

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON THE KNOWLEDGE REGARDING TEMPORARY CONTRACEPTIVE METHODS AMONG PRIMIGRAVIDA MOTHERS AT SELECTED MATERNITY CENTRES AT KANPUR, UTTAR PRADESH”

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ABSTRACT

Family planning has far reached benefits for woman and their families. Woman who can plan the number and timing of their births enjoy improved health, experience fewer unwanted pregnancies and birth, and have lower rates of induced and often unsafe abortion.

The present study was carried out in maternity centres at Rama hospital. An evaluative approach was used in study. In this study a pre-experimental one group pre-test post-test design was used and the non-probability convenient sampling was used to select 60 primigravida mothers. The tool used for the data collection was self-structured knowledge questionnaire. Data was analysed by using descriptive and inferential statistics. The study findings disclose that, with regard to the knowledge assessment, the mean pre-test score was 11.67 and post-test score was 23.33. The mean difference between pre-test score and post-test score was 11.66. The computed paired ‘t’ value was 25.89 it was at $p < 0.0001$. This showed that structured teaching program was effective in increasing the knowledge of primigravida mothers regarding temporary contraceptive methods. Therefore, the research hypothesis H_1 was accepted, i.e., there was significant difference between mean pre-test and post-test knowledge score. And there is no association between socio-demographic variables and knowledge score, hence H_2 was rejected.

Key words:

Knowledge, structured teaching program, Temporary contraceptive methods and mothers.

INTRODUCTION

The public family planning program was first implemented in 1952 in India, the only nation on earth with the goal of “decreasing the rate of birth of the degree important to control the population at a level reliable with necessity of national economy”.¹

Even though India was the first country to implement a family planning program in 1952, as of August 1, 2010, the country's total population remained at 1.15 billion, in 2010, the ratio of men to women was 105 to 100. In India, the rate of maternal death per 1000 live births is 8.37. In India, 150-180 eligible couples out of every 1000 people want family planning services 20% of these couples are between the age of 15 and 24. As of march 31, 2010, 40% of eligible couples were not safeguarded against conception, while 46.2% of suitable couples had successfully secured against origination².

A visit to a risk-natal institution presents a wonderful opportunity for a health care professional to provide the expectant mothers with comprehensive education regarding preventive measures and to help them embrace birth dispersal plans during the period of changing conditions. The researcher is therefore curious to learn what factors impede the women from adopting temporary preventive measures in order to increase the acknowledgement ratio by providing thoughtful, planned instruction on specific, short-term preventive tactics for primigravida mothers.

NEED FOR THE STUDY

In order to improve the welfare and prosperity of mother and child dispersing is a crucial component of conceptual life. When children are at least three years apart, the child has better start in life, and the mother has enough time to heal from the physical and emotional burden of her previous pregnancy, delivery and raising the child. Since the mother is a key member of the family and the primary educator of the children, her health will negatively impact the overall family dynamic⁴.

In rural countries, especially India, where deeply ingrained beliefs, traditions, and strange ideas about childbearing, pregnancy, labour, health and the role of the mother are still prevalent; women with low incomes are more vulnerable to health risks associated with multiple childbearing. High rates of maternal grimness and death are exacerbated by this. Family plays a crucial role in protecting women's health³.

PROBLEM STATEMENT

“A Study to Assess The Effectiveness Of Structured Teaching Programme On The Knowledge Regarding Temporary Contraceptive Methods Among Primigravida Mothers At Selected Maternity Centres At Kanpur, Uttar Pradesh”

OBJECTIVES

- To assess the pre-test knowledge regarding selected temporary contraceptive methods among primigravida mothers.
- To assess the post-test knowledge regarding selected temporary contraceptive methods among primigravida mothers.
- To assess the effectiveness of structured teaching programme by comparing pre-test and post-test knowledge scores regarding selected temporary contraceptive methods among primigravida mothers.
- To find out the association between the pre-test knowledge scores and the selected socio-demographic variables of primigravida mothers.

HYPOTHESIS

H1 = There will be a significant difference between pre-test and post-test knowledge regarding temporary contraceptive methods among primigravida mothers.

H2= There will be a significant relationship between pre-test level of knowledge of primigravida mothers with selected demographic variables.

