

A study to assess the effectiveness of planned teaching program on knowledge regarding postpartum intrauterine device among antenatal mothers in selected rural area of Mehsana district.

¹Dr. Dayalal Patidar, ²Ms. Sumitra Thakor

¹HOD of Community health Department, Joitiba College of Nursing, Bhandu, Dist: Mehsana

²2ed Year M.scNursing student, Joitiba College of Nursing, Bhandu, Dist: Mehsana

Corresponding Author Email: drddpatidar@gmail.com

ABSTRACT

INTRODUCTION: The intra uterine device is highly effective, safe, rapidly reversible, longacting, coital independent and widely used method of contraception with relatively few side effects. This is also known as coil. Intrauterine contraceptive devices are the safest method of contraception available at present. In 1.39 billion population 20.7% have unmet needs of family planning. Intrauterine contraceptive devices are ideal for the purpose of temporary family planning over contraceptive pill because of long term action. According to Ministry of Health and Family Welfare, India is world's most populated country with 1.39 billion people. In current scenario population explosion is a most important problem in India. Recent study showed that almost 48.1 million pregnancies in India were unintended. To control unwanted pregnancies post partum IUCD insertion is an excellent method as it helps in spacing and avoiding unplanned pregnancies. In India 65% women in first year after delivery have an unmet need of family planning. Postpartum period is the ideal time of family planning studies show that spacing less than two year of child birth can lead to obstetric complications and maternal mortality. Hence practice of contraception is mandatory. **DESIGN:** A quantitative approach using pre experimental one group pre-test posttest design. **PARTICIPANTS:** 50 Antenatal mothers were selected using : non probability convenience sampling technique. in selected rural areas of Mehsana District. **INTERVENTIONS:** Planned teaching programme was given to the Antenatal mothers. **TOOL:** Self Structured Questionnaire was used to assess the level of Knowledge of Antenatal mothers regarding PPIUCD. **RESULTS:** In this study overall the highest percentage in the demographic data including the Age group 40% (19-22 and 23-25), Religion 40% (Hindu), Educational status 30% (Primary), Occupation 70% (House maker), Socioeconomic status 50 % (Below poverty), and Type of family 64% (joint), para 100% (primipara), Previous knowledge 56% (Yes), The post- test Knowledge mean score (17.3 ± 2.8) higher than the mean pre-test knowledge score (11.7 ± 3.4). The calculated "t" value (20.59) was greater than the table value (2.7) at 0.05 level of significance. The planned teaching programme was effective in increasing the knowledge of Antenatal mothers regarding PPIUCD. **CONCLUSION:** The findings of the study revealed that planned teaching programme helps in improving knowledge regarding PPIUCD among the Antenatal mothers. **KEY WORDS:** Assess, Effectiveness, planned teaching programme, knowledge, PPIUCD, Antenatal mothers.

Date of Submission: 14-11-2022

Date of acceptance: 28-11-2022

I. INTRODUCTION

“We all worry about the population explosion but we do not worry about it at the right time”

-Arthur Hoppe

The rapid increase of human population is putting an incredible strain on our environment. The effects of human population growth is the problem of global warming, deforestation at an alarming rate, shortage of food and water, depletion of resources and biodiversity, production of waste and destruction of natural habitat, pollution are the serious problems that must be addressed in order to ensure that life on earth will be sustainable throughout the next century. Hence there is a need to check population growth all over the world. Family planning is critical aspect in the world. ²

Since India is the 2nd largest populated country in the world & contributes to 17.5% of world's population by adding around 25 million births every year. ³ Family planning is critical for our nation's economic

development.⁴ In India, the National Family health survey [NFHS] reported that 6% of births were spaced less than 3 years and that 22% of married women had an unmet need for family planning. A subsequent stratified analysis suggested that 65% of women in the first year of postpartum had an unmet need for family planning.⁵

Maternal health is one of the health indicators of the country.⁶ One third of maternal deaths and 10% of child mortality can be avoided when couples space 2 pregnancies more than 2 years apart. It is in the first year postpartum that Indian women are most susceptible to unwanted pregnancies. Postpartum family planning is the prevention of unintended and closely spaced pregnancies throughout the first 12 months following child-birth. Post partum women need a range of effective contraceptive methods able to prevent an unplanned pregnancy, within a short interval.⁷

