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## Review Article

# ASSESS THE EFFECTIVENESS OF PROMOTIONAL PROGRAMME ON STANDARD DAYS METHOD OF FAMILY PLANNING AMONG POSTGRADUATE FEMALE STUDENTS - A NARRATIVE REVIEW

Monalisha Pal\*<sup>1</sup> and Siva N<sup>2</sup>

<sup>1</sup>Department of Community Health Nursing, School of Nursing Sciences and Research  
Sharda University Greater Noida

<sup>2</sup>Department of Child Health Nursing, School of Nursing Sciences and Research  
Sharda University Greater Noida

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### ABSTRACT

**Introduction:** Family planning allows an individual or couple to anticipate and attain the desired number of children and have adequate spacing and timing of their births. It has got a direct impact on the health and well-being of the woman and plays a major role in reducing the maternal as well as infant mortality rates worldwide. The choice of deciding a particular method of family planning is to be made by the individual or the couple keeping in mind various factors such as knowledge of the method, effectiveness, efficacy, safety, comfort, cost, availability and limitations of the method of family planning. **Aim:** The aim of this narrative review is to find information on Standard days method of family planning through promotional programme among post graduate students. **Methodology:** Intervention-Patterned Breathing Technique. **Types of studies-** Quasi experimental one group pre-test post-test research. **Types of participants-** Post graduate female students Setting- colleges of greater Noida. **Outcome-** This narrative review result has appeared that the female students will be able to identify the fertile days in a menstrual cycle during which a woman is likely to get pregnant.

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### INTRODUCTION

Family planning allows an individual or couple to anticipate and attain the desired number of children and have adequate spacing and timing of their births. It has got a direct impact on the health and well-being of the woman and plays a major role in reducing the maternal as well as infant mortality rates worldwide.<sup>1</sup>

The Standard Days Method is based on the knowledge that the menstrual cycle is made up of a fertile phase preceded by and followed by infertile days. The concept behind the method is simple: Women with regular menstrual cycles lasting 26-32 days can prevent pregnancy by avoiding unprotected intercourse on days eight through 19. This 12-day fertile window takes into account the variability in the timing of ovulation and the viability of sperm in the woman's reproductive tract. A string of color-coded beads in the shape of a necklace (Cycle Beads) helps users of the Standard Days Method to identify the fertile and infertile days of their cycle, as well as to monitor their cycle length.<sup>2</sup>

A study was conducted by Philby Babu Menachery *et al* (2015) on Improving the Knowledge and Attitude on 'Standard Days Method' of Family Planning Through a Promotional Program Among Indian Postgraduate Students in Karnataka. The objective of study was aimed to determine the effectiveness of a promotional program on the 'Standard Days Method' in terms of improving the knowledge scores and attitude scores. A pre-experimental one-group pre-test-post-test research design was adopted. The samples included 365 female postgraduate students from selected colleges of Udipi Taluk, Karnataka. The data was collected using self-administered questionnaires. The plan for the promotional program was also established. In result the finding of the study were analysed using the descriptive and inferential statistics. The mean pre-test and post-test knowledge scores were computed, and it was found that there was an increase in the mean knowledge score from  $8.96 \pm 3.84$  to  $32.64 \pm 5.59$ , respectively. It was observed that the promotional program on 'Standard Days Method' was effective in improving the knowledge ( $p < 0.001$ ) and attitude ( $p < 0.001$ ) of the postgraduate students.<sup>3</sup>

\*Corresponding author: **Monalisha Pal**

Department of Community Health Nursing, School of Nursing Sciences and Research Sharda University Greater Noida

