



"A STUDY TO ASSESS THE KNOWLEDGE REGARDING FAMILY PLANNING STRATEGIES AMONG ELIGIBLE COUPLES LIVING IN A SELECTED COMMUNITY AREA".

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ABSTRACT:

This study was conducted to assess the knowledge regarding family planning strategies among eligible couples living in a selected community area by using qualitative research approach at Amethiya, Lucknow. In the present study, descriptive research design was used to achieve the objectives of the study. The total sample size was 100 as calculated statistically. Before conducting the study informed consent was obtained from the sample. Purposive sampling techniques was used. Data collection was done by using Self structured knowledge questionnaire. The result is that the data obtained are tabulated and analysed by using descriptive and inferential statistics. The statistical analysis of 100 sample shows that 46 (46.0%) sample had adequate knowledge, 40 (40.0%) sample had moderate knowledge, 14 (14.0%) sample had inadequate knowledge.

Keywords: Assess, knowledge, family planning, strategies, eligible couples, selected community area.

INTRODUCTION:

Family planning practices, specially use of modern contraceptives, seem to remain a complex problem and challenging among most communities in the contemporary society, despite use leaps of gains registered in some parts of the world.

The meaning of family planning as used in the context of this study, is adopted from World Health Organization (2012) assertion that, 'Family planning allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their birth', and which is recognized, could be 'achieved through the use of contraceptive method, which is considered to represent (modern) family planning behaviour. Population report 1984 considers family planning as one of the high priority techniques for improving child health, along with growth monitoring, oral rehydration therapy, breast feeding, immunization, food supplements and female education.

BACKGROUND OF THE STUDY

With the global concern about increasing population growth. Knowledge about reproductive health issues have assumed central focus in most health sectors compared to previous decades. Such widespread knowledge is now predominant that it should be uncommon for young adults to engage in risky sexual behaviours. A study conducted by the World Health Organization to assess the reproductive needs of the population found unexpected discrepancy between the young people's familiarity with modern contraception. It was also found that most young people experienced high levels of unwanted pregnancy and unsafe abortion. The lack of contraceptive use, familiarity and knowledge of contraceptives among young female adults may lead to several unwanted pregnancies, abortions, contracting Sexually Transmitted Infections (STIs), societal and family rejection.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding family planning among eligible couples living in the selected community area. 2
2. . To find out the association between knowledge regarding family planning with selected demographic variables

HYPOTHESIS

There is significant level of knowledge regarding family planning among eligible couples.

REVIEW OF LITERATURE

Sorif Hossain, Tahmina Akter et al (January 2024) Conducted a study on contraceptive uses among married women in Bangladesh; A systematic review and meta-analysis was done. The objective of the study was to review the prevalence of different contraceptive methods used among women of reproductive age. The type of the study was Descriptive. The result of the study was pooled prevalence of various contraceptive methods was as follow: condom use 7.13%, female sterilization 8.09% and so on. With the conclusion of the study family planning and strategies to ensure adherence and provision of the most appropriate contraceptive method for couples.

Nargis Nahar, Mahbuba khanam 2023, the objective of the study is to investigate family planning practices among eligible couples in the urban setting of Rajshahi city corporation, Bangladesh. The research aims to determine the prevalence and demographic factors associated with family planning as well as the types and sources of family planning methods. The study was descriptive cross-sectional. Sample size of the study was 300. The findings from the study on family planning practices among eligible couples reveal amendable prevalence of family planning method highlighting the accessibility and effectiveness of reproductive health services in this urban setting.

METHODOLOGY

The research approach used for the study was descriptive survey approach. Non experimental descriptive design was adopted to assess the knowledge among eligible couples living in selected area. The study was conducted in community area, Amethia. A sample of 100 eligible couples were selected by convenience sampling technique. The structured knowledge questionnaire was used, which consists of 25 multiple choice questions regarding family planning strategies. The data was collected from each subject for 20 minutes. Descriptive statistics and inferential statistics were used for data analysis (chapter 4)

RESULT AND ANALYSIS**KNOWLEDGE REGARDING FAMILY PLANNING STRATAGIES AMONG ELIGIBLE COUPLE****Table No.- 01: Frequency & Percentage distribution level of knowledge.**

