



# Effectiveness Of Information Booklet On Knowledge And Attitude Regarding Injectable Contraceptive Among Women In Selected Areas.

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**Abstract:** **Background** India was the first country in the world to launch a family planning programme, as early as 1952, with the main aim of controlling its population. India's population is has reached 1.43 billion and considering the decadal growth rate 18.50, the country's population stabilization to addressing sustainable development goal for maternal and child health ,Hence over the years India's national family planning programme too has evolved with a shift in focus from merely population control to more critical issues of saving the lives and improving the health of mother and children through use of reversible spacing methods leading to reduction in unwanted, closely spaced and mistimed pregnancies and thus avoiding pregnancies with higher risks and chances of unsafe abortions.**Methodology:** A quantitative evaluative research design was adopted. Pre experimental one group pre-test post-test research design will be used. Duration of study will be one month. 115 women from selected areas of Nagpur district will be selected as a sample through non probability convenience sampling technique. The self-structured questionnaire and five-point Likert scale will be used to assess the knowledge and attitude. Data were analysed using descriptive and inferential statistics. **Expected results:** In the pre-test, 66.67% of women had poor knowledge and 100% had negative attitudes toward injectable contraceptives. Post-intervention, 41.67% achieved good knowledge scores and 91.67% showed positive attitudes. The mean knowledge score increased from  $5.83 \pm 1.85$  to  $15.41 \pm 1.67$ , and the mean attitude score improved from  $49.58 \pm 1.44$  to  $55 \pm 1.59$ . A significant association was found between occupation, source of information, and pre-test knowledge scores ( $p < 0.05$ ). women in post-test had good level of knowledge score. Women in post-test had positive attitude. **Conclusion** The study explores strategies on injectable contraceptive in selected areas. Emphasizing of healthy life relation, morale collaboration stress reduction, population control. Women should understand the value of contraceptive, as it is crucial for overall women's and both of families and women.

## Keywords:

Information Booklet, Injectable Contraceptive, Knowledge, Attitude, Women's health,

## I. INTRODUCTION

**Introduction** The government of India is committed to preventing unwanted pregnancies and meet the unmet demand for contraceptive services and products, by ensuring the widest possible choice of and access to safe, effective and quality reproductive health care to every strata of the society, including the poorest of the poor. The epidemiological impact of contraceptive use is enormous in term of reducing maternal and perinatal morbidity and mortality.

Safa H. Alkalash et al-saudi Arabia, March 23, 2023. A cross-sectional study was conducted among a convenience sample of 400 females of reproductive age in Al-Qunfudah governorate, Saudi Arabia. The purpose of this study was to evaluate the knowledge on, attitude toward, and practice of contraceptive methods among females of reproductive age (15-49 years) . Contraceptive pills were cited as the most well-known method of birth control by 85.25% of females, followed by IUDs with 57.75% and male condoms in third place with 34%. out of 400 women only 104 (26%)women having knowledge regarding injectable contraceptive.<sup>5</sup>

Amruta Choudhary (Ladke) et, al- to evaluate the knowledge, attitude, and practice of women of rural area of central India, towards family planning. A cross-sectional observational study. 213 patients (53.25%) of the study were using or had used in the past either of the contraceptive methods. Maximum females opted for a permanent method of family planning i.e. tubal ligation 41.31%. 21.59% were using oral contraceptive methods, and 14.08% were using male condoms. Whereas 7.98% used intrauterine devices, 6.1% used injectable contraception and only 5.16% had opted for male sterilization i.e. vasectomy. Among these 213 patients, 48.82% and 25.35% used contraceptive methods for limitation of birth and spacing of children, respectively.

As per the reviews of above studies, women's having lack of knowledge and attitude regarding injectable contraceptive and need improve choice of family planning and reduce the future abortion related consequences and its complication.

## PROBLEM STATEMENT

To Evaluate Effectiveness Of Information Booklet On Knowledge And Attitude Regarding Injectable Contraceptive Among Women In Selected Areas.

## OBJECTIVE

1. To assess the knowledge and attitude regarding injectable contraceptive among women in selected areas.
2. To evaluate the effectiveness of an information booklet knowledge and attitude regarding the injectable contraceptive among women in selected areas.
3. To find out association of study finding with selected demographic variable.
4. To find out correlation between knowledge and attitude regarding injectable contraceptive among women in selected areas.

## HYPOTHESIS

**H<sub>0</sub>** – There is no significant difference between pre-test post-test knowledge and attitude regarding injectable contraceptive of information booklet among women.

**H<sub>1</sub>**- There is significant difference between pre-test post –test knowledge and attitude regarding injectable contraceptive of information booklet among women.

## ASSUMPTIONS

Womens may have knowledge and attitude regarding injectable contraceptive.

## REVIEW OF LITERATURE

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## METHODOLOGY

**Study Setting and design:** - A quantitative research approach with a pre-experimental, one-group pre-test post-test design was utilized for this study. The study was conducted in selected areas.

**Sample:** -The sample consisted of 115 women aged 21 to 45 years, selected through a non-probability convenience sampling technique

**Data collection Tool:** - Data was collected using a self-structured questionnaire five point likert scale. Section A gathered demographic data. Section B was a knowledge questionnaire comprising multiple-choice questions on injectable contraceptive. A pre-test was administered, followed by distributed information booklet intervention on the same day. A post-test was conducted 7 days later using the same questionnaire to evaluate the program's effectiveness. Data analysis was performed using descriptive and inferential statistics, including the paired 't' test and Chi-square test, with a significance level set at  $p < 0.05$ .

