

A Study to Assess the Knowledge, Practice and Attitude on Temporary and Permanent Contraceptive Methods among Primi and Multi Mothers in Selected areas in Coimbatore

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ABSTRACT

A quantitative approach, quasi-experimental one group pretest, post-test design aimed to assess the knowledge, practice and attitude on temporary and permanent contraceptive methods among primipara and multipara mother in Alandurai and Rathinapuri areas of Coimbatore. 150 primipara and 150 multipara mothers were selected by non-probability convenient sampling technique. The sample was used to assess the knowledge, practice and attitude by structure questionnaire and reassess. There was a significant association between pretest level of knowledge, practice and attitude and demographic variables such as age, occupation, duration of marriage, nature of contraception, education. Results showed poor contraceptive knowledge among mothers. Various contraceptives methods of knowledge should be provided to all the mothers.

Keywords: contraceptive methods, primiparamothers, multiparamothers

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INTRODUCTION

*"Delay the First, Post-poned the Second
and Prevent the Third."*

Tamil Nadu Government

India was the first country in the world to formulate the national family planning programme in the year 1952 with the objective of reducing the birth rate of extent necessary to stabilize the population at a level consistent with requirement of national economy. One of the main objectives of the programme is to space the knowledge of family planning methods and develop an attitude among the people for adoption of contraceptive methods [1]. The progress achieved in this sphere is normally assessed from the result of knowledge, attitude and practice survey. Despite the fact that contraception usage

has increased over a period of time, there is a gap exists in knowledge, attitude and practice. That is a gap in knowledge, attitude and practice regarding contraception [2].

In developing country like India, over population is a major concern. Despite progress resulting from making contraception widely available, there is poor acceptance of contraception methods either due to ignorance or fear of complications using them [3].

Inadequate knowledge, attitude and practice about contraception method and incomplete or enormous information about their use or where to procure them are the main reason for not accepting formula planning [4]. Keeping all the facts in view

this stand was carried and to assess the knowledge, attitude and practice of contraceptive methods among prime and multiparamothers in Coimbatore.

Family planning is defined by World Health Organization as “a way of thinking and lining that is adapted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family group and this contribute effectively to the social development of a country” [5, 6].

STATEMENT OF THE PROBLEM

A study to assess the knowledge, practice and attitude on temporary and permanent contraceptive methods among primipara and multipara mothers in selected areas in Coimbatore.

OBJECTIVES

- To assess the knowledge, attitude and practice of temporary, permanent contraceptive methods among primipara, and multipara mothers.
- To deliver the structured teaching programme on temporary and permanent contraceptive methods among primipara and multipara mothers.
- To evaluate the effectiveness of structured teaching programme on temporary and permanent contraceptive methods among primipara and multipara mothers.
- To correlate the relationship between knowledge, practice and attitude of temporary contraceptive methods among primipara and multipara mothers.
- To find out significant association between knowledge, practice and attitude with selected demographic variables.

DELIMINATION

The study is delimited to

- Mothers who are in selected two areas of Coimbatore-Alandurai and Rathinapuri.
- Mothers who had inadequate knowledge of permanent and temporary contraception among primipara and multipara mothers in terms of knowledge awareness and utilization.
- Who are in primipara and multiparamothers during home visit.
- Sample size is primipara mother =150; multipara mother =150.

PROJECTED OUTCOME

This study is a clear understanding of the knowledge, attitude and practice of temporary and permanent contraceptive method. The instruction module associated with temporary and permanent contraception methods will be effective improving the knowledge attitude and practice among mothers. The outcome of the study was helpful to educate the mother regarding temporary and permanent contraceptive methods there by improve the maternal and child health.

MATERIAL AND METHODS

Research Design selected for the present study was quasi-experimental one group pretest post-test design. In the present study a pretest was administered by means of questionnaire method depicted as 01, and then structured teaching programme was delivered depicted as X. and post-test was conducted by using the same questionnaire depicted as 02.

The investigator had chosen the survey research design which comes under the quasi-experimental research design to assess the knowledge, practice and attitude of temporary and permanent contraceptive methods among primipara and multipara mothers in Coimbatore area.

Setting of the Study

The study was conducted while home visit among primipara & multipara mother in selected areas at Coimbatore.

Variables

- *Independent variables*—structured teaching programme on contraceptive methods.
- *The dependent variable*—knowledge, attitude and practice of mothers regarding contraceptive methods.
- *The influence variables*—demographic variables.

Population

The population of the study includes the primipara and multipara mother.

Sample size

The sample size included for the study consist of primipara-150 and multipara-150 mother.

