

A Study to Assess the Knowledge Of Eligible Couples Regarding Family Planning at Selected Rural Community

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Abstract: A descriptive survey design is adopted to assess the knowledge from eligible couples regarding family planning at selected rural community. The level of knowledge was assessed by using self structured questionnaire, The descriptive statistics was used to analysis the data.

The finding of study shows that majority of significant eligible couple 11(55%)have moderate knowledge, 7(35%) have adequate and 2(10%) have Inadequate knowledge regarding family planning.

Based on pretest knowledge of eligible couple regarding family planning mean score was 12.45 and standard deviation was 4.41.

Key words: knowledge, assess, family planning, eligible couple.

1. INTRODUCTION:

Family planning is not synonymous with “birth control” which was felt to be too negative and restrictive. A WHO expert committee in 1971 defined and described family planning as follows : -

Family planning refers to practices that help individuals and couples to attain certain objectives :

- To avoid unwanted births
- To bring about wanted births
- To regulate the intervals between pregnancies
- To control the time at which births occur in relation to the ages of the parent and
- To determine the number of children in the family”

Contraceptive Methods :

Contraception means preventing a) The union of the sperm and ovum b) Suppressing ovulation or c) Interfering with implantation of the fertilized ovum in the uterus. Contraceptive method may be broadly divided into spacing (non-terminal) and terminal (permanent) methods.

Side Effects Of Contraceptive Methods:

- Intermenstrual Spotting
- Headache ,Nausea.
- Breast Tenderness
- Weight Gain
- Mood Change
- Missed Period
- Decreased Libido
- Vaginal Discharge

2. BACK GROUND OF THE STUDY:

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 services are defined as "Educational, comprehensive medical or social activities which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieved

3. NEED OF THE STUDY:

The high growth rate of population varies a lot from region to region and from community to community. Population is determined by birth rate, death rate and migration flows. This entire factor is in turn depending on numerous socioeconomic factors. These factors are interacting in different ways and that is why it is not easy to identify and quantify them. So it has become necessary to study the factors influencing fertility and family planning adoption. Number of studies has been undertaken and they have identified various socio- economic, cultural and other variables which are responsible for family planning adoption. Hence study relating to the socio-economic factors determining family planning will be reasonable only when this will consider its impact on fertility.

A number of contraceptive methods are available to prevent unwanted pregnancy. There are a range of contraceptive methods, each with particular advantages and disadvantages. Behavioral methods to avoid pregnancy that involve vaginal intercourse include the withdrawal and calendar-based methods, which have little upfront cost and are readily available, but are much less effective in typical use than most other methods. Long-acting reversible contraceptive methods, such as intrauterine device (IUD) and implant are highly effective and convenient, requiring little user action. When cost of failure is included, IUDs and vasectomy are much less costly than other methods.

4. STATEMENT OF THE PROBLEM:

“A study to assess the knowledge of eligible couples regarding family planning at selected rural community in Poyada (Dhansura) of district Aravalli (GJ)”

Objectives Of The Study:

1. To assess the knowledge regarding family planning among eligible couples in Poyada , rural community.
2. To assess the demographic variation among eligible couples involved in the study.

Hypothesis :

There is a significant difference between knowledge regarding family planning among eligible couples in vatrak community.

Assumption:

Eligible couple will get awareness regarding family planning which control of birth and space in child.

Limitation:

1. Eligible couple age group is 15-45 years.
2. Sample size is 20.

5. REVIEW OF LITERATURE

Boden Homl made an attempt to analyze family limitation and methods of contraception in urban population. He observed that the wife's religion and educational status are one of the important reasons for using contraception. The higher the wife's education, greater will be the use of contraception methods.

Siwrvomy Srikantan examined family planning and fertility control in India. He observed that contraception and sterilization have gained acceptance in India and its widely prevalent among all communities. The level of fertility varies community wise, by level of education of the wife and that of her husband. And these variables also affect family planning through family size norms and parity at acceptance.

Ghosh, H. examined fertility and adoption of family planning among the Muslims of 24 parganas in West Bengal. They observed that in the family planning acceptance between these two Muslim groups of the North 24 parganas, West Bengal was is very low social status compared to other Muslim population of the world.

Imran estimated crude birth rates and total fertility rates for Hindus and Muslim for 594 districts of India and assessed the state and district level fertility differentials among the country. He found that there is a regional variation in fertility in India with higher fertility in the north than in the southern and western parts irrespective of religious affiliation. The patterns of growth rates among Hindus are normal for the last four decades with a continuous decline in the regions of south, north- east. east and west - during the last decade. The Hindu growth rate in North West has shown an increasing trend. This is also true for Muslim in the north- east and west.

6. RESEARCH METHODOLOGY :

Research Approach: Non experimental research approach is used to conduct study

Research Design: A descriptive survey design is adopted to assess the knowledge from eligible couple

Setting Of Study: A study is conducted in Poyada (Dhansura) rural community .

Population: The population for the present study is eligible couple 15 to 45 yr in Poyada (Dhansura) rural community

Sample: All the eligible couple 15 to 45 years in Poyada (Dhansura) rural community during the period of data collection

Sample Size: Sample size comprised of approximately 20 eligible couple.

