



## **A Study to Assess the Knowledge and Attitude Regarding Contraceptive Devices among Primiparous Mothers Attending Gynaec OPD at Selected Hospital, Thrissur**

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### **ABSTRACT**

Contraception has been a simple and most important intervention to reduce burden of unwanted pregnancy and promote healthy living among young women. Hence the investigators intended to conduct a study to assess the knowledge and attitude regarding contraceptive devices among the primiparous mothers attending gynaec OPD at selected hospital, Thrissur. The objectives of the study were, to assess the level of knowledge regarding contraceptive devices among the primiparous mothers, to assess the level of attitude regarding contraceptive devices among primiparous mothers, to associate the level of knowledge regarding contraceptive devices among primiparous mothers with their selected demographic variables, to associate the level of attitude regarding contraceptive devices among primiparous mothers with their selected demographic variables and to find out the correlation between knowledge and attitude regarding contraceptive devices among primiparous mothers. A descriptive cross sectional research design was used to conduct the study. A total of 50 primiparous mothers were selected using purposive sampling method. The data was collected using structured knowledge questionnaire and three point modified likert scale. The tool was administered among 50 samples and the knowledge and attitude regarding contraceptive devices were assessed. The findings revealed that 14% had good knowledge, 64% had average knowledge, 20% had poor knowledge and 2% had very poor knowledge and attitude scale revealed that 84% had favorable attitude and 16% had unfavorable attitude. It was found that there is significant association between knowledge and exposure to educational programmes and attitude to religion.

### **KEYWORDS**

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## *Knowledge, Attitude, Contraceptive Devices, Primiparous Mothers*

### **INTRODUCTION**

Human population is an important resource of a country and its quality of life determines the progress and development of a nation<sup>1</sup>. Fertility refers to ability of the body to reproduce, to create and sustain new life. Family planning is the conscious effort to manage fertility by a variety of methods<sup>2</sup>.

With a population of 1,311 million in the year 2015, India is the second most populous country in world, next only to China, where as seventh in land area. With only 2.4% of the world's land area, India is supporting about 17.5% of the world population. It has been estimated that with current trends, the population in India will increase from 1.210 billion to 1.4 billion during the period 2011 to 2026, an increase of 13.54% in 25 years at the rate of 1.2% annually<sup>3</sup>.

The aim of the family planning programme in India is to promote responsible parenthood with a two child norm through independent choice of the family planning method best suited to the acceptor<sup>4</sup>.

### **NEED AND SIGNIFICANCE**

In developing countries like India the number of unintended pregnancy is increasing, which results in exponential growth of population and increased rate of sexually transmitted diseases due to the lack of knowledge regarding proper usage of contraceptive methods. Kerala has 3% of India's population with 1% of total land area of India<sup>3</sup>.

It is estimated that family planning could prevent as many as one in every three maternal deaths and one in every eleven child deaths, by allowing mothers to delay motherhood, space births, avoid unintended pregnancies and abortions, and stop child bearing when they have reached their desired family size<sup>5</sup>.

The decision to use one contraceptive method over another is influenced by personal choice, perception of efficacy, personal risk, access, age, cost, gender, education, ethnicity, marital status, current number of children, sexual orientation, and pattern of sexual activity and level of co-operation between partners<sup>6</sup>.



And out of curiosity to know the knowledge and attitude regarding contraceptive devices among primiparous mothers, researcher conducted a descriptive cross sectional survey among 50 primiparous mothers who are attending gynaec OPD at selected hospital Thrissur.

## STATEMENT OF THE PROBLEM

A study to assess the knowledge and attitude regarding contraceptive devices among primiparous mothers attending gynaec OPD at selected hospital, Thrissur.

## OBJECTIVES

1. To assess the level of knowledge regarding contraceptive devices among primiparous mothers.
2. To assess the level of attitude regarding contraceptive devices among primiparous mothers.
3. To associate the level of knowledge regarding contraceptive devices among primiparous mothers with their selected demographic variables.
4. To associate the level of attitude regarding contraceptive devices among primiparous mothers with their selected demographic variables.
5. To find the correlation between knowledge and attitude regarding contraceptive devices among primiparous mothers.

## ASSUMPTIONS

- Primiparous mothers may have inadequate knowledge regarding contraceptive devices.
- Primiparous may have unfavourable attitude regarding contraceptive devices.
- Selected demographic variables may have influence on knowledge and attitude regarding contraceptive devices.