METHODS AND MATERIALS

Research approach

In the present study, evaluative approach was used.

Research design

The research design used in this study was pre-experimental one group pre-test and post-test design

SETTINGS OF THE STUDY

The setting of the present study is Rama Hospital & research Centre, Kanpur

VARIABLES

Dependent variable

In this study, knowledge of temporary contraceptive methods among primigravida mothers was the dependent variable.

Independent variable

In this study structured teaching programme on temporary contraceptive methods was the independent variable.

Demographic variables

In this study, Age of the mother, Religion of the mother, Education of the mother, occupation of the mother, type of food, family income per month, socio-economic status, type of family, completed year of marriage, source of information regarding temporary contraceptive methods.

POPULATION

The population for this study comprises of primigravida mothers.

Target population

In this study the target population was primigravida mothers.

SAMPLE

The sample for the present study comprises of primigravida mothers.

SAMPLE SIZE

The sample size for the present study consists of 60 primigravida mothers.

SAMPLING TECHNIQUES

In the present study, non-probability convenient sampling technique was used to select 60 primigravida mothers.

Inclusion criteria

Primigravida Mothers: -

- who are attending antenatal clinic during the period of study.
- who are in gestational week between 32 to 37 weeks.
- who are willing to participate in the study.
- who know to read and write Hindi and English.

Exclusion criteria

Primigravida Mothers: -

- who can develop complications during ante-natal period such as anti-partum hemorrhage, gestational DM and PIH.
- who are exposed to previous teaching programme on temporary contraceptive methods.

METHODS OF DATA COLLECTION

Assessment of knowledge regarding the temporary contraceptive method was measured by administering research tool.

DEVELOPMENT OF RESEARCH TOOL

On the basis of developed framework, to achieve the objectives of the study, a self-structured knowledge questionnaire was prepared to assess the knowledge regarding the temporary contraceptive methods among primigravida mothers.

DESCRIPTION OF THE TOOL

Section A: A self-structured questionnaire will be used to collect socio-demographic data.

Section B: A self-structured questionnaire will be used to assess the knowledge on temporary contraceptive methods.

RESULTS & FINDINGS**Section A:**

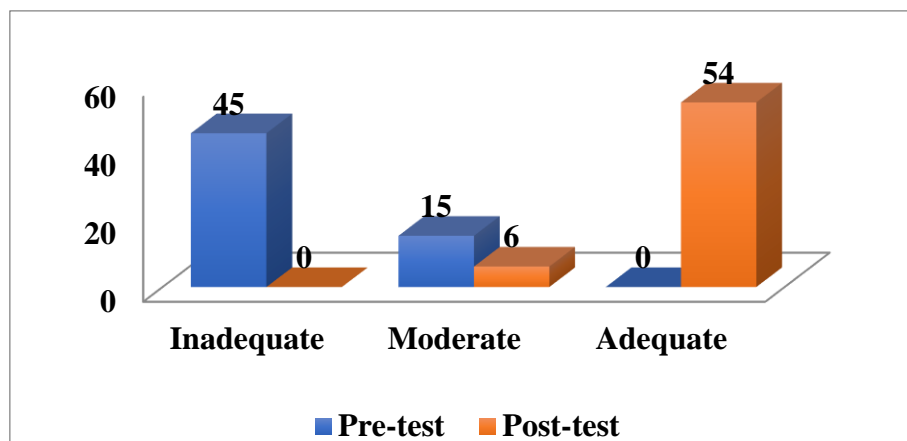
The major findings of the present study are;

- Majority 28(46.67%) primigravida mothers were between the age group of 24 - 29 years.
- Majority 21(35.00%) primigravida mothers were Hindus.
- Majority 24(40.00%)primigravida mothers have higher secondary education.
- Majority 20(33.33%)primigravida mothers were self-employed.
- Majority 19(31.67%)primigravida mothers have 20,000/- - 50,000/- monthly family income.

- Majority 28(46.67%) primigravida mothers were belonging to low socio-economic status.
- Majority 27(45.00%) primigravida mothers have joint family.
- Majority 21(35.00%) primigravida mothers were less than 1 year of marriage.
- Majority 21(35.00%) primigravida mothers were vegetarian.
- Majority 22(36.67%) primigravida mothers were got information from health personnel.

