



# “A STUDY TO ASSESS THE EFFECTIVENESS OF A PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PERMANENT FAMILY PLANNING METHODS AMONG MARRIED WOMEN [30-45 YEARS] IN SELECTED RURAL AREA OF MAHESANA DISTRICT.”

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## ABSTRACT

### BACKGROUND

Family planning is define as a way of thinking and leaving that is adopted voluntary, upon the basis of knowledge, attitude and responsible decision by individuals and couples, in order to promote the health and welfare of family groups thus contributes effectively to the social development of the country. [WHO, 1971] Women and couples who want safe and effective protection against pregnancy would benefit from access to many contraceptive choices, including long-acting and permanent contraceptive methods (LAPMs). Despite these advantages, Long term 2 and permanent methods are given in few areas and sometimes are missing in many national reproductive health and family planning programs with more than 350 million couples worldwide having limited or no access to effective and affordable FP, especially to LAPMs (USAID, 2007).

### AIM:

This study aim to evaluate the effect of planned teaching programme on knowledge regarding permanent family planning methods among married women (30-45 years) in selected rural area of mahesana district.

### OBJECTIVE OF THE STUDY:

- To assess the knowledge of married women before and after administration of planned teaching programme on permanent family planning methods in selected rural area in mahesana district.
- To evaluate the effectiveness of planned teaching programme by comparing pretest and post- test knowledge score of married women (30-45 years).
- To find out association of pre-test knowledge score among married women with selected demographic variables.

### METHOD:

A Quantitative research approach with pre-experimental research design was used with one group pretest-posttest design. The investigator used non-probability convenient sampling technique for selecting 60 samples. A structured knowledge questionnaire to assess the knowledge of the samples. The reliability of the structured knowledge

questionnaire was determined by 'test-retest method' and using 'Karl parson's correlation co-efficient formula'. Descriptive and inferential statistics was used to analyze the data.

## RESULT:

The administration of planned teaching programme (ptp), (83.3%) of the sample had poor knowledge (score: 0-9) regarding permanent family planning methods. While average (score: 10-19) was observed in 16.7% of the sample and 00% have good knowledge (score 20-30). In the post-test there was marked improvement in the knowledge of the sample with majority (66.7%) gained average knowledge and (33.3%) gained good knowledge.

Mean score on pre-test knowledge is  $9.55 \pm 2.42$  and mean percentage is 38.2%, median is 9.00 and mode is 18.00. Whereas in post-test mean score is  $18.50 \pm 2.43$  and mean percentage is 70%, median is 18.00 and mode is 20.00 which reveals the difference in mean percentage is 31.80%.

The results shows that mean score of pre- test and post-test of permanent family planning methods among married women (30-45 years)  $9.55 \pm 2.42$  and  $18.50 \pm 2.43$  were respectively. Comparison of pretest and post-test mean score among married women (30-45 years) in paired 't' test reveals that 't' value was 19.20 which showed a statistically significant at  $p \leq 0.05$  level.

The association between knowledge and socio demographic variable. Based on the Third objectives used to Chi-square test used to associate the level of knowledge and selected demographic variables. The Chi-square value shows that there is a significance association between the knowledge and demographic variables such as type of family and food habit and there is a no significance association between the knowledge and other demographic variables the calculated chi-square values were less than the table value at the 0.05 level of significance.

## CONCLUSION:

The analysis and interpretation of data collected from 60 samples, before and after administration of planned teaching programme in terms of knowledge regarding permanent family planning methods among married women (30-45 years) in selected rural area of mahesana district. The mean post-test knowledge score was higher than the mean pre-test knowledge score. Hence, it was proved that the planned teaching programme was effective in increasing knowledge regarding permanent family planning methods among married women (30-45 years) in selected rural area of mahesana district.

## KEY WORDS:

Assess, Effectiveness, Planned teaching programme, Knowledge, Permanent family planning methods and Married women (30-45 years).

## INTRODUCTION:

Family planning is the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through use of contraceptive methods and the treatment of involuntary infertility. Permanent contraception involves making a person incapable of reproduction. Disrupting the tubes that carry sperm or the egg ends the ability to reproduce. This form of contraception should always be considered permanent, although the procedures can sometimes be reversed.

Family planning is the consideration of the number of children a person wishes to have, including the choice to have no children, and the age at which they wish to have them. Things that may play a role on family planning decisions include marital situation, career or work considerations, financial situations. If sexually active, family planning may involve the use of contraception and other techniques to control the timing of reproduction.

