

Assess the Knowledge and Attitude of the Women Aged 21-45 years in Relation to Family Planning Methods in Selected PHC of Delhi: A Cross Sectional Study

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Abstract: A Cross-sectional study to assess the knowledge and attitude of the women aged 21-45 years in relation to family planning methods in selected PHC of Delhi using Quantitative approach and cross-sectional design. The sample consists of the 100 women aged 21-45 years attending the family planning clinic. A semi structured Knowledge Questionnaire and likert scale was administered to the women aged 21-45 years attending family planning clinic at PHC, najafgarh. The data obtained were organized and analysed using descriptive statistics. Findings revealed that mean age of the study group is 32.2 with standard deviation 6.780. Maximum knowledge score was 25. The mean knowledge score is 17.22, median 18 and standard deviation 2.932. The mean attitude score is 71.84, median 71 and standard deviation 6.480. The women has fair knowledge and adequate attitude about family planning methods. There was a statistical significant relationship between knowledge and attitude with p value of 0.4088 which shows that with an increase in knowledge there was increase in positive attitude among subjects.

Keywords: Knowledge, attitude, family planning methods and women (21-45 yr)

1. Introduction

Family planning not only improves reproductive health and overall wellbeing of women and their children but also contributes to the economic growth of a country. Globally, there is a fall in the fertility rate and this trend is appreciable in India also. The total fertility rate in India is currently at 2.20(2020), which is very close to the desired rate of 1.8.

As per United Nation report important points of the India fertility rate from 2018 to 2021.

- The current fertility rate for India in 2021 is 2.179 births per woman, a 0.95% decline from 2020.
- The fertility rate for India in 2020 was 2.200 births per woman, a 0.9% decline from 2019.
- The fertility rate for India in 2019 was 2.220 births per woman, a 0.89% decline from 2018.
- The fertility rate for India in 2018 was 2.240 births per woman, a 1.37% decline from 2017.

India was the first country to start its own family planning (FP) program at a national level not long after gaining independence with the aim to control its population growth. Since then, this program has continuously adapted to serve the changing needs of the population. This is evident from its current focus on improving reproductive and sexual health under the present family welfare program. According to the fourth National Family Health Survey (NFHS-IV), the use of modern contraceptives by married women is just above 50 percent and the total unmet need of FP in the married women is 13 percent, which suggests a need for improvement.

Fatuma A Ahmed, Kontie M Moussa et al. in Feb 2012, conducted A cross-sectional quantitative study aimed to

assess the knowledge, attitude and practice of Emergency Contraception and to further elucidate the relationship between these factors and some socio-economic and demographic characteristics among female undergraduate students of Addis Ababa university (AAU) was conducted using administered questionnaire. Study participants were selected by stratified random sampling. Data was entered and analyzed. Results were presented using descriptive statics, cross-tabulation and logistic regression. The study showed high emergency contraceptive awareness and usage in contrast to other studies in the city which could be due to the fact that university students are relatively in a better educational level

2. Objectives

The objectives of the study were to (1) assess the knowledge about the family planning. (2) To assess the attitude in relation to family planning. (3) To study the co-relation between knowledge and attitude.

Operational definitions

- **Attitude:** It refers to the perception towards family planning methods.
- **Knowledge:** It refers to awareness and understanding regarding family planning methods and is measured by structured questionnaire developed purposefully.
- **Women aged 21-45 years:** These include the adult women of actively reproductive age from 21-45 years.
- **Asses:** It refers to the statistical measurement of level of knowledge and attitude among women in reproductive age group (21-45 Years) regarding family planning methods as observed from scores based on knowledge questioner and attitude scale.

- **Family planning:** the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timings of their births.
- **Family planning methods:** Barriers methods, Short acting hormonal methods, Long acting hormonal methods, Sterilization, Copper-T

Conclusion: On the basis of the finding conclusions were drawn-

After conducting the study, we came to the conclusion that some of the women were having knowledge regarding family planning methods. The study results have shown that adequate knowledge have an influence upon the attitude of the women family planning methods and uses.

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