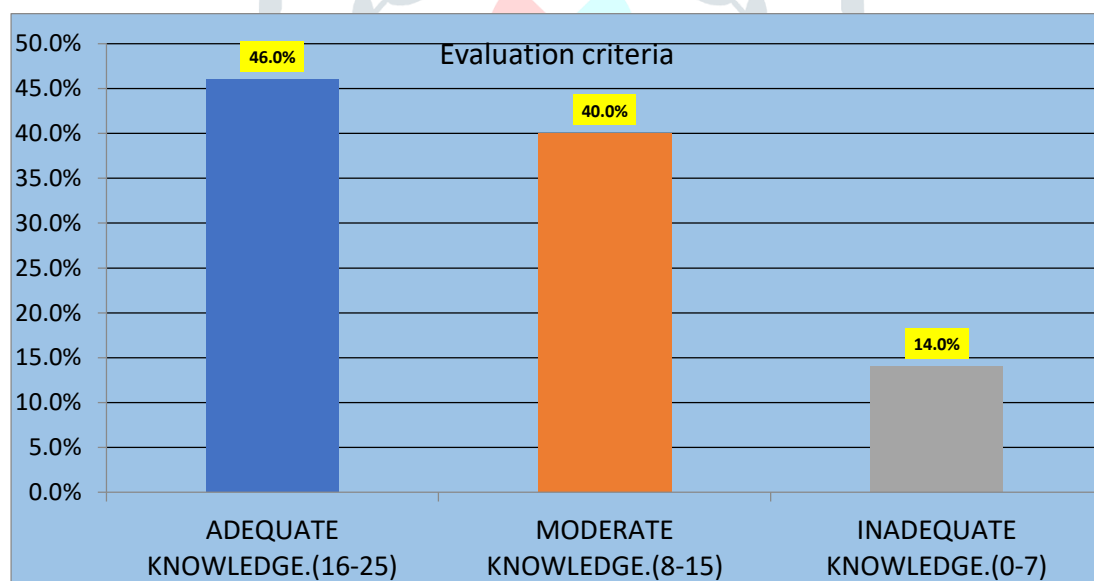
CRITERIA MEASURE OF KNOWLEDGE SCORE		
LEVEL OF SCORES N= 100	PERCENTAGE	FREQUENCY
ADEQUATE KNOWLEDGE (16-25)	46.0%	46
MODERATE KNOWLEDGE (8-15)	40.0%	40
INADEQUATE KNOWLEDGE (0-7)	14.0%	14

Maximum =25

Minimum=0

- **Adequate Knowledge (16-25):** 46% of participants (46 individuals) fall into this category, indicating a relatively good understanding of the subject matter.
- **Moderate Knowledge (8-15):** 40% of participants (40 individuals) have moderate knowledge, suggesting they have a basic but not comprehensive understanding.
- **Inadequate Knowledge (0-7):** 14% of participants (14 individuals) have inadequate knowledge, indicating a significant gap in their understanding.

Figure no 2- Indicates overall level of knowledge regarding family planning strategies among eligible couple regarding family planning in which the majority of couple (16-25) 46% had Adequate Knowledge (8-15) 40% had Moderate knowledge (0-7): 14% had Inadequate knowledge

**Figure no 02: Bar diagram showing the percentage distribution level of knowledge.****Analysis of knowledge score of couples**

					N=	100	
DESCRIPTIVE STATISTICS	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
KNOWLEDGE SCORE	14.12	15	5.26	22	3	19	56.48

Maximum=25

Minimum=0

DEMOGRAPHIC DATA		LEVELS OF KNOWLEDGE (N=100)			ASSOCIATION WITH KNOWLEDGE SCORE				
Demographic Variables	Options	ADEQUATE KNOWLEDGE	MODERATE KNOWLEDGE	INADEQUATE KNOWLEDGE	Chi Test	P Value	difference	Table Value	Result
Age	21-28 years	23	28	7	5.433	0.246	4	9.488	Not Significant
	29-36 years	15	8	3					
	37-44 years	8	4	4					
Type of Family	Joint	15	11	3	2.306	0.890	6	12.592	Not Significant
	Nuclear	16	16	4					
	Blended	10	10	5					
	Extended	5	3	2					
Qualification	>10th pass	10	13	4	2.258	0.894	6	12.592	Not Significant
	10th pass	14	11	5					
	12th pass	16	10	3					
	Graduation & Post-graduation	6	6	2					
Source of information regarding family planning method	Colleagues	7	12	2	8.918	0.178	6	12.592	Not Significant
	Media	13	17	5					
	Health workers	14	4	4					
	Relatives /Neighbours	12	7	3					
Family income per month (in rupees)	>15000	11	8	6	6.454	0.374	6	12.592	Not Significant
	15001-25000	19	22	7					
	25001-35000	9	6	1					
	<35001	7	4	0					

