



“A descriptive study to assess the knowledge and attitude regarding copper T insertion among women in selected hospital at Hisar (Haryana).”

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ABSTRACT: Women is the magnificent creation of God, multi-faceted personality with the power of benevolence, adjustability, integrity and tolerance. Our women have a great part to play in the progress of our country. Women's health is determined by reducing the maternal mortality and morbidity and spacing the birth interval and avoiding abortion. The research approach used for this study was quantitative research approach and descriptive research design was adopted for the study. The setting of the study was in selected hospital, District Hisar (Haryana). A non-probability purposive sampling technique was used to select the sample. The sample size was 100 women (18-45 years of age). The data was analysed and interpreted in terms of objectives formulated descriptive and inferential statistics were used for the data analysis. The Mean \pm S.D value of overall knowledge regarding copper T insertion among women was 29.65 ± 20.08 . The Mean \pm S.D value of overall attitude regarding copper T insertion among was 43.95 ± 25.62 . The findings of the study reveals that there was a significant association between level of knowledge and demographic variables such as age, type of family, previous history of using temporary contraception, method of adoption and source of information where $P > 0.05$, $P > 0.01$. The Chi-square value shows that there was a significant association between level of attitude and demographic variables of study.

KEY WORDS: Knowledge, Attitude, Copper T insertion.

INTRODUCTION: Globally, on an average, of 2.5 million couples are joining the reproductive group every year. The reproductive age group needs special attention. All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children. They must have the education and

means to do so. The reproductive and Child Health Programme in India, promotes responsible and planned parenthood through the government Family Welfare Program, with voluntary use and free choice of contraceptive methods. The target couple includes families with one child or even newly married couples. The current approach in family planning emphasizes on offering high quality contraceptive services, among eligible clients on a voluntary basis. An important component of the programme is promoting adequate spacing of births. The National Population Policy 2000 has recognized as its immediate objective, the task of addressing the unmet need for contraception, to achieve the medium term objective of bringing the total fertility rate, to replacement level of 2 % by 2010, so as to achieve the long term goal of population stabilization by 2045. WHO (2010) intrauterine device primarily in the form of CopperT is used by more than 150 million women around the world, making it the most widely used reversible method of contraception, with a remarkably low failure rate of less than 1 per 100 women in the first year of use. Copper T 380A is in the top tier of contraception in terms of efficacy. The most common reason for the discontinuation of the method is menstrual bleeding and dysmenorrhoea. The effective life of Copper T 380 A is 10 years. A women's fertility returns promptly after an intrauterine contraceptive device is removed Continuation rates are also high in users, higher than those of most other reversible method. It is highly effective, safe for most women. It is reversible, economical, and can be safely used by lactating and postpartum women, and a good choice for older women. The latest scientific evidence shows that Copper T 380 A is effective for at least 12 years. It prevents ectopic pregnancy. Some studies of intra uterine contraceptive device have shown a decreased risk of uterine cancer. There is also some evidence that an intrauterine contraceptive device protects against cervical cancer. One visit for insertion and minimal follow up is required. It will not interact with medication and can be removed whenever the client chooses. So Copper T 380 A is the best choice for spacing child birth.

RESEARCH METHODOLOGY:

RESEARCH APPROACH: The selection of research is a basic procedure for the conduction of research enquiry. A research approach tells us to what data to collect and has how to analyses it. It also suggests possible conclusion to be drawn from the data. In view of the nature of the problem selected for the study and objectives to be accomplished, Quantitative research approach was used in this study.

RESEARCH DESIGN: The term research design refers to a plan of scientific investigation. It helps the researchers in the selection of subjects, identification of variables, their manipulation and control, observations to be made types of statistical analysis to interpret the data. Descriptive research design was adopted for the study.

TARGET POPULATION: The study population comprised of women between the age group of 18-45 years in Sharda hospital, district Hisar (Haryana).

SAMPLE SIZE: The sample size was 100 women (18-45years).

SAMPLING TECHNIQUE: A non- probability purposive sampling technique was adopted to select the samples in the study.

INCLUSION CRITERIA AND EXCLUSION CRITERIA:

INCLUSION CRITERIA: The study included the women who were: *in the reproductive age group 18- 45 years, *having one child, *speak Hindi or English, *willing to participate.

EXCLUSION CRITERIA: Women who were: *not willing to participate in this study

METHODS OF DATA COLLECTION:The data was collected through demographic variables and structured questionnaire.

