

Assessment of Knowledge, Practice and Attitude of Temporary Family Planning Methods among Primi Mothers in Selected Hospital

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Abstract: Background: Family planning methods help the woman to avoid unwanted pregnancies. They include all temporary and permanent measures to prevent pregnancy resulting from coitus. Family planning involves the use of all techniques, practices and medical devices that helps a couple to plan their family including decision of the number of children they want to have and spacing their births. (Annamma Jacob 92005)44)This study focuses on the knowledge, practice, and attitude about temporary family planning method among primi mothers in the age group of 18 to 35 years. The conceptualization was based on the modified wieden bech helping of clinical nursing theory has helped the researcher to assess the Knowledge, practice, and attitude among primi mothers to understand the mothers about temporary family planning methods.(Ananthi Kasinathan, Himabindu Nagulapally (23 October 2020)2). Materials and Methods: The researcher had used a quantitative research approach and convenient sampling technique was adapted to select 100 primi mothers with the age group of 18 to 35 years who met inclusion criteria at selected Hospital, Chennai (2022). The investigator collected the demographic data from the samples respondents by using the self- structured questionnaire after obtaining informed consent. Self-Structured Questionnaires had blended questions to elicit the information's on demographic profile such as age, religion, type of family, marital status, educational status, occupational status, monthly income, and source of information. The demographic data, assessed by the researcher to know about the knowledge, practice, and attitude among primi mothers by using self-structured questionnaire and self-structured attitudescale was used to assess the attitude among primi mothers. Result: The major findings of the present study which may be well considered to be assimilated in the applied science as an evidenced based practice. The findings of the study were strongly support, majority 93% of the primi mothers had moderately adequate knowledge, it was observed that attitude of 73% of primi mother's had agreed with temporary family planning methods. There is no correlation between knowledge, practice, and attitude towards temporary family planning methods among primi mothers. Hence the research hypothesis was rejected, and the result proved that there is no correlation between the knowledge, and attitude towards temporary family planning methods among primi mothers. There is a significant association between the age and religion of the primi mothers, as the chisquare test was statistically significant at $p < 0.05$ which indicate that the age was effective in influencing the primi mothers among temporary contraception. Conclusion: The study concluded that the primi mothers who are participated in this study have moderately adequate knowledge and their attitude had agreed with temporary family planning methods. Age and religion were effective in influencing the knowledge, practice and attitude of primi mothers.

Keywords: Primi mother, knowledge, attitude, practice, Temporary family planning

1. Introduction

Family is a basic unit of society. It is unit of service. The independence of family members is an important concept is defining family. Every family is a social system, it has its own cultures, values and rules has structured and basic functional moves through stages. In developing countries like India, over population is a major concern.(Alis, et.al., (2004)1) According to world meter elaboration of the latest united nations data the current population of India is 1,563,181,910,576. Despite progress resulting from making contraception widely available, there is poor acceptance of contraception. Methods either due to ignorance or fear of complications using them. Family planning became an important tool to reduce maternal and child mortality.(Sharan Kumar Karthikeyan, Kohila Kalimuthu (2014) 38).

In 2015, India reported 15.6 millions of abortions at the rate of 47.0 abortions per 1000 women aged between 15- 49 years which is one third of total pregnancies. The high rate of abortion follows a high number of unintended pregnancies. The rate of unintended pregnancies was 70.1 per 1000 women

aged 15 – 49 years almost half the pregnancies that were reported during that period. (Haftom Gebrehiwot Berhane Gebrekidan et al, (2017)16). The current fertility rate for India in 2022 is 2.159 births per women, a 0.92 % decline from 2021. The fertility rate for India in 2021 was 2.179 births per women, a 0.95% decline from 2020. Experts on population have determined that India need to achieve a couple protection rate (CPR) of 60% by the year 2000 to reduce the population growth rate and help stabilize the population. CPR is defined as the percentage of eligible couples effectively protected against child births by one or other approved methods of temporary family planning. (Donati Serena, Et.al., (2014)10)

Many approaches to prevention of avoiding unwanted births, to reduce the population rate, regulating the interval between pregnancies and to bring about wanted births to have been proposed, but the effectiveness of many of them has not been established by rigorous studies. Since, awareness on temporary family planning methods and assessing the knowledge among primi mothers is very much essential. So, the investigator was interested to assess the knowledge,

Volume 12 Issue 1, January 2023

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attitude, and practice about the temporary family planning methods. (Bardaweel SK, A Kour AA, Kilani Mv et al (2015)6)

2. Methodology

The research approach was quantitative in nature; Descriptive design was employed for the study. The study was conducted among 100 the primi mothers at the age group of 18-35 years in Selected Hospital, chengalpattu dist. The participants were liberal verbal explanations and description letters regarding the subject and therefore the aim of the study. The convenient sampling technique was used to select the samples. The primi mothers who fulfilled the sample criteria were selected till the sample size was obtained for the present study. Samples were selected based on inclusion, exclusion criteria.

The study was conducted after obtaining approval from the ethics review committee (ERC) Formal letter permission obtained from Chief medical officer of government hospital to get the permission to conduct study. Participation was Voluntary and no participant was enforced to answer the question. A Written consent was taken from the participants when the aim of the study was explained for them. for Confidentiality purpose names and addresses of the participates weren't mentioned.

