



## **Assess the effectiveness of IEC regarding the adoption of family planning methods among post-natal mothers admitted in civil hospital, Sri Ganganagar, Rajasthan**

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### **Abstract**

**Introduction:** Nowadays-in India population is increasing rapidly; the main cause behind it can be lack of knowledge among the couples regarding family planning and its methods.

**Objectives and methods:** The main objective of the study was to assess the effectiveness of IEC regarding the Adoption of Family Planning Methods among post-natal mothers aged between 21-45 years admitted at Rajasthan Civil hospital, Sri Ganganagar, Rajasthan. Quantitative Approach with one group pre-test and post-test design was used. The study was conducted at Rajasthan Civil Hospital, in Sri Ganganagar. 50 samples were selected by Non-Probability Convenient Sampling Technique. IEC Programme was given as individual and group teaching with adequate teaching aids and lasts for 40-45 minutes regarding Adoption of Family Planning Methods.

**Results:** In pre-test out of 50 mothers, 41 (82%) had moderate level of knowledge, 9(18%) had inadequate knowledge and none of the Post-Natal mother had adequate level of knowledge. In post-test 34(82%) mothers had adequate knowledge, 16(32%) had moderate knowledge and none of them had inadequate level of knowledge. The mean pre-test knowledge level was 11.84 and the mean post-test knowledge level was 23.68 and the paired 't' value was 19.93\*[ $t_{49}=2.045$ ] was highly significant at  $p < 0.05$  level. There was significant association found between the pre-test level of knowledge of the mother and their age of the mother, total no. of children and education [at  $p < 0.05$  level].

**Conclusion:** The IEC Programme was found to be effective in improving the knowledge on post natal mothers on adoption of family planning methods.

**Keywords:** Family planning, IEC, knowledge, post-natal mothers

### **Introduction**

#### **“Delay The First, Postpone The Second, Prevent The Third”**

Nowadays-in India population is increasing rapidly; 136.64 Crores the main cause behind it can be lack of knowledge among the couples regarding family planning and its methods. The family is a unit consisting of husband, wife, and children. They are dependent each other. Family planning has for long been recognized as a part of maternal and on child health services, even through emphasis on it has been placed only during the recent past. Various studies have provided evidence about the relationship between the occurrence, timing and spacing of pregnancies on the one hand and the health of the mother and children on the other.

The literal meaning of population is “the whole number of people or inhabitants in a country or region” (Webster’s dictionary), and the literal meaning of population explosion is “a pyramiding of numbers of a biological population” (Webster’s dictionary). As the number of people in a pyramid increases, so do the problems related to the increased population. The main factors affecting the population change are the birth rate, death rate and

migration. The birth rate is the ratio between births and individuals in a specified population and time (Miller, 253). The death rate is the ratio between the number of deaths and individuals in a specified population and time (Miller, 253). Migration is the number of people moving in (immigration) or out (emigration) of a country, place or locality.

### **Statement of problem**

“A study to assess the effectiveness of IEC regarding the Adoption of Family Planning Methods among post-natal mothers aged between 21-45 years admitted in Rajasthan Civil Hospital, Sri Ganganagar Rajasthan”

### **Objective**

- To assess the level of knowledge on the adoption of family planning methods by postnatal mothers during pre-test.
- To administer the IEC on the adoption of family planning methods to the postnatal mothers.
- To evaluate the effectiveness of IEC on the adoption of family planning methods by the postnatal mothers aged between 21-45 years after post-test.

To compare the pre and post-test knowledge score on the adoption of family planning methods by the postnatal mothers aged between 21-45 years

- To associate the pre and post-test scores regarding adoption of family planning methods among postnatal mothers with selected socio-demographic data

### Research approach

Research approach indicates the basic procedure for conducting research. The choice of the appropriate approach depends on the purpose of the study (Polit and Hungler).

A Quantitative approach is adopted in this study to evaluate the effectiveness IEC regarding the Adoption of family planning methods among post-natal mothers aged between 21-45 years.

### Research design

The research design is adopted for the study is pre-experimental (one group pre-test-post-test design).

### Setting of the study

The study was conducted in the Rajasthan Civil Hospital at Sri Ganganagar. It is 02 KMs for S.N. College of Nursing, Sri Ganganagar, Rajasthan The rationale for selecting these setting because of Its geographical proximity and investigators familiarity with the setting.

