

## **A Study To Assess The Effectiveness Of Structured Teaching Programme With Regard To Knowledge On Prevention Of Unwanted Pregnancies Among Selected Reproductive Group Women(19-45 Years) At Chinakakni, Guntur District, Andhra Pradesh**

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### **ABSTRACT:**

**BACKGROUND AND OBJECTIVES :**Unwanted pregnancy is a pregnancy that is not desired by one or both biologic parents. In order to prevent occurrence of unwanted pregnancies women need education and motivation regarding family planning methods.The objective of this study was to assess the effectiveness of structured teaching programme with regard to knowledge on prevention of unwanted pregnancies among selected reproductive group women (19-45 years) at Chinakakani, Guntur District, Andhra Pradesh.

### **METHODS:**

Quantitative non-experimental research approach done group pre-test and post-test design was used. 60 subjects were selected by Purposive sampling technique. The study was conducted at Sub-Center, Chinakakani, Guntur District, Andhra Pradesh. A Structured questionnaire was developed regarding prevention of unwanted pregnancies for the collection of data and data were analysed by using descriptive and inferential statistics.

### **RESULTS:**

The mean and standard deviation of knowledge scores of reproductive group women in pre and post-test were  $(20.83 \pm 3.79)$  and  $(32.05 \pm 2.9)$  respectively. The obtained paired 't' test value ( $t_{cal} 20.23$ ) was greater than the 't' table value (2.00;  $p < 0.001$ ) and was significant at 0.001 level. The chi-square value for the knowledge scores of reproductive group women with duration of marital life ( $\chi^2_{cal} = 8.37$ ) was statistically significant at 0.05 level.

**CONCLUSION:**Structured teaching programme was effective in increasing the knowledge of the reproductive group women women need education and motivation regarding utilization of family planning methods and prevention of unwanted pregnancies.

### **KEY WORDS:**

Assess knowledge, reproductive group women, prevention of unwanted pregnancies and family planning methods.

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### **I. Introduction**

Unwanted pregnancy is a pregnancy that is not desired by one or both biologic parents. Most of the times it occurs when women is not using the contraceptives or failure from the contraceptives and from incidences like rape.

Prevention of unwanted pregnancies is an essential factor in reproductive life to promote health and wellbeing of mother and child. The unwanted pregnancy has a major impact on numerous social, economic and cultural aspects of modern life. Primary consequence of unwanted pregnancy is abortion, sleepless nights and disturbance in plan of life. The psychological and emotional effects vary from mild to serious complications such as depression. In order to prevent occurrence of unwanted pregnancies women need education and motivation regarding family planning methods.

Family planning is the planning of when to have children and the use of birth control and other techniques to implement such plans. Family planning methods are of two types, namely Temporary and Permanent methods. Temporary family planning methods are Intrauterine devices, Contraceptive pills, Female condom, Diaphragm, Foams, Abstinence, Rhythm method and only one Permanent family planning method is Tubectomy were chosen for the present study for females.

The Global rate of unwanted pregnancies in 2012 was 213 million and among this eighty five million pregnancies (40%) were unwanted.

Worldwide, millions of unintended pregnancies occurring each year. Many of them end in unsafe abortions, while others are carried on till term and contribute to the ever increasing population burden on the earth. This is specially felt in developing countries like India and China.

Though India was the first country to launch a family welfare programme in 1950 but the total population of India was 1.3 billion people (May 2016). It is estimated that the unintended pregnancy rate was 70 per 1000 women aged between 15 to 49 in 2015. In India, the contraceptive coverage continues to be poor (46% couple protection rate, National census 1991). This results in almost 78% unplanned and 25% unwanted pregnancies (National Family Health Survey, 1995).

So to prevent unwanted pregnancies woman needs education and motivation regarding proper usage of family planning methods.