## HYPOTHESIS

**H<sub>1</sub>**- There is a significant association between the knowledge regarding contraceptive devices with their selected demographic variables among primiparous mothers.

**H<sub>2</sub>**- There is a significant association between attitude regarding contraceptive devices with their selected demographic variables among primiparous mothers.

**H<sub>3</sub>**- There is a significant relation between the knowledge and attitude regarding contraceptive devices among primiparous mothers.



## **MATERIALS AND METHODS**

### **Research Approach**

The research approach used in this study is quantitative approach.

### **Research Design**

A descriptive cross sectional survey research design was used for this study.

### **Settings of the study**

The research was conducted at gynaec OPD's of Aswini Hospital Pvt Ltd.

### **Population of the study**

For the present study, all primiparous mothers of Aswini hospital is considered as the target population and the accessible population comprised of primiparous mothers attending gynaec OPD of Aswini Hospital, Thrissur.

### **Sample and sampling technique**

The sample size of the present study comprised of 50 primiparous mothers who are attending gynaec OPD at selected hospital, Thrissur.

Following criteria were adopted for selection of the sample for this study;

### **Inclusion criteria**

1. Mothers who were primiparous.
2. Mothers between the age group of 18-35 years.
3. Mothers who are attending gynaec OPD of Aswini Hospital.

### **Exclusion criteria**

1. Mothers who were multiparous.
2. Mothers who were not within the age limit of 18-35 years.
3. Mothers who were not attending gynaec OPD of Aswini Hospital.

### **Validity of the tool**

To evaluate the accuracy of the content, the tool was submitted to experts from nursing fields.

Based on their suggestions, the tool was modified.

### **Description of the tool**

Structured questionnaires and three point modified likert scale were used to assess the knowledge and attitude towards contraceptive devices among primiparous mothers attending gynaec OPD at selected hospital, Thrissur, separately.



**Section A :** Demographic data - age, religion, type of family, education of wife and husband, occupation, adoption of contraceptives and exposure to educational programmes.

**Section B :** Structured knowledge questionnaire on contraceptive devices consists of 25 multiple choice items. Each had 4 alternatives and the maximum score is 25. The right answer carry 1 mark and wrong answer carry 0 mark and scores were interpreted as:

0 – 5 : Very poor knowledge

6 – 10 : Poor knowledge

11 - 15: Average knowledge

16 - 20: Good knowledge

21 – 25: Very good knowledge

**Section C:** Structured attitude scale on contraceptive devices consisted of 15 statements. Three point modified likert scale was used. For each statement, 3 options were given with 2 marks for agree, 1 mark for uncertain and 0 mark for disagree.

Scores were graded as:

0 – 15: Unfavourable attitude

16-30: Favourable attitude

### Procedure for data collection

A formal permission was obtained from concerned authorities. The data collection was carried out from 9/4/2018 to 13/4/2018. The investigator collected data from 50 primiparous mothers attending gynaec OPD in Aswini Hospital, Thrissur. The samples were selected according to the inclusion criteria using purposive sampling technique. Confidentiality was assured to all the samples to get their good cooperation.

**Table 1** Frequency and percentage distribution of level of knowledge of primiparous mothers regarding contraceptive devices (N =50)

| Grading             | Freq (n) | Percentage |
|---------------------|----------|------------|
| Very poor knowledge | 1        | 2          |
| Poor knowledge      | 10       | 20         |
| Average knowledge   | 32       | 64         |
| Good knowledge      | 7        | 14         |
| Very good knowledge | 0        | 0          |

**Table 2** Frequency and percentage distribution of attitude of primiparous mothers regarding contraceptive devices (N=50)

| Grading               | Freq(n) | Percentage |
|-----------------------|---------|------------|
| Favourable attitude   | 42      | 84         |
| Unfavourable attitude | 8       | 16         |

