

Effectiveness of Structured Teaching Programme Regarding Family Planning Methods among Postnatal Mothers

R. Mohana¹, Dr. T. Komalavalli²

¹M.Sc(N) Professor, Department of Obstetrical and Gynaecological Nursing Karpaga Vinayaga College of Nursing, Kancheepuram Dt Tamilnadu, India

²M.Sc(N), Ph.D Department of Child Health Nursing, Principal, Karpaga Vinayaga College Of Nursing Kancheepuram Dt Tamilnadu, India

Abstract: *Background:* Family planning is a method of controlling the child birth and provide adequate spacing between the child births. *Methods:* Quasi experimental, pre test posttest design was adopted. Convenient sampling technique was used to select 100 postnatal mother as per inclusion criteria. *Results:* The standard deviation of pretest and post test knowledge was 0.7 and the attitude was 0.86. The SD of 0.086 are highly significant $P < 0.0010$ level. *Conclusion:* The paired t test value of 46.52 are highly significant $p < 0.01$ level.

Keywords: Effectiveness, structured Teaching programme, Family planning methods, Postnatal mothers

1. Introduction

The population is not static but is always in a dynamic state, the factors involved in population dynamics are death, birth, and migration. In India population will reach 1.4 billion by 2025, In order to reduce the population growth the developing countries has adopted various policy measures, in that family planning helps to reduce population for the standard of living of the people

1.1 Need for the study

In the world rate of increase of population was about to million per year, but now increasing at a much faster rate at 100 million per year. If the rate increase continues at the same pace, the projected population would be 8000 million in 2025. India was the first country in the world to start family planning programme in 1953. The objective of the family welfare programme in India is to stabilize the country's population and to improve the health of the women. India population numbered 238 million in 1901, doubled in 60 year to 439 million (1961) doubled again ;this time in only 30 years to reach 846 million by 1991. India population on 2005 and to reach 1.55 billion by the year 2050.

1.2 Statement of the Problem

Effectiveness of structured teaching programme regarding family planning methods among postnatal mothers.

2. Materials and Methods

A quantitative, quasi experimental one group pre, post test design was adopted. The convenient sampling technique was used to select 100 postnatal mothers who satisfied the inclusion criteria in the study. The structured interview method was used to collect data from the mothers for 15 to 30 minutes without having any possible interaction with other postnatal mothers

2.1 Tools and technique

After extensive and systematic review of literature the investigator developed a demographic profile, knowledge of family planning methods, likert scale to assess the attitude and checklist to assess the practice of postnatal mothers on family planning method.

Section A

It contains demographic variables and background such as age, religion, education status, occupation, family income, obstetrical score, type of family, nativity and source of information

Section B

The total 25 multiple choice question was prepared. The maximum score was 25 and the minimum score was zero score. Based score the knowledge was interpreted as inadequate (<50 %), moderate (51-75 %) and adequate knowledge (> 75 %).

Section C

The instrument consists of 20 statements of positive and negative statements the maximum score was 60 and minimum score was 20, bases on score attitude was interpreted as unfavorable (<50), favorable (51-75) and most favorable (>75%)

Section D

Postnatal mother were interviewed for collecting the information regarding practice of family planning methods by using checklist.

2.2 Date collection procedure

The necessary ethical and administration permission and informed consent was obtained. The study was conducted at Karpaga Vinayaga Institute of Medical Sciences and Research centre, Kancheepuram,

3. Results and Discussion

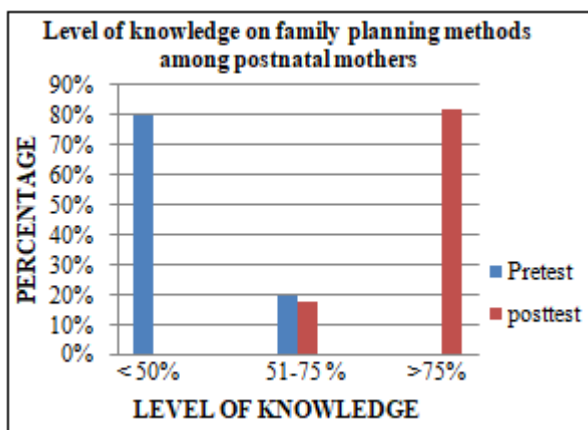
Based on objectives, the results are discussed below,

3.1 Regarding the demographic and background variables

Out of 100 postnatal mothers 22 % were less than 20 years, 31% were between 21 to 25 years, 35 % were between 26-30 years and 12 % were above 30years.Regarding religion 76 % were Hindus, 13 % were Christians and 11 % were Muslims.34 % were illiterate, 32 % were primary education , 30 % were secondary education and 4 % were collegiate education, Most of the mothers were 42% unemployed, 31 % were daily wages, 16% were agriculture and 11 % were other occupation. Family income 37% were below Rs.10000, 44% were between Rs.10001-20000, 12 % were Rs.20001-30000 and 7 % were above Rs.30000.57 % were primi, 43 % were multipara.76 % belong to nuclear family, 24 % were belong to joint family.69 % were rural and 31 % from urban.60 % mother received information from health personnel.14 % from radio and television, 8% from newspaper and 18 % from friends and relatives

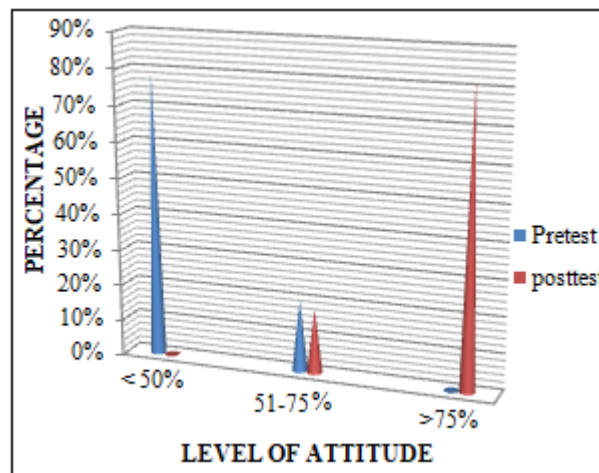
3.2 Level of knowledge on planning methods among postnatal mothers

The distribution of level of knowledge on family planning methods in pretest 86 % had inadequate, 14% had moderate knowledge. In posttest 12 % had inadequate, 88% had adequate knowledge for postnatal mothers.



3.3 Level of Attitude on Family Planning Methods among Postnatal Mothers

In pretest 80% had unfavourable attitude, 20% had favourable attitude towards family planning. In posttest 18 % had favorable attitude and 82 % had most favorable attitude of postnatal mothers



3.4 Comparison of Pre and posttest mean scores on level of knowledge and attitude of postnatal mothers

S No	Variables	Mean	Standard Deviation	Paired 't' test
1	Knowledge	9.95	0.7	46.52
2	Attitude	20.35	0.86	46.37

4. Recommendations

- 1) Family planning methods can be assess with longer duration of study period
- 2) Similar study can be conducted with male respondents.
- 3) A comparative study can be conducted between rural and urban antenatal mothers and postnatal mother.
- 4) Similar study can be conducted for antenatal mothers

5. Conclusion

The Structured teaching programme was increased the knowledge and attitude of postnatal mothers regarding family planning methods

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