

Knowledge and practice of family planning methods among the eligible couples

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Abstract

Family planning is defined by WHO as, a way of thinking & living that is adopted voluntarily, upon the basis of knowledge, attitudes & responsible decisions by individuals & couples, in order to promote the health & welfare of family groups thus contribute effectively to the social development of the country. Descriptive survey approach and descriptive survey design are used in the study to assess the knowledge and practice of family planning methods among the eligible couples at selected areas, Tirupati. 60 Eligible couples are selected by using non probability convenient sampling technique. Data was collected using questionnaire method. The study findings revealed that the knowledge level of eligible couples was determined with mean of 18.55 standard deviation of 3.50. The mean percentage score of practice was computed and it was observed as 6.75 with standard deviation 0.67. The results showed that, eligible couples have moderate knowledge and practice regarding family planning methods.

Keywords: WHO, the eligible couples, family planning methods

1. Introduction

Human development is the ultimate objective of all planning efforts. Planning takes into account the resources and pathways available for human development and human resources available for carrying out the developmental Plans.

With every pregnancy and birth, a woman's risk of dying increases. There's a clear connection between countries that have a high fertility rate, where women are having six to seven children, and the maternal mortality rates. Pregnancy and childbirth complications are among the leading causes of death among women living in developing countries, according to the World Health Organization. The leading cause of maternal mortality (deaths from pregnancy and childbirth related complications) is obstetric hemorrhage in which a woman bleeds heavily, most often immediately after giving birth^[11, 10]. Family planning in India continues to be synonymous with sterilisation, although government policies strive to promote reversible methods. Indeed much of the recent fertility decline in India (especially in the southern states) is attributed to increasing acceptance of sterilisation, particularly female sterilisation. Family planning evolution and the widespread high use of sterilisation has several roots.

Family planning is defined by WHO as a way of thinking & living that is adopted voluntarily, upon the basis of knowledge, attitudes & responsible decisions by individuals & couples, in order to promote the health & welfare of family groups thus contribute effectively to the social development of the country. India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilise the population at a level consistent with the requirement of the National economy. The Family Welfare Programme in India is recognised as a priority area, and is being implemented as a 100% centrally sponsored programme. As per Constitution of India, Family Planning is in the Concurrent list^[2]. The approach under the programme during the First and Second Five Year Plans was mainly Clinical under which facilities for provision of services were created. However, on the basis of data brought out by the 1961 census,

clinical approach adopted in the first two plans was replaced by "Extension and Education Approach" which envisaged expansion of services facilities along with spread of message of small family norm.

Statement of problem

A Study to Assess the Knowledge and Practice of Family Planning Methods among the Eligible Couples in Selected Areas of Tirupati.

2. Objectives of the Study

- To assess the level of knowledge and practice regarding family planning methods among the eligible couples.
- To find out the couple protection rate in the selected couples.
- To find out the correlation between knowledge and practice on family planning methods.
- To determine the association between knowledge and practice on family planning methods with the selected demographic variables.

Hypotheses

- **H₁:** There will be a significant association between the knowledge and practice of family planning methods among the eligible couples.
- **H₂:** There will be a significant association between the knowledge and practice of family planning methods among the eligible couples and the demographic variables.

3. Material and Methods

- **Research approach:** Descriptive survey approach
- **Research design:** Experimental, descriptive survey design.
- **Setting of the study:** Selected areas at Tirupati
- **Population:** Eligible couples residing in selected rural areas in Tirupati
- **Sample size:** 60
- **Description of the tool:** Structured interview schedule to assess knowledge and practice of eligible couples

regarding family planning methods. The interview schedule consists of 3 sections

Section I: This section seeks information on demographic data consisting of 7 items such as age, religion, education qualification, occupation, monthly family income, number of children, and source of information.

Section II: This section has two parts of structured

4. Results and Discussion
Couple Protection Rate (CPR)

It is an indicator of the prevalence of contraceptive practice in the community. It is defined as the percentage of eligible couples effectively protected against child birth by one or the other methods of family planning. N=60

S. No	Methods	Couples	No of Persons	CPR
1	Condom	Male	30	50%
2	IUD	Female	5	8.33%
3	Oral Pills	Female	2	3.7%
4	Sterilization (Male)	Male	0	0%
5	Sterilization (Females)	Female	3	5%
		Total	40	67%

The above table shows that maximum males are using Condoms (50%), 2 females were using Oral pills, 5 females were using IUD's and 3 females had undergone permanent family planning. This shows that couple protection rate was found to be 67%.

The findings of the study were summarized as follows:

- Majority of the samples, 42% belongs to the age group 21-25yrs.
- Most of the samples, 32% were Muslims.
- Most of the samples, 42 % had primary education.
- Majority of married women, 35% had two children.
- Most of the subjects, 28% had monthly family income of above Rs2000/-
- Majority of samples, 41.7% got information from family members.
- Majority of samples, 30% were Govt. employees.
- The study findings revealed that the knowledge level of eligible couples was determined with mean of 18.55 standard deviation of 3.50. The mean percentage score of practice was computed and it was observed as 6.75 with standard deviation 0.67. The results showed that, eligible couples have moderate knowledge and practice regarding family planning methods.
- The linear correlation between overall knowledge and practice was computed by using Karl Pearson's correlation coefficient formula. The result obtained was $r = 0.921$. The correlation was found to be significant at 0.05 level of significance. The correlation analysis showed a significant relationship between knowledge and practice of eligible couples regarding family planning methods, hence hypothesis H_1 was accepted.
- The calculated chi-square value for association of knowledge with selected demographic variables like number of children, occupation found to be significant and age, monthly family income, source of information, education qualification, and religion was found to be non-

- questionnaire, consisting of part A and part B
- **Part - A:** Consists of 10 multiple choice questions related to knowledge regarding reproductive system.
 - **Part - B:** Consists of 44 multiple choice questions related to knowledge regarding family planning methods.

Section III: A structured interview schedule comprising of 12 questions, to assess practice of eligible couples on family planning methods

significant. The practice scores of eligible couples with demographic variables like education qualification, number of children found to be significant and monthly family income, age, source of information, occupation, and religion was found to be non-significant.

- The chi-square test values revealed that there was a significant association between knowledge and practice of eligible couples with selected demographic variables regarding family planning methods, hence hypothesis H_2 was accepted.
- Since majority of eligible couples has moderate knowledge and practice regarding family planning methods, education is very essential.

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