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Research Article

TO ASSESS THE KNOWLEDGE REGARDING SPACING METHOD OF FAMILY PLANNING AMONG PRIMI MOTHERS

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ABSTRACT

Background and Objectives of the Study: The study "A study to assess the knowledge regarding spacing method of family planning among primi mothers admitted at KLE's Dr.Prabhakar Kore Charitable Hospital, Belagavi".

Objectives of the study are to assess the knowledge and attitude of primi mothers regarding spacing method of family planning. To find the association between knowledge of primi mothers regarding spacing method of family planning and selected socio demographic variables. A descriptive study was conducted on 50 primi mothers. A convenient sampling technique was used for the selection of samples.

The study finding revealed majority of the respondents 72% had average knowledge, 16% had good knowledge and 12% of them had the poor knowledge. There is no association between knowledge score and selected socio- demographic variables.

INTRODUCTION

Maternal health refers to the health of women during pregnancy, childbirth and postpartum period. It is a very important component of reproductive health. In every country, mother and children, constitute a major segment of the total population. In India women of reproductive age group (25-44years) and children below 14 years constitute 63% of the total population that is approximately 2/3rd of the total population[1]. Maternal health in the developing countries like India with a low socio economic setting remains a largely unmet global public health challenge.

Closely spaced and frequent births have adverse outcomes for the mother and baby, which include poor health, abortions, low birth weight baby, premature birth and increased mortality in mothers and children[1]. Educating the women to conceive after 18-20 years of age and to space between each pregnancy for at least two to three years will benefit the women to achieve a healthy pregnancy and a safe child birth. The best time to initiate family planning is immediately after marriage, but can also be started after the birth of the first child so that the mother has adequate time to recover and give proper care and attention to first baby**.**

Birth spacing refers to the time interval from one child's birth date until the next child birth date[2]. According to World Health Organization (WHO) and other international organizations recommend that individuals and couples should wait for at least 2–3 years between births in order to reduce the risk of adverse maternal and child health outcomes (World Health Organization, 2006)[3]. Birth spacing allows the mother to recover physically, emotionally and to face the demand of another pregnancy and child care[4]. Birth spacing enables the proper planning of family resources for each child, the parents also get to dedicate more time to their children.

Hence there is a great need to counsel the couple about the birth spacing methods to plan a healthy family, as healthy family builds a strong nation.

Need for the Study

Birth Spacing is the practice of waiting between pregnancies. After each pregnancy it is better to wait for at least two to three years before getting pregnant again, to maintain the best health for her and her child[3]. Spacing of child birth is an essential factor in reproductive life to promote health and wellbeing of mother and child. Spacing children minimum of three years apart gives the child a healthier start in life, and the mother an adequate time to recuperate from physiological and psychological stress from previous pregnancy. If the time between pregnancies is not maintained, her body may not be ready to have a healthy baby.

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In the developed countries the awareness of spacing methods is significantly high where the developing countries still needs a spike. Globally, 287,000 maternal deaths were estimated in the year 2010 in which India contributes 19 percent (WHO 2012). As per the World Bank, in the year 2015, the neonatal mortality rate was 19 (per 1,000 live births)[5]. In 2014, WHO said that reducing the number of unwanted pregnancy could avert 60% of maternal deaths and 57% of child deaths.[6]

As estimated 225 million women in developing countries would like to delay or stop childbearing but are not using any spacing methods of contraception[7]. The government agencies like health and family welfare are reinforcing the awareness to use spacing methods through various community based health programs to their door steps by ASHA workers[8]**.** On the other hand the mass media, through advertisements on television, magazines, and newspapers is encouraging the couples to use spacing methods of family planning.

We don't tell women that she should give birth to only one or two children that is up to her, yet she should leave space between one pregnancy and the next for the sake of her and the baby's health[9]. Hence the present study intended to assess the knowledge regarding spacing methods of contraception's in primi mothers.

RESEARCH METHODOLOGY

Research Approach

A descriptive approach was considered to carry out the study.

Research Design

The study undertaken was aimed at finding out the knowledge of primi mothers regarding Spacing method of contraception admitted at KLES Dr. Prabhakar Kore Charitable Hospital, Belagavi.

