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A study to compare the effectiveness of structured teaching programme regarding family planning methods on knowledge among married women of rural area and urban slum of Bhopal

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Abstract

India will become the most populous country in the world in another few years. Population explosion has been India's major problem since independence. It is a major obstacle to the overall progress of the nation. The unlimited urbanization has caused various problem like unemployment overcrowding and environmental pollution etc. Adoption of family planning methods is one of the best solutions to tackle this problem.

Family planning is defined by W.H.O. "As a way of thinking and living that is adopted voluntary upon the basis of knowledge, attitude and responsible decisions by individuals and couples in order to promote the health and welfare of the family groups. This contribute effectively to the social development of country." It is seen that the socio economic and demographic influences are factors, which are important for the acceptance and actual practice of family planning. An adequate knowledge about the various contraceptives available is also pre requisite. An understanding of the knowledge and ultimate of people is necessary for the success of any family planning programme. Currently married women who are not using any method of contraception but who do not want any more children or want to wait two or more years before having another child are defined as having unmet need for family planning. Studies reveal that the knowledge for use of contraceptives and sterilization in a community where the women are aware of contraceptive methods.

Less than half are using the method they perceive to be most effective. Sterilization rate are low amongst the women in the same population.

Family planning favorably influences the health development and well-being of the family so people must be encouraged to plan their families. The national population policy of government of India reflects the growing political will to control the population growth to keem Indian families happy and healthy. (Dey, A.S. 2008).

Keywords: Structured teaching, family planning, married women of rural area and urban slum

Introduction

The nationwide Family Planning Programme was started in India in 1952, making it the first country in the world to do so. In spite of this about 56% eligible couples in India are still unprotected against conception.

1. Attitude studies have shown that awareness of Family Planning is widespread and over 60% people have favourable attitude to restricting or spacing births.
2. Yet, the rate of contraceptive use by eligible couple in India is 43.5% as opposed to 87% in Japan and China.
3. This is the challenge faced by the Government in tackling the problem of population explosion.

A WHO expert committee has defined five methods in 1975 to evaluate the success of Family Planning Programmes. One of them is the evaluation of knowledge, attitude, motivation and behavior among people. The Knowledge and attitude of people towards Family Planning methods are important determinants in the adoption of Family Planning methods by them. (Polit, D.F., 2005) [4].

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Objectives of the Study

- To assess the knowledge of family planning methods among the married women of rural area.
- To assess the knowledge of family planning methods among the married women of urban slum.
- To compare the pretest knowledge of family planning methods among married women of rural and urban slum.
- To find out the association between selected demographic variables and knowledge of family planning methods among married women of rural and urban slum.
- To assess the effectiveness of structured teaching programme on gain of knowledge regarding family planning methods among married women of rural area.
- To assess the effectiveness of structured teaching programme of gain of knowledge regarding family planning methods among married women of urban slum.

Hypotheses

- **H₁:** There will be significant association between pre-test knowledge score of family planning methods among married women with selected demographic variables of urban slum at the level of $p < 0.05$.
- **H₂:** There will be significant association between pre-test knowledge score of family planning methods among married women with selected demographic variable of rural area at the level of $p < 0.05$.
- **H₃:** There will be significant difference in pre-test knowledge score of family planning methods among married women of rural an urban slum at the level of $p < 0.05$.
- **H₄:** There will be the significant difference in the knowledge of married women regarding family planning methods among urban slum at the level of $p < 0.05$.
- **H₅:** There will be significant difference in the knowledge of married women regarding family planning methods among rural area at the level of $p < 0.05$.

Delimitations

Married women of age group 18 to 40 years of selected community.

Research Approach

A research approach tells the researcher as to what data to collect and how to analyze them. It is overall plan or blueprint chosen to carry out the study. It also suggests the possible conclusion to be drawn from the data. In view of objectives of the present study, pre experimental research approach was considered to be suitable.

Research Design

The researcher's overall plan for obtaining answer to the research questions or for testing the research hypothesis is referred to as the research design. It spells out the basic strategies that the researcher adopts to elicit information that is accurate and interpretable (Polit, D.F. 1999) [3].

The research design selected for study is pre-test – post-test research design.

Conclusion

The main aim of the study was to evaluate the effectiveness

of planned teaching programme among women of urban slum and rural area regarding family planning methods. 50 married women from urban slum and 50 married women from rural area were selected by purposive technique. Planned teaching programme was done for one week.

The following conclusion were drawn on the basis of the findings of the study.

1. The pre-test knowledge score among majority 26 (52%) respondents was poor grade.
2. The pre-test knowledge score among majority 34 (68%) respondents was poor grade.
3. There was a difference found in pre-test knowledge score of urban slum and rural area and difference of mean score was (1.9).
4. There was a significant mean difference of 4.98 found between pre and post-test score among urban slum.
5. There was a significant mean difference of 3.70 found between pre and post-test score among rural area.

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