Tubal ligation is a surgical sterilization techniques for women, where the fallopian tubes are cut, or blocked with rings, bands or clips. This procedure closes the fallopian tubes, and stops the egg from travelling to the fallopian tubes where fertilization takes place. It also prevents sperm from travelling up the fallopian tube to fertilize an egg. Sterilization is effective immediately after the procedure. Tubal ligations are 99.5% effective as a birth control method.

Vasectomy is a permanent method of contraception for men, involving a minor surgical procedure where the vasa deferentia (singular: vas deferens), or sperm ducts, are cut and then tied or sealed. This operation keeps sperm from mixing into the semen when men ejaculate. Without sperm, fertilization of an egg cannot occur, and so pregnancy is prevented.

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The association between knowledge and socio demographic variable. Based on the Third objectives used to Chi-square test used to associate the level of knowledge and selected demographic variables. The Chi-square value shows that there is a significance association between the knowledge and demographic variables such as type of family and food habit and there is a no significance association between the knowledge and other demographic variables the calculated chi-square values were less than the table value at the 0.05 level of significance.

**Table: 1 Association between selected demographic variables and the knowledge score of married women (30-45 years) regarding permanent family planning methods.**

Sr. No	Variable	Category	Frequency	Level of knowledge			d.f.	Tb value	Chi square test $\chi^2$	Significant
				Poor	Average	Good				

1.	Age in year	30-33 Year	22	18	4	0	2	5.99	0.13	NS
		34-37 Year	33	28	5	0				
		39-41 Year	05	04	1	0				
		42-45 Year	00	00	00	00				
2.	Religion	Hindu	49	41	8	0	2	5.99	0.23	NS
		Christian	4	3	1	0				
		Muslim	7	6	1	0				
		Others	00	00	00	00				
3.	Type of family	Nuclear family	28	25	3	0	2	5.99	6.01	S
		Joint family	24	18	6	0				
		Extended family	8	7	1	0				
4.	Education	Primary education	8	3	5	0	4	9.49	12.17	S
		Secondary education	32	14	18	0				
		Higher secondary	11	3	8	0				
		Graduate & above	6	3	3	0				
		Other	3	0	3	0				
5.	Family income per month	5000-10000 RS	12	9	3	0	3	7.81	3.55	NS
		10001-15000 RS	27	21	6	0				
		15001- 20000 RS	13	12	1	0				
		Above 20001 RS	08	8	0	0				
6.	Food habit	Vegetarian	53	44	9	0	1	3.84	4.03	S
		Non vegetarian	07	6	1	0				
		Mixed	00	0	0	0				
7.	Types of medical services	Government	44	39	5	0	1	3.84	1.58	NS
		Private	16	8	8	0				
8.	Previous knowledge	Yes	7	7	0	0	1	3.84	1.58	NS
		No	53	43	10	0				

Key (S=SIGNIFICANT, NS= NOT SIGNIFICANT, D.F. = Degree of freedom)

**Table 1** shows that the association between knowledge and socio demographic variable. Based on the Third objectives used to Chi-square test used to associate the level of knowledge and selected demographic variables. The Chi-square value shows that there is a significance association between the knowledge and demographic variables such as type of family and food habit and there is a no significance association between

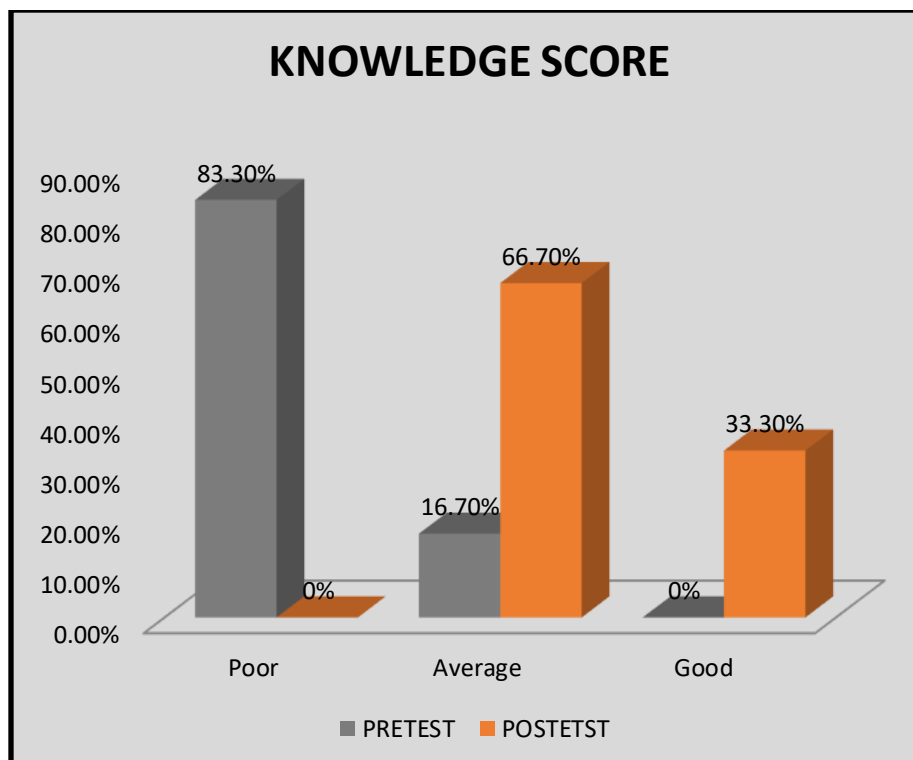
the knowledge and other demographic variables the calculated chi-square values were less than the table value at the 0.05 level of significance.