Sampling Technique

Non-probability convenient sampling technique was used to select the sample.

Criteria for Selection of the Sample

Inclusive criteria

- Mother between age 21 and 40 years
- Mother who were residing in Coimbatore area
- Both primipara and multipara mother
- Who were willing to participate
- Who know to spoke Tamil and English freely?
- Who were attending educational program in home.

Exclusion criteria

- Above the age 40 years
- Who are not willing to participate
- Any reproductive problems.

Description of Tools

The researchers have developed an interview schedule after reviewing the

literature and considering the opinion of medical and nursing subject experts, to measure the knowledge, practice and attitude regarding on temporary and permanent contraceptive methods.

Part A: Distribution of Demographic Variables

It includes the sample number, age of the samples, educational status, type of family, occupational status of the mother, family income, and sources of information regarding temporary contraceptive methods.

Part B: Questions Regarding Knowledge

It consists of questions related to assessment of the knowledge of primipara and multipara mothers regarding temporary and permanent contraceptive methods.

Interpretation of the Questionnaire

Each question had one correct answer and was given score of one mark, for wrong answer a score of Zero was given.

Part C: Questions Regarding Practice

It consists of questions related to assessment of practice of primipara and multipara mother regarding temporary and permanent contraceptive methods.

Interpretation of the Questionnaire

One mark was given for 'yes' answer and zero mark for 'No' answer.

Part D: Question Regarding Attitude

It consists of questions related to assessment of attitude regarding primipara and multipara mother regarding temporary and permanent contraceptive methods.

Content Validity

The interview schedule was given to five experts specialized in obstetrics and gynecology, the researcher met the expert for clarifications in various aspects of the

research tool. Modifications were made according to the expert suggestions.

Reliability on the Instrument

The main objective of the pilot study was to ensure the reliability of the interview schedule, was found out by spearman brown split-half technique.

Table 1. Showing reliability for temporary contraceptive method interview schedule

| Item | Split half reliability |
|---|------------------------|
| Temporary Contraceptive method interview Schedule | 0.9 |
| Permanent Contraceptive method interview Schedule | 0.9 |

PILOT STUDY

The pilot study was conducted to test the reliability content validity and practicability of the tool. Pilot study was conducted for 7 days. The areas selected were at Alandurai and Rathinapuri area in Coimbatore. 15 primipara mothers and 15 multipara mothers were selected during the pilot study. The knowledge, practice and attitude regarding temporary and permanent contraceptives methods were assessed with the prepared questionnaires.

The education module was prepared to enhance the knowledge, practice and attitude regarding temporary and permanent contraceptives methods. Health education was given with the help of flashcards, booklet, pamphlets and samples of contraceptives were distributed. The results of the pilot study showed that there was positive correlation between knowledge, practice and attitude with demographic variables.

PROCEDURE FOR DATA COLLECTION

Prior permission was obtained from the mothers by submitting an application giving assurance to abide by the rules and regulations. The study was done for a period of 4 weeks. The investigator identified the mother that fulfilled the

inclusion criteria. The mothers were explained about the purpose of the study in manner and informed consent was taken. Necessary precautions were taken to provide privacy and confidentiality.

In pretest the knowledge and practice of mothers regarding temporary and permanent contraceptive methods was assessed following pretest by using the same questionnaire as given in table 1. On the same day structured teaching module was educated by demonstration flashcards and pamphlets. Post-test was conducted on the fifth day by using the same questionnaire to find out the effectiveness.

PLAN FOR DATA ANALYSIS

Data was planned to be analyzed by using descriptive and inferential statistics. Descriptive statistics were used to analyze the frequency, percentage, mean standard deviation of the following variables.

- Demographic variable of primipara mother
- Knowledge regarding temporary and permanent contraceptive methods.
- Practice regarding temporary and permanent contraceptive methods.
- Attitude regarding temporary and permanent contraceptive methods
- Inferential statistics were used to determine the relationship and comparison to identify the difference. The 't' test was used to compare the knowledge, practice and attitude regarding temporary and permanent contraceptive method. Chi square 't' test was computed to find out the association between knowledge, practice and attitude with selected demographic variables.

RESULTS

Demographic Characteristics of the Study Population

The knowledge about one or more methods of contraception, particularly modern contraceptive methods was 95.0%.

The knowledge about traditional methods of contraception was 72.0% and 46.4% devices as showed in table 2.

Table 3 to 4 and figure 1 & 2 depicts that the most common source of knowledge for mother in general was the usage of oral pill (83.0%) intrauterine contraceptive device (IUCD) (22.56%). Injection (7.5% and

4.5%) as traditional methods respectively of 150 interviewed couples. Completion of family was found to be the most common reason for using contraception (81.1%) and fertility related reasons (45.1%) followed by husband's opposition (28.4%) were the common reasons for not using contraception.