A study was conducted by Mary Schneider and Richard J. Fehring in 2012 Descriptive Statistical Evaluation of the Standard Days Method of Family Planning. The purpose of this study was to evaluate the assumptions of the SDM with a new data set of 714 menstrual cycles produced by 131 women (mean age twenty-nine) who tracked their fertility with an electronic fertility monitor that measured urinary oestrogen and luteinizing hormone (LH). The LH peak was used to estimate the day of ovulation (EDO) and the six-day fertile window. Results indicated the majority (80 percent) of menstrual cycles had EDOs within three days of the midpoint of the cycle (86 percent with cycle lengths between twenty-six and thirty-two days). Approximately 22.5 percent (172) of the cycles had fertile window days outside of days 8 to 19, 10.2 percent (78) before, and 12.1 percent (92) after. However, there is a low probability of pregnancy when women experience short cycles and the early days of the fertile window are outside of days 8 through 19<sup>4</sup>

In 2001, study was conducted in the Institute of Reproductive Health, Georgetown University on 'Standard Days Method' of family planning. This is based on the concept of the fertile period in the menstrual cycle of 26 and 32 days. According to this method, 12 days in the menstrual cycle are referred to as standard days when a woman can probably conceive with unprotected intercourse. These days range from day 8 to day 19 of a 26- to 32-day menstrual cycle. The 'Standard Days Method' has better efficacy rates when compared to the barrier methods. With the correct use of the 'Standard Days Method' the pregnancy rate is 4.8 (per 100 women years), and with the typical use it is 12 (per 100 women years).<sup>5</sup>

The study was undertaken by the researcher as it was felt that educating the young adult women regarding 'Standard Days Method' along with an orientation to the use of cycle beads would be effective as they would be going to be playing a major role in controlling the population of the nation in the future. An estimated 222 million women in developing countries desire to delay or stop childbearing but are not using any method of contraception. The reason is inability to access affordable and effective method of contraception. A cost-effective as well as an assuring method of family planning identified by the WHO is the natural family planning. Surveys carried out worldwide suggest that women prefer a fertility awareness-based method of family planning as it has fewer side effects and health consequences of other contraceptive methods. It is reported that about 3.6% women worldwide use fertility awareness-based method of family planning.<sup>6</sup>

A study was conducted by Marcos Arévalo *et.al* (2004) on efficacy of the Standard Day Method of family planning in five culturally diverse sites in Guatemala, Peru, and the Philippines. The objective of the study was to test the efficacy of the Standard days Method, a new fertility awareness-based method of family planning that provides women with simple instructions to identify the days each cycle when they are most likely to become pregnant. Users avoid unprotected intercourse on days when cervical secretions are present on that day or on the day before, to prevent pregnancy. In result the first-year pregnancy rate was 3.5 (pregnancies per 100 women/years) with correct use of the method (pregnancies and cycles with no intercourse on identified fertile days), 6.3 with use of a backup

method on the fertile days, and 13.7 including all cycles and all pregnancies in the analysis.<sup>7</sup>

A study was conducted by Sinai, Lundgren and Gribble (2012) examining Standard days method's long term effectiveness found that its typical use method failure rate after one year of use was 14 per 100-woman years; this rate substantially decreased in the second year to four per 100-woman years, and slightly increased to six in the third year of follow up. The confidence intervals widen significantly for each subsequent year of use due to decreases in the study population. Studies with more acceptors may be necessary for ascertaining long term method failure rates of Standard days method.<sup>8</sup>

A study was conducted by Zerrin Kursun in Turkey March 2014 To evaluate the demand, efficacy, and satisfaction concerning the Standard Days Method (SDM; a fertility awareness method) as an option presented among other contraceptive methods at regular service delivery settings. Methods used by the researcher was the survey group consisted of 993 women who presented at the primary care units in Umraniye District of Istanbul, Turkey, between 1 October 2006 and 31 March 2008, and started to use a new method. Women were enrolled until reaching a limit of 250 new users for each method, or expiration of the six-month registration period. Participants were followed for up to one year of method use. As a result, the characteristics of women who chose the SDM were similar to those of participants who opted for other methods. The most common reasons for selecting it were that it is natural and causes no side effects. Fifty-one percent used the SDM for the full year, compared to 71% who chose an intrauterine device (IUD). Continuation rates were significantly lower for all other methods. During the one-year follow-up period, 12% of SDM-, 7% of pill-, 7% of condom-, 3% of monthly injection-, 1% of quarterly injection-, and 0.5% of IUD users became pregnant.<sup>9</sup>