## **II. Objectives Of The Study**

1. To assess the knowledge regarding prevention of unwanted pregnancies among reproductive group women (19-45years) before administration of structured teaching programme.
2. To develop and administer structured teaching programme regarding prevention of unwanted pregnancies.
3. To assess the effectiveness of structured teaching programme regarding prevention of unwanted pregnancies among reproductive group women after administration.
4. To determine the association between the pre-test and post-test knowledge scores on prevention of unwanted pregnancies among reproductive group women (19-45 years) with selected variables.

## **III. Methods And Materials**

### **Research approach:**

Quantitative experimental research approach was used. It was suitable to teach reproductive group women on prevention of unwanted pregnancies.

### **Research Design:**

The design selected for the present study is pre-experimental one group pre-test post-test design. It provides comparison between knowledge scores of reproductive group women prior and after the structured teaching programme.

### **Setting of the study:**

Study conducted at Sub-centre, Chinakakani, Mangalagiri , Guntur district, Andhra Pradesh.

### **POPULATION**

The target population for the present study was 19-45 years of reproductive group women living at Mangalagiri. The accessible population for the present study was reproductive group women (19-45 years) at chinakakani.

### **SAMPLE AND SAMPLE SIZE**

The sample of 60 reproductive group women in the age group of 19 to 45 years were selected for the present study.

### **SAMPLING TECHNIQUE**

Purposive sampling technique was used to choose 60 reproductive group women between 19-45 years.

### **DEVELOPMENT OF STRUCTURED TEACHING PROGRAMME**

The structured teaching programme was developed on prevention of unwanted pregnancies with family planning methods based on review of literature and consultation with the experts. Most commonly used eight Family planning methods were selected for the present study.

### **DESCRIPTION OF TOOL**

The tool developed for the present study consists of 2 sections, namely section-A and section-B.

#### **Section-A:**

This section consists of 8 items on demographic characteristics of the participants in relation to their age, education, occupation, religion, type of family, age at marriage, duration of marital life and parity.

#### **Section-B:**

Total of 40 multiple choice questions on prevention of unwanted pregnancies with the use of family planning methods were developed. Each correct answer was assigned a score of '1' and each incorrect answer was assigned with a score of '0' and total score was '40'. Score interpretation was done based on percentage i.e., Adequate knowledge ( $\geq 75\%$ ), Moderate knowledge (50-74%) and Inadequate knowledge ( $<50\%$ ).

**IV. Results**

**Mean, standard deviation and paired ‘t’ test values of pre-test and post-test knowledge scores of reproductive group women with regard to prevention of unwanted pregnancies**

S no	Item	Pre-test		Post-test		Paired 't' test
		Mean	S.D	Mean	S.D	
1.	Knowledge	20.83	3.79	32.05	2.9	20.23*

The mean and standard deviation of knowledge scores of reproductive group women in pre and post-test were (20.83±3.79) and (32.05± 2.9) respectively. The obtained paired ‘t’ test value ( $t_{cal}20.23$ ) was greater than the ‘t’ table value (2.00;  $p<0.001$ ) and was significant at 0.001 level. This indicates that there was significant difference between pre-test and post-test knowledge scores of reproductive group women.

**Frequency And Percentage Distribution Of Reproductive Group Women Based On Their Knowledge With Regard To Prevention Of Unwanted Pregnancies Both In The Pre-test And Post-test**

S.no	Knowledge	Pre-test		Post-test	
		f	%	f	%
1.	Adequate knowledge (≥ 75%)	0	0%	54	90%
2.	Moderate knowledge (50-74%)	39	65%	6	10%
3.	Inadequate knowledge (<50%)	21	35%	0	0%

The above scores clearly explain that the structured teaching programme is effective in enhancing the knowledge of reproductive group women with regard to prevention of unwanted pregnancies. Hence researcher has rejected the null hypothesis  $H_0$  and accepted the research hypothesis  $H_1$ .

