

Effectiveness of Self -Instructional Module on Utilization of Contraceptive Devices in Terms of Knowledge and Attitude among Married Women at Selected Community Area Meerut

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Abstract: According to WHO(2013), family planning has been defined as: “a way of thinking that is adopted voluntarily, upon the basis of knowledge, attitudes, and responsible decision by individuals and couples, in order to promote the health and family welfare of the group and thus contribute effectively to the social development of a country.” The study revealed that the mean posttest knowledge score was increased (27.36+ 2.562) than mean pre-test knowledge score (19.18+ 4.587) with mean difference (8.3) and the study revealed that the mean posttest attitude score was increased (76.4+ 5.01) than mean pre-test attitude score (67.06+ 5.26) with mean difference (11.1). The study also found that the mean difference knowledge scores of the married women was significant ($t=11.8, p< 0.05, df=49$) and the mean difference attitude scores of the married women was significant ($t=10.37, p< 0.05, df=49$). Moreover a near to significant association was found between knowledge score the monthly income and education status. And moreover a near to significant association between attitude score was Age in year of the married women. Knowledge and attitude had inverse relationship.

Keywords: Evaluate Effectiveness, Knowledge, Attitude, contraceptive devices, Self-instructional module, and married women

1. Introduction

“Control the size of population, care about Mother Earth.”

According to WHO (2013), family planning has been defined as: “a way of thinking that is adopted voluntarily, upon the basis of knowledge, attitudes, and responsible decision by individuals and couples, in order to promote the health and family welfare of the group and thus contribute effectively to the social development of a country.” The world population which was around 2 billion (2000 million) in 1900 reached about 6 billion by 2000. According to the 2001 census report, the population growth rate was still around 1.7 per cent, i.e., 17/1000/year, a rate at which our population could double in 33 years. Such an alarming growth rate could lead to an absolute scarcity of food, shelter and clothing. Therefore, the government was forced to take up serious measures to check this population growth rate.

According to Ministry of family Welfare (2003) Reduce unmet need for family planning methods among eligible couples, married and unmarried, at annual rate of 8.8% from the baseline of 21%. Increase met need for modern family planning methods among eligible couples at annual rate of 4.5% from the baseline of 47%.

2. Literature Survey

Gupta Sudhir K. (2014) conducted a study on Contraceptive practices among eligible couples: a cross sectional household survey in eligible couples of urban population of garhwal – uttarakhand. The cross sectional survey was conducted over a period of six months among 160 eligible couples from urban field practicing areas of the department of community medicine, the findings of data analysis has been done using SPSS version 15.0. To test significance chi square test have been used as applicable.

Faujdar Ram, ChanderShekhar&Biswabandita Chowdhury (2013) conducted a study on Use of traditional contraceptive methods in India & its socio-demographic determinants. The latest round of the district level household survey (2007-2008) revealed that 6.7 per cent currently married women were using traditional contraceptive methods in India. On the basis of the findings from this study, the total size of those women who were using traditional methods and those who were having unmet need, and are required to use modern spacing methods of family planning in achieving the reproductive goals, is around 53 million. Women from a set of specific socio-demographic backgrounds are more likely to use these methods. A regional pattern has also emerged in use of tradition contraceptive methods in India.

Problem Statement

“A study to evaluate the effectiveness of self -instructional module on utilization of contraceptive devices in terms of knowledge and attitude among married women in selected rural community areas at Meerut.”

3. Objectives of the Study

- 1) To develop and validate the self-instructional module on utilization of contraceptive devices for married women.
- 2) To assess and evaluate the knowledge and attitude of married women before and after administration of self-instructional module.
- 3) To determine the relationship between post-test score knowledge and post- test attitude score of married women.
- 4) To find out the association between the post-test knowledge and post- test attitude of married women with their selected demographical variables.

Research Hypothesis (at 0.05 level of significance)

- 1) H1: The mean post-test knowledge scores of married women regarding contraceptive devices will be significantly higher than their mean pre-test knowledge scores as evident from structured knowledge questionnaire
- 2) H2: The mean post-test attitude scale of married women regarding contraceptive devices will be significantly higher than their mean pre-test knowledge scores as evident from modified attitude scale
- 3) H3: There will be a significant relationship between posttest knowledge scores and post-test attitude scale of married women regarding contraceptive devices as evident from structured knowledge questionnaire and modified attitude scale
- 4) H4: There will be a significant association between post-test knowledge and post-test attitude of married women regarding contraceptive devices with selected demographic variables .

4. Methodology

Sample size included in the study was 50 married women in selected rural community area. Thus to assess the validity of the self-instructional module and to evaluate the knowledge and attitude of married women on utilization of contraceptive devices in selected rural community area at Meerut, a pre-experimental research (one group pre-test – post-test design) design has been considered to be appropriate.

Frequency and percentage distribution of married women and their selected demographic characteristics, **n=50**

S.No.	Variables	Frequency	Percentage
1.	Age (years)		
	19-22	12	24%
	23-27	14	28%
	28-32	14	28%
	33-38	10	20%
2.	Religion		
	Hindu	38	76%
	Muslim	11	22%
	Christian	0	0%
	Sikh	1	2%
3.	Occupation		
	House wife	44	88%
	Employed (govt.& private)	1	2%
	Self employed	5	10%
4.	Family income		
	3000-5000/	20	40%
	5001-8000/	16	32%
	8001-11000/	7	14%
	12000 or more	7	14%
5.	Type of family		
	Nuclear family	14	28%
	Joint family	14	28%
	Extended family	22	44%
6.	Education		
	Primary	17	34%
	Secondary	5	10%
	Higher education	12	24%
	Graduation and more	16	32%
7.	No. of living children		
	Nil	11	22%
	One	8	16%

	Two	18	36%
	Three and more than three	13	26%
8.	Previous knowledge of contraceptive methods		
	Yes	31	62%
	No	19	38%

Above the table shown that majority of the subjects (14) were in the age group 23-27(28%), majority of the married women i.e. 38(76%) religion wise were Hindu. Regarding occupation of married women the majority of respondents of married women were house wife i.e. 44(88%). The majority of the married women were living in extended family i.e. 22(44%). The large of the respondents married women education were primary i.e. 17(34%). The larger no. of the married women husband income between 3000-5000/ i.e.20 (40%). The majority of the married women were no. of living children i.e.18 (36%). Regarding previous knowledge of exposure, the majority of married women having knowledge related to contraceptive devices i.e. 31(62%).

Knowledge Distribution of Married Women Before and After Administration of SIM Regarding Utilization of Contraceptive Devices, n=50

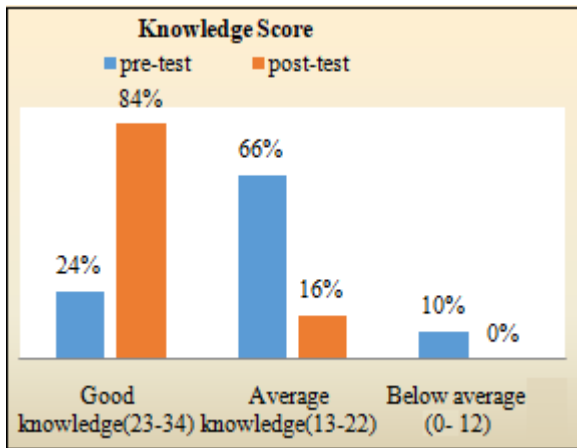
Knowledge Scores	Pre-Test		Post-Test	
	Frequency	Percentage	Frequency	Percentage
Good knowledge (23-34)	12	24%	42	84%
Average knowledge (13-22)	33	66%	8	16%
Below average (0-12)	5	10%	0	0%

Maximum score= 34

Minimum=0

Above the table No.-4 depicts the level of knowledge scores before and after the administration of self-instructional module and shows that before the administration of module 33(66%) married women were having average knowledge, 12(24%) married women were having good knowledge and 5 (10%) married women were having below average knowledge regarding contraceptive devices.

After the administration of module there was an increase in the knowledge scores i.e. 42(84%) married women were showing gain in knowledge and fell under good knowledge category, 8(16%) married women were under average knowledge category. None of the married women fell under the category of below average knowledge.



Distribution of married women according to their attitude before and after the administration of self-instructional module on utilization of contraceptive devices, n=50

Attitude scale	Pre-test		Post test	
	Frequency	Percentage	Frequency	Percentage
Favorable	22	44%	48	96%
Less favorable	27	54%	2	4%
Unfavorable	1	2%	0	0%

Maximum score=100

Minimum score=0

Above the table shown the level of scores of the married women before and after the administration of self-instructional module. In the pre- test 27 married women (54%) were having less favorable attitude and 22 (44%) married women were favorable attitude towards utilization of contraceptive devices and one (2%) come under the category of unfavorable. Where as in post-test maximum number of married women 48(96%) fell under the category of favorable attitude, 2(4%) of them were still having less favorable attitude no one come under unfavorable attitude.

Research hypothesis was accepted and null hypothesis was rejected.

5. Conclusion

On the basis of above findings the conclusion of the study, there was deficiency of knowledge in married women regarding utilization of contraceptive devices. The self-instructional module was found to be effective in increasing the knowledge of married women regarding utilization of contraceptive devices. There was no significant association between the demographic characteristics and posttest knowledge score. The self-instructional modules were found more effective in developing the unfavorable attitude towards utilization of contraceptive devices.

6. Recommendations

- The study can be replicated on a large sample to validate the findings and to make generalizations.
- A similar study can be done with an experimental research approach considering One group pre-test- post-test.

- A similar study can be conducted to compare the effectiveness of self-instructional Module with strategies like planned teaching programme.
- A study can be conducted to carry out to identify the educational needs of the Married women.
- A study can be conducted on effectiveness of an information booklet on Utilization of contraceptive devices in terms of knowledge and attitude of married Women.
- A study can be conducted to assess the incidence of contraceptive devices among Married women.

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