4 Have you ever used any contraceptive device?	Yes	23	21	7	0.060	0.970	2	5.991	Not Significant
	No	23	19	7					
No of children	No children	10	12	1	5.699	0.458	6	12.592	Not Significant
	1-2	25	18	7					
	3-4	6	8	4					
	>5	5	2	2					
Age of youngest child	Newborn	12	14	4	4.560	0.601	6	12.592	Not Significant
	< 1 year	9	7	4					
	2-3 year	20	11	5					
	> 5 year	5	8	1					

Table no 03: shows that the association between the level of score and socio was used to demographic variable. Based on the objectives Chi- square test association the level of knowledge and selected demographical variables. The Chi-square value shows that there is no significant association between the score level and demographic variables.

- **Age:** The age group 21-28 years has the highest number of individuals with adequate knowledge (23), followed by the 29-36 and 37-44 age groups. However, the chi-square test result ($\chi^2 = 5.433$, $p = 0.246$) indicates no significant association between age and knowledge level.
- **Family Type:** Joint and nuclear families have more individuals with adequate knowledge (15 and 16, respectively), while blended and extended families have fewer. The chi-square test ($\chi^2 = 2.306$, $p = 0.890$) shows no significant relationship between family type and knowledge score.
- **Qualification:** Participants with 12th pass qualification have the highest number of adequate knowledge cases (16). Despite this, the chi-square test ($\chi^2 = 2.258$, $p = 0.894$) 54 indicates no significant association between educational qualification and knowledge level.
- **Source of Information:** Health workers appear to be the most effective source, with 14 individuals having adequate knowledge. However, the chi-square test ($\chi^2 = 8.918$, $p = 0.178$) shows no significant association between the source of information and knowledge levels.
- **Family Income:** Participants with a family income of ₹15,001-25,000 have the most individuals with adequate knowledge (19). The chi-square test ($\chi^2 = 6.454$, $p = 0.374$) suggests no significant link between family income and knowledge.
- **Contraceptive Use:** Both users and non-users of contraceptive devices have an equal number of individuals with adequate knowledge (23 each). The chi-square test ($\chi^2 = 0.060$, $p = 0.970$) indicates no significant association between contraceptive use and knowledge levels.
- **Number of Children:** Participants with 1-2 children have the highest number of individuals with adequate knowledge (25). Nonetheless, the chi-square test ($\chi^2 = 5.699$, $p = 0.458$) shows no significant association between the number of children and knowledge levels.
- **Age of Youngest Child:** Those with children aged 2-3 years have the most individuals with adequate knowledge (20). However, the chi-square test ($\chi^2 = 4.560$, $p = 0.601$) reveals no significant association between the age of the youngest child and knowledge levels.

DISCUSSION

Family planning in community areas focuses on providing individuals and couples with the knowledge and resources they need to plan and space their pregnancies in a way that promote their health and well – being. It plays a crucial role in improving maternal and child health outcomes, controlling population growth, and enhancing the economic stability of families

MAJOR FINDINGS OF THE STUDY:

- Majority of respondent were between 21 to 28 years of age with the frequency of 58 (58%).
- Majority of respondent were family type with frequency of 36 (36%)
- Majority of respondent were qualification with 30 (30%).
- Majority of respondent were source of information regarding family planning with frequency of 35(35%).
- Majority of respondent were family income per month with frequency of 48(48%).
- Majority of respondent were contraceptive use with frequency of 51(51%).
- Majority of respondent were number of children with frequency of 50(50%).
- Majority of respondent were age of youngest child with frequency of 36(36%).
- Overall mean score on knowledge regarding family planning strategies among eligible couples was 46 shows adequate knowledge.
- There was no significant association between the knowledge score regarding family planning with selected demographic variables such as age, family type, qualification, source of information, family income, contraceptive use, number of children's, age of youngest child.

CONCLUSION

This study will provide valuable insights into the current state of knowledge regarding family planning among eligible couples, helping to guide future health education campaigns and policy-making in the area of reproductive health.

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