

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING FAMILY PLANNING METHODS AMONG POSTNATAL MOTHERS AT SELECTED HOSPITAL, ALWAR

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ABSTRACT :

Introduction: “Pregnancy is by choice, not by chance” –WHO Reproductive health is a state of physical, mental, and social well-being in all matters relating to the reproductive system at all stages of life. Reproductive health implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when, and how often to do so.

Method & Material: A quantitative research approach with descriptive research design was adopted for the study. The research tool developed to collect the data was self structured questionnaire to assess the knowledge and attitude of post natal mothers regarding family planning methods. This study was conducted at zanana hospital, Alwar. The present study was conducted among 60 postnatal mothers zanana hospital, Alwar.

Result: The knowledge of postnatal mothers regarding family planning methods found inadequate and there was no relation between knowledge and attitude of postnatal mothers regarding family planning methods.

Conclusion : The mean of knowledge is 15 whereas mean of attitude is 56.5. The mean percentage of knowledge is 25% whereas mean percentage of attitude is 94.16%. The SD of knowledge is 15 whereas SD of attitude is 56.5. The co relation between knowledge and attitude is -0.122. It means that there are some relationships and if knowledge is poor or good then it is not necessary that the attitude is also poor or good

Keywords: Postnatal mothers, family planning method, side effect of family planning method, time of insertion of family planning methods, Zanana hospital, Alwar.

INTRODUCTION:

“Pregnancy is by choice, not by chance” -WHO

Reproductive health is a state of physical, mental, and social well-being in all matters relating to the reproductive system at all stages of life. Reproductive health implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when, and how often to do so. Implicit in this are the right of men and women to be informed and to have access to safe, effective, affordable, and acceptable methods of family planning of their choice, and the right to appropriate health-care services that enable women to safely go through pregnancy and childbirth

STATEMENT OF THE PROBLEM:

“A study to assess the knowledge and attitude regarding family planning methods among postnatal mothers at selected hospital, Alwar”

OBJECTIVES OF THE STUDY:

1. To assess the knowledge regarding family planning methods among post natal mothers.
2. To assess the attitude regarding family planning methods among postnatal mothers.
3. To correlate the knowledge and attitude regarding family planning methods among postnatal mothers.
4. To associate the knowledge of postnatal mother regarding family planning methods with the selected demographic variables.
5. To associate the attitude of post natal mother regarding family planning with the selected demographic variables.

HYPOTHESIS

H₁: There will be significant correlation between knowledge and attitude regarding family planning methods among postnatal mothers.

H₂: There will be significant association between knowledge regarding family planning methods among post natal mothers with the selected demographic variables.

H₃: There will be significant association between the attitude regarding family planning methods among post natal mothers with the selected demographic variables.

METHODOLOGY

A quantitative research approach with descriptive research design was adopted for the study. The research tool developed to collect the data was self structured questionnaire to assess the knowledge and attitude of post natal mothers regarding family planning methods. This study was conducted at zanana hospital, Alwar. The present study was conducted among 60 postnatal mothers zanana hospital, Alwar.

STATISTICAL ANALYSIS

Data was analyzed by using percentage, mean, mode, median and standard deviation c.v. etc. Chi square test was used to find out association between knowledge and attitude regarding family planning methods among postnatal mothers.

RESULTS

The major findings of the study are given below

The majority 30 (50%) of postnatal mothers was in the age group of 16 – 25 years and 15 (25%) of postnatal mothers was in the age group of 25 – 35 & 35–45 years.

Most of them were Hindu 30 (50%) followed by Muslim 15 (25%), Christian 10 (16.66%) and remaining Other 05 (8.33%).

Most of husband of postnatal mothers education 25 (41.66%) was illiterate followed by 20 (33.33%) was have secondary education, 10 (16.66%) was have primary education and remaining 05 (8.33%) was have above secondary education.

Most of postnatal mothers education 20 (33.33%) was illiterate and have primary education followed by 15 (25%) was have secondary education and remaining 05 (8.33%) was have above secondary education.

