Universe International Journal of Interdisciplinary Research
(International Peer Reviewed Refereed Journal)
DOI No. – 08.2020-25662434

© UIJIR | ISSN (O) – 2582-6417
JULY 2025 | Vol. 06 Issue 02
www.uijir.com

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING STERILIZATION METHODS AMONG MARRIED COUPLES IN SELECTED RURAL AREA AT BANGALORE

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ABSTRACT

The study aims to assess the effectiveness of a structured Teaching program on knowledge and attitude regarding sterilization methods among married couples in selected rural areasat Bangalore. A quasi-experimental design was employed by using a purposive sampling technique. Data was collected before and after the interventionfrom 50 samples selected from rural areas in Bangalore. The results revealed that 21(42%) had inadequate knowledge and 29(58%) had moderate inadequate knowledge before intervention. The post-test analysis revealed that 11(22%) had adequate knowledge regarding the sterilization method,30(60%) had moderately inadequate knowledge regarding the sterilization method, and 9(18%) had insufficient knowledge regarding the sterilization method after intervention. The analysis revealed that the mean core between pre- and post-assessment levels of knowledge and attitude regarding the sterilization method among the married couples. Pre-test mean was 16.66 and S.D was 4.75, and the post-test mean was 21.5 and S.D was 5.09a, and the 't' value was 5.14 at p <0.001 levels, showing that there is a significant difference between pre and post assessment level of knowledge and attitude of sterilization method.The present study also reveals that the teaching program was effective in imparting knowledge on the sterilization method among married couples. The Structured Teaching Program has an effect on the level of knowledge and attitude regarding sterilization methods and how to improve reproductive health and family welfare.

.**Keywords: Eligible Couples, Sterilization Methods, knowledge, attitude.**

DOI Link :: https://doi-ds.org/doilink/07.2025-64327113/UIJIR

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JULY 2025 | Vol. 06 Issue 02
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INTRODUCTION

The population is a major problem today. The world population of 6 billion is expected to reach 10.7 billion by 2050. Given the strain on global resources and the environment today. Contraception can reduce family sizes. This will allow a greater proportion of resources to be allocated to each child, improving their opportunities for education, healthcare, and nutrition.

Sterilization is considered a permanent method of contraception. In certain cases, sterilization can be reversed, but the success of this procedure is not guaranteed. For this reason, sterilization is meant for men and women who do not.

The sterilization of men or women is the permanent method of family planning. In the case of men, it is called vasectomy, and in the case of women is known as tubectomy. Sterilization is well well-established contraceptive procedure for couples desiring no more children. And adopting small family norms for family welfare.

Sterilization, which is a permanent method of contraception, is the most commonly used form of family planning among couples both in the United States and worldwide. For men and women who no longer want to have children, sterilization offers a permanent, safe, cost-effective way to prevent unintended pregnancy. Male sterilization is less common than female sterilization, but both are nearly 100% effective at preventing pregnancy. The Affordable Care Act's no-cost coverage of sterilization increased the affordability of the procedure for women, but it is still unclear what the overall effect this will have on future utilization rates. Recent changes to insurance coverage policy, broader availability of long-acting contraceptives as well as changes in the health care delivery system, may reshape the choices that men and women make regarding the use of sterilization as a contraceptive method.

STATEMENT OF THE PROBLEM

"A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge and Attitude regarding Sterilization Methods among Married Couplesin SelectedRuralAreas at Bangalore"

The objectives of the study were:

Assess the pre-test knowledge score regarding the sterilization method among married couples.

Assess the pretest attitude score regarding the sterilization method among married couples.

Evaluate the effectiveness of a structured teaching programme on knowledge and attitude regarding the sterilization method among married couples.

Find out the correlation between knowledge and attitude regarding the sterilization method among married couples.

Find out the association between the pre-test knowledge and selected socio-demographic variables.

Find out the association between the pre-test attitude score and selected demographic variables.

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METHODOLOGY

An experimental research approach is adopted for conducting the present study. The selection of the design was based on the purpose of the study. The purpose of the study was to assess the effectiveness of a structured teaching programme on knowledge and attitude regarding sterilization methods among married couples in rural areas. Quasi-experimental research is adopted for conducting the present study by using only manipulation.The research design selected for the present study is one group pre-test and post-test design.

STUDY SETTING & POPULATION

The study was conducted at Madivala village,Bangalore. It is situated 25 km from Majestic.

The target population of the study consisted of all married couples under 24-40 years of age who have 2 or more children, and the accessible population of the study comprised all the married couples residing inthe selected area. The non-probability purposive sampling technique was used for selecting the sample for the study.

INSTRUMENTS AND TOOLS FOR DATA COLLECTION

A structured questionnaire was developed, and the same was used for pre-test and post-test for collecting the data. It consists of three parts, namely sections I,II, and III.

Section I: consists of demographic data.No scoring was allotted for the demographic data. The data of this section was used for descriptive analysis.

Section II: consists of 30 knowledge-based questionnaires on sterilization methods and their benefits.In this section, the scoring is given for each correct answer to assess the level of knowledge on the sterilization method. The maximum score is 30, and the minimum score is 18.

Section III: consists of 20 20-itemattitude-based questionnaires on the sterilization method. In this section, the scoring is given for each correct answer to assess the level of attitude on the sterilization method.

The level of knowledge was classified as follows:

Scores	*Level of Knowledge and Attitude*
<50%	Inadequate knowledge and attitude
50 – 75%	Moderately adequate knowledge and attitude
>75%	Adequate knowledge and attitude

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RESULT:

SectionA: Table 1: Frequency and percentage distribution of demographic variables of the married couples of the selected area.