A study was conducted by Latha Venkatesan, Dhana Lakshmi on "Effectiveness on Knowledge of Necklace Method or Standard days Method as a Natural Family Planning Among Reproductive Age Group Mothers" December 2014, in Chennai. The objective of the study was to assess the existing knowledge of Standard days Method as a temporary family planning among reproductive age group mother and to evaluate the change in knowledge of necklace method or standard days method as a temporary family planning among age group mothers after 5 days of specific intervention. Totally 60 reproductive mothers were involved. The majority of 50 (83%) mothers were in the age group between 21-30 years, whereas remaining 10(17%) mothers were in the age group between 31-45 years. Among 60 mothers, 45 (75%) mothers were belonging to Hindu religion, 12 (20%) were Christian and 03 (05%) were Muslim. Among 60mothers, 22 (36%) mothers were secondary education, whereas 38 (64%) mothers were graduates. Out of60 mothers, 48 (80%) mothers got married between20-25 years, whereas remaining 12 (20%) mothers at the age group between 25-30 years. Forty-eight (80%) mothers are having children below 1 year and 12 (20%) mothers are having children below 11/2 years. All mothers are having regular periods and it is between28-32 days cycle. None of the mothers had previous exposure of necklace method or Standard days method.<sup>10</sup>

**MATERIAL AND METHOD**

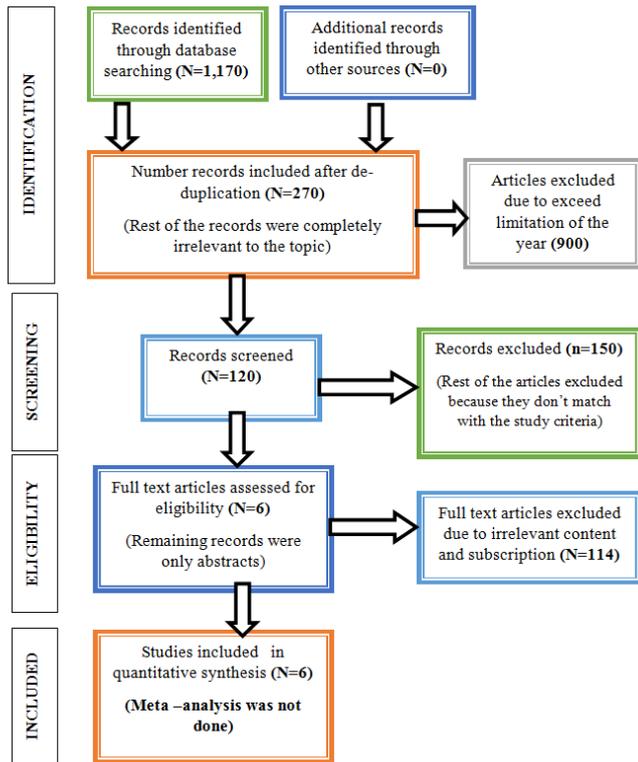


Figure 2 Prisma flow diagram of narrative review

**Findings**

The systematic search was conducted by formulating the terms separately and in integration with all synonyms, also according to the database. Likewise, a manual Google scholar search was undertaken using the keywords and search synonyms from already articles. An addition of 6 articles was found in the database. Initial search recovers 1170 articles over which 270 articles were selected manually. 150 articles were rejected as a result of replication in the database. Replication was removed and reviewed 120 articles for acceptability. 114 more studies were rejected because of unreachable of the full text. Hence 6 articles were screened which includes quantitative study.

**DISCUSSION**

Surveys carried out worldwide suggest that women prefer a fertility awareness-based method of family planning as it has fewer side effects and health consequences of other contraceptive methods. It is reported that about 3.6% women worldwide use fertility awareness-based method of family planning.

**CONCLUSION**

The findings of the study can help the female students to identify the fertile days in a menstrual cycle during which a woman is likely to get pregnant.

The study can help to identify the fertility signs and thus helping them to be independent to take decision of planned parenthood in the future.

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