**Association Between The Post-test Knowledge Scores Of Reproductive Group Women With Their Demographic Variables With Regard To Prevention Of Unwanted Pregnancies**

S. no	Variable	$\chi^2_{cal}$ value	Table value (p<0.005)	Degrees of freedom
1.	Age	2.53 <sup>NS</sup>	7.82	3
2.	Education	4.59 <sup>NS</sup>	9.49	4
3.	Occupation	1.47 <sup>NS</sup>	9.49	4
4.	Religion	1.20 <sup>NS</sup>	7.82	3
5.	Type of family	0.24 <sup>NS</sup>	5.99	2
6.	Age at marriage	0.69 <sup>NS</sup>	7.82	3
7.	Duration of marital life	8.37*	7.82	3
8.	Parity	0.28 <sup>NS</sup>	7.82	3

**Note:** “NS” denotes values are not significant at 0.05 level.

“\*” denotes values are significant at 0.05 level.

The chi-square value for the knowledge scores of reproductive group women with duration of marital life ( $\chi^2_{\text{cal}}=8.37$ ) was found to be statistically significant at 0.05 level, which implies that there was significant association between knowledge of reproductive group women regarding prevention of unwanted pregnancies. Hence the researcher accepted the research hypothesis  $H_8$  and rejected the null hypothesis  $H_{0_8}$ .

## V. Discussion

The present study shows that there was increase in the knowledge scores of reproductive group women in the post-test.

### Discussion regarding demographic variables of the samples

The findings of the present study had revealed that, the majority (46.6%) of reproductive group women's duration of marital life was 7 years. This was supported by **Bhagya D Das et al (2016)** to assess the uses of various types of contraceptive devices among the eligible couples, in Dhirenpara, Assam, reported that majority (41%) of women's duration of marital life was more than 3 years.

### Discussion related to knowledge of the subjects regarding prevention of unwanted pregnancies

The findings of the present study revealed that, most (39 i.e. 65%) of the reproductive group women had moderate knowledge in the pre-test, while in the post-test the knowledge of women was increased to 54 (90%) and falling in the adequate group. This was supported by **Vikaschoudhary, and ParulSaini (2014)** to assess the effectiveness of structured teaching programme on knowledge regarding the contraceptive method among the eligible couple in AIIMS, Rishikesh. In this study they reported that, knowledge scores of eligible couple was lowest in area of prevention in pre-test (44.48%), whereas in the post-test it was increased to (74.84%).

### Discussion with reference to association of knowledge of reproductive group women

The present study revealed that the chi-square values computed for the knowledge scores of reproductive group women and their duration of marital life ( $\chi^2=8.37$ ) had found association at  $P<0.05$  level of significance. This study was supported by **Odusina, E.K et al** to assess socio-economic status, contraceptive knowledge and use among rural women in IkejiArakeji, Osun state, Nigeria, reported that there was a significant association between knowledge scores of women with their selected variables like level of education, marital status, income, age and religion which is statistically significant at  $P<0.05$  level.

## VI. Recommendations

On the basis of the findings of the study recommendations are offered for further research are:

- A similar study can be undertaken on a sample with different demographic variables.
- A similar study can be undertaken with large sample for making a more valid generalization.
- A study could be taken up to compare the knowledge between rural and urban reproductive group women.
- Study can also be conducted in hospital setting on postnatal mothers.
- Video assisted teaching programme can be conducted for effectiveness of teaching regarding prevention of unwanted pregnancies.
- A study could be done to develop the health education packages on prevention of unwanted pregnancies and to evaluate their effectiveness.
- Quasi-experimental study could be taken up to assess the effectiveness of structured teaching programme regarding prevention of unwanted pregnancies.

## References:

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## Ethical clearance:

Ethical clearance was obtained from the institutional ethical committee; permission was obtained from the concerned medical officer of primary health centre. The subjects were informed about the purpose of the study, necessary instructions were given and consent was taken from each of them.

**Conflict of interest:** None