EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE AMONG PRIMIPARA MOTHERS REGARDING FAMILY PLANNING METHODS

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ABSTRACT

Family planning is considered as a basic human right. By spacing child birth, the health status of the family can be enhanced. The aim of this study was to assess knowledge of primipara mothers regarding family planning methods. An evaluative approach was used in the study. The study was conducted at Justice K. S Hegde Charitable Hospital, Deralakatte, Mangalore. The subjects comprised of 60 Primipara mothers. Convenient sampling technique was used to select the subjects. Data was collected before and after the administration of Information booklet. Data were analyzed using descriptive and inferential statistics. The overall findings of the study have shown that Information booklet was effective in improving the level of knowledge of Primipara mothers. The mean knowledge score after administration of Information booklet was statistically significant at p < 0.05. The calculated ‘t’ value (17.143) was greater than table value (1.67) at 0.05 level of significance. Maternal mortality and morbidity rates can be reduced significantly by the use of family planning services. Improving the knowledge of eligible couples, especially female partner can effectively increase the use of family planning methods and thus preventing unwanted pregnancies.

KEYWORDS: Family Planning Methods; Primipara Mothers; Effectiveness; Information Booklet; Evaluative Approach.

1. INTRODUCTION

1.1. Objectives of the study:

1. To assess the knowledge level of the primipara mothers about family planning methods.
2. To evaluate the effectiveness of information booklet on level of knowledge regarding family planning methods among primipara mothers.
3. To find out the association between knowledge of primipara mothers on family planning methods and selected demographic variables.

Hypothesis

H1: There will be significant difference between the pre-test and post-test level of knowledge on family planning methods.
H2: There will be significant association between the pre-test knowledge scores and selected demographic variables.

1.2. Background

One of the major problems developing countries confront with is the increasing growth of population which in fact is a serious threat for the global community. Nowadays, family planning services and its informing is not considered only as the key to the population growth and improving women and children's health, but also it is assumed as one of the fundamental human rights\(^1\). It is estimated that annually 80 million women all over the world have unintended pregnancy among whom 45 million would end up to the abortion. Every year, pregnancy complications cause death of more than half a million women worldwide and also cause disability in 120 million women\(^2\). High rate of unintended pregnancy exists despite the fact that most of the women are at risk of unwanted pregnancies use contraceptive methods\(^3\). According to Integrated Monitoring and Evaluation System (IMES), 29.4\% of all the pregnancies in 2005 reported as unintended pregnancies\(^4\). Most of the unintended pregnancies occur when using contraceptive methods be discontinued or be used non-continuously or inappropriately\(^5\).

Ability of a woman to start a successful, continuous and appropriate contraceptive method is influenced by many different factors; e.g. access to the health care, community, cultural attitudes and personal attitude can all be considered as obstacles to apply correct use and effective method of the women to family planning objectives\(^6\). Furthermore, in developing countries, where women are dependent upon old traditions and social constraints, knowledge and awareness about family planning acceptance would not be the only decisive factor as well as reduction in reproductive rate\(^7\). Furthermore, it should be noted that although sexual relationship, pregnancy and child birth are inevitable part of the human beings everywhere, social and cultural environment in this regard have such high diversity so that they cause that not all the contraception methods and devices be equally accepted everywhere\(^8\). Maternal mortality and morbidity rates can be reduced significantly by the use of family planning services. Protection from unwanted pregnancies, reducing the number of births, spacing or interval in the births of children and by explain the significance of age in pregnancies, the mothers can be protected from unnecessary pregnancies and many health problems. Similarly, by discouraging the late age pregnancies, children can be protected from many congenital disabilities\(^9\). For example, by vasectomy / tubectomy of people, unwanted births
can be controlled and the quality of population can also be improved. Through family planning only, individual health and health status of the nation can be enhanced. In short, family planning is extremely important for development and wellbeing of our nation.

2. MATERIALS AND METHODS

2.1. Research Approach
A quantitative, experimental cum evaluative research approach was used in the study.

2.2. Research Design
One group pre-test post test design was adopted for the study to evaluate the effectiveness of Information booklet on family planning methods.

2.3. Setting Of The Study
The investigator selected Justice K.S Hegde Charitable Hospital in Mangalore for the study.

2.4. Population
In this study population consisted of primipara mothers who met the inclusion criteria at the selected hospital in Mangalore.

