



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE, ATTITUDE AND UTILIZATION OF FAMILY PLANNING METHODS AMONG THE WOMEN RESIDING IN SELECTED AREA OF JALANDHAR PUNJAB.

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Abstract : A Study to assess the effectiveness of structured teaching program on knowledge, attitude and utilization of family planning methods among the women residing in selected area of Jalandhar Punjab 2021-22. The objectives of the study were to assess the pretest knowledge, attitude and utilization of the women on family planning methods; assess the post-test knowledge, attitude and utilization of the women on family planning methods; determine the effectiveness of structured teaching program by comparing the pre and post test knowledge, attitude and utilization of women on family planning methods; determine the association between pre-test knowledge, attitude and utilization scores of women on family planning methods with their selected demographic variables. A pre-experimental design through non-probability purposive sampling was adopted to assess effectiveness of STP on family planning. The final study was conducted from 1st June to 11 June 2022 at K.K Vihar Jalandhar Cantt. Before data collection the investigator obtained the formal permission from the principal to conduct the study. Frequency and percentage distribution of the women according to their demographic characteristics shows that Age wise distribution of women reveals that out of 100 women, the highest 70% of women belong to age between 26-33 years whereas 30% women belongs to age group between 1-25, Education wise distribution of women reveals that out of 100 women, the highest 50% of women has done intermediate or post high school diploma whereas 27% women has high school certificate whereas 23% women has done graduation, Occupation wise distribution of women reveals that out of 100 women the highest 85% is non working whereas 10% is working in private sector whereas 3% is working in government sector whereas 2% is in business sector, Religion wise distribution of women reveals that out of 100 women the highest 73% belongs to Hindu religion whereas 19% women belongs to Sikh religion whereas 8% belongs to Muslim religion, Marital status wise distribution of women reveals that out of 100 women the highest 100% are married, Number of children wise distribution of reveals that out of 100 women the highest 47% have one child whereas 39% women have two children whereas 14% of women have three children, Type of family wise distribution of women reveals that out of 100 women 100% have a nuclear family. Thus, findings indicate that the STP was a suitable and effective method of instruction for updating and enhancing the Knowledge, attitude and utilization of women.

I. INTRODUCTION

1.1. BACKGROUND OF THE STUDY

Family planning is defined by WHO as “a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and

welfare of family groups and thus contribute effectively to the social development of a country.”[2] Family planning methods are used to promote safer sexual practices, reduce unintended pregnancies and unsafe abortion, and control population. Young people aged 15-24 years belong to a key reproductive age group[3]. Many individuals were aware that family planning measures postpone pregnancy. However, some young participants were not fully aware of the available family planning services. Some married couples who preferred 'birth spacing' received negative judgments from their family members for not starting a family. The perceived barriers to the use of family planning included lack of knowledge about family planning use, fear of side effects of modern family planning methods, lack of access/affordability due to familial and religious beliefs/myths/misconceptions. On an individual level, some couples' timid nature also negatively influenced the uptake of family planning measures. [4] Women predominantly take the responsibility for using family planning measures in maledominated decision-making societies. Moreover, young men feel that the current family planning programs have very little space for men to engage even if they were willing to participate. Communication in the community and in between the couples seem to be influenced by the presence of strong societal and cultural norms and practices. [5] 3 NEED OF THE STUDY India has one of the largest population in world. The higher fertility in India has attributed to the universality of marriage between level of literacy , limited use of contraceptives and traditional way of life. Population explosion is found to be main reason for shortage of resources and utilization of impact of progress made in various development sectors. Population growth has been viewed as the greatest obstacle to the economy and social development of country, Therefore, it is very important to control and stabilize the population. Family planning and birth control is one of the most desirable solution for controlling population growth. So, contraception is the basic tool to attain small family norms. Consequently , this study set out to assess knowledge, attitude and utilization of family planning method among women residing in selected area of Jalandhar, Punjab.

Statement of the problem

A Study to assess the effectiveness of structured teaching program on knowledge , attitude and utilization of family planning methods among the women residing in selected area of Jalandhar Punjab 2021 -22 .

Objectives of the study

- 1.To assess the pre-test knowledge, attitude and utilization of the women on family planning methods.
2. To assess the post-test knowledge, attitude and utilization of the women on family planning methods.
- 3.To determine the effectiveness of structured teaching program by comparing the pre and post-test knowledge, attitude and utilisation of women on family planning methods.
- 4.To determine the association between pre- test knowledge attitude and utilization scores of women on family planning methods with their selected demographic variables.