## DISCUSSION

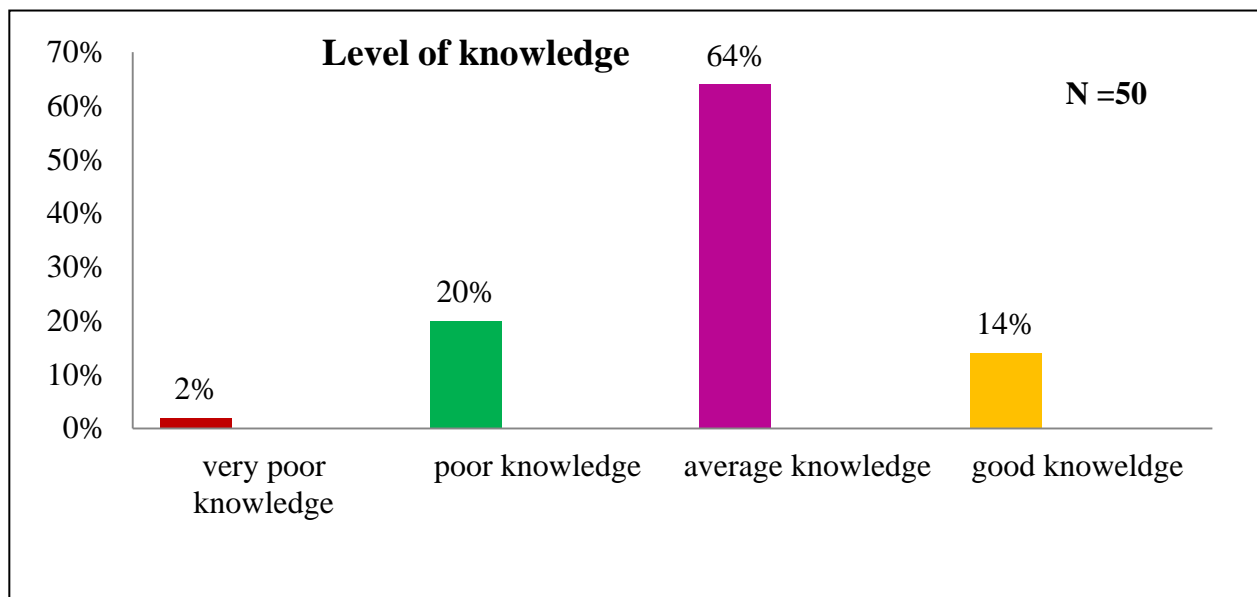
The study findings are discussed with reference to objectives stated in this study.



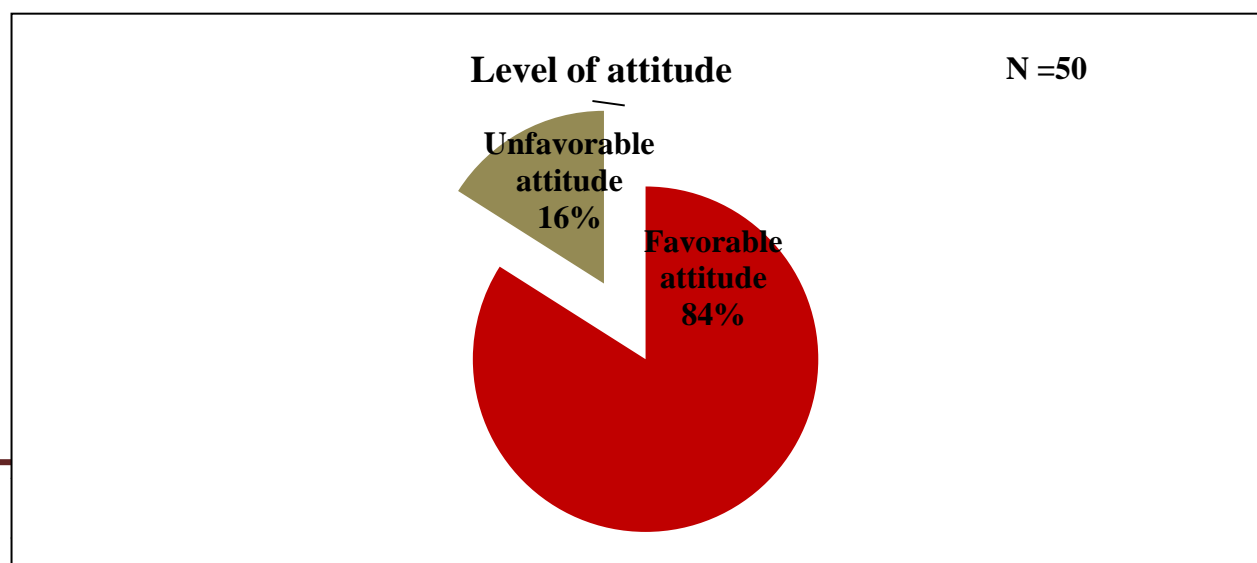
**As per the first objective to assess the level of knowledge regarding contraceptive devices among primiparous mothers.**

The analysis of the study revealed that among 50 primiparous mothers, 64% were having average knowledge, 14% have good knowledge, 20% have poor knowledge, 2% very poor knowledge and no one had very good knowledge regarding contraceptive devices.