Variables under study

In quantitative studies, concepts are usually referred to as variables which are the central building blocks of the studies.

Research variables

Age, Religion, Education, Income, Occupation, Family type, Residence area, Available Mass Media.

Demographic Variables

Knowledge of primi mother on spacing method.

Research settings

The settings selected for the present study was KLES Dr. Prabhakar Kore Charitable Hospital, Belagavi, Karnataka.

Population

In the present study, the population comprises of Primi mothers.

Sample

The sample for the present study was Primi mothers admitted in Maternity ward of KLES Dr. Prabhakar Kore Charitable Hospital Belagavi, Karnataka.

Sample size and sampling techniques

The sample size considered for the study was 50 primi mothers of KLES Dr.Prabhakar Kore Charitable Hospital Belagavi. The sampling technique used for the study was purposive sampling, which is a type of non-probability sampling. Purposive sampling is based on the belief that the researcher's knowledge about the population can be used hand pick sample members.

RESULTS

In this a study, data is collected to assess the knowledge regarding Spacing method of contraception from 50 primi mothers admitted in maternity ward of KLES Dr. Prabhakar Kore Charitable Hospital, Belagavi. The investigator administered structured questionnaire for primi mothers to collect data.

The data collected was analyzed according to the plan of data analysis which includes both descriptive and inferential statistics. The data findings have been tabulated according to the plan of data analysis and interpreted under the following objectives.

Section I Distribution of sample's characteristic according to demographic variables.

n =50

Sl No.	Demographic Variables	Frequency	Percentage
	Age in years:		
01	17-18 years	5	10
	19-20 years	25	50
	21 & above	20	40
	Religion:		
	Hindu	34	68
02	Muslim	12	24
	Christian	2	4
	Other	2	4
	Husband's educational status:		
	No formal education	2	4
	Primary	13	26
03	SSLC	14	28
	PUC	14	28
	Graduation	3	6
	Post Graduation	4	8
	Self educational status:		
	No formal education	15	30
	Primary	12	24
04	SSLC	7	14
	PUC	9	18
	Graduation	3	8
	Post Graduation	4	8
	Family income/ month:		
	Less than Rs. 2000	11	22
05	Rs.2001- Rs.4000	10	20
	Rs.4001- Rs.6000	4	8
	Rs.6001- Rs.8000	8	16
	Rs.8001 & above	17	34
	Husband's occupation:		
	Govt. Service	8	16
06	Private servant	14	28
	Business	14	28
	Other	14	28
	Self occupation:		
	Govt. Service	9	18
07	Private servant	10	20
	Business	05	10
	Other	26	52
	Type of family:		
08	Nuclear	19	38
	Joint	31	62

	Place of residence:		
09	Rural	29	58
	Urban	21	42
	Mass media at home:		
	Television	36	72
10	Internet	3	6
	Radio	7	14
	Magazine.	4	8

The data presented in the Table 1 indicated that

- Majority of Primi mothers 25(50%) were belonging to age group 19-20 years and minimum number of Primi mothers 5 (10%) were 17-18years.
- Majority of Primi mothers are Hindus 34(68%) and minimum number of Primi mothers are Christian and others 02 (4%).
- Majority of Primi mothers husband's education status 14 (28%) was SSLC and PUC, and minimum number 02 (4%) were non formal education.
- Majority of primi mother's education status 15 (30%) was NO formal education and minimum number 3(6%) s post graduates.
- Majority of Primi mothers family income 17(34%) was Rs 8001 & above per month, and minimum number 4 (8%) were less than Rs 4001- 6000/ month.
- Majority of Primi mothers husband's occupational status 14 (28%) was private employee, others and business each & minimum number 08 (16%) were govt. employees.
- Majority of Primi mother's occupational status 26(52%) was others, and minimum number 05 (10%) were doing business.
- Majority of Primi mothers 31 (62%) belonged to joint family while minimum number 19 (38%) belonged to nuclear family.
- Majority of Primi mothers 29 (58%) belonged to rural area while minimum number 21 (42%) belonged to urban area.
- Majority of Primi mothers 36(72%) used television as mass media at home while minimum number 03 (6%) used internet.

Section II: Findings related to knowledge and practice scores regarding reproductive health among female college students.