A self structured Questionnaire tool was developed and used by the researcher to obtain the sample profile. It consisted of 8 items to elicit the demographic data of the primi mothers about age of the primi mothers, religion, type of family, marital status, educational status, occupational status, their family monthly income and source of information. It consists of 25 questions related to knowledge and practice of mothers about the temporary family planning method .Each question had two options one correct answer and was given score of one mark, for wronganswer a score of zero mark was given, the total score allotted for the knowledge and practice questionnaire was 25 which was Categorized as Inadequate knowledge (0-8), Moderately knowledge(9-17), Adequate knowledge (18-25).Attitude assessment was done through attitude scale which consists of 10 questions towards temporary family planning methods .Each question will have three different categories that is disagree, agree, strongly agree these indicates that Disagree - 0, Agree - 1, Strongly agree - 2. The total score allotted for the attitude scale was 20.By using split of method, the reliability of the tools was checked.

Pilot study was done with 10% of the sample size (10 primi mothers). Data was planned to be analysed by using descriptive and inferential statistics descriptive statistics. Frequency and percentage used for describing demographic variables. Mean and standard deviation used to analyse the knowledge, practice, attitude among primi mothers. By using inferential statistics Coefficient correlation was carried out to find out the relationship between knowledgeand attitude.Chi square test was used to find out the association between knowledge and attitude with the selected demographic variable among primi mothers

Table 1: Frequency distribution of level of knowledge regarding temporary family Planning method among primi mothers, N = 100

S.No	Categories	Frequency	Percentage
1.	Moderately Adequate Knowledge	93	93.0%
2.	Inadequate Knowledge	5	5.0%
3.	Adequate Knowledge	2	2.0%
Total		100	100%

Table 2: Frequency and percentage distribution of attitude of temporary family planning, N = 100

S. No	Scoring	Frequency	Total Percentage
1.	Disagree	08	8%
2.	Agree	73	73%
3.	Strongly agree	19	19%
Total		100	100%

Table 3: Mean and Standard Deviation of Knowledge regarding Temporary Familyplanning Methods, N = 100

S. No	Knowledge	Mean	Standard Deviation
1.	Knowledge among temporary family planning methods among primi mothers	11.96	2.964

Table 4: Mean and Standard Deviation of attitude towards Temporary Familyplanning Methods, N = 100

S. No	Variables	Mean	Standard Deviation
1.	Attitude among temporary family planning methods among Primi mothers	11.10	2.876

Table 5: Correlation between Knowledge and Attitude of temporary Family planning methods, N=100

S. No	Variables	R – value	P – value
1.	Knowledge and Attitude of temporary family planning methodsamong Primi mothers	0.153	0.1 NS*

NS: Not significant*

3. Results and Discussion

The frequency and percentage distribution of demographic variables among primi mothers reveals that 1%, 53% and 46% of primi mothers belongs to the age group of <18 years, 18 to 25 years, and 26 to 35 years respectively. The major source of information regarding temporary family planning methods among primi mothers were 28% from the relatives and 27% from their friends.In this study researcher found that majority of the primi mothers, 93% had moderately adequate knowledge, while 5.0% of primi mothers had inadequate knowledge and 2.0% of primi mothers had adequate knowledge. The level of knowledge about the temporary family planning methods among primi mothers, It was observed that majority of primi mothers 93% had moderately adequatelyknowledge.

The present study reveals that 73% of primi mothers had agreed with temporary family planning method. While the remaining 19% of primi mothers had strongly agreed and 8% of primi mothers had disagree with the temporary family planning method. Attitude of temporary family planning

methods among primi mothers, It was observed that 73% of primi mothers had agreed towards temporary family planning methods.

The result at assessment of level of knowledge regarding the temporary family planning methods shows 11.96 ± 2.964 . The result at assessment of among the attitude of primi mothers regarding temporary family planning methods shows 11.10 ± 2.876 . The correlation between knowledge and attitude of temporary family planning methods among primi mothers' projects weak positive correlation $\gamma=0.153$ ($P = 0.128$) so, the research hypothesis was rejected by the researcher. There is a significant association between level of knowledge regarding temporary family planning methods with education and monthly income of the primi mothers. Chi-square test was statistically significant at $p < 0.001$. This reveals that the educational status and monthly income of the primi mothers influences the level of knowledge regarding the temporary family planning methods. There is a significant association between the attitude towards the temporary family planning methods with the education of the primi mothers. Chi-square test was statistically significant at $p < 0.05$ which indicate that the educational status of the primi mothers influences the attitude towards temporary family planning methods and all the other demographic variables was not significant such as Age, religion, type of family, marital status, occupational status, monthly income, and source of information.

4. Conclusion

The assessment of the knowledge among the primi mothers regarding temporary family planning methods proven that the moderately adequate knowledge (93.0%), inadequate knowledge (5.0%), adequate knowledge (2.0%). There is a need to educate and motivate the couples along with to improve the knowledge, practice and attitude of temporary family planning methods and contraceptives among primi mothers.

Ethical Clearance

Ethical clearance was obtained from Tagore College Ethical Committee.

Source of funding: Self source of Funding.

Conflict of interest: There is no conflict of interest between the authors.

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