EFFECTIVENESS OF HEALTH TEACHING PROGRAMME ON KNOWLEDGE REGARDING FAMILY PLANNING METHOD AMONG ELIGIBLE COUPLE BELONGS TO WAGHODIYA TALUKA

Nursing

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ABSTRACT

Family planning is basic health care necessity in order to prevent crucial birth rate, mortality & morbidity rate.
Objectives: Assess the pre-test knowledge, to evaluate effectiveness of health teaching programme regarding family planning methods among eligible couple belongs to Waghodiya taluka and to determine Association Of Pre- Test score with socio-demographic variable.
Method: Quantitative research approach with one group pre experimental pre test post test design is used for study. Non probability purposive sampling technique used to collect 60 samples of eligible couple.
Result: with regards to pre test and post test assessment it indicates that there is drastically increase in knowledge level of eligible couple after providing health teaching programme. The health teaching programme was effective in improving knowledge among eligible couple regarding family planning method. [calculated t value= 35.55 (59) significant at 0.05 level.]

KEYWORDS

Effectiveness, Health teaching programme, Knowledge, Eligible couple, Family planning method.

INTRODUCTION

World health organization defined the Family Planning as "a way to adopt voluntarily on the basis knowledge, attitude and dependable decision By oneself as well as for couple to promote the Health And Family Welfare of group and put inefficiently to the social growth of our nation." Government of India has been launched a program called (RCH) Reproductive Child Health. With the aim of providing comprehensive, good quality services, planned and monitored in participatory manner.

[Pothen KP,2002]

Even after this wide spread of efforts by the Government on Family Planning and National Welfare programmes, India has crossed population over 1 billion.[2]Women with unmet require were those who are productive and sexually active but are not using any contraceptive method, and report not want any children or don't want to setback the next child. The concept of unmet need points to the gap between Women's Reproductive Intentioned their Contraceptive Behaviour.[3]

[K.Park, 2008]

DasariGayathry, et al. (2016-2017). A cross sectional study to assess the knowledge about family planning methods along with the practices among the couples of reproductive age group. A semi structured questionnaire of demographic variable administered. 406couples were included in study. The current Study demonstrate That average knowledge among Men And women In urban and rural area but some knowledge groupon definite precise aspects are Still remain which need to be addressed to develop higher quality of life of people.[5]

METHOD:

The research design of this study was Pre Experimental One Group Pre Test Post Test Design. The pilot research project was conducted at pipariya and ropa village of waghodiya taluka. The main research study was conducted at different villages of waghodia taluka from 15th October to 26th October 2018. The participants include 60 eligible couplewho belongs to waghodia taluka. The sample of the study is selected by using non- Probability purposive Sampling technique according to inclusive criteria as an availability of sample. The investigator used self structured questitionaire. In this tool there are 30 questions from which the subject is asked to select any one. After obtaining formal administrative approval [approval no. PG-0384] from the concerning authorities -and informed consent from the samples the investigator personally collects the demographic data. After that data was collected in the following three phases.

Phase 1: Pre-test was conducted to evaluate the level of knowledge about family planning method amongst eligible couple by the self structured questionnaire.

Phase 2: Administration of the health teaching programme on family planning method on the same day.

Phase 3: After the intervention of health teaching programme, post test level of knowledge assessed with self structured questionnaire among eligible couple.

RESULT

The Data Analysis Was Done By Using Descriptive And Inferential Statistics.

Table: 1 Frequency And Percentages Distribution Of Samples, According To Their Demographic Characteristic.

SR. N.	DEMOGRAPHIC VARIABLE	FREQUENCY	PERCENTAGE
1.	**Age**		
	<20 Years	18	30%
	20-40	42	70%
2.	**Education**		
	Illiterate	4	6.7%
	Primary	38	63.3%
	Secondary	15	25%
	Graduate	3	5%
3.	**Religion**		
	Hindu	37	61.7%
	Christian	13	21.7%
	Muslim	9	15%
	Others	1	1.7%
4.	**Occupation**		
	Housewife	37	61.7%
	Labourer	14	23.3%
	Private	7	11.7%
	Others	2	3.3%
5.	**Family Income/ Per Month In Rupees**		
	<5000	8	13.3%
	5000-10000	37	61.7%
	>10000	15	25%

Above cited table indicates the frequency and percentage of the eligible couple according to age, education, religion, occupation and family income per month.

Table no. 2 Comparision Of Pre Test And Post Test Knowledge Score According To Prcentage Of Eligible Couples.

	Categories of knowledge score	Percentage	Pre test	Post test
1	Inadequate	<33%	31.7%	00%
2	Moderate	34-66%	68%	26.7%
3	Adequate	>67%	00	73.3%

Above cited table shows that there is increase moderate and inedquate level of pre test knowledge present Whereas there is significant increase(73%) in the adequate level of knowledge in post test after provide health teaching programme.

Table no. 4 Association Between Pre Test Score And Demographic Variable

Sr. no.	Variable	0-10	11-20	Total	X^2	Df	Level of significance
1	**AGE**				3.99	1	3.99>3.84 S
	A >20	9	9	18			
	B. 20-40	10	32	42			
	TOTAL	19	41	60			
2	**EDUCATION**				9.55	3	9.55>7.81 S
	Illitrate	2	2	4			
	Primary	8	30	38			
	Secondary	9	6	15			
	Graduate	0	3	3			
	TOTAL	19	41	60			
3	**RELIGION**						
	Hindu	17	20	37	10.34	3	10.34>7.81 S
	Christian	0	13	13			
	Muslim	2	7	9			
	Other	0	1	1			
	TOTAL	19	41	60			
4	**OCCUPATION**						
	Housewife	11	26	37	1.83	3	1.83<7.81 NS
	Labourer	6	8	14			
	Private	2	5	7			
	Others	0	2	2			
	TOTAL	19	41	60			
5	**FAMILY INCOME**						
	<5000	6	2	8	8.25	2	8.25>5.99 S
	5000-10000	10	27	37			
	>10000	3	12	15			
	TOTAL	91	41	60			

Table no. 3 Comparison of pre test and post test knowledge score of mean, mean percentage, standard deviation, 't' value.

N=60

Variable	Pre test	Mean	Mean Difference	Std. Deviation	t-Value
Knowledge regarding family planing	Pre-test	11.60	9.63	1.75	35.55
	Post-Test	21.23		2.20	

Significant at 0.05 level   *t (0.05, 59df)=2

Above table provide information regarding the comparison of knowledge about family planning of eligible couple The calculated "t" value (35.55) was greater than the tabulated "t" value at 0.05 level. Data represents that there was significant difference between pre test and post test level of knowledge score.

DISCUSSION

This chapter has dealt with the analysis and elucidation of the data collected from 60 members who comes under the criteria of eligible couple. Both Descriptive & Inferential Statistics used to Analyze the Data. The analysis has been recognized and presented under various sections like description of demographic variable, Comparison Of pre test & post test knowledge, description of pre test and post test knowledge, association between the pre test knowledge with selective demographical variables. It is found that post-test knowledge is elevated than the pre-test score. So, it indicate effective outcome of Health Teaching Programme (HTP) on family planning method among eligible couple. Pre-test knowledge were partially associated with selected demographical variables.

Conflict of interest:
None stated by the author.

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