The introduction of Government Of India – Janani Suraksha Yojane schemes for improvising implementation of institutional deliveries (GOI 2009) also provides adequate opportunity to generate clients for introduction of postpartum period by utilizing the opportunities of increased institutional deliveries is a critical intervention for ensuring maternal and child health besides population stabilization. To achieve this objective PPIUCD has been introduced in National Family welfare Programme since 2010 in several states.⁶

Immediately after birth of new born women not ready for next pregnancy. So it is the time when if she is counseled properly regarding contraception, acceptance level will be very high and if she can be received contraception facility on the labour table itself, it is very comfortable for women for remote area in saving of time, cost and fear of next pregnancy immediately.⁸

NEED OF STUDY

In India 65% of women in the first year of postpartum have an unmet need for family planning. Only 26% of women are using any method of family planning during the first year postpartum, 8% of women desire to have another child within in next 2 years after giving birth and are vulnerable to the risk of early pregnancy.⁹

Approximately 40% women returns to sexual activity within the first 3 months and by 10 to 12 months postpartum 90% have resumed sexual activity which exposes the women to the risk of having an unintended pregnancy. This period of high - yet- unperceived – risk of unintended pregnancy, couples will not necessarily see them at risk of pregnancy at this time and will not fully recognize the need for family planning. Some women follow Lactational Amenorrhoea method (LAM) this probability that ovulation may occur before the return of menstruation. Therefore, amenorrhoea after child birth is an un-reliable indicator that a women is protected against pregnancy.⁹

international journal of trend in scientific research and development(April 2020) A study to assess the effectiveness of planned teaching program on knowledge of immediate postpartum intrauterine contraceptive devices(PPIUCD) among antenatal mothers in selected community areas,Dehradun.A study shows,The study conducted at Dehradun(India),Sample size was 30 antenatal mothers, the enhancement of knowledge level 54.57 % in the aspect of immediate PPIUD with the pretest mean percentage 22.53% and post test mean percentage 77.1%.The result show that the “ antenatal mothers knowledge level improved after implementation of the planned teaching program on immediate PPIUCD.”¹⁰

international journal of advanced medical and health research (2019) A study to assess the effectiveness of planned teaching program on knowledge of Postpartum Intrauterine Contraceptive Devices(PPIUCD) among antenatal mothers in selected area of Uttar Pradesh. A study shows that,The study conduct at Uttar Pradesh(India),sample size 350 antenatal mothers, out of this 350 women 126 women had knowledge of PPIUCD,in this only 30 % of women had previous knowledge about PPIUCD however only 10% of women practiced in the past,after appropriate counseling 18% of women agreed for insertion of PPIUCD after this delivery.¹¹

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of planned teaching programme on knowledge regarding postpartum intrauterine device among antenatal mothers in selected rural area of Mehsana district.”

OBJECTIVE OF THE STUDY

- To assess the knowledge regarding postpartum intrauterine device among antenatal mothers.
- To evaluate the effectiveness of planned teaching programme regarding post partum intra uterine device among antenatal mothers.
- To find out the association between the knowledge with their selected demographic variable.

HYPOTHESES

H₀: there will be no significant difference between pre-test and post-test knowledge score regarding postpartum intrauterine device among antenatal mothers at 0.05 level of significance.

H1: there will be significant difference between pre-test and post-test knowledge score regarding postpartum intrauterine device after administration of planned teaching programme among antenatal mothers at 0.05 level of significance.

II. MATERIAL AND METHOD:

Pre-experimental one group pre-test post-test research design and Quantitative Approach. Effectiveness of planned teaching program on knowledge regarding post partum intrauterine device among antenatal mothers in selected rural area of Mehsana district. The data was collected from 50 antenatal mothers. “Non-probability Convenient” sampling technique were used. A structured Knowledge questionnaire was selected to assess the knowledge regarding post partum intrauterine device.