2.5. Sample and sampling technique
In this study, sample comprises of 60 primipara mothers, who fulfilled the sampling criteria. Convenient sampling technique was used to select the samples.

2.6. Data Collection Instruments
Since the purpose of the study was to assess the effectiveness of Information booklet on knowledge, a structured knowledge questionnaire on family planning methods was found to be appropriate and data was collected before and after the administration Information booklet.

2.7. Reliability of The Tool
To test the reliability, the tool was administered to six primipara mothers other than the study subjects. The test scores were divided into 2 equivalent halves by using the split half method and correlation of first half was found using Karl- Pearson’s Correlation Coefficient Formula (r=0.913). The reliability coefficient of the whole test was then estimated by Spearman Brown Prophecy Formula(r=0.95). Hence, the structured knowledge questionnaire was found to be reliable.

2.8. Data collection procedure
Through the proper channel the investigator obtained written permission from the Medical and Nursing Superintendents of the selected Hospital, Mangalore prior to the collection of data. The purpose of the study was explained to the primipara mothers and informed consent
was obtained. Confidentiality was assured to all the primipara mothers to assure coordination. Pre-test was conducted using structured knowledge questionnaire. Then the Information booklet was administered to each primipara mothers. Post-test was conducted on the day of first postnatal visit, using the same structured knowledge questionnaire.

3. THEORY/CALCULATION

The conceptual framework of the present study is based upon General systems theory which was introduced by Ludwig Von Bertalanffy [1968] with input, process, output and feedback. According to Systems theory, a system is a group of elements that interact with one another in order to achieve the goal. An individual is a system because she/he receives input from the environment. This input when processed provides an output. This system is cyclical in nature and continues to be so, as long as the input, process, output and feedback keep interacting. If there are changes in any of the parts there will be changes in all the parts. Feedback from within the systems or from the environment provides information which helps the system to determine whether it meets its goal.

**Input:-** The input consists of information, material or energy that enters the system. A primipara mother is a system and has inputs within the system itself and acquired from the environment. These inputs include learner’s background like age, education, religion, source of information, usage of family planning methods which may influence the knowledge of primipara mothers.

**Process:-** It refers to the action needed to accomplish the derived task to achieve the desired output i.e. Effectiveness of Information booklet on knowledge among primipara mothers regarding family planning methods in a selected hospital, Mangalore.

1. Assessment of the pre-test knowledge of primipara mothers regarding family planning methods by using structured knowledge questionnaire.
2. Administration of Information booklet.
3. Assessment of the post-test knowledge level by using same structured knowledge questionnaire on 8th day after the administration of Information booklet.

**Output:-** Output is the behavioural response. Output response becomes the feedback to the system and environment. In the present study, output is the gain in knowledge scores. This is achieved through a comparison between the mean pre-test and post-test knowledge scores of the subjects.
Feedback: - It is the process that provides information about the systems output and its redirection to input. Accordingly the higher knowledge score obtained by the primipara mothers indicate that the Information booklet was effective in increasing the knowledge of primipara mothers regarding family planning methods.

Environment: The individual environment is the constant element that may influence the knowledge of staff nurses. In this study, the environment is considered as exposure to health camp, health professionals, and, mass media and family members.

4. RESULT

4.1. Section I: Pre-test knowledge level among primipara mothers. This section deals with the analysis and interpretation of data to find out the pre-test level of knowledge of primipara mothers. Data regarding the pre-test knowledge score were analyzed using frequency and percentage and are presented in Table 1.

<table>
<thead>
<tr>
<th>Knowledge Level</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>28</td>
<td>46.7</td>
</tr>
<tr>
<td>Average</td>
<td>30</td>
<td>50.0</td>
</tr>
<tr>
<td>Good</td>
<td>2</td>
<td>3.3</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

Data in Table -1 depicts that out of 60 samples 28 (46.7%) had poor knowledge, 30 (50.00%) had Average knowledge and 2(3.3%) had Good knowledge regarding family planning methods before administering Information booklet.

4.2. Section II: Effectiveness of Information booklet on Family planning methods:
This section deals with analysis and interpretation of data collected from 60 primipara mother’s admitted in hospital to evaluate the effectiveness of Information booklet on family planning methods.
TABLE 2 - Effectiveness of Information booklet on family planning methods among primipara mothers.

