

# Quasi Experimental Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Temporary Contraceptive Techniques among the Eligible Couples

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**Abstract:** Background: A quasi experimental study was conducted to assess the effectiveness of planned teaching programme on knowledge regarding the temporary contraceptive techniques among eligible couples in selected community areas, Kishtwar, Jammu & Kashmir. A total sample of 80 eligible couples were selected using the purposive sampling technique. The objectives of the study were to assess the knowledge regarding temporary contraceptive techniques among eligible couples before and after planned teaching programme and to find out the effectiveness of planned teaching programme on knowledge regarding temporary contraceptive techniques among eligible couples. The final objective was to determine the knowledge regarding the temporary contraceptive techniques and selected demographic variables. Materials and Methods: A two - group pre - test post - test design was used to conduct the study. A sample comprising of 40 eligible couples in experimental and 40 couples in the control group were enrolled using the purposive sampling technique. The conceptual framework used in the study was based on Imogene King's Goal attainment model. Results: Data analysis were done using descriptive and inferential statistics. Findings of the study revealed that the mean post - test knowledge score  $23.3 \pm 2.8$  among experimental group was significantly higher than mean pre - test knowledge score  $11.9 \pm 3$  ( $p < 0.01$ ). 'Paired t' value computed at  $26.28^{**}$  was statistically significant at  $p < 0.01$ . Change in knowledge score among the control group was not significant ( $p > 0.05$  level). The 't test' value ( $12.47^{**}$ ) revealed that, there was significant increase in the mean post - test knowledge score among the experimental group compared to the mean post - test knowledge score among the control group at 0.01 level. No significant association at 0.05 level was observed between knowledge with selected demographic variables. Conclusion: The findings of the study confirmed that the planned teaching programme was significantly effective in improving knowledge regarding temporary contraceptive techniques among eligible couples.

**Keywords:** Quasi - experimental, planned teaching programme, knowledge, temporary contraceptive techniques, eligible couples

## 1. Introduction

Using contraceptive methods is the easiest method for a couple to avoid pregnancy and enjoy a tension free physical relationship. People have used birth control methods for thousands of years. Today, we have many safe and effective birth control methods available to us, some are temporary and others are permanent contraceptive methods<sup>1</sup>. The use of artificial techniques and methods to prevent pregnancy is called contraception. There are also other methods like the usage of condoms that can prevent pregnancy. However, these are temporary methods for preventing pregnancy. The permanent method to prevent pregnancy includes surgeries like vasectomy and tubectomy in males and females. Contraceptive includes making use of different kinds of techniques and procedures to avoid pregnancy due to the act of having sexual intercourse between a male and a female. The contraceptive helps in creating a barrier to fertilization of the ovum cell that is present in the ovary of a female. It has acted as one of the best methods of preventing the pregnancy<sup>2</sup>.

A descriptive study was conducted to assess the knowledge and attitude regarding temporary contraceptive methods among married women of reproductive age group in Kot Bhalwal, Jammu. 100 married women of reproductive age group who fulfill the inclusion and the exclusion criteria were selected using the purposive sampling technique. A

self - structured questionnaire with socio demographic variables, knowledge and attitude regarding temporary contraceptive methods was used as a tool. The tool was tested for content validity and reliability prior to the study. Out of 100, 25 (25%) married women had inadequate knowledge regarding temporary contraceptive methods, 68 (68%) married women had a moderate knowledge regarding temporary contraceptive methods, 7 (7%) had adequate knowledge regarding temporary contraceptive methods. Out of 100, 1 (1%) married women had a negative attitude regarding temporary contraceptive methods, 37 (37%) married women had neutral attitude regarding temporary contraceptive methods, 62 (62%) had a positive attitude regarding the temporary contraceptive methods<sup>3</sup>.

