

Effectiveness of Community Outreach Programme on Temporary Family Planning Methods among Mothers Residing in Selected Village At Namakkal District

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ABSTRACT

Aim: To assess the Effectiveness of Community Outreach Programme on Temporary Family Planning Methods among Mothers Residing in Selected Village at Namakkal District. Assess the level of knowledge of temporary family planning methods among mothers before and after community outreach programme.

Objectives: (1) Assess the level of knowledge of temporary family planning methods among mothers before and after community outreach programme, (2) Determine the effectiveness of community outreach programme on temporary family planning methods among mothers, (3) Association between post test scores of temporary family planning methods among mothers with their demographic variables

Methods: The research design selected for the present study was pre experimental design where one group pre and posttest design was selected to evaluate the community outreach programme on temporary family planning methods among mothers. The study was conducted at Pallakkapalayam, and Padevedu village, Namakkal district. Consecutive sampling technique was selected for the present study who were fulfil the inclusion criteria.

Results: Data collected by using demographic variables. Posttest mean score of knowledge and practice was significantly higher than the pretest. It shows significant improvement in the Temporary contraceptive method knowledge and practice. There is a significant association between knowledge with demographic variable such as education. From the findings of the study it can be concluded that, most (57%) of the mothers were in the age group of 21 – 30 years, Half (53%) of the mothers had no formal education, heavy worker and source of information through health care worker. Most (70% and 60%) of the mothers had no previous history of abortion and, the community outreach programme was highly effective among mothers to improve the knowledge and practice of temporary family planning methods.

Conclusion: There was no significant association between post test scores of knowledge and practice of temporary family planning methods among mothers with their selected demographic variable.

Keywords: community outreach programme, temporary family planning, mothers

INTRODUCTION

Family is a basic unit of society. It is Unit of Service. The independency of family members is an important concept in defining family. Every family is a social system, it has its own cultures, values and rules has structured and basic functions and moves through stages. **(Amarnath, 2014).**

According to **WHO** family planning has been defined as a way of knowledge, attitude and responsible decision by individuals and couples in order to promote the health and welfare of family group and thus contribute effectively to the Social development of the country.

Many of the nursing mothers who prefer to delay next pregnancy are unaware of family planning practices. Hence, the present study is conducted among nursing mothers who delivered at Vijayanagara Institute of Medical Sciences, Bellary, to know the prevailing contraceptive awareness and the various socio demographic factors affecting it. This study also enabled in reaching out maximum number of mothers at a time when they are most receptive to contraceptive advice. **(Rogow, D and Horowitz S, 2019)**

NEED FOR THE STUDY

Family planning is a method of thinking and a life style which is chosen voluntarily and according to the attitudes and responsible determination of the couples in order to promote the hygiene and convenience of the family. This study aimed to identify and compare the attitudes of the users of common contraceptive methods with regard to each method separately. The descriptive study was conducted in 2010. The study samples included 378 women using common contraceptive methods as LD pills, IUD (intrauterine devices), condom, withdrawal, tubectomy (females sterilization) and vasectomy as well as withdrawal method. The samples were selected through systemic random sampling from 9 health care centers. The data collection tool was made by the researcher-made. In order to determine the validity and reliability of the questionnaires, the content validity and Cronbach's alpha correlation coefficient methods were used. In order to analyze the data, the descriptive and inferential statistical methods (ANOVA) were used. Mean score of attitude regarding different contraceptive methods in the group who were users of the same method was above the users of all the methods; however, total attitude score toward the contraceptive methods was approximately similar to each other in all the groups and there was no significant difference among the different groups. The findings of this study showed that attitude is an important factor in choosing the contraceptive methods; therefore, this issue should be taken into account by the family planning planners and consultants, **(Soheila Ehsanpour, 2010)**

During the observation with primipara mothers, the investigator has found that the mothers have inadequate knowledge and practice regarding the breast feeding. So the investigator decided to conduct the study to assess the effectiveness of breast feeding counseling on maternal and neonatal among primipara mothers.

