

KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY PLANNING METHODS AMONG ELIGIBLE COUPLES : A Study

Rev. Dr. Sr. Mary Lucita

INTRODUCTION:

Throughout the world, 1000 million people would still be trapped in the vicious circle of poverty, underdevelopment and over population which will harm the health of the people. An effective strategy against this could be primary health care system. One of the essential elements of primary health care is maternal and child health including family planning. Family planning favourably 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. So, a study to assess to have knowledge, attitude and practice of family planning methods is appropriate.

REVIEW OF LITERATURE:

WHO expert committee defined and described family planning as a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude and responsible decisions by individuals and couples, in order to promote the health and welfare of the family group and this contribute effectively to the social development of a country.

Kast et al (1991) stated that no one fertility regulation method or even two or three methods can meet all women's need at a particular time or only one woman's need throughout her life.

Mukherjee (1987) have stated that attaining a 60% couple protection rate will be equivalent to cutting off almost all third or higher order births, having two or less living children.

The National population policy (1993) appeals promotion of family planning in a voluntary basis. Khoma J. et al (1990) stated that people's access to family planning services varies widely between regions. Over all 60% of the population of developing countries have ready and easy access to at least one modern method of contraception.

Knowledge of family planning is universal

in Kerala with 100% of the currently married women in both the urban and rural areas reporting knowledge of at least one method of family planning. A study report of P.S. Nair et al (1992-93), currently married women are most familiar with female sterilization (1991), 87% know about the pill and 90% know about copper T, male sterilization and condoms. Exposure to family planning messages on Radio / TV in Kerala is found in the 66% of urban and 53% of rural population. 20% of all graduate couples used condoms or the rhythm method immediately after marriage.

The family planning health survey (1991-95) shows a positive attitude among 66% of urban and 61% of rural couples towards family planning in Kerala.

National Family Health Survey (1990-93) shows that the prevalence rates of contraception among Hindu women in Kerala is more than among Muslim women. In Kerala 75% of currently married women have ever used a contraceptive method. Traditional methods have been used by 31% (Kerala health statistics)

MATERIALS AND METHODS:

The study was intended to assess the extent of knowledge, attitude and practice of eligible couples regarding family planning. Ward 6 of Sreekaryam Panchayat under MCII unit Pangappara formed the setting of the study. The population consists of 60 couples from ward 6 of Sreekaryam Panchayat, who are in the reproductive age group. The sampling technique used was random sampling. The time period of study was from 1-04-2000-15-05-2000.

For the purpose of study samples were only from reproductive age group couples who are staying separated were excluded from the study. The techniques and methods used are : Structured questionnaire; Interview on the basis of questionnaire; Pilot study; Data collection from record of PHC

The questions of Part I of interview deals with demographic data and socio-economic status, education of the couples, details of family members and the general health status of family members.

Part II deals with assessment of the knowledge, attitude and practice regarding family

planning methods, which is divided into three sections. Section A deals with knowledge regarding family planning methods and total score of the 17 question is 52. Section B on the attitude of couples regarding family planning. It contains 10 questions and total score is 20. Section C is concerned with practice of family planning and contains 10 questions.

RESULTS:

The data were collected from 60 married women of age 16 to 45 using structured questionnaire. The findings are :

The total knowledge score was 52 and average score was taken as 20.

The knowledge score was below average for 87% of the sample 10% had fairly good knowledge and only 3% had excellent knowledge.

Almost 52% of the couples have attitude score above average and the rest fall in below average category. 56.7% of the couples studied, practised family planning while 43.3% were not practising. Among couples practising family planning, 61.8% have adopted permanent family planning measures and 38.2% practise temporary measures.

73.1% of couples are not practising family planning just because the don't like these methods. Among those using temporary methods 46.2% uses copper T while 30.8% use condom and 23% are practising safe period 32.4% suffered from side effects while 67.6% had no side effects due to family planning measures.

There is no relationship between level of education, knowledge and attitude of family planning methods. But, there is a strong relationship between knowledge of family planning and attitude towards family planning.

The family planning services should be given importance in primary health care. Steps should be taken to increase the awareness of newer family planning measure among the public community. Health workers should be given adequate training to keep their knowledge updated. Mass media should be effectively used for increasing public awareness. Community health Nurses should take initiated to provide training to basic health workers and should provide health education to public.

Author: Asso. Professor, College of Nursing, Trivandrum (at the time of writing this article)



Branch Affairs

WORKSHOP

A Workshop on Nursing Management of patients with HIV/Aids was held at Chintamanrao Deshmukh Institute of Administration and Management Training organised by Thane district branch on April 28, 2001. Total 38 delegates from various hospitals attended the workshop.

The workshop was sponsored by the Maharashtra State Aids Control Society who donated the teaching material for this workshop. Mr. S.G. Joshi, Chairman Nursing Education Committee of Thane District Branch donated certificates to the participants.

Dr. B. B. Munde Chief Medical Officer of Health Thane Municipal Corporation inaugurated the workshop. He congratulated the organizers and stressed the need for many more such workshops in the district.

The other dignitaries present were Ms. Sulekha Shah, Chairman, Research Committee of the Thane district branch, Ms. Mhatre, Matron District Hospital Thane, Ms. Khanpurkar-Matron Rukminidevi Hospital, Chairman Nsg. Service, Thane District Branch, Ms A.P. Gurav Chairperson, Maharashtra State Branch, G. Shinde, patron of the district branch and Mr. A.B. Kulkarni the then acting President of the State Branch.

The workshop began with a street play presented by the students of Sau Minatai Thakre INE which was very effective and educative bringing out the facts and figures about HIV/Aids in nutshell.

During the first session: The topic covered was Preventive Measures and Waste Management.

Ms Samant Tutor/Clinical Instructor of Sau Minatai Thakre INE spoke on salient features of Nursing Management of patients with HIV/Aids at every stage. Many new trends and treat-



Lamp lighting and Oath taking ceremony at SON, CHRI, Gwalior.

ments were brought to the notice of the participants during the second session.

Mr. Arvind Kulkarni delivered a lecture in the third session on Legal Aspects of management of these patients with examples and quotations from the judgments given by various courts, the participants were given the particulars of the organization extending the legal help to the patients and their families.

Open Session at end of the workshop was full of curiosities and questions from the participants.



LAMP LIGHTING & OATH TAKING CEREMONY

Lamp lighting and Oath taking ceremony for the newly arrived students of School of Nursing, C.H.R.I., Gwalior was held on 20th April 2001.

The Chief guest was Shri Shitla Sahai Founder Trustee of Jan Vikas Nyas and Ex. Minister of M.P.

A brief report of the School was given by the Principal, Prof. R.K. Dubey in which he spoke about the facilities provided by the Institute for over all development of students i.e. academic, extra

curricular, sports etc, and about the students who have already passed out and working in India as well as abroad.

The Chief Guest lit the lamp and passed on the light to 39 students who lit their respective lamps. Ms. Anice John highlighted the significance of the pledge, Ms. Jiny Varghese highlighted the significance of light, and Ms. Mini John spoke on the significance of ethics.

The Chief guest in his special address said the role of a Nurse is of a father, mother, brother and sister. He added that a Nurse is every thing to a client, for the promotion, prevention and restoration of health.

The Presiding guest Dr. B. R. Shrivastava said that it is the Nurse who devotes his or her life whole heartedly for the welfare of the sick. He further added that a Nurse must have faith in the recovery of the client and must develop that faith in the client. So he/she works towards promotion of health and increases the life expectancy of the client.

The program came to an end with the vote of thanks by Miss. Binu T. Siven.