### Variables

A variable is a measurable characteristic which varies in a study.

1. **Independent variable:** Independent variables are the conditions that the researcher manipulates in his attempt to ascertain their relationship to observed phenomena. In this study Information Education and Communication programme on Adoption of Family Planning Methods is the independent variable.
2. **Dependent variable:** It refers to the knowledge of post-natal mothers regarding Adoption of Family Planning Methods.
3. **Extraneous variables:** These include age, education, gravid and No. of children of the mother.

### Population

According to Polit and Beck (2004) population refers to the entire aggregation of cases that meets the designated criteria.

Population included in the study all post-natal mothers, who are admitted in the Rajasthan Civil Hospital during the period of this study."

### Criteria for sample selection

Samples are selected based on predetermined criteria.

### Inclusion Criteria:

1. Study was focused on only the post-natal mothers (21-45 years).
2. Mothers who are willing to participate in the study.
3. Mothers who are available during study.

### Exclusion Criteria

1. Mothers who had previous exposure to this type of

intervention.

### Sampling technique and sample size

Non- probability convenient sampling used in this study. The sample size is 50 post-natal mothers within the age group of 21-45 years who fulfill the inclusion criteria.

### Data collection tool

The tool developed based on the information gathered from relevant literature review, blue print of the items on weaning is used. It will have two sections.

### Description of Tool and Scoring Method

#### Tool-I: Socio-Demographic Data

This section deals with the socio-demographic variables. This is the characteristics of the samples. This includes details of the mother like name of the mother, age, gravid, number of children, level of education, occupation, religion and type of the family.

#### Tool II: Structured questionnaire to assess level of knowledge regarding Adoption of Family Planning Methods

Structured questionnaire comprises of 30 items. Each item has 4 alternatives among this only one answer is correct. Each correct answer carries one mark and wrong answer scores Zero. (Appendix-X)

### Based on this the level of knowledge was divided into

Table 1: Level of Knowledge

Level of Knowledge	Score (%)
Adequate	76% and above
Moderate	51-75%
Inadequate	<50%

### Data collection procedure

The data collection was conducted Civil Hospital at Sri Ganganagar. Initially the researcher got the permission from the concerned authority. The samples were selected by non-probability convenient sampling technique and who fulfilled the inclusion criteria. Sample size was 50. The purpose of the study was explained to the samples and the willingness to participate in the study was assured by taking written consent from each samples and giving assurance for keeping their information confidentially. To assess the pre-test knowledge level, structured interview questionnaire was used. IEC Programme was given as home based individual teaching with adequate teaching aids and lasts for 40-45 minutes regarding Adoption of Family Planning Methods. The method of teaching was Lecture Cum Discussion. Clarification was made after the session. Post-Test was conducted on 7th day to assess the level of knowledge on Adoption of Family Planning Methods among post-natal mothers. Data analysis was done by using descriptive and inferential statistics.

### Result

In pre-test out of 50 mothers, 41 (82%) had moderate level of knowledge, 9(18%) had inadequate knowledge and none of the post-natal mother had adequate level of knowledge. In post-test 34(82%) mothers had adequate knowledge,

16(32%) had moderate knowledge and none of them had inadequate level of knowledge. The mean pre-test knowledge level was 11.84 and the mean post-test knowledge level was 23.68 and the paired 't' value was  $19.93*[t_{49}=2.045]$  was highly significant at  $p < 0.05$  level.

### Conclusion

The purpose of this study was to evaluate the effectiveness of IEC regarding the Adoption of family planning methods among post-natal mothers aged between 21-45 years admitted in Rajasthan Civil hospital, Sriganganagar Rajasthan. The overall post-test mean percentage score of knowledge on Adoption of family planning methods was higher than the overall pre-test mean percentage score. The study highlights that IEC Programme on weaning was effective in improving the knowledge level among post-natal mothers. Re-enforcement of post-natal mothers on Adoption of family planning methods given by the researcher after IEC programme was also effective in improving the level of knowledge. This helped in strengthening the results of present study. Thus the researcher concluded that teaching and Re-Enforcement programme on Adoption of family planning methods was highly effective in improving level of knowledge among post-natal mothers.

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