married men.

Sr. No.	Level of Knowledge	Scoring criteria	Frequency	Percentage
1.	Inadequate Knowledge	0-05	04	10%
2.	Moderate Knowledge	06-15	22	55%
3.	Adequate Knowledge	16-20	14	35%

Figure: Bar diagram showing the level of knowledge regarding the regarding family planning methods among married men
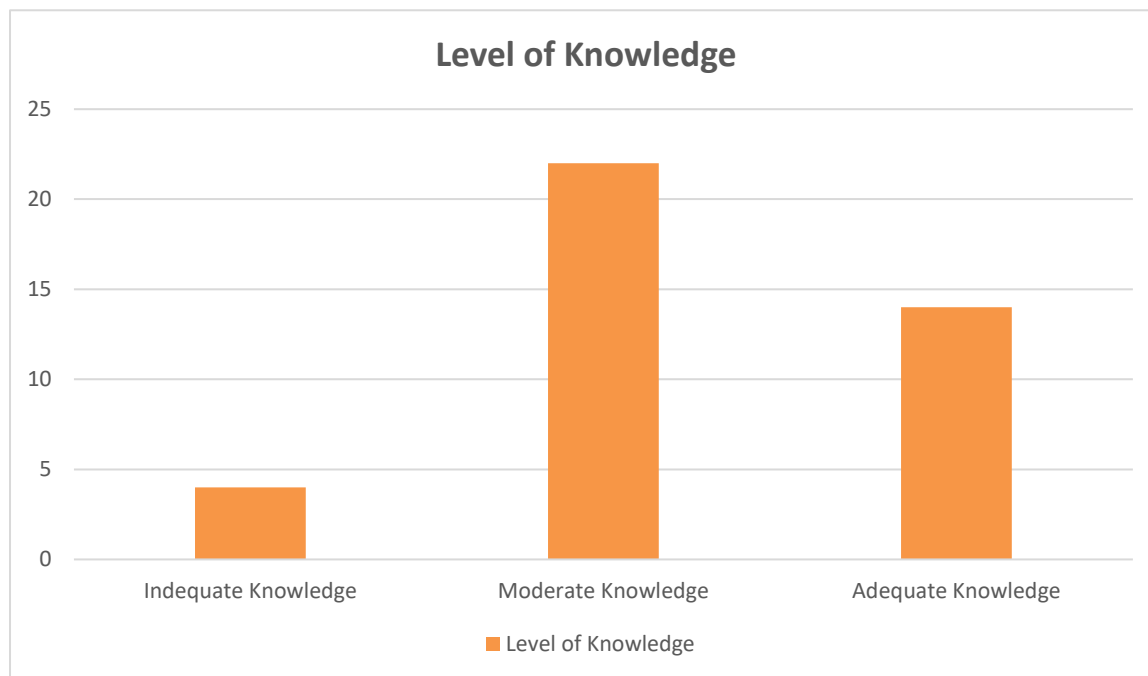

Table 4: Mean and S.D. score of knowledge level

Sr. No.	Level of Knowledge	N	Percentage	Mean score	S.D.
1.	Inadequate Knowledge	04	10%	11.72	4.9

| 2. | Moderate Knowledge | 22 | 55% | | |
| 3. | Adequate Knowledge | 14 | 35% | | |

Data presented in the above table showed that among the total number of the sample (40), 04 (10.0%) sample had inadequate knowledge, 22 (55.0%) of the sample had moderately adequate knowledge, and 14 (35.0%) of the sample had adequate knowledge regarding the regarding family planning methods among married men with a Mean score of 11.72 and S.D. score of 4.9

Section III: Findings related to the association between the knowledge level and selected demographic variables among married men.

Table 6: Chi-Square value shows an association between the knowledge regarding family planning methods among married men with the selected demographic variables in terms of their age, occupation, education, Family income, and type of family.

Sr. No.	Name of Variable	Inadequate knowledge	Moderate knowledge	Adequate knowledge	Chi square	DF	P value
1	Age of participants						
	21-30 year	0	9	9	21.974	4	0.0002*HS
	31-40 year	2	13	5			
	41-45 year	2	0	0			
2	Education background						
	Illiterate	2	0	0	33.745	6	0.000007*HS
	High school	2	15	1			
	Higher Secondary	0	4	8			
	Collegiate and above	0	3	5			
3	Occupation						
	Private	0	4	8	22.701	4	0.0001*HS
	Government	0	2	6			
	Un Employed	4	16	0			
4.	Family monthly income						
	Below 5,000 Rs.	1	15	0	20.336	4	0.0004*HS
	5,000 to 15,000 Rs.	3	4	7			
	Above 15,000 Rs.	0	3	7			
5.	Types of family						
	Joint	4	19	7	7.515	2	0.023*
	Nuclear	0	3	7			

* - Significant

*HS – Highly significant

NS- non-significant

Data presented in the above table showed that there is an high significant association was found between knowledge regarding family planning methods among married men with their selected socio-demographic variables in terms of their age, occupation, education, Family income, with a level of significance < 0.0004 and type of family also has a significant association.

CONCLUSION

The study's findings highlight the association between the knowledge of family planning methods towards demographic variables. The chi-square test was employed to examine this relationship in terms of various demographic factors such as age, occupation, education, Family income, and type of family. The results indicated that there was a significant association with all selected demographic variables such as their age, occupation, education, Family income, and type of family. Specifically, their age, occupation, and education, demonstrated a highly significant association with their knowledge regarding family planning methods. These findings suggest that interventions and educational programs aimed at improving knowledge should be tailored to address specific demographic factors that have a significant impact on knowledge related to family planning methods among married men.

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