

A study to assess the effectiveness of structured teaching programme on knowledge, attitude and practice regarding contraceptive methods among mothers in a selected Hospital, Chidambaram taluk

S Bhuvaneswari^{1*}, Dr. M Gandhimathi²

¹ Nursing Tutor, Ranimeyyamai College of Nursing, Annamalai University, Chidambaram, Tamil Nadu, India

² Professor, Ranimeyyamai College of Nursing, Annamalai University, Chidambaram, Tamil Nadu, India

Abstract

Objectives: 1. To assess the existing knowledge, attitude and practice of mothers regarding contraceptive methods. 2. To assess the effectiveness of structured teaching programme regarding contraceptive methods in terms of knowledge and attitude and decision to practice contraceptive methods among mothers. 3. To find out the association between pre-test knowledge and selected demographic variables such as age, education, residence, income, occupation, type of family and sources of information.

Method: The present study was conducted on a sample of 60 mothers. A pre-experimental design (one group pre-test and post-test design) was used. The pre-test knowledge, attitude and practice was assessed using an interview schedule. Structured teaching programme was conducted by using flash cards. On the 3rd day, the post-test knowledge, attitude and decision to practice contraception was assessed by using the same questionnaire. The structured interview schedule was used to collect the data.

Results: All samples (100%) had inadequate knowledge in pre-test. After structured teaching programme, 80% of mothers had moderately adequate knowledge and 20% of mothers had adequate knowledge on contraceptive methods. Regarding attitude majority of mothers (96.6 %) had positive attitude in pre-test and after structured teaching programme, all mothers had positive attitude towards contraceptive methods. Regarding practice, 83.3% of mothers have not practiced any contraceptive methods. Among 10 mothers 60% of mothers used copper 'T'. Thirty percent of mothers had previous exposure to information regarding contraception methods through their friends. Majority (45%) of mothers have decided to undergo tubectomy. Regarding practice, after STP 30% of mothers have decided to practice IUCD, 18.3% of mothers have decided to use condom, 5% of them have decided to use OCP and 1.6% of mothers have decided to practice coitus interruptus

Conclusion: The present study assessed the knowledge, attitude and practice of mothers regarding contraceptive methods and found that the mothers had inadequate knowledge but majority of mothers had positive attitude towards contraceptive methods during pre-test. After structured teaching programme about contraceptive methods, there was significant improvement in knowledge and attitude of mothers regarding contraceptive methods. The study revealed that the structured teaching programme is effective in improving knowledge attitude and decision of mothers to practice contraceptive methods.

Keywords: contraceptive methods, structured teaching programme, knowledge, attitude

Introduction

India with 2.5% of the world's land surface area has to accommodate about 16% of the world's population. It is the second most populous country in the world, next to China [1]. Moreover, the population is not uniformly distributed. The density of the population is 300 per sq. kilometre. The death rate stood at the level of 8/1000 and the birth rate at 25/1000 in mid 2003. There is a wide gap between the birth and death resulting in rapid rise in population [2]. India's population has reached 1027 million in 2001 and the projected population in 2025 is 1363 millions. In 2050, the projected population is 1628 millions when India would be the world's most populous country partaking China (Dutta. D.C., 2011) [6].

Benefits of family planning for family can be achieved by temporary/permanent methods of family planning. In making contraceptive choices, couples balance their sexual lives, their reproductive goals, and each partner's health safety [3]. The search for a choice that satisfies the couple poses great challenge for women and men throughout the world. To achieve the small family size, a fertile woman today must practise birth control throughout most of her

potential reproductive years as many as 30 of the approximate 36 years between menarche and menopause (Dutta. D.C., 2011) [6]. Successful prevention of unplanned pregnancies rely not only on access to available products, but also on the products acceptability and couple's willingness and ability to use them effectively [9]. While many women are motivated to avoid unwanted pregnancy, difficulties in using methods consistently, varying side effects and a wide range of failure rates may create obstacles to contraceptive use (Dutta. D.C., 2011) [6].

Objectives

1. To assess the existing knowledge, attitude and practice of mothers regarding contraceptive methods.
2. To assess the effectiveness of structured teaching programme regarding contraceptive methods in terms of knowledge and attitude and decision to practice contraceptive methods among mothers.
3. To find out the association between pre-test knowledge and selected demographic variables such as age, education, residence, income, occupation, type of family and sources of information.

Methodology

A pre-experimental design (one group pre-test and post-test design) was used to assess the effectiveness of structured teaching programme on knowledge, attitude and decision on practice regarding contraceptive methods among mothers in OG wards in a selected Hospital, Chidambaram taluk. A total of 60 mothers were selected by using convenience sampling technique. Conceptual framework used for this

study was Ludwig Von Berfalanffy’s General system theory. The tool for data collection was prepared by the investigator and it was validated by experts.

The pre-test knowledge, attitude and practice was assessed using an interview schedule. Structured teaching programme was conducted by using flash cards. On the 3rd day, the post-test knowledge, attitude and decision to practice contraception was assessed by using the same questionnaire.