S. No.	Demographical Variables	Frequency (No.)	Percentage (%)
1	*Age in years*		
	24-30 years	29	58
	31-35 years	12	24
	35-40 years	9	18
2	*Sex*		
	Male	7	14
	Female	43	86
3	*Religion*		
	Hindu	21	42
	Muslim	11	22
	Christian	18	36
4	*Education*		
	10th grade & below	12	24
	Diploma	26	52
	Batchelor	10	20
	Master	2	4
5	*Residence*		
	Kachha	2	4
	Pakka	13	26
	Semi pukka	18	36
6	*Sources of information*		
	Newspaper	39	78
	Television	8	16
7	*Type of family*		
	Nuclear family	35	70
	Joint family	13	26
	Extended family	2	4
8	*Income*		
	Low (0-25%)	14	28
	Average (25-50%)	21	42
	High (50-75%)	9	18
	Excellent (75% above)	6	12
9	*Family planning program attended*		
	Yes	3	6
	No	47	94

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Section – B: Table 2: Frequency and percentage distribution of level of knowledge regarding sterilization methods before intervention

N=50

Test	<50%		50 – 75%		>75%	
	No.	%	No.	%	No.	%
Pretest	29	58%	21	42%	-	-

Table 2 depicts the frequency and percentage distribution of level of knowledge regarding sterilization methods before intervention.In this, 21%(52%) had moderately adequate knowledge regarding sterilization, 29(58%) had inadequate knowledge regarding sterilization

Section –C: Table 3: Frequency and percentage distribution of level ofknowledge regarding sterilization method after intervention

N=50

Test	<50%		50 – 75%		>75%	
	No.	%	No.	%	No.	%
Post-test	9	18%	30	60%	11	22%

Table 3 depicts that 11(22%) had adequate knowledge regarding the early detection of sterilization method, 30(60%) had moderately adequate knowledge regarding the sterilization method, and 9(18%) had inadequate knowledge regarding sterilization after intervention.

Section – D: Table 4: Effectiveness of structured teaching program among married couples in the pre- and post-test

N = 50

Test	Mean	S. D	't' value
Pretest	16.66	4.75	t'=5.14
Post test	21.5	5.09	

****p<0.001, S – Significant*

Table 4 represents the mean score between pre- and post-assessment level of knowledge on the sterilization method. Pretest mean was 16.66 and S.D was 4.75, and the post-test mean was 21.5 and S.D was 5.09, and the 't' value was 5.14 at $p<0.001$ levels, showing that there is a significant difference between pre and post assessment level of knowledge on sterilization method among the married couples

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SectionE: Table 5: Association of post-assessment level of knowledge on sterilization method among the married couples with their demographic variables

DemographicalVariables	<50%		50-75%		>75%		Chi-Square Value
	No	%	No	%	No	%	
Age in years							
24-30years	2	4%	17	34%	10	20%	χ^2=33.71 d.f=2 S***
31-35years	5	10%	6	12%	1	2%	
36-40years	2	4%	7	14%	0	-	
Sex							
Male	1	2%	2	4%	-	-	χ^2=1.5377 d.f=1N.S
Female	8	16%	28	56%	11	22%	
Religion							
Hindu	6	18%	12	24%	3	6%	χ^2=0.93 d.f=2 N.S.
Muslim	2	4%	8	16%	1	2%	
Christian	1	2%	10	20%	7	14%	
Education							
10^{th} grade & below	7	14%	5	10%	-	-	$\chi^2$25.273 d.f=3 S*
Diploma	1	2%	19	38%	6	12%	
Batchelor	1	2%	5	10%	4	8%	
Master	-	-	1	2%	1	2%	
Residence							
Kaccha	-	-	2	4%	-	-	χ^2=25.273 d.f=3 S*
Pakka	2	4%	5	10%	6	12%	
Semi pukka	6	12%	18	36%	2	4%	
Other	1	2%	13	26%	3	6%	
Sources of information							
Newspaper	7	14%	27	54%	5	10%	χ^2=24.5 d.f=2 S***
Television	1	2%	3	6%	4	8%	
Radio	1	2%	-	-	2	4%	
Type of family							
Nuclear family	4	8%	24	48%	7	14%	χ^2=23.047 d.f=2 S*
Joint family	5	10%	6	12%	2	4%	
Extended family	-	-	-	-	2	4%	
Income							
Low	2	4%	8	16%	4	8%	χ^2=10.975 d.f=3 N.S
Average	3	6%	13	26%	5	10%	
High	3	6%	4	8%	2	4%	
Excellent	1	2%	5	10%	-	-	
History of attainding family planning programme							
Yes	-	-	1	2%	2	4%	χ^2=15.869 d.f=1S***
No	9	18%	29	58%	9	18%	

The association table reveals that the demographic variables age, income and exposure to knowledge, had statistically high significant association with level of knowledge at p<0.001, education, experience

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and type of family had significant association with level of knowledge at $p<0.05$, and the other demographic variables had no association with level of knowledge.

CONCLUSION

The study reveals that the demographic variables age, and exposure to knowledge, had statistically high significant association with level of knowledge at $p<0.001$, education, occupation and type of family had significant association with level of knowledge at $p<0.05$, and the other demographic variables had no association with level of knowledge.

The present study also reveals that teaching programme was effective in imparting knowledge on sterilization method among married couples. Since there is a significant difference between pretest and post test level of knowledge on sterilization methods.

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