Hypotheses

- H1: There is a significant difference in level of knowledge score of women on family planning , before and after administration of structured teaching program among women residing in selected area in Jalandhar Cantt.
- H2: There is a significant difference in the level of attitude score of women on family planning methods, before and after administration of structured teaching program among women residing in selected area in Jalandhar Cantt.
- H3: There is a significant difference in the utilization score of women on family planning methods ,before and after administration of structured teaching programme among women residing in selected area in Jalandhar Cantt..
- H4: There is a significant association between knowledge on family planning method and demographical variables among women residing in selected area in Jalandhar Cantt.
- H5: There is a significant association between attitude on family planning method and demographical variables among women residing in selected area in Jalandhar Cantt.

Delimitations

The study is limited to Women who are residing in K.K.Vihar, Jalandhar cantt.

II. REVIEW OF LITERATURE:

The review of literature is a key step in the research process. A review of literature refers to extensive, exhaustive, and systematic examinations of publications relevant to the research project. A review of literature is undertaken

to establish the need for the study, methodology, and development of a tool. The review of the literature in this chapter is presented as follows.

- A. Literature Related to knowledge about Family Planning Methods
- B. Literature Related to Attitude about Family Planning Methods
- C. Literature Related to Utilization of Family Planning Methods
- D. Literature Related to Structured Teaching programme on family planning.

3.1. research approach

Quantitative approach

3.2 Research design

A Pre experimental (One group pretest and posttest) design

3.3 Research setting

K. K VIHAR area in Jalandhar Cantt

3.4 Sample

100 women

3.5 Sampling criteria

- Women who are resident of K.K VIHAR, Jalandhar Cantt.
- Who were present during the time of data collection
- Able to read and understand Hindi

3.7 Ethical considerations

- Ethical approval obtained from Principal, ACN
- Informed consent obtained from participants of the study.

3.8. Description of data collection instruments

The study aimed to assess the effectiveness of structured teaching program on knowledge and knowledge on practice.

Part-A: Demographic Proforma

Part-B: Structured questionnaire to assess the knowledge on family planning methods.

Part-C: Likert attitude scale to assess the attitude on family planning methods.

Part-D: Checklist to assess the utilization of family planning methods among women.

IV. RESULTS AND DISCUSSION

The study findings reveal that the difference between the pretest and post mean score of knowledge was 0.08 with S.D of 7.85. Pretest attitude score of mean was 60 and for posttest was 73.6 with, S.D for pretest attitude score 18.35 with post test score for S.D of 9.60. The content validity and reliability of tool was conducted on 17th may 2022 at S.S Vihar Jalandhar Cantt.

Frequency and percentage distribution of the women according to their demographic characteristics shows Age wise distribution of women reveals that out of 100 women, the highest 70% of women belong to age between 26-33 years whereas 30% women belongs to age group between 1-25 • Education wise distribution of women reveals that out of 100 women, the highest 50% of women has done intermediate or post high school diploma whereas 27% women has high school certificate whereas 23% women has done graduation. • Occupation wise distribution of women reveals that out of 100 women the highest 85% is non-working whereas 10% is working in private sector whereas 3% is working in government sector whereas 2% is in business sector. • Religion wise distribution of women reveals that out of 100 women the highest 73% belongs to Hindu religion whereas 19% women belongs to Sikh religion whereas 8% belongs to Muslim religion. xiv • Marital status wise distribution of women reveals that out of 100 women the highest 100% are married. • Number of children wise distribution of reveals that out of 100 women the highest 47% have one child whereas 39% women have two children whereas 14% of women have three children Type of family wise distribution of women reveals that out of 100 women 100% have a nuclear family The data obtained were analyzed using descriptive and inferential statistics. Calculated paired 't' test ($t(119,0.05) = 29.71 > 1.98$) of knowledge and attitude ($t(119,0.05) = 16.00 > 1.98$) was significant. The mean posttest utilization score 0.55 was higher than mean pretest score 0.5 with the mean difference of 0.05 and the calculated paired 't' value ($t(119,0.05) = 0.013 < 1.98$) was not significant. There was weak positive correlation found between the Knowledge and Attitude ($r=0.16,0.21$), Attitude and Utilization ($r=0.038,0.059$), Knowledge

and Utilization ($r=0.16,0.07$). Among the baseline characteristics education, have significant association with pretest Knowledge scores, age and monthly family income have significant association with pretest Attitude score, and no. of children have significant association with pretest Utilization scores of women. Thus, findings indicate that the STP was a suitable and effective method of instruction for updating and enhancing the Knowledge, attitude and utilization of women.

V CONCLUSION

It can be concluded that structured teaching programme can be used as a strategy for improving the knowledge of women on family planning.

VI IMPLICATIONS

The findings of the present study have its implications in the areas of nursing education, nursing practice, nursing administration and nursing research.

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