

A Pre - Experimental study to Evaluate the Effectiveness of Planned Teaching Programme on Knowledge regarding Emergency Contraceptive Pills among G. N. M.3rd Year Students of Health & Hygiene Nursing Institute at Alwar

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Abstract: ***Aim:** The study aims to evaluate the Effectiveness of Planned Teaching Programme on knowledge regarding Emergency Contraceptive Pills among G. N. M.3rd year students at Health & Hygiene nursing institute, Alwar. **Methodology:** A pre - experimental one - group pretest - posttest research design and quantitative research approach were used in the study. The sample consisted of 50 students of G. N. M Nursing and was selected through a purposive sampling method. The data were collected through a self made structured questionnaire method. **Objectives of the study:** To assess the pre test, post test knowledge & compare pre test, post test knowledge score regarding emergency contraceptives Pills among G. N. M.3rd year students of Health & Hygiene nursing institute, Alwar. **Results:** The study revealed the mean value of pre - test was 11.2 and mean percentage was 44.8% respectively. Knowledge score shows that 25 students having inadequate knowledge and 25 students having moderately knowledge. The study revealed the mean value of post - test was 20.56 and mean percentage was 82.24% respectively knowledge score shows that 17 students having moderately knowledge and 33 students having adequate knowledge regarding emergency contraceptive pills. The mean value of pre - test and post test is 11.2, 20.56. The mean percentage of pre - test and post - test is 44.8%, 82.2%. Standard deviation of pre - test and post - test is 2.34, 2.27. The pre - test and post test knowledge score - 25 students having inadequate knowledge and 25 students having moderately knowledge and 17 students having moderately knowledge and 33 students having adequate knowledge regarding emergency contraceptive pills.*

Keywords: General system theory (GST), Not significant (NS), Planned teaching programme (PTP), Standard deviation (SD) Etc.

1. Introduction

Throughout the world, health care providers are concerned about providing safe and effective methods of contraception to woman of child bearing age. Today emergency contraceptive methods are considered safe and effective method of post coital conception yet the physician have the knowledge of prescribing it. It is assumed that potential use of emergency contraceptive method would reduce the burden of unwanted pregnancies and consequently unsafe abortion. Hence maternal mortality rate would also be reduced.

Though it is established that emergency contraceptive methods can substantially reduce the burden of intended pregnancies, their use, so far has been limited. The low usage of emergency contraceptive pills has been experienced in the countries where emergency contraceptive pills are not available over the counter.

In present setting emergency contraceptive pills are available at family planning centers where woman can use them more effectively in consultation with doctors. In addition, despite of wide advertisement about emergency contraception its limited use has motivated the investigators to undertake the present study in Alwar Nursing College, Alwar.

Term emergency contraception include all measures designed to prevent pregnancy due to unplanned coitus, unprotected intercourse, ruptured condom, missed pill, sexual assault, rape or first time intercourse.

In India, there is growing evidence of early onset of sexual activity among young people. Studies in different cities show that 10% young females and 10 - 30% young males indulge in pre - marital sex.

A study of North India shows that 85% gynaecology, 41% general practitioners, 64% medical students and 51% of para medical workers were vaguely familiar with the concept of emergency contraceptive pills and very few know the accurate time and dosage of it.

The national family health survey and sexual microstudies tell that only 13% of married overused emergency contraceptive and 8% are only using it. it provide the providers as one of the means of pregnancy prevention strategies, improve family planning, reduce rate of abortion and unplanned pregnancies.

2. Methodology

Statement of the Problem:

A pre - experimental one - group pretest - posttest research design and quantitative research approach were used in the

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study. The sample consisted of 50 students of G. N. M 3rd Year and was selected through a purposive sampling method. The data were collected through a self made structured questionnaire method.

Objectives of the Study:

- 1) To assess the pre test knowledge score regarding emergency contraceptives pills among G. N. M.3rd year students of Health & Hygiene nursing institute, Alwar. ”
- 2) To assess the post test knowledge score regarding emergency contraceptives Pills among G. N. M.3rd year students of Health & Hygiene nursing institute, Alwar. ”
- 3) To compare pre & post test knowledge regarding emergency contraceptives Pills among G. N. M.3rd year students of Health & Hygiene nursing institute, Alwar. ”
- 4) To associate the knowledge score on emergency contraceptives pills among G. N. M.3rd year students with selected socio - demographic variables.