### Objectives of the study

- 1) To assess the knowledge regarding the temporary contraceptive techniques among eligible couples before planned teaching programme.
- 2) To assess the post - test knowledge regarding the temporary contraceptive techniques among eligible couples.
- 3) To find out the effectiveness of planned teaching programme on knowledge regarding the temporary contraceptive techniques among eligible couples.
- 4) To determine the association between the knowledge and selected demographic variables.

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**Hypotheses**

- H<sub>1</sub> - There is a significant difference in the mean knowledge scores before and after planned teaching programme among the experimental group.
- H<sub>2</sub> - There is a significant difference in the mean post - test knowledge scores among the experimental and the control groups.
- H<sub>3</sub> - There is a significant association between knowledge among eligible couples with selected socio - demographic variables.

**2. Material And Methods**

**Research Approach:** A Quasi - experimental approach.

**Research Design:** Two group pre - test – post - test design.

**Population:** Eligible couples

**Settings:** Selected community areas, Kishtwar, Jammu and Kashmir.

**Sampling Technique:** Purposive sampling technique.

**Sample size:** 80 eligible couples in which 40 in the experimental and 40 in the control group.

**Figure 1:** Schematic Representation of Research Design

Group	Pre - test	Treatment	Post - test
Experimental	O <sub>1</sub>	X	O <sub>2</sub>
Control	O <sub>1</sub>	--	O <sub>2</sub>

**O<sub>1</sub>:** Assessment of the pre - test level of knowledge regarding temporary contraceptive techniques using structured knowledge questionnaire.

**X:** Administration of planned teaching programme (Intervention) regarding the temporary contraceptive techniques on the same day following the pre - test.

**O<sub>2</sub>:** Assessment of the post - test level of knowledge regarding the temporary contraceptive techniques by using structured knowledge questionnaire after a week following the Intervention.

**Tools and Technique**

**I) Demographic Performa** were used to collect socio demographic data such as age, gender, religion, educational status, occupation, sources of information and type of family.

**II) Structured Knowledge questionnaire** was used to assess the knowledge regarding the temporary contraceptive techniques which consisted of 30 items divided in to five areas (Introduction & definition, meaning, types, methods and contraindication).

**III) Planned teaching programme (PTP)** was administered for a duration of 45 minutes for 40 samples in the experimental group (Eligible couples). Lecture cum discussion was used as a teaching methodology along with a variety of AV aids including LCD/PowerPoint presentation, flash cards and video assisted modules.

**Method of Data collection:** Data was collected for a period of one month [10<sup>th</sup>September 2017 to 10<sup>th</sup>October 2017]. After explaining the purpose and obtaining an informed consent, the pre - test is administered for both groups followed by a planned teaching programme for the experimental group. After a period of 07 days a post test is carried out for both the experimental and the control groups.

**Inclusion criteria:**

- Eligible couples who were willing to participate in study.
- Eligible couples who were available at the time of data collection.

**Exclusion criteria:**

- Eligible couples who were not willing to participate in study.
- Couples who were not eligible during the period of data collection.

**Statistical analysis:**

Both Descriptive and Inferential statistics were used to analyse the data [using SPSS version 20 (SPSS Inc., Chicago, IL) ]. Descriptive statistics such as Frequency distribution and percentage were used to describe the socio demographic data and inferential statistics such as Student’s t test was used to find out the effectiveness of PTP by comparing the mean knowledge scores between experimental and control group, paired t - test was used to determine the difference between mean knowledge scores before and after the intervention. Chi - square and fisher’s exact were performed to find out the association between the knowledge and selected demographic variables. The level P < 0.05 was considered as the minimum accepted level of significance.