Sample Technique: Convenient sampling technique is use to selected the subjects for this study.

- Eligible couple who are willing to participation in the study
- Eligible couple who can understands the Gujarati language .

Description Of Tools:

The tool consisted of two parts.

Part 1 :

It consisted of the demographic variables which included items such as name of eligible couple age of eligible couple education status ,occupation ,type of) type of house, family monthly income.

Part 2:

It consisted of 20 questioning for assessing eligible couple knowledge on family planning

Data Collection:

Prior to the data collection permission will obtain from the Sarpanch of Poyada (Dhansura) rural community the data will collected in following ways the investigators will collect data from the samples by using closed ended questions.

7. DATA ANALYSIS :

SECTION-I

Distribution of sample in term of frequency and percentage according to demographic profile:

Sr.No.	Demographic characteristics	Frequency	Percentage
No.1	Male profile-		
1.	Age		
	A. 15 to 25 Year	4	20 %
	B. 25 to 35 Year	15	75 %
	C. 35 to 45 Year	01	05 %
	Total	20	100 %
2.	Educational Status		
	A. Illiterate	01	05 %
	B. High school	09	45 %
	C. Higher secondary	09	45 %
	D. Collegiate and above	01	05 %
	Total	20	100 %
3.	Occupation		
	A. Private	01	05 %
	B. Government	04	20 %
	C. Un Employed	15	75 %
	Total	20	100 %
NO 2.	Female profile-		
1.	Age-		
	A. 15 to 25 Year	06	30%
	B. 25 to 35 Year	14	70%
	C. 35 to 45 Year	00	00%
	Total	20	100%
2.	Educational status-		
	A. Illiterate	04	20%
	B. High school	12	60%
	C. Higher secondary	04	20%
	D. Collegiate and above	00	00%
	Total	20	100%
3.	Occupation-		
	A. Private	00	00%
	B. Government	01	05%
	C. House wife(Unemployed)	19	95%
	Total	20	100%
4.	Types of family-		
	A. Joint	14	70%
	B. Nuclear	06	30%

	Total	20	100%
5.	Family monthly income-		
	A. 1000 to 5000 Rs.	16	80%
	B. 5000 to 10,000 Rs.	01	05%
	C. 10,000 to 15,000 Rs.	01	05%
	D. Above 15,000 Rs.	02	10%
	Total	20	100%

SECTION-II

a. Distribution of frequency and percentage of level of knowledge regarding family planning:

S.N.	Knowledge Status	frequency	Percentage
1.	Inadequate (0-5)	2	10%
2.	Moderate (6-15)	11	55%
3.	Adequate(16-20)	7	35%

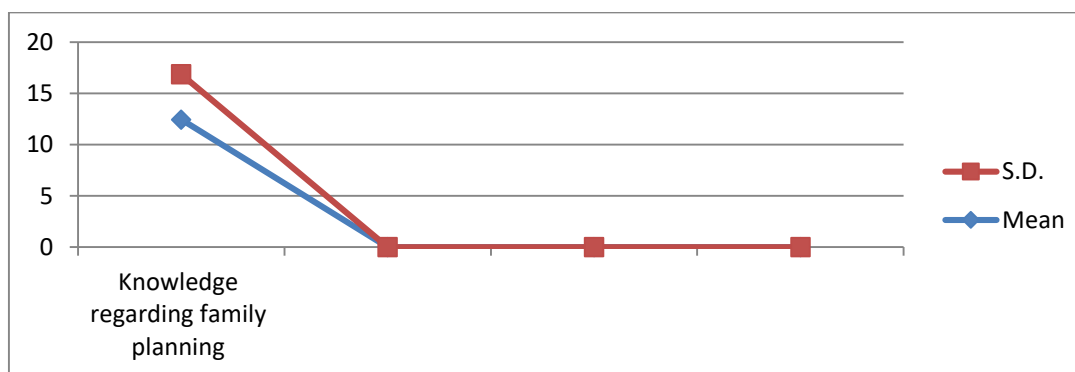


Above data shows that majority of significant eligible couple 11(55%) have moderate knowledge ,7(35%) have adequate and 2(10%) have Inadequate knowledge regarding family planning.

b. Distribution of sample according to the statistical values of knowledge of eligible couples regarding family planning.

STATISTICAL VALUE

	Mean	S.D.
Pretest	12.45	4.41



Based on pretest knowledge of eligible couple regarding family planning mean score was 12.45 and standard deviation was 4.41.

8. RECOMMENDATION :

- An experimental study can be conducted to educate the couple regarding family planning.
- The study can be conducted on a large sample size.
- The study can be conducted to comfort knowledge of family planning.
- The study can be done to co-relate knowledge and attitude family planning.

9. CONCLUSION :

The present study is to assess the knowledge level of eligible couple regarding family planning. The finding was 10% couple had inadequate knowledge, 55% couple had moderate knowledge, than 35% couple had adequate knowledge regarding family planning.

From this study it is shown that most of the couple were having moderate knowledge regarding family planning & hence only 10% of couple having inadequate knowledge and it is there for require to provide knowledge of the particular aspect.

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