The study was supported by a study conducted among married women aged between 15 to 45 years attending gynaec OPD of three primary health centers in rural, Tamil Nadu to assess the knowledge, practice and their association with female literacy. The results showed that 59% had satisfactory knowledge and practice and also states that more literate women were using contraception methods compared to illiterate.



**Fig 1** Percentage distribution of level of knowledge of primiparous mothers regarding contraceptive devices





**Fig 2** Percentage distribution of level of attitude of primiparous mothers regarding contraceptive devices

**As per the second objective to assess the attitude of primiparous mothers regarding contraceptive devices;**

The analysis of the study revealed that among primiparous mothers, majority of the samples 84% have favorable attitude while only small proportion 16% have unfavorable attitude towards contraceptive devices.

The study was supported by a study conducted to assess the knowledge and attitude regarding use of contraceptive methods among women of reproductive age of Rajouli village, Ambala, Haryana the result showed the 44% have moderately favorable attitude and 38% had average knowledge regarding contraceptive methods.

**As per the third objective to associate the level of knowledge regarding contraceptive devices among primiparous mothers with their selected demographic variables.**

The analysis showed that there is significant association between the knowledge and the demographic variable – exposure to educational programmes, at the level of significance  $p=0.05$ .

The study was supported by a study conducted in Turkey, to assess the knowledge and opinions of post partum mothers about the lactational amenorrhea method. The result revealed that four of every five mothers in early postpartum period turned out to believe that the breast feeding was not a contraceptive. 66.5% of mothers breast feeding experience, of these 38.9% of mothers had exposure to educational talks from nurses.

**As per the fourth to associate the level attitude regarding contraceptive devices among primiparous mothers with their selected demographic variables.**

The analysis showed there is significant association between the level of attitude and the religion at significance of  $p=0.05$  level.

The study was supported a study conducted to assess the acceptance and practices of family planning methods among all married females aged between 15-49years in Mukkam Panchayath, Kerala. The study showed that 85.8% women with two or more children are well acceptors of contraception as against 46.5% women with one child and acceptance and use of contraception was comparatively low among Muslims (64.2%) as against Hindus.



### **As per the fifth objective to correlate the knowledge and attitude towards the contraceptive devices among primiparous mothers**

The present study depicts that there is a positive correlation between the knowledge and attitude towards the contraceptive devices among primiparous mothers. The  $r'$  value is 0.78 which is significant at the level of  $p= 0.05$ . hence it was interrupted that a person who have poor knowledge have unfavorable attitude towards contraceptive devices.

The study was supported by a study to assess knowledge and attitude on 'Standard Days Methods' of family planning among female postgraduate students. Majority 94% of students had poor knowledge and 45.8% of them have unfavorable attitude towards 'Standard Days Methods'. The study revealed that there is a positive correlation between knowledge and attitude.

### **SUMMARY AND CONCLUSION**

A descriptive study was undertaken to assess the knowledge and attitude regarding contraceptive devices among 50 primiparous mothers attending gynaec OPD at selected hospital, Thrissur using purposive sampling technique. After obtaining guidance from experts the study was conducted over a period of 9/4/2018 to 13/4/2018. The tool 1 used for data collection consist of 2 sections. They are demographic data and knowledge questionnaire. Tool 2 was three point modified likert scale. Based on objectives the data were analyzed using both descriptive and inferential statistical method.

The study findings revealed that 14% had good knowledge, 64% had average knowledge, 20% had poor knowledge and 2% had very poor knowledge and attitude scale revealed that 84% had favorable attitude and 16% had unfavorable attitude. The results reveals that there is significant association between knowledge and exposure to educational programmes, attitude and religion. There is a positive correlation between knowledge and attitude on contraceptive devices.

Contraceptive information and services are fundamental to the health and rights of all individuals. This study suggests that there is need to create awareness among primiparous mothers regarding contraceptive devices to improve the knowledge level.





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