Family planning is one of the most crucial interventions to address maternal morbidity and mortality. It also refers to the use of contraceptives for spacing child birth and achieving the desired family size,

which is in turn beneficial for the family and society, from a financial and practical perspective. Usage of contraceptives is also pivotal in maintaining an optimal balance of the national and global population. The nurse has a vital role to play in population control programme. On the whole this is an interesting job, but there are several obstraders, the nurse has to overcome in carrying out this successfully namely, illiteracy, ignorance, practice, attitude of people, religions and social customs. It may be a very difficult task to handle especially by young unmarried nurses. But anything can be made easy if only things are handled tactfully . It calls for great skill, potence and understanding on the part of the community health nurse to function effectively in family welfare programme. **(Kasturi Sundar Rao, 2008).**

STATEMENT OF THE PROBLEM

Effectiveness OF Community Outreach Programme on Temporary Family Planning Methods among Mothers Residing in Selected Village at Namakkal District

OBJECTIVES

1. Assess the level of knowledge of temporary family planning methods among mothers before and after community outreach programme
2. To determine the effectiveness of community outreach programme on temporary family planning methods among mothers
3. To find out the association between post test scores of temporary family planning methods among mothers with their demographic variables

HYPOTHESES

- H₁** - There is a significant level of knowledge of temporary family planning methods among mothers before and after community outreach programme
- H₂** - There is a significant effectiveness of community outreach programme on temporary family planning methods among mother
- H₃** - There is a significant association between post test scores of temporary family planning methods among mothers with their demographic variables

RESEARCH APPROACH

Quantitative evaluation research approach

RESEARCH DESIGN

Pre experimental design where one group pre and post test design was selected to evaluate the community outreach programme on temporary family planning methods among mothers

SETTING OF THE STUDY

The study was conducted at Pallakkapalayam, and padeveedu village, Namakkal district. It is located 3 kms away from the Dhanvantri college of Nursing. It has 5121 population totally out of which Pallakkapalayam has 2785 and Padeveedu has 2336 population. An approximately around 15 – 20 mothers in each village.

RESEARCH VARIABLES

Independent variables : Community outreach programme

Dependent variables : Temporary family planning methods

POPULATION

Target Population : The population for the present study was all the mothers.

Accessible Population : Mothers who are residing in Pallakkapalayam and Padaveedu village

SAMPLE SIZE

In this present study the total sample size were 30 mothers.

SAMPLING TECHNIQUE

Consecutive sampling technique was selected for the present study. All the mothers who are residing in Pallakkapalayam and Padaveedu village and present during the period of data collection were selected as sample.

CRITERIA FOR SAMPLE SELECTION

The sample was selected based on the following inclusion and exclusion criteria.

Inclusion criteria

- Mothers who are in Age group between 18 – 40 years
- Who are first and second time delivered the baby.
- Who are present during the time of data collection.
- Who gave consent.
- Who are able to understand Tamil.

Exclusion criteria

- Cement factory workers with exercise intolerance.
- Persons with major respiratory complications such as asthma, COPD, pneumonia

RESEARCH TOOL AND TECHNIQUE

The method and procedures employed for the collection of data are called technique and instrument used are called tool. The tool consists of two sections.

- **Section A:** It consists of demographic characteristics sample such as Age, Educational status, Occupation, Previous history of abortion, source of information and Type of parity
- **Section B:** Part - B Questions Regarding Knowledge: It consist of 25 questions related to assessment of the knowledge of Primi Mothers regarding temporary contraceptive Methods.

VALIDITY

The content validity of the demographic variables and respiratory assessment scale was validated in consultation with guide and field of experts. The experts were nursing personnel's, obstetrician, gynecologist and statisticians. The tool was modified according to the suggestions and recommendation of the experts.

RELIABILITY

The reliability of structured knowledge and practice questionnaire was tested by implementing the tool on 4 mothers residing at Elanthakuttai, which is other than the sample area. Split half method (spearman Brown Formula) was used to test the reliability of the tool and tool was found to be reliable, ($r_1 = 0.81$ and $r_2 = 0.86$).

DATA COLLECTION PROCEDURE

- Permission from the concerned authority: Prior to collection of data, permission was obtained from Panchayat officer, Namakkal District. (Annexure I and II)
- Period of data collection: The investigator collected the data from mothers for the period of 1 month from 06/05/2021 to 05/06/2021.
- Pre test: Pre test was conducted by using structured questionnaire to assess the knowledge and practice of temporary family planning methods among mothers.
- Implementation of Community outreach programme: Immediately after pre-test the Community outreach programme was implemented to the mothers with the duration of 40 minutes in 2 times a week for 1 month.
- Post test: Structured questionnaire was used to evaluate the temporary family planning methods at the end of 1 month of intervention.

ORGANISATION OF THE DATA

Data collected were organized under the following sections.

- **Section-A:** Description of mothers according to their demographic variables
- **Section-B:** Assess the level of knowledge and practice of temporary family planning methods among mothers before and after community outreach programme.
 - Frequency and percentage distribution of pre test and posttest score on level of knowledge of temporary family planning methods among mothers.
 - Frequency and percentage distribution of pre test and posttest score of level of practice of temporary family planning methods among mothers.
- **Section-C:** Determine the effectiveness of community outreach programme on temporary family planning methods among mothers.
 - Paired 't' