Effectiveness of Knowledge on Family Planning Methods Among Pregnant Mothers

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India has the second largest population in the world. The higher fertility in India is attributed to the universality of marriage, low level of literacy, limited use of contraceptives and traditional way of life (Park J.E, 2003). The objective of the family planning programme in India is that people should adopt the small family norm to stabilize the country's population at the level of some 1533 million by the year 2050.

Contraceptive methods are broadly grouped into two classes: Spacing methods and Terminal methods. Among spacing methods, there is barrier method, intrauterine method, hormonal method and post conceptional method. Throughout the world 1000 million people are trapped in the vicious circle of poverty, under development and over population which harm their health. An effective strategy against this could be primary health care and one of the essential elements of the primary health care is maternal and child health including family planning.

Studies reveal that the knowledge for use of contraceptives and sterilization in a community where the women are aware of contraceptive methods, less than half are using the method they perceive to be most effective. Sterilization rates are low amongst the women in the same population. (Rubin M.T, 2005)

Family planning favorably influences the health development and well being of the family, so people must be encouraged to plan their families. The national population policy of Government of India reflects the growing political will to control the population growth to keep Indian families happy and healthy.

Objectives of the study

- To assess the knowledge of the pregnant mothers regarding family planning methods before implementation of teaching module.
- To assess the effectiveness of teaching module on mothers regarding their knowledge of family planning methods.
- To associate the post test knowledge score with selected demographic variables such as age, education, occupation, monthly income, type of family and number of childbirth etc.

Research Hypotheses

- There is significant difference between pre and post test knowledge score of the pregnant mothers regarding family planning methods.
- There is association between the pre and post test knowledge scores and selected demographic variables.

Theoretical Framework

Theoretical framework selected for this study was based on General System theory by Bertalanfify (1968). In this theory main focus is on the discrete part and their interrelationship which makes up and describes the whole.

In this study the input is considered as information related to family planning methods and includes, Structured Interview Schedule and SIM. It considers, Pretest by using Structured Interview Schedule, Self Instructional Module and Post test on family planning methods. Output considers the information obtained from the interview schedule in terms of scores. Feedback refers to output that is returned to the system.

Methodology

The study utilized an evaluative research approach with one group pretest and post test design. The population comprised of 30 pregnant mothers who attended antenatal clinic in maternity centers.

A convenient sampling technique was used for selecting a sample.

Independent variable was SIM and the dependent variable comprised knowledge on family planning methods among pregnant mothers.

Tool used for data collection was Structured Interview Schedule which was developed
based on review of literature. It comprised of two parts; first part consisted of personal information and second part consisted of knowledge on various aspects of family planning methods. Reliability of the structured interview schedule was established by Split-half method (Spearman Brown formula) ($r = 0.88$) and for SIM Test- Retest method was used to find reliability ($r = 0.91$).

A pilot study was conducted for checking the feasibility of the study and establishing reliability of the tools in a selected maternity centre. The collected data was organized and analyzed according to objectives of the study using descriptive and inferential statistics.

**Findings of the study**

- The sample belonged to the age group of 21-25 years, majority (70%) of the sample were from nuclear family, (97%) of the mothers were from urban area, (43%) of the mothers were having one child. Educational status of the mothers reveals that all had minimum of high school education. Majority (67%) of the mothers were unemployed and their monthly family income was Rs.1500-2500.
- The Chi-Square association revealed that there was no significant association of knowledge of family planning methods with that of selected demographic variables.

**Conclusion**

- SIM was found to be effective in increasing knowledge about family planning methods.
- There was highly significant difference between pre and post test knowledge scores on different aspects of family planning methods.
- There was no significant association between knowledge of family planning methods and selected demographic variables.

**Implications**

Findings of the study imply that since mothers are not having adequate knowledge, the nurse educator should educate the peripheral level health-workers to improve the mothers' knowledge and motivate their family planning practice as recommended.

**Recommendations**

- Similar study can be undertaken with a large sample to generalize the findings.
- A similar study can be conducted by utilizing other teaching strategies.
- A comparative study can be conducted on knowledge and practice of mothers in rural and urban areas.

**References**