

A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Temporary Contraceptive Methods among College Going Females in Selected College at Lucknow, Uttar Pradesh

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Abstract: Contraception is the use of temporary or permanent methods to avoid unintended pregnancy and prevention of STDS. Unintended pregnancy is a social issue that imperil the individual. College age women have one of the highest rate of unintended pregnancies, transfer of STDs due to lack of awareness of contraceptive use and unsafe sexual practices. Since college females are sexually active and not seeking to become pregnant or get STDs, it is important to aware these women with various methods of contraception. Knowledge regarding Temporary contraceptive methods among college age females are very necessary and effective to them. A quasi experimental research design (one group pre - test post- test) was used for the study. 40 college going females from age group 18-30 years were selected through purposive sampling technique, in selected college of Lucknow. A self structured knowledge questionnaire was used to assess the knowledge regarding temporary contraceptive methods. This study result shows that the pre-test knowledge level regarding video assisted teaching program on temporary contraceptive among college going females was found that 34(85%) respondents had inadequate knowledge , 05 (12.5%) respondents had moderate knowledge, 01(2.5%) respondents had adequate knowledge and the post-test knowledge level was shows that 6(15%) respondents had inadequate knowledge , 23(57.5%) respondents had moderate knowledge and 11(27.5%) respondents had adequate knowledge after post-test. This study exhibit that the overall pre-test mean and SD was 14.625 ± 2.6 whereas overall post-test mean and SD was 26.412 ± 2.8 . The obtained paired t- test value was 7.96

Keywords: Assess, Effectiveness, video Assisted Teaching Program, Knowledge

1. Introduction

Family is group of people organized on the basis of natural love and affection, which provide safety, security, rearing of children and fulfilment of human needs. The family members will have certain responsibilities and obligation, the happiness in the family depends on how best the members perform their responsibilities in coordination with other individual of family.

As the year progress, India's population continue to expand steadily. Its population is rising at a quicker rate. India's is now the world's most populated country to overtake China by April 2023. According to **UN ESTIMATES-2023** The world population is 8.1 billion. India overtake China to become world's most populous country between 2023 and 2050. India having the population of 1.42 billion. According to (UN DESA) entitled population of Uttar Pradesh 243.4 million and the population of Lucknow 3.67 million by June 2023, still keeps growing . As a consequences the population size of the country has grown dramatically but economic

growth has not kept in parallel with it. Expanding population raises issues including hunger, maternal health, pressure on food, clothing, unemployment, decrease forest area, environmental problem, education and eco-degradation etc .

Family planning helps people to overcome the negative impact of increasing population which as result improve the, social and economic development. Family planning is one of the strategies which is proving to be effective in tackling these problems. India is the first country in the world to formulate national Family Planning Program in 1952, with the objective of “reducing birth rate to the extent necessary to stabilize the population”. One of the important components of family planning is to assess the potential demand for contraceptive services so as to mitigate the adverse impact of population growth. Uncontrolled growth of population is a most urgent problem in the country and its is a major obstacle to over all progress of the nation and population stabilization and has got top priority and adoption of family planning method is one of the best solution to tackle this problem. Health for all has remained a dream to certain extent because women were not made aware of their responsibilities toward their own health.

Problem Statement

A study to assess the effectiveness of Video assisted teaching program on knowledge regarding temporary contraceptive methods among college going females in selected College at Lucknow, Uttar Pradesh.

Objective of the study

- To assess the pre-existing knowledge with regard to temporary contraceptive methods among the college going females.
- To assess the post test knowledge with regard to temporary contraceptive methods among the college going females.
- To compare the knowledge score of pre-test and post-test.
- To find the association between pre-test knowledge level with selected demographic variables.

Hypothesis

H 1 – There will be significant difference between the mean pre-test and post- test knowledge regarding temporary contraceptive methods.

H 2 – There will be a significant association between pre - test knowledge level regarding temporary contraceptive methods among college going females with their demographic variables.

Methods

Research Approach- Quantitative research approach was adopted in this study

Research Design- In this present study pre-experimental one group; Pre-test, post-test design was used.

Research Setting- In this present study our setting was the Bhartiya Vidya Bhawan Girl's Degree College in Lucknow

Variables-

- video assisted teaching programme was independent variables.

- Dependent variable was the knowledge of college going females regarding temporary contraception.

Sample- College going females (**18-30 years**) from Bhartiya Vidya Bhawan Girl's Degree College Lucknow are selected as a sample for our present research study.

Sampling technique- Purposive sampling technique was used to select the sample.

Sample Size- The sample size for the present study was 40 females of B.com II semester.

Method of data collection-

Tool-1 Demographic Variable It includes age, religion, marital status, highest education level of family, socio economic status

Tool 2 Self structured knowledge questionnaire it consist of 40 multiple choice questions to assess the knowledge regarding temporary contraceptive method.

Data Collection Procedure- - Data for the main study was collected from the selected subjects. After ethical clearance. Written consent was obtained from the college going females nursing and the aim of the study was explained. Then pre-test was conducted with the help of knowledge questionnaire. Video assisted teaching program was conducted for all the samples after pre-test. Post-test knowledge score was assessed by knowledge questionnaire.

Plan for data analysis - Following test were done for analysing the data

- Frequency and percentage.
- Mean
- Median
- Standard deviation
- Chi-square
- Paired t-test

2. Result

This study result shows that the pre-test knowledge level regarding video assisted teaching program on temporary contraceptive among college going females was found that 34(85%) respondents had inadequate knowledge , 05 (12.5%) respondents had moderate knowledge, 01(2.5%) respondents had adequate knowledge and the post-test knowledge level was shows that 6(15%) respondents had inadequate knowledge , 23(57.5%) respondents had moderate knowledge and 11(27.5%) respondents had adequate knowledge after post-test. This study exhibit that the overall pre-test mean and SD was 14.625 ± 2.6 whereas overall post-test mean and SD was 26.412 ± 2.8 . The obtained paired t- test value was 7.96

3. Conclusion

The present study reveals that the Video assisted teaching program given to the college going females regarding temporary contraceptives was effective. The researcher observed that the college going females had lack of

knowledge regarding temporary contraceptives. In future, various measures should be taken to improve college going females knowledge regarding temporary contraceptives.

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