RESULTS: The findings of the demographic variables show that majority of the women 66% belonged to a nuclear family, 34 % belonged to a Joint family. With regard to previous history of temporary contraception used, 70 % had no previous history and only 30% had previous history. The study revealed that majority of the women was in the age group of 26-30 years. The analysis on the knowledge reveals that 18% of the women had moderately adequate knowledge, 1% of the women had adequate knowledge and 81% of the women had inadequate knowledge regarding Copper T insertion. The analysis on the attitude reveals that 22% of the women had a favourable attitude, 59% had an unfavourable attitude and 19% had the most favourable attitude regarding Copper T insertion. The above findings were consistent with the study conducted by Amy K Whitaker, et al. (2008) to assess the women's knowledge and attitude towards the Copper T insertion. The study concluded that the young women were unaware and unfavourable attitude of Copper T insertion. Pender's Health Promotion Model was used as conceptual framework in this study which focused on the transformation of knowledge to the women on Copper T insertion. The researcher suggested that the proper educational programme will improve the knowledge and attitude on copper T insertion. The analysis revealed that calculated r value showed 0.709 that there was a positive correlation existed between knowledge and attitude where $p < 0.05$. There was no significant association between the level of knowledge and demographic variables such as age, religion, type of family, educational status, method of adoption and source of information where $P > 0.05$. The above findings were consistent with the study conducted by Ristya Ira Murti, (2007) to assess the knowledge regarding Long-term contraceptives. The study show that the type of place of residence (rural or urban), women's age, previous history of contraception, women's educational attainment, women's current work status, income, and the total number of children are the factors which are significantly associated with the use of long-term contraceptives. The analysis revealed that there is a significant association between level of attitude and religion where $p < 0.01$. There was also a significant association between level of attitude and demographic variables, such as educational status and occupation

where $p < 0.05$. There was no significant association between the level of attitude and demographic variables such as age, type of family, previous history of using temporary contraception, method of adoption and source of information where $P > 0.05$, $p > 0.01$. The above findings were consistent with the study conducted by Masoumeh Bagheri, et al.(2007) conducted a descriptive study to assess the attitude regarding 54 contraceptive use. The study revealed that, age, women's level of education of women and previous familiarity with contraceptive methods were the most significant factors influencing contraceptive use.

CONCLUSION: The study concluded that majority of the women i.e. 70%, were not using contraceptive methods and only 30% were using contraceptive methods. 18% of the women had moderately adequate knowledge, 1% had adequate knowledge and 81% had inadequate knowledge regarding Copper T insertion, 22% of the women had favourable attitude, 59% of the women had unfavourable attitude and 19% of the women had most favourable attitude regarding Copper T insertion. It is the responsibility of community health nurse to motivate, educate and give counselling for women in the reproductive age regarding Copper T insertion. Therefore, the Researcher fulfilled this role by imparting knowledge through group teaching and giving booklet.

IMPLICATIONS OF THE STUDY: The findings of the study can be utilized in all the domains of nursing i.e. nursing practice, nursing research, nursing education, nursing administration and all the implications are:

Nursing Practice*The community Health Nurse plays a vital role in educating and motivating, women for adopting spacing method of family planning, and emphasizes on the importance of Copper T insertion, to improve health status of the rural community who were unserved and underserved to improve their health status and to change the attitude regarding Copper T insertion.* Community Health Nurse can conduct awareness programme on Copper T insertion in order to create awareness regarding various contraceptive method and its importance. *Health education can be provided through mass media and mass health education programmes to the public to increase awareness and knowledge on copper T insertion. In service education can be imparted to staff, working in a community in order to make awareness about Copper T. **Nursing Education** *The community Health Nurse as a educator incorporate the major study findings in Nursing curriculum at all level in order to well equip the students to address the inadequate knowledge and negative attitude perceived health related behaviour among healthy women and unhealthy women. More emphasize should be focused on this Copper T insertion. *The health personnel such as the Multi Purpose Health Worker and Auxiliary Nurse Midwives need to be insisted on contraceptive method in their syllabus, since the population is more in India. *These findings will help the nursing faculty to give importance to Copper T insertion. **Nursing Administration***The Community Health Nurse administrator should collaborate with Governing bodies to create policies, building up and mobilizing resource, creating coalition with Non-Governmental organizations in order to create knowledge, attitude regarding Copper T insertion among women through non-formal teaching programme. *Nursing administrator along with Governing bodies formulate programmes to focus on Copper T insertion among women population. *The nurse administrator should take initiative in arranging awareness programmes. *They should involve in distributing health

education materials like flash cards, pamphlets, leaflets, etc. *The study should create awareness regarding Copper T insertion and the importance of health education through from information booklets. **Nursing Research***The findings of the study can be disseminated to Community Health Nursing, Nurse practitioners and the student nurses through internet, journals, literature etc. *The findings of the study will help the professional nurse and nursing students to gain the knowledge and attitude regarding Copper T insertion among women and importance to the community. *The generalization of the study result can be made by further replication of the study in various settings and larger population. The result of the study can be developed on insight in women to increase the utilization of copper T.

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