

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Selected Contraceptive Methods among Pregnant Women Attending Antenatal OPD at Selected Hospital, Lucknow

Ankita Lal¹, Ankit Diamond², Dipika Dhulia³, Akshay Bedi⁴

¹Assistant Professor, Department of Obstetrics & Gynaecological Nursing, Jeevan Jyoti Institute of Nursing & Paramedical Sciences, Aligarh (U. P)

²Associate Professor, Department of Community Health Nursing, Deepmala College of Nursing, Bareilly (U. P)

³Assistant Professor, Department of Child Health Nursing, Deepmala College of Nursing, Bareilly (U. P)

⁴Nursing Tutor, Deepmala College of Nursing, Bareilly (U. P)

Abstract: *Introduction & Background of the study: Delay the first, post - pone the second and prevent the third¹. All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children and have the information, education and means to do Family planning has far reaching benefits for woman and their families². Improving the social and economic status of woman, which greatly affect and are affected by poor reproductive health, is a vital concern. Increasing a woman's educational level and control over financial resources can improve her status within the household their by increasing not only her role in decision making, knowledge about health services available to her that contribute a good health³. Contraceptives provide women with safe and effective means to avoid unwanted pregnancies, or pregnancies that may place their health at risk, these pregnancies can have serious consequences including illness, disabilities and death. Many of the deaths occur when a woman with unwanted pregnancies resort to unsafe abortion⁴. Methods of contraception or family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods.⁵*

Keywords: Family planning, Reproductive health, Contraceptives, Educational level, Social & Economic status

1. Need of the Study

Improving the social and economic status of woman, which greatly affect and are affected by poor reproductive health, is a vital concern⁶. Increasing a woman's educational level and control over financial resources can improve her status within the household their by increasing not only her role in decision making, knowledge about health services available to her that contribute a good health⁶. It is estimated that recently overall population of India according to the January 2020 Census was 1, 380, 004, 385. And the population of Lucknow according to the 2020 census was estimated to be 3, 676, 515. Hence Population is a prime concern.

2. Problem Statement

A study to assess the effectiveness of structured teaching programme on knowledge regarding selected contraceptive methods among pregnant women attending antenatal OPD at selected hospital, Lucknow

3. Objectives of the Study

- Assess the existing knowledge regarding selected contraceptive methods among women.

- Evaluate the effectiveness of structured teaching programme on knowledge regarding selected contraceptive methods among pregnant women.
- Find the association between knowledge score and selected demographic variables among pregnant women.

4. Hypothesis

H1: There will be significant difference between pre and post - test level of knowledge regarding selected Contraceptive methods among pregnant women.

H2: There will be significant association between knowledge score and selected demographic variable at p value < 0.05.

5. Research Approach

In this study the quasi - experimental one group pre test post test research approach was adopted in order to describe, record, compare, analyze and interpret the finding.

6. Research Design

A one group pre - test post - test design was used to manipulate the independent variable and to distribute samples randomly in control and experimental group in order to the effect of structured teaching programme

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7. Setting

The present study was conducted in K. M Maternity Centre & Nursing Home, Lucknow

8. Population

In the study target population refers to the pregnant women attending antenatal OPD in selected hospital, Lucknow.

9. Sample

In the present study, the samples are drawn from antenatal OPD of K. M Maternity Centre & Nursing Home with those pregnant women who fulfils the criteria for study.

10. Sample Size

In the present study, the sample compromised of 30 pregnant women.

11. Sampling Technique

Purposive sampling technique was adopted for this study

12. Pilot Study

A pilot study was conducted in Sahara Hospital, Lucknow. The written permission was obtained from the authority of the hospital. The purpose of the study was explained to the respondents and confidentiality was assured. The pre - interventional of a questionnaire was administered to 10 pregnant women, who fulfilled the sampling criteria. An informed consent was taken from the respondent prior to the pre - interventional. The average time taken for filling the questionnaire was 25 to 30 minutes, after which structured programme was administered to the pregnant women on the same day. On the seventh day post - interventional was conducted with the same tool to assess the gain in knowledge scores. The tool and the structured teaching programme was found to be feasible comprehensible, and acceptable by the respondents. Data analysis was done by using descriptive and inferential statistics. The analysis of pilot study revealed that objective of the study fulfilled. Based on the investigator proceeded with the actual data collection for the main study.

- Mean, standard deviation, paired t test was used to identify the relationship and compare between knowledge
- Chi - square was used to find the association between demographic variables and knowledge
- Correlation co - efficient was used in findings the relationship.