Results

Table 1: Distribution of mean knowledge score between pre-test and post-test regarding contraceptive methods among mothers (N = 60)

| Contraceptive Methods | Pre-test | | Post-Test | | Paired “t” Test | P-Value |
|-----------------------|----------|------|-----------|------|-----------------|---------|
| | Mean | SD | Mean | SD | | |
| Baseline information | 4.98 | 0.12 | 6.96 | 1.23 | 12.37 | <0.001 |
| Natural | 1.68 | 1.03 | 7.76 | 2.05 | 22.3 | <0.001 |
| Barrier | 2.46 | 0.87 | 6.98 | 1.21 | 25.28 | <0.001 |
| IUCD | 1.51 | 1.29 | 7.25 | 1.33 | 27.69 | <0.001 |
| OCP | 1.46 | 0.83 | 8.51 | 1.32 | 34.85 | <0.001 |
| Inj.Steroids | 0.66 | 0.25 | 2.36 | 0.68 | 24.73 | <0.001 |
| Vasectomy | 0.05 | 0.21 | 2.93 | 1.02 | 22.49 | <0.001 |
| Tubectomy | 0.23 | 0.42 | 2.5 | 0.7 | 20.87 | <0.001 |
| Overall Knowledge | 12.46 | 2.33 | 45.28 | 3.5 | 63.65 | <0.001 |

Maximum Score=70

Table 2: Distribution of mean attitude score between pre-test and post-test regarding contraceptive methods among mothers (N = 60)

| Variables | Pre-test | | Post-test | | Paired ‘t’ test | ‘P’ value |
|-----------|----------|--------------------|-----------|--------------------|-----------------|-----------|
| | Mean | Standard Deviation | Mean | Standard Deviation | | |
| Attitude | 30.41 | 2.18 | 44.98 | 1.30 | 42.764 | <0.001 |

Maximum Score = 50

Table 3: Distribution of mothers by practice regarding contraceptive methods (N = 100029)

| S.No | Practice of contraceptive methods | No. | % |
|------|------------------------------------|-----|----|
| 1. | Method of contraception practiced? | | |
| | a) Condom | 3 | 30 |
| | b) Copper- “T” | 6 | 60 |
| | C) Oral contraceptive pills | 1 | 10 |
| 2. | Reason for discontinuation | | |
| | a) To give birth | 4 | 40 |
| | b) Lack of sexual pleasure | 2 | 20 |
| | c) Missing of thread (Copper “T”) | 2 | 20 |
| | d) Menstrual problems | 1 | 10 |
| | e) Weight gain | 1 | 10 |

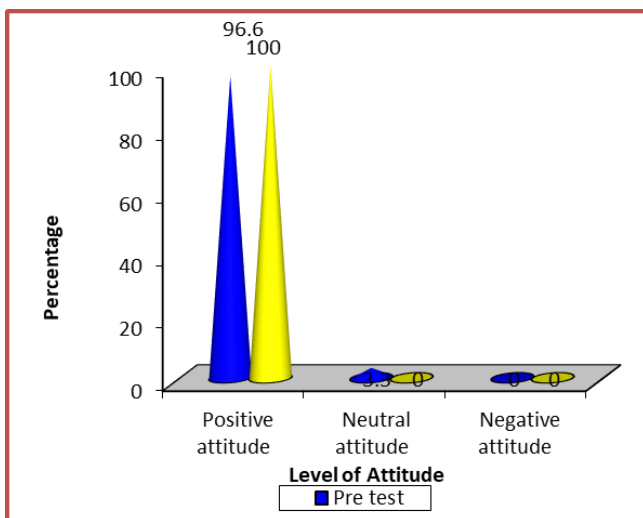


Fig 1: Distributuion of mothers by attitude regarding contraceptive methods in the pre-test and post-test

Discussion

In pre-test all mothers (100%) were having inadequate knowledge regarding contraceptive methods [10]. None of the mothers had adequate level of knowledge regarding contraceptive methods [4]. With regard to attitude in pre-test 96.6% of mothers were having positive attitude and 3.3% of mothers were having neutral attitude towards contraceptive methods. Regarding practice in pre-test 83.3% of mothers have not practiced any contraceptive methods [5]. Among 10 mothers 60% of mothers used copper ‘t’. Thirty percent of mothers had previous exposure to information regarding contraception methods through their friends [8].

Conclusion

The present study assessed the knowledge, attitude and practice of mothers regarding contraceptive methods and found that the mothers had inadequate knowledge but majority of mothers had positive attitude towards contraceptive methods during pre-test. After structured

teaching programme about contraceptive methods, there was significant improvement in knowledge and attitude of mothers regarding contraceptive methods ^[7]. The study revealed that the structured teaching programme was effective in improving knowledge, attitude and decision of mothers to practice regarding contraceptive methods ^[11]. Hence STP need to be used routinely in all OPDs and wards ^[12].

Implication to nursing

The nursing implications of the findings have been discussed in relation to nursing practice, nursing education, general education, nursing research and nursing administration.

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