III. RESULT:

Demographic data was analysed using frequency and percentage. Frequencies, percentage, mean, mean percentage (%) and standard deviation was used to determine the knowledge score. The “t” value was computed to show the effectiveness of planned teaching program and chi-square test was done to determine the association between the pre-test knowledge of antenatal mothers with selected demographic variables.

Finding related to demographic data

In this study overall the highest percentage in the demographic data including the age group In this study over all highest percentage in demographic data including the Age group 40%(19-22yrs) and (22-25), Religion 40%(Hindu), Educational status 30% (Primary education), Occupational status 70%(home maker), Socio economical status 50%(below poverty line), Type of family 64% (joint family) Parity 100% (primipara) Knowledge regarding Post partum intrauterine device 56%.

Finding related to pre and post knowledge score

Pre-test prior to the administration of Planned teaching programme, (24%) of sample had poor Knowledge (score: 0 - 08) regarding PPIUCD. While (64%) sample had average Knowledge (score 09 – 16), while (12%) sample had good Knowledge (17-25) was observed.

Post test In post test that was marked improvement in the knowledge of sample with majority (58%) of sample gained good knowledge (score 17-25) and (42%) gained average knowledge (score 09-16)

It was inferred from the below table that the planned teaching program was effectiveness in improving knowledge on post partum intrauterine device among antenatal mothers.

Finding related to effectiveness of planned teaching program

Table 1: Distribution of subject on paired ‘t’ test between pre-test and post-test knowledge score regarding post partum intrauterine device.

PARAMETER	MEAN	S.D	MEAN %	*T*VALUE
Pre-test	11.8	3.4	47.2%	20.59
Post-test	17.3	2.8	68.8%	

Finding related to association between pre-test knowledge score of antenatal mothers with selected demographic variables:

The association between the pre-test level of knowledge and socio-demographic variables. Based on the Third objective used to chi-square test to associate the level of knowledge and selected demographic variables. The chi square value show that eight significances between age, religion, educational status, occupation, socioeconomic status, type of family, parity. The educational status demographic variable were significant. The calculated chi-square value was less than table value at the 0.05 level of significance.

IV. CONCLUSION

The present study aims to evaluate the effectiveness of planned teaching program on knowledge regarding post partum intrauterine device. The study was conducted by using pre-experimental one group pre-test post-test research design. Mehsana district was selected for conducting the study. The sample size was 50 antenatal mothers by using non-probability convenient sampling method.

REFERENCE

- [1]. <http://repository-tnmgrmu.ac.in/4430/1/220624017subathradevi.pdf>
- [2]. Mittal R. Impact of population explosion on environment. URL: <https://www.researchgate.net/publication/237771340>
- [3]. Jairaj S, Dayyala S. A cross sectional study on acceptability and safety of IUCD among postpartum mothers at tertiary care hospital Telangana URL: http://www.jcdr.net/article_abstract.asp?id=7020
- [4]. Nadda JP. Family Planning Is Critical For Our Nations’ Economic Development. URL: <https://indianexpress.com/article/opinion/columns/family-planning-childmortality-planning-the-future/>

- [5]. Kumar S, Sethi R, Balasubramaniah S, charurat E, Lalchandani K , Semba R, et al. Women's Experience With Post Partum Intrauterine Contraceptive Device Use In India. URL:<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4062773/>
- [6]. Sudha TR, Banapuramath, Girija BS, Dotrad, Doreswami N, Shyamala. Feasibility Of PPIUCD: URL: <http://www.scopemed.org/?mno=165489>
- [7]. BalasarkarGD,NayakAURL:<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4518011>
- [8]. Sunanda KM, Sudha HC. URL: http://www.jebmh.com/latest-articles.php?at_id=93377
- [9]. Ministry of Health and Family Welfare Government of India PPIUCD reference manual.pdf [internet].2010 Nov. [cited 2016 Dec 16]. Available from URL: <http://www.nrhmtn.gov.in/modules/PPIUCD%20Reference%20Manual.pdf>
- [10]. <https://images.app.googl/jNncQ2bmnAtchf8DA>
- [11]. <https://images.app.googl/CNm2PE6bggiM7WHU8>