Most of postnatal mothers occupation 30 (50%) was housewife some 15 (25%) was private services, some was 10 (16.66%) others and remaining 05 (8.33%) was government services.

Most of husband of postnatal mothers occupation

30 (50%) was labor some 15 (25%) was private services, some was 10 (16.66%) government services and remaining 05 (8.33%) was others.

Most of samples of postnatal mothers 35 (58.33%) was have joint family and remaining 25 (41.66%) was nuclear family.

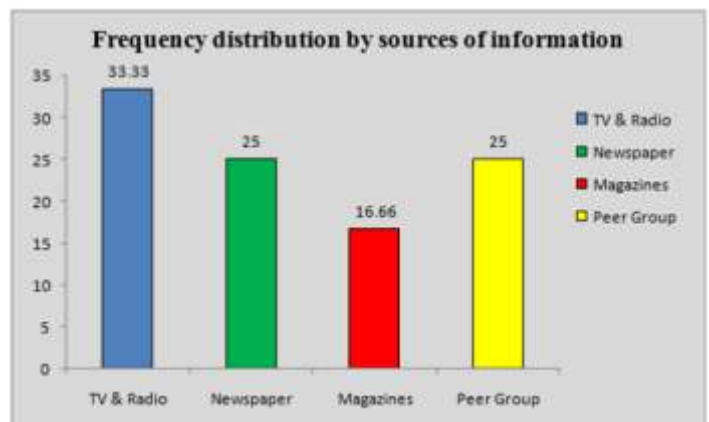
Most of samples of postnatal mothers 40 (66.66%) belong from rural area and remaining 20 (33.33%) belong from urban area.

Most of sample 20 (33.33%) received information from TV and radio followed by 15 (25%) from newspaper and peer group and remaining 10 (16.66%) from magazine.

Distribution of postnatal mothers according to their source of information

N=60

Sources of information	Frequency	Percentage
TV & Radio	20	33.33
Newspaper	15	25
Magazines	10	16.66
Peer Group	15	25



Most of sample 35 (58.33%) was primipara and remaining 25 (41.66%) was multipara.

- Ø There was significance association between the knowledge level with age of postnatal mother because the calculated value 13.616 is more than tabulated value 9.49 at 4 df of 0.05 level of significance.
- Ø There was not significance association between the knowledge level with religion of postnatal mother because the calculated value 9.916 is less than tabulated value 12.59 at 6 df of 0.05 level of significance.
- Ø There was not significance association between the knowledge level with parity of postnatal

mother because the calculated value 4.718 is less than tabulated value 5.99 at 2 df of 0.05 level of significance.

DISCUSSION

Majority of mothers have moderate and inadequate knowledge regarding weaning and there is prevalence of home prepaid food giving to infants attending immunization clinic at SPMCHI Jaipur. And weaning practices also affects the growth of infants.

CONCLUSION

The main aim of the study was to assess the knowledge and attitude regarding family planning methods among postnatal mothers at Zanana hospital, Alwar.

The mean, mean percentage, median SD, and co relation between knowledge and attitude. The mean of knowledge is 15 whereas mean of attitude is 56.5. The mean percentage of knowledge is 25% whereas mean percentage of attitude is 94.16%. The SD of knowledge is 15 whereas SD of attitude is 56.5. The co relation between knowledge and attitude is -0.122. It means that there are some relationships and if knowledge is poor or good then it is not necessary that the attitude is also poor or good

IMPLICATION

Study finding will help the health personnel/agencies/organization to plan health education programmes for mothers of infants. The findings can be utilized for conducting further researches scale to generalize on bigger level.

RECOMMENDATIONS

Keeping in view the findings of the study, the following recommendations are made:

- A similar study can be done on a larger sample.
- A study may be conducted to assess the

effectiveness of self instructional module versus other methods of health teaching on the similar problem.

- A study can be done on the association between various demographic variables, which were significant, on larger sample.
- A similar study can be conducted on a different setting area.

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