Frequency and percentage distribution of knowledge scores of primi mothers regarding spacing method of family planning

n=50

Level of knowledge	Score range	Frequency	Percentage
Good	13 - 27	8	16%
Average	6 - 12	36	72%
Poor	0 - 5	06	12%

The findings of table 4 reveals that the variables, age, husband's educational status, self educational status, place of residence, available mass media of primi mothers admitted at KLES Dr. Prabhakar Kore Charitable hospital, Belagavi. The calculated chi- square value is less than the tabulated chi – square table value so it indicates that there is no association between knowledge score and selected socio- demographic variables.

DISCUSSION

The discussion is focused with the objectives and hypothesis of the study to assess knowledge of female college students regarding reproductive health.

In the present study among 50 primi mothers students it was found that maximum number of mothers 25 (50%) belonged to age group 19-20 years and maximum number of students 34 (68%) belonged to the Hindu religion. The findings were contradict by a study conducted on 136 females by Ms. Sonam Zangmu Sherpa, noted that 48.5% were of 26-35 years of age and maximum number of mothers were belonged to the Hindus which supports our study. Maximum mothers were belonging to Hindu religion as general population is having highest percentage of Hindu religion.

In terms of educational status of husband, Majority of husbands of primi mother's education status 14 (28%) was SSLC & PUC and self education status 15 (30%) was no formal education. The findings were contradict by a study conducted on 136 females by Ms. Sonam Zangmu Sherpa, which shows 45.6% women had higher secondary education.

In terms of occupational status of husband, Majority of husbands occupation status 14 (28%) were private servant, business & others each & self occupational status 26 (52%) were house wife. The findings were supported by a study conducted on 136 females by Ms. Sonam Zangmu Sherpa, which shows 41.2% women were house wife.

In terms of income of family, Majority of primi mother's family income 17 (34%) was above Rs 8001/ month. These findings were contradict by a study conducted by Ms. Sonam Zangmu Sherpa noted that, majority mother's family income 55.9% was below Rs 5000/- per month.

The overall knowledge scores of 50 primi mothers, revealed that maximum 36 (72%) had average knowledge. The study conducted by Ms. Sonam Zangmu Sherpa among 136 females showed supportive findings that mothers (67.60%) had moderate knowledge. The study conducted on 200 mothers Christina A. Nti, Cynthia G, Sarah N.A. Dodoo, Bernice O, Esther A and Mabel A supported the study findings were women (98%) had heard about spacing method. The study contradicted on 50 mothers by Angel R G, Sheela R , Soli T K. shows that 86% mothers had good knowledge.

The present study showed that there is no significant association between the knowledge and of the demographic variables such as age, religion, education, occupation, income, type of family, mass media available at home. A supported experimental study was conducted by Akoijam M D, Komal and Manisha which showed that there was no association with knowledge and demographic variables such as Age, occupation, education and number of children.

Section III Association of knowledge with baseline data

Sl No.	Demographic variables	Good	Average	Poor	Chi-Square		
1	**Age in Years**				**Cal.**	**Tab.**	**Df**
	17-18	2	3	0			
	19-20	1	19	5	5.106	9.488	4
	21 & above	5	14	1			
2	**Father's educational status:**						
	Non formal education	0	1	1			
	Primary	2	9	2			
	SSLC	0	12	2	5.491	18.307	10
	PUC	3	10	1			
	Graduation	1	2	0			
	Post Graduation	2	2	0			
3	**Mother's educational status**						
	Non formal education	3	9	2			
	Primary	1	9	2			
	SSLC	0	6	1	5.22	18.307	10
	PUC	1	8	1			
	Graduation	1	2	0			
	Post Graduation	2	2	0			
4	**Place of residence**						
	Rural	2	26	3	1.4	5.991	2
	Urban	6	10	3			
5	**Mass media at home**						
	TV	6	25	6			
	Internet	0	3	0	1.92	12.592	6
	Radio	2	4	0			
	Magazine	0	4	0			

CONCLUSION

Knowledge scores of 50 primi mothers regarding spacing method of family planning, revealed that 8 (10%) had good knowledge, 36 (72%) had average knowledge and 6 (12%) had poor knowledge.

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