**Table :2 Frequency and percentage distribution of knowledge of married women (30-45 years)**

Level of knowledge	Pre-test		Post-test	
	F	%	F	%
Poor	50	83.3%	00	00%
Average	10	16.7%	40	66.7%
Good	00	00%	20	33.3%

Data in **Table 2** shows that prior to the administration of planned teaching programme (ptp), (83.3%) of the sample had poor knowledge (score: 0-9) regarding permanent family planning methods. While average (score: 10-19) was observed in 16.7% of the sample and 00% have good knowledge (score 20-30).In the post-test there was marked improvement in the knowledge of the sample with majority (66.7%) gained average knowledge and (33.3%) gained good knowledge.

**Figure: 1 Bar diagram showing percentage distribution of the sample according to the pre-test and post-test level of knowledge.**



**Table: 3 Comparison between the pre-test and post-test knowledge score.**

knowledge score	Range	Mean	Median	Mode	SD	Mean %	Mean percentage difference
Pretest	5-16	9.55	9	8	2.42	38.2%	31.80%
Posttest	14-25	18.50	18	20	2.43	70.00%	

The above table reveals that mean score on pre-test knowledge is  $9.55 \pm 2.42$  and mean percentage is 38.2%, median is 9.00 and mode is 18.00. Whereas in post-test mean score is  $18.50 \pm 2.43$  and mean percentage is 70%, median is 18.00 and mode is 20.00 which reveals the difference in mean percentage is 31.80%.

**Table: 4 Mean, Standard deviation, mean difference and paired 't' value on knowledge regarding permanent family planning methods. Before and after planned teaching programme (ptp).**

Knowledge	Mean	SD	df	Paired 't' value
Pretest	9.55	2.42	59	19.20
Post test	18.50	2.43		

**\*Significant at  $p \leq 0.05$  level; Table value = 1.671**

The above table reveals that the pretest mean score on Knowledge is  $9.55 \pm 2.42$  and posttest mean score is  $18.50 \pm 2.43$  respectively. The 't' value is 19.20 which is greater than the table value 1.671. Hence the research hypothesis H1 is accepted at  $p \leq 0.05$  level. Thus, it becomes evident that planned teaching programme (ptp) is effective in improving the knowledge regarding permanent family planning methods among married women.

## DISCUSSION:

The present study was conducted to evaluate the effect of a planned teaching programme on knowledge regarding Permanent family planning methods among . The researcher collected the samples by the Non-Probability convenience Sampling Technique. The researcher collected the data by using a structured knowledge questionnaire to evaluate the knowledge regarding Permanent family planning methods among married women (30-45 years) at selected rural area of mahesana district.

Planned teaching programme was effective in improving the knowledge of Permanent family planning methods. The above mentioned findings clearly indicate that there is significance association between the types of family, education status and food habits knowledge regarding Permanent family planning methods.

There is no significance association between the age, religion, family income per month, types of medical services and previous knowledge regarding Permanent family planning methods.

## CONCLUSION:

The main conclusion from this present study is that most of married women (30-45 years) had poor knowledge regarding permanent family planning methods in pre-test and had improved to get extent after intervention which was revealed in post test. This shows the imperative need to understand the utilities of

planned teaching programme in improvement of knowledge regarding permanent family planning methods among married women (30-45 years).

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