13. Data Analysis & Interpretation

The analyzed data was organized according to objectives and presented under the following major headings:

Section I: Demographic Variables/ Sample Characteristics

Section II: Objective wise analysis

Frequency and percentage distribution according to socio demographic variable N= 30

S. no.	Demographic data	Category	Frequency	Percentage%
1.	Age (in years)	19 to 25	2	6.7
		26 to 30	27	90.0
		31 to 35	0	0
		36 & above	1	3.3
2.	Educational qualification	1. Illiterate	2	6.7
		2. 12 th pass	7	23.3
		3. Graduate	16	53.3
		4. Post graduate	5	16.7
3.	Duration of marriage	Less than 3 years	3	10.0
		1 to 2 years	13	43.3
		1 year	10	33.3
		4 years & above	4	13.3
4.	Occupation	Employed	4	13.3
		Unemployed	26	86.7
5.	Type of family	Nuclear	2	6.7
		Joint	24	80.0
		Extended	4	13.3
6.	Socio – Economic status	Upper	0	0
		Middle	25	83.3
		Lower	5	16.7
7.	Source of information	Friends & family	4	13.3
		Books	5	16.7
		Multimedia	17	56.7
		Health personnel	4	13.3

Section I: Demographic Variables/ Sample Characteristics

Section II: Objective wise analysis

Objective - 1: Assess the existing knowledge regarding selected contraceptive methods among pregnant women.

Table 2 (a): Frequency, percentage and mean distribution of pre - test. n=30

Level of knowledge	Scores	Frequency	Percentage %	Mean =13.33	SD 3.45
Inadequate	00 - 12	10	33.3		
Moderate	13 - 22	20	66.7		
Adequate	23 - 30	00	00		
TOTAL	30	30	100%		

Minimum score = 00 Maximum score = 30

Table 2 (b): Frequency, percentage and mean distribution of post - test. n=30

Level of knowledge	Scores	Frequency	Percentage %	Mean= 17.73	SD 3.68
Inadequate	00 - 12	3	10		
Moderate	13 - 22	25	83.3		
Adequate	23 - 30	2	6.7		
Total	30	30	100%		

Minimum score = 00

Maximum score = 30

Objective - 2: Evaluate the effectiveness of structured teaching programme on knowledge regarding selected contraceptive methods among Pregnant women.

Mean percentage % distribution comparison of pre - test and post - test knowledge scores n=30

Aspects	Mean	Mean %	SD	Paired t - test	Df	P Value
Pre - test	13.33	43%	3.45	- 11.507	29	.000
Post - test	17.73	57%	3.68			
Enhancement	4.4					

Objective - 3: Find the association between knowledge score and selected demographic variables among pregnant women. Association between post - test knowledge score on level of knowledge on selected contraceptive methods among pregnant women with selected demographic variables.

S. no.	Demographic data	Category	Frequency	Inadequate	%	Moderately adequate	%	Adequate	%	Df	Chi square	P value
1	Age (in years)	19 to 25	2	0	0	2	6.7	0	0	6	0.804	12.59
		26 to 30	27	3	10	22	73	2	6.6			
		31 to 35	0	0	0	0	0	0	0			
		36 & above	1	0	0	1	3.3	0	0			
2	Educational qualification	Illiterate	2	2	6.7	0	0	0	0	6	*34.8	12.59
		12 th pass	7	1	3.3	6	20	0	0			
		Graduate	16	0	0	15	50	1	3.3			
		Post graduate	5	0	0	4	13.4	1	3.3			
3	Duration of marriage	Less than 3 years	3	0	0	2	6.7	1	3.4	6	9.164	12.59
		1 to 2 years	13	3	10	10	33.4	0	0			
		1 year	10	0	0	9	30	1	3.4			
		4 years & above	4	0	0	4	13.4	0	0			
4	Occupation	Employed	4	0	0	4	13.4	0	0	2	0.87	5.99
		Unemployed	26	3	10	21	70	2	6.6			
5	Type of family	Nuclear	2	1	3.4	1	3.4	0	0	4	4.5	9.49
		Joint	24	2	6.6	20	66.7	2	6.6			
		Extended	4	0	0	4	13.3	0	0			
6	Socio - Economic status	Upper	0	0	0	0	0	0	0	4	6.14	9.49
		Middle	25	1	3.4	22	73.4	2	6.6			
		Lower	5	2	6.6	3	10	0	0			
7	Source of information	Friends & family	4	2	6.6	2	6.6	0	0	4	4.5	9.49
		Books	5	0	0	4	13.4	1	3.3			
		Multimedia	17	1	3.3	15	50	1	3.4			
		Health personnel	4	0	0	4	13.4	0	0			

14. Summary

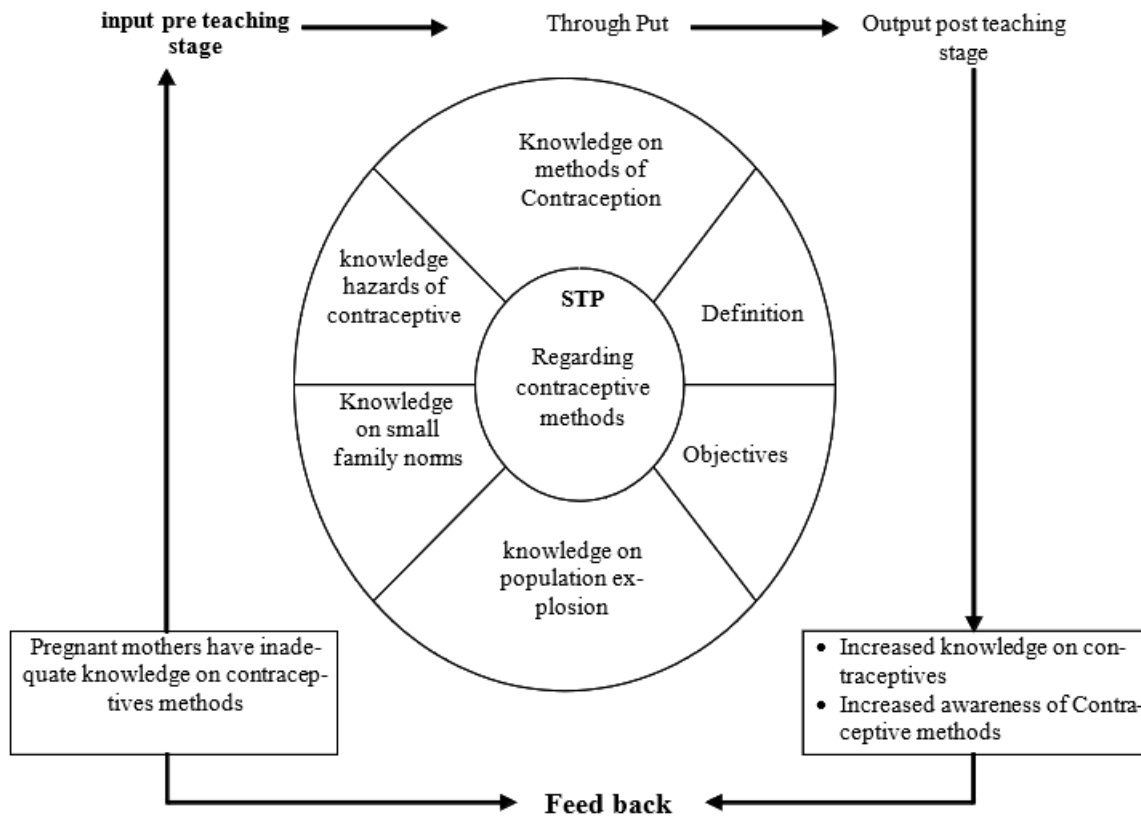
The present study was conducted to assess the effectiveness of Structured teaching programme on knowledge regarding selected contraceptive methods among pregnant women. A pre - experimental (one group pre - test post - test design) was adopted to conduct the present study. The study was conducted at K. M Maternity Centre & Nursing Home, Lucknow. Descriptive and Inferential statistics was used for data analysis. Analyzed data was represented in the form of tables, diagrams, pie charts, bar graphs.

15. Conclusion

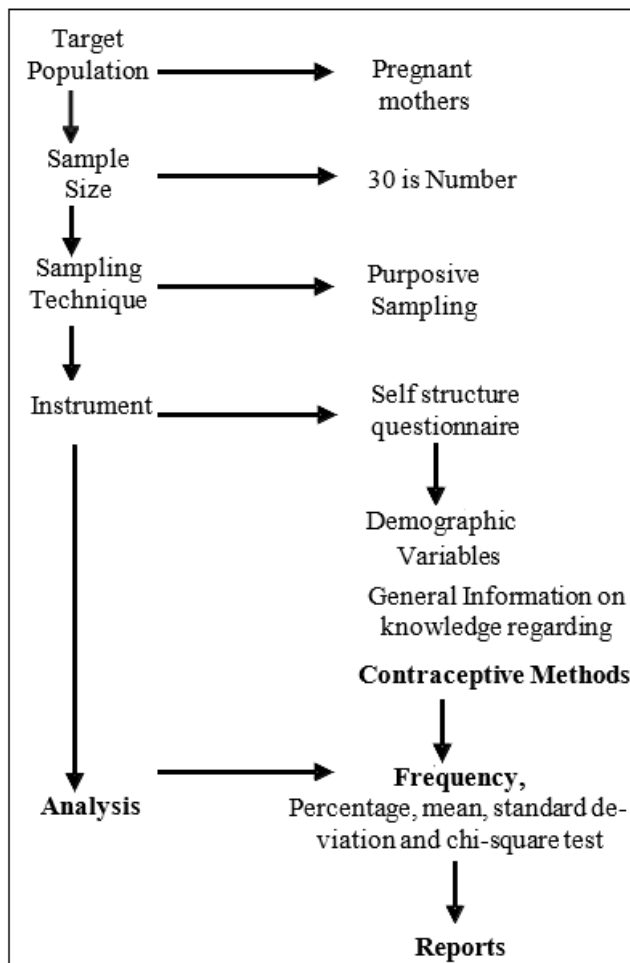
Based the study conducted, the investigator concluded that,

majority of the married women actively participated in the study. The women gave free and frank answers regarding intra uterine devices. The study was conducted based on the modified General System Model. Knowledge of the women regarding contraceptive methods was inadequate. The investigator found a significant improvement when compared, pre test knowledge and post test knowledge level scores of married women regarding contraceptive devices. As well statistically significant association was observed between knowledge levels and socio demographic variables of pregnant women.

Conceptual frame work based on general system theory (modified) ludwing won bertalanstys general system theory



Schematic Representation of Research Design of the Study



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