<table>
<thead>
<tr>
<th></th>
<th>Mean difference</th>
<th>SD</th>
<th>Df</th>
<th>“t’value</th>
<th>P’value (LOS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre test</td>
<td>11.3000</td>
<td>5.10334</td>
<td>59</td>
<td>17.143</td>
<td>0.000</td>
</tr>
<tr>
<td>post test</td>
<td>20.0833</td>
<td>5.22799</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4.3. Section III:- Distribution of primipara mothers according to their pre-test and post-test knowledge score.

4.4. TABLE – 3: Distribution of primipara mothers according to their pre-test and post-test knowledge score.

The pre-test and post-test level of knowledge of the primipara mothers are analyzed compared and depicted in table- 3.

<table>
<thead>
<tr>
<th>Knowledge level</th>
<th>Pre test</th>
<th>Post test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency</td>
<td>Percentage</td>
</tr>
<tr>
<td>Poor(0-10)</td>
<td>28</td>
<td>46.7</td>
</tr>
<tr>
<td>Average(11-20)</td>
<td>30</td>
<td>50.0</td>
</tr>
<tr>
<td>Good(21-30)</td>
<td>2</td>
<td>3.3</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

The data in table- 3 shows that the majority of the primipara mothers 28(46.7%) had poor knowledge regarding family planning methods. 30 (50.00%) of them had average knowledge and 2(3.3%) had good knowledge. But, in the post-test all of the primipara mothers 60(100%) demonstrated good knowledge regarding family planning methods.

4.5. Association

The data analysis revealed that there is no significant association between the pre interventional level of knowledge score and selected demographic variables of the primipara mothers.

5. DISCUSSION

Data collected from the pre-test depicts that out of 60 samples, 28(46.7%) primipara mothers had poor knowledge regarding family planning methods. 30 (50.00%) of them had average knowledge and 2(3.3%) had good knowledge regarding family planning methods before administering Information booklet.
The study revealed that the knowledge of primipara mothers regarding family planning methods is significantly increased after the administration of Information booklet. Also the present study revealed that there was no significant association between the pre-test knowledge score and demographic variables. The present study results are consistent with selected literature reviews.

6. CONCLUSION

The findings of the present study show that the primipara mothers are not well aware of the available family planning methods. On the other hand, the study opens up the desire of the primipara mothers to learn more. All the study participants were interested to read the information booklet and gained adequate knowledge in few days of time. Nursing educational institutions and the management of hospitals should take up the responsibility to organize timely health education programs recognizing the needs of the public. The knowledge also can be imparted or enhance through simpler methods viz. modular teaching, pamphlets, individual and family health education etc. Whatever may be the methodology adopted for the enhancement of knowledge, it requires strong commitment from all the authority and the effect will, for sure, will be enormous.

6.1. Nursing Implications

The findings of the study have revealed certain facts that have far reaching implications in the field of nursing education, nursing practice, nursing administration and nursing research.

6.1.1. Nursing Education

Family planning is not just a theoretical area of concern to be studied by the professionals in class room; instead it has to reach the public and should be practiced by them. The study has revealed that the majority of the primipara mothers had poor knowledge regarding family planning. Thus educating the public on various family planning methods and their merits and demerits is the responsibility of health care professionals.

6.1.2. Nursing Practice

Midwives have many opportunities to influence the gravid women, by giving adequate information and motivation to choose proper family planning measures. In today’s world all want to be healthy. Timely health educations given to the mothers regarding family planning
by the nurses can bring about wonderful results. Well informed women will adopt family planning methods and thus improve the health and economics of the entire family.

6.1.3. Nursing Research

Nursing researchers should be aware about the existing health care systems and the status of a nursing profession. By conducting research and by formulating new theories; researcher could improve the knowledge, skill, and attitude of the midwife and ultimately, improve the status and standard of nursing. It is apparent that there are significant gaps in research with regard to family planning measures. The study throws light on the knowledge of primipara mothers regarding family planning methods and the effectiveness simple education methods to improve the knowledge. Various researches, including qualitative researches may be carried out with respect to family planning methods and their utilization.

7. REFERENCES