Table 2. Knowledge on contraceptive methods

| Contraceptive methods | Number:150 | Percentage |
|---|------------|------------|
| Temporary Contraceptive Methods primipara=150 | | |
| Oral pill | 125 | 83 % |
| IUCD | 15 | 10 |
| Injection | 5 | 3.3 % |
| Female condom | - | - |
| Diaphragm | 2 | 1.3 % |
| Emergency contraception | - | - |
| Norplant | - | - |
| Traditional methods | 3 | 2 % |
| Permanent Contraceptive Methods (Multipara :150) | | |
| Laproscopy | 130 | 86.6 % |
| Mini lap | 20 | 13.3 % |

Table 3. Practices of Contraception

| Contraceptive methods | Number:150 | Percentage |
|---------------------------|------------|------------|
| Temporary methods: | | |
| Oral pill | 85 | 56.6 % |
| IUD | 15 | 10 % |
| Female condom | - | - |
| Spacing | - | - |
| Fear of side effect | 20 | 13.3 % |
| Lack of knowledge | 30 | 20 % |
| Permanent methods: | | |
| Laproscopy | 130 | 86.6 % |
| Minilap | 20 | 13.3 % |

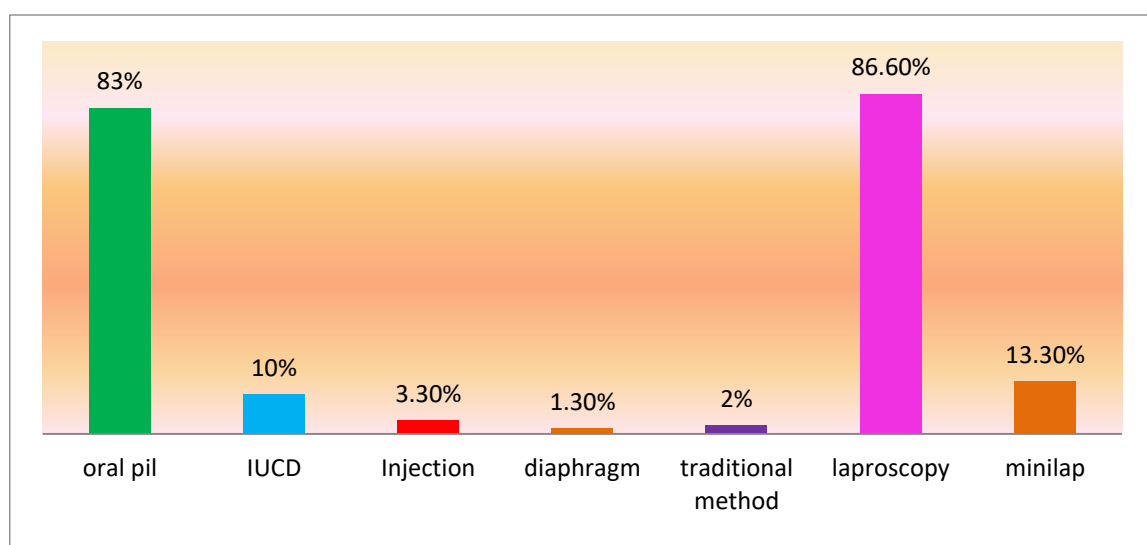


Fig. 1 Knowledge on Contraceptive Methods

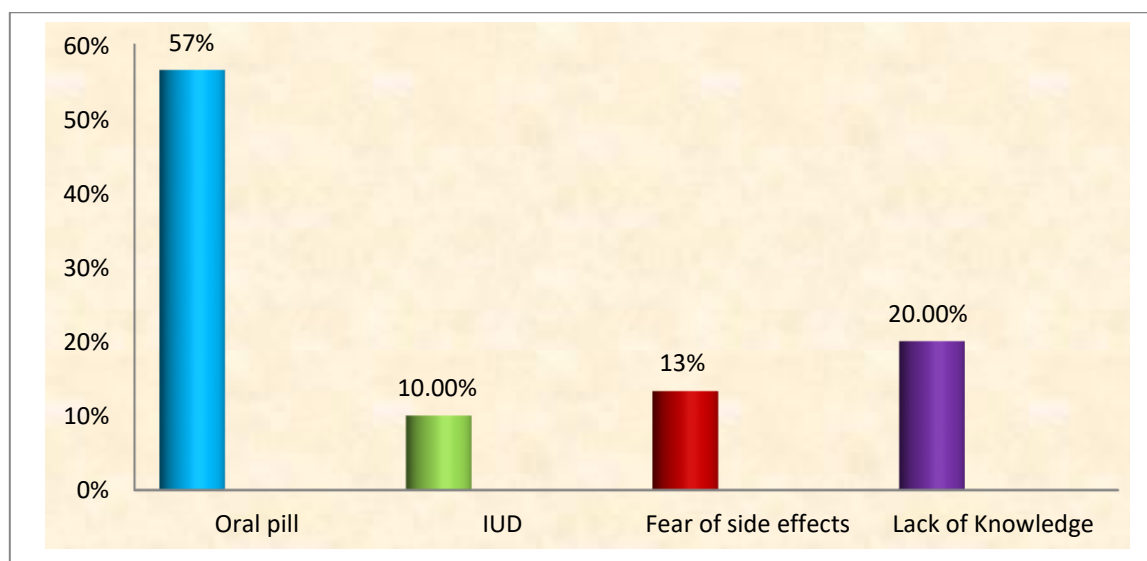


Fig. 2. Practices of Contraception

Table 4. Attitude towards contraception

| Attitude of contraception | Temporary methods Total :150 | Permanent methods Total :150 |
|---------------------------|---------------------------------|---------------------------------|
| Approval | 95(63.3%) | 100(66.6%) |
| Disapproval | 55(36.6%) | 50(33.3%) |

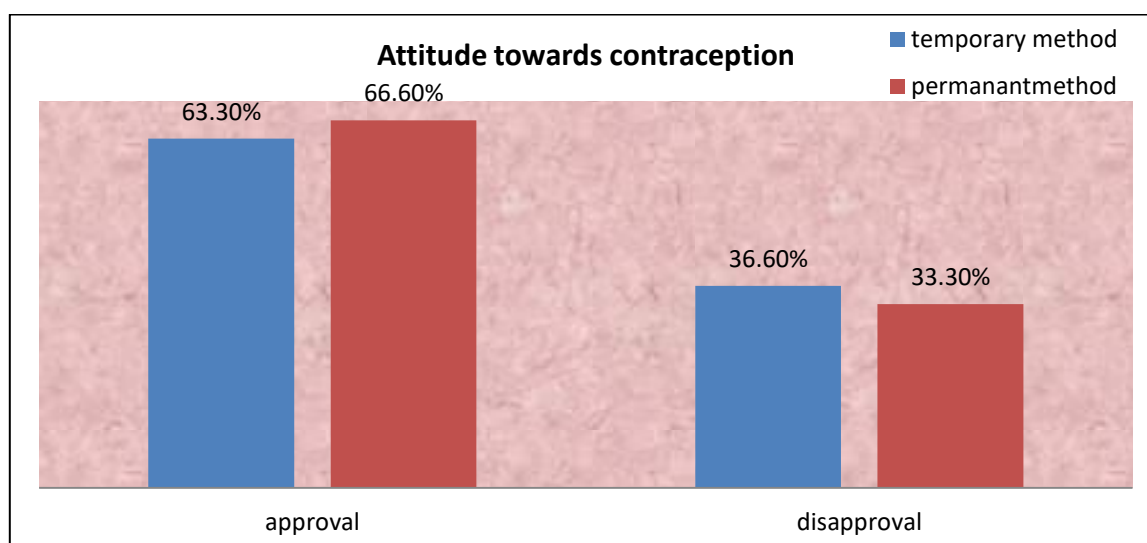


Fig. 3. Practices of Contraception.

Attitude of temporary contraceptive methods approval rate was 95 (63.3%) disapproval rate was 55 (36.6%) and permanent contraceptive methods approval rate was 100 (66.6%) disapproval rate was 50 (33.3%) as depicted in figure 3.

DISCUSSION AND CONCLUSION

- The present study aimed to assess the knowledge, attitude and practice of family planning methods to increase

the contraceptive practice in the rural community in future. Results showed that the overall knowledge about any method of temporary contraception was 98% and permanent methods were 63.3%. The findings are similar to practice and attitude of study revealed good knowledge and favorable attitude of rural couples towards contraception.

- Contraceptive knowledge and practice was influenced by exposure to family

planning messages and partner opposition. Women education and counseling can play an important role to adopt family planning methods. The mothers should be given information about contraceptives at every visit to the health services to motivate them.

- The most important factor is regular availability of contraceptives and adequate health care services at the
- Peripheral level, Electronic media, health personnel and government's organizations can play a positive role to provide knowledge and overcome the knowledge, practice and attitude of temporary and permanent contraceptive methods.

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