Section B:

Knowledge of primigravida mothers regarding temporary contraceptive methods



Data from the above figure depicts that in pre-test 45(73.33%) subjects had inadequate knowledge, 15(26.67%) subjects had moderate knowledge regarding temporary contraceptive methods. In post-test 6(8.33%) had moderate knowledge and 54(91.67%) had excellent knowledge regarding temporary contraceptive methods.

Section C:

Effectiveness of structured teaching program on temporary contraceptive methods among primigravida mothers.

Knowledge assessment	Mean	Mean difference	Standard deviation	df	Paired 't' value	'p' value
Pre-test	11.67	11.66	2.89	59	25.89	<0.0001 S*
Post-test	23.33		1.82			

Note: - S* - Significant

NS – Not Significant

The above table illustrates that the mean post-test knowledge score (23.33) was greater than the mean pre-test score (11.67). The mean difference between pre-test and post-test score was (11.66). Paired 't' test knowledge score was 25.89 and it was significant at $p < 0.0001$ level. Hence research hypothesis H_1 was accepted. This indicates that the PTP was effective in increasing the knowledge of primigravida mothers regarding temporary contraceptive methods.

Section D:

Association between pre-test knowledge score and selected demographic variables

Sl. No	Demographic variables	Chi-square value	Degree of Freedom	Tabulated value	Level of significance
1.	Age	4.65	4	9.49	Not significant
2.	Religion	3.45	8	15.51	Not significant
3.	Educational status	1.58	6	12.59	Not significant
4.	Occupation	3.66	6	12.59	Not significant

5.	Monthly income of the family (in rupees)	2.73	6	12.59	Not significant
6.	Socio-economic status	1.79	4	9.49	Not significant
11.	Type of family	1.84	4	9.49	Not significant
12.	Completed year of marriage	5.81	6	12.59	Not significant
9.	Type of food	1.73	4	9.49	Not significant
10.	Source of information	0.83	6	12.59	Not significant

Note: - S* - Significant

NS – Not Significant

Findings revealed that the chi-square value was not significant at 0.05% level of significance. Hence the research hypothesis H₂ was rejected. It indicted that there was no association between pre-test knowledge score and selected demographic variables of primigravida mothers.

NURSING IMPLICATIONS

Nursing education:

The present study focuses on improving nursing education’s understanding of temporary contraception options. Thus, in order to provide instructions, nurses need to be adequately knowledgeable about all facets of contraceptive methods. The health education programs offered by community health centres and maternity centres should involve the

active participation of nurses. Consequently, nursing education is essential to raising the level of knowledge among primigravida mothers and the general public in maternity hospitals and the community.

Nursing administration:

It is the responsibility of nursing administrator to encourage their staff, particularly the nurses, to further their professional development by participation in workshops, seminars, conferences and training sessions covering a range of contraceptive methods topics. In maternity centres, clinics, and hospitals, the nursing administrator should set up a regular in-service teaching program on contraceptive techniques.

Nursing practice

The study recommendation for nursing practice is to increase primigravida mothers understanding of temporary contraceptive options. It is the duty of the nurse to raise awareness and provide health education using a variety of techniques such as posters, public education campaigns, support groups, etc. Therefore, nurses must possess the necessary knowledge to impart and raise the level of knowledge about temporary contraceptive methods and other aspects of contraceptive methods among primigravida mothers and other community members.

Nursing research:

The results of this study will be useful to researchers, nurses in their future research to determine the efficacy of different approaches to educating primigravida mothers, multigravida mothers, recently married couples, nursing students and the general public about improving their knowledge of contraceptive methods.

Recommendations:

- A study can be undertaken with a large sample to generalize the findings
- An experimental study can be undertaken with control group
- A comparative study can be done between the rural and urban primigravida mothers.
- A study can be conducted to assess the knowledge and attitude of primigravida mothers regarding temporary contraceptive methods.
- A similar study can be conducted using the other strategies like self-Instructional Module (SIM), booklets and VAT.

Conclusion:

This study revealed that the structured teaching program on knowledge of temporary contraceptive methods was effective among primigravida mothers to enhance their knowledge.

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