**3. Results**

**Table 1:** Frequency distribution, Percentage and Chi – square values of sample characteristics (N=80)

Demographic Variables	Experimental		Control		P
	f	%	f	%	
<b>Age (In years)</b>					1.7
≤20 yrs.	09	22.5%	06	15%	
21 - 30	15	37.5%	13	32.5%	
31 - 40 yrs.	14	35%	17	42.5%	
>40 yrs.	02	05	04	10	
<b>Gender</b>					0
Male	17	42.5%	17	42.5%	
Female	23	57.5%	23	57.5%	1
<b>Religion</b>					

Muslim	24	60%	23	57.5%	1.02	0.60
Hindu	16	40%	16	40%		
Christian	0	0	01	2.5		
<b>Educational status</b>						
Primary Education	30	75%	31	77.5%	1.24	0.538
High School	10	25%	08	20%		
Higher Secondary and above	0	0%	01	2.5%		
<b>Occupation</b>						
Unemployed	09	22.5	6	15	2.49	0.288
Government employee	12	30	8	20		
Private employee	19	47.5	26	65		
<b>Source of information</b>						
Family & Friends	17	42.5%	29	72.5%	7.53	0.023
Magazine and Newspaper	15	37.5%	08	20%		
Mass media	08	20%	03	7.5%		
<b>Type of family</b>						
Joint	07	17.5	06	15	0.09	0.762
Nuclear	33	82.5%	34	85%		

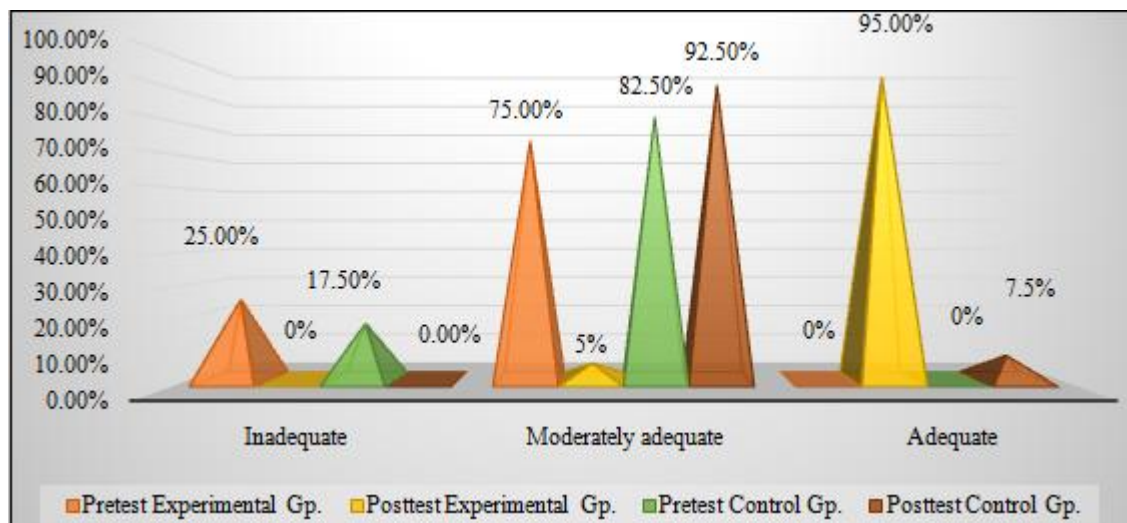


Figure 2: Bar Diagram showing the frequency distribution and the percentage of pre - test and post – test knowledge regarding temporary contraceptive techniques among eligible couples.

Table 2: Mean, Standard deviation and the paired t - value of knowledge among the eligible couples before and after the PTP. (N=80)

Group	Stage	Mean	SD	Mean Difference	Degrees of freedom	Paired t - value	P
Experimental	Pre - test	11.9	3	11.4	39	26.28**	0
	Post - test	23.3	2.8				
Control	Pre - test	11.6	2.5	2.8	39	6.78	0
	Post - test	14.4	3.5				

\*\* Significant at 0.01 level

Table 02 shows that the mean knowledge scores among the experimental group before the planned teaching was  $11.9 \pm 3$  and that among the control group was  $11.6 \pm 2.5$ . After the Intervention (planned teaching programme), among the experimental group, the mean knowledge score has increased to  $23.3 \pm 2.8$ . Increase in knowledge score after the planned teaching programme in the experimental group was statistically significant ( $p < 0.01$ ). The mean knowledge score among the control group in post - test was  $14.4 \pm 3.5$ . The change in knowledge score among the control group at post - test was not statistically significant. Hence the research hypothesis ( $H_1$ ) was accepted.

Table 3: Mean, SD and the t value of knowledge among eligible couples in experimental and control group. (N=80)

Stage	Group	Mean	SD	Degrees of freedom	t - value	p
Pre - test	Experimental	11.9	3	39	0.4	0.688
	Control	11.6	2.5			
Post test	Experimental	23.3	2.8	39	12.47**	0
	Control	14.4	3.5			

\*\* Significant at 0.01 level

Table 03 shows that there was a significant increase in the mean knowledge score of eligible couples in the experimental group as compared to the control group at 0.01 level. Hence the research hypothesis ( $H_2$ ) was accepted. Therefore, it was interpreted that there was a significant

increase in the knowledge scores among the experimental group following the planned teaching programme.

#### Association between the knowledge among eligible couples with the selected demographic variables.

The Chi - square and fisher's exact were performed to find out the association between knowledge with selected demographic variables. In the present study, it is found that there is no significant association with knowledge regarding the temporary contraceptive techniques with selected demographic variables. Hence the research hypothesis  $H_3$  is not accepted.

#### 4. Discussion

The findings in the present study revealed that the mean pre - test knowledge score regarding temporary contraceptive techniques among the experimental group was  $11.9 \pm 3$  and the mean post test score was  $23.3 \pm 2.8$ . The paired t value [ $26.28^{**}$ , degrees of freedom=39] computed by comparison of pre and post knowledge score among experimental group was significant at  $P < 0.01$  level. Hence, there is a significant difference in the mean knowledge scores of eligible couples before and after PTP which is significant in enhancing the knowledge regarding temporary contraceptive techniques among eligible couples. The experimental group shows improvement in knowledge scores compared to the control group. The student t test value ( $12.47^{**}$ ) computed by comparing the mean post - test knowledge score among the experimental group [ $23.3 \pm 2.8$ , degrees of freedom=39] and the mean post - test knowledge score [ $14.4 \pm 3.5$ , degrees of freedom=39] among the control group is statistically significant at 0.01 level. Therefore, it is interpreted that the planned teaching programme is significant in improving the knowledge [ $P < 0.01$  level].

This result is supported by various studies. A study was conducted to assess the knowledge and attitudes towards contraceptives among adolescents and young adults. The demographic results revealed 31.3% Black/African - American, 30.5% Latino/Hispanic, 17.6% White, 3.0% Asian, and 14.5% Other. The majority of participants (80%) were sexually active. The majority (69.5%) stated that their partners were currently using a contraceptive method; only 2.6% used IUDs. Half of females (56.6%) and 10.1% of males had heard about IUDs. Despite this, male and female participants lacked knowledge regarding specific IUD facts. Of the participants who had used the emergency contraception (EC), only 6.4% knew the copper IUD could be used for EC<sup>4</sup>.

#### 5. Conclusion

The study was conducted to assess the effectiveness of planned teaching programme on knowledge regarding temporary contraceptive techniques among the eligible couples at selected community areas, Kishtwar, Jammu and Kashmir. The results of the study undoubtedly confirm that the post - test knowledge score in the experimental group is significantly higher than the pre - test knowledge score and there were no significant changes in the mean knowledge score in the control group. Therefore, it is concluded that PTP is significantly effective in enhancing the knowledge

regarding temporary contraceptive techniques among eligible couples.

#### 6. Limitations

- The study used a purposive sampling technique, so that the generalization of findings remains restricted.
- The influence of extraneous variables during the period between the pre - test and post - test on the control group cannot be explored.
- No follow - up was made to measure the retention of knowledge.

#### 7. Recommendations

- A similar study can be replicated among staff nurses.
- A comparative study can be conducted between eligible couples in the rural and urban area.

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