## Sample size formulas

### INCLUSION CRITERIA

1. Womens-married age group (21-45 ) having with one child.
2. Womens having with two child or more than two but not done sterilization.
3. Can read, write and speak English , Hindi and Marathi languages.

### EXCLUSION CRITERIA:

1. Womens who are done complete sterilization.

### DESCRIPTION OF THE TOOL

- **Section A:** Demographic data It comprised 4 items seeking information on demographic data such as age, qualification, parity, occupation, type of family, source of information.
- **Section B:** Self structured questionnaire on knowledge regarding injectable contraceptive.  
20 questionnaires prepared according to that 0 mark for wrong answer and 1 mark for right answer
- **Section C:** Five point Likert attitude scale regarding injectable contraceptive.

Calculates the sample size to get the following confidence interval: **proportion  $\pm$  0.04.**

The standard deviation is based on the propotion (p) is:

$$\sigma = \sqrt{p(1-p)} = 0.2179.$$

$$\alpha = 1 - 0.95 = 0.05.$$

$$p = 1 - \frac{\alpha}{2} = 1 - \frac{0.05}{2} = 0.975$$

You may use  $p = \alpha/2$ , and get the same sample size.

$$Z_{0.975} = 1.96, \text{ You may instead use } Z_{\alpha/2} = Z_{0.025} = -1.96.$$

The required sample size is:

$$n = \frac{Z_{0.975}^2 * p(1-p)}{MOE^2}$$

$$n = \frac{1.96^2 * 0.05(1-0.05)}{0.04^2} = 114.0433$$

Rounded up to: **115.**

**Validity of Tool** content validity of the tool was established by obtaining suggestions from the 13 experts. Various suggestions given by the experts were incorporated in the structured questionnaire. The changes were made to rephrase some of the questions for better clarity.

### Reliability of Tool

The higher the correlation coefficient, the more reliable the instrument.

**Reliability Analysis:** Parallel Form method of reliability

	Knowledge Score	Attitude Score
Pearson's Correlation Coefficient	0.933	0.947
Reliability(%)	0.9653	0.9727

By using Parallel form method of reliability, it is found to be 0.9653 knowledge score and 0.9727 for attitude score and hence tool is reliable and valid.

## RESULTS

Demographics: 75% women were aged 21–25 years; 66.7% were homemakers; 41.7% had secondary education.

Knowledge: Pre-test: 66.7% poor, 33.3% moderate. Post-test: 41.7% good, 58.3% moderate.

Attitude: Pre-test: 100% negative. Post-test: 91.7% positive.

Statistical Findings:

Knowledge improved significantly ( $t = 25.90$ ,  $p < 0.001$ ).

Attitude improved significantly ( $t = 18.60$ ,  $p < 0.001$ ).

Providing information booklet will be effective in improving knowledge and attitude regarding injectable contraceptive among the women in selected areas. There will be positive or negative Correlation between the knowledge and attitude regarding injectable contraceptive and demographic variables.

**Table 6 : Correlation between knowledge and attitude score of women regarding injectable contraceptives from selected area**

n=115				
Method	Mean	SD	r-value	p-value
Knowledge Score	5.87	1.73	0.230	0.019
Attitude Score	39.48	2.71		S,p<0.05

By using Pearson's Correlation Coefficient significant positive correlation was found between knowledge and attitude score of women from selected area ( $r=0.230, p=0.019$ ). Thus the  $H_1$  is accepted.

## DISCUSSION

This study also show that knowledge and attitude regarding injectable contraceptive .Amruta Choudhary (Ladke) et, al- to evaluate the knowledge, attitude, and practice of women of rural area of central India, towards family planning. studies shows highly difference in pre test and post test knowledge and attitude after intervention. The conclusion of this study Safa H. Alkalash et al- Saudi Arabia, March 23, 2023 improvement of knowledge and positive attitude was observed. The findings confirm that structured educational interventions effectively enhance women's understanding and acceptance of injectable contraceptives. Similar studies from Nigeria, Saudi Arabia, and India reported low baseline awareness but significant improvement post-education. Misconceptions and socio-cultural barriers remain key challenges. This study supports integrating IEC (Information, Education, Communication) strategies into community-based family planning programs.

## Ethical consideration

- Approval from the institutional ethical committee.
- Prior permission of authorities was taken.
- Informed consent of the subject was taken prior to the study subject.
- The confidentiality and anonymity of the study subject was maintained.

## Limitations

- The study was restricted to a specific geographical location, which may impact the generalizability of the results.
- The sample size of 115 womens may not be representative of the entire womens population.
- The study utilized a self-reported questionnaire, which could be subject to response bias.
- The study was conducted specifically on womens in selected areas.

## Conclusion

After a detailed analysis, this study leads to the following conclusion information booklet on injectable contraceptive were found to be effective in improving the knowledge and attitude of womens .womens had a significant gain in knowledge and improvement in attitude regarding injectable contraceptive. based on the findings, it was concluded undoubtedly that the written prepared material by the investigator and prepared information booklet to improve their knowledge and attitude regarding injectable contraceptive.

## Recommendations

Based on the study's findings, the following recommendations are proposed:

1. The researcher recommends the use of information booklet for in-service education.
2. The researcher recommends the utilization of current modules
3. Further studies can be conducted on a large scale to provide a better picture of knowledge and attitude regarding injectable contraceptive.

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