The study was attempted to examine the following hypotheses:

H1: There is a significant difference between pre and post test knowledge scores among the G. N. M 3rd Nursing Students regarding emergency contraceptives pills.

H2: There is a significant association between post test knowledge scores among the G. N. M 3rd Year Nursing Students in selected socio demographic variables.

Sample & Sample Size:

The sample size for the present study is 50 G. N. M.3rd year students.

Sampling Technique:

The purposive sampling technique was used through non - probability sampling approach for this project.

Tool for data collection and development of tools: -

- 1) **Tools of Data collection:** Socio - Demographic Data of subjects: - Socio - Demographic data was developed to have information of the subjects regarding their age, gender, marital status, residence, religion, parent’s education, family Income, family type, no. of siblings (including themselves).
- 2) **Self Structured Questionnaire performa:** The performa consisted of 30 questions related to the knowledge regarding emergency contraceptive pills. The data collection procedure was carried in the month of DECEMBER 2022 with prior - permission of **Health & Hygiene nursing institute, Alwar. ”**

Pilot Study: It was conducted in **Health & Hygiene nursing institute, Alwar. ”**on the GNM Nursing 3rd year students.

Reliability of Tool: The reliability was established by split - half method. Co - efficient of co - relation of knowledge was found to r=0.98.

3. Results

Comparative evaluation of pre test and post test knowledge

Sr. No.	Category	Pre Test		Post Test	
		No. of Students	% Knowledge	No. of Students	% Knowledge
1	Adequate	0	0%	33	66%
2	Moderate	25	50%	17	34%
3	Inadequate	25	50%	0	0

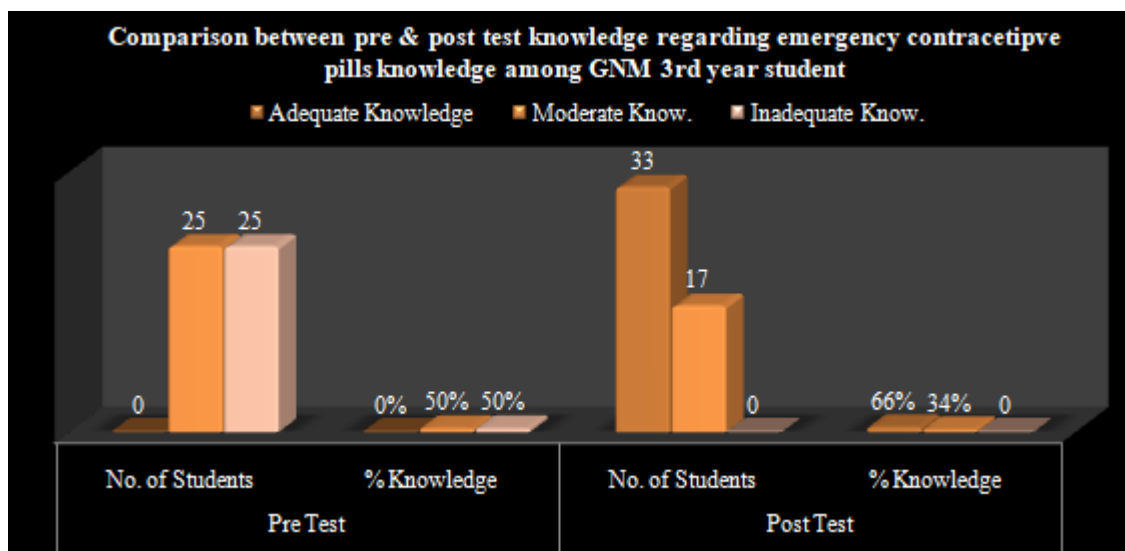


Figure depicts that 0% of subjects have adequate, 50% have moderate and 50% have inadequate knowledge regarding Emergency contraceptive pills.66% of subjects have adequate, 34% have moderate, 0% have inadequate knowledge regarding emergency contraceptive pills after post test.

4. Discussion

- 1) **Demographic Findings:** In demographic mean percentage for age group 20 - 21 year is 64%, 22 - 23 yr is 32%, and under age 24 - 25 year is 4% with standard deviation 3.65. The sex mean percentage for female

were 30% & male 70%. In religion hindu, sikh, muslim GNM 3rd students mean percentage were 80%, 10%, 10%. For residency urban the mean percentage were 44% and rural 56%. For parents education, the mean percentage for illiterate, matric/+2, diploma holder, degree holder were 2%, 78%, 12%, and 8%. Majority of students were unmarried i. e 92% and married were 8%. Majority of subjects were having family income between 20001 to 25000 i. e 30% Majority of subjects were belong to nuclear family i. e 74%.

- 2) **To assess the pre - test knowledge score regarding emergency contraceptive pills among GNM 3rd year students:** The study revealed the mean value of pre - test was 11.2 and mean percentage was 44.8% respectively. knowledge score shows that 25 students having inadequate knowledge and 25 students having moderately knowledge.
- 3) **To assess the post - test knowledge score regarding emergency contraceptive pills among GNM 3rd year students:** The study revealed the mean value of post - test was 20.56 and mean percentage was 82.24% respectively. knowledge score shows that 17 students having moderately knowledge and 33 students having adequate knowledge regarding emergency contraceptive pills.
- 4) **Camparison:** The mean value of of pre - test and post test is 11.2, 20.56. The mean percentage of pre - test and post - test is 44.8%, 82.2%. Standard deviation of pre - test and post - test is 2.34, 2.27. The pre - test and post test knowledge score - 25 students having inadequate knowledge and 25 students having moderately knowledge and 17 students having moderately knowledge and 33 students having adequate knowledge regarding emergency contraceptive pills.

This indicates that the structured teaching programme was effective in improving knowledge regarding emergency contraceptive pills among GNM 3RD year nursing students. Hence the research hypothesis H 1 stated there is a significant difference between the mean pre test and post test among GNM 3RD year nursing students were accepted.

Chi - square analysis indicated that there was significant association between knowledge scores with age, habitat, type of family, at $p < 0.05$. Hence the research hypothesis (H 2) stated was accepted.

5. Conclusion

From the findings of the study, it is concluded that knowledge regarding emergency contraceptive pills among G. N. M.3rd year students was adequate i. e 66% out of total selected subjects and 34% of them has moderate knowledge.

6. Implication of the study

According to the study findings, the majority of the G. N. M.3rd year students have adequate knowledge regarding emergency contraceptive pills.

A pre - test was conducted on the selected subjects which shows that 50% of them have moderately adequate and 50% have inadequate knowledge regarding emergency

contraceptive pills. Structured teaching programme was conducted on the selected subjects regarding emergency contraceptive pills and post test was conducted after that which shows that 66% of them have adequate knowledge and 34% have moderately adequate knowledge related to emergency contraceptive pills.

7. Summary

This chapter provides the process employed in the study. The primary aim of the study was to assess the knowledge regarding emergency contraceptive among G. N. M.3rd year students. This study conducted among 50 G. N. M. students of **Health & Hygiene nursing institute, Alwar.** " purposive sample technique was used to select the subjects for the study.

The pilot study and main study were conducted during the month of December 2022.

The review of literature enables the investigator to develop the methodology and conceptual framework for the study and plan for data analysis.

The conceptual framework adopted was based on general system theory. Sample consist of 50 students and data collection procedure was structured questionnaire.

The analysis of the data was done using descriptive statistics like number, percentage, mean and standard deviation, percentage mean and inferential statistics method such as 't' test.

The significant findings of the study are as follows: -

- 50% of the selected subjects were having moderately adequate and 50% were having inadequate knowledge regarding emergency contraceptive pills in pre - test.
- 66% of the selected sample were having adequate and 34% were having moderately adequate knowledge regarding emergency contraceptive pills in post - test.
- The 't' value was found to be 14.98
- First and foremost I thank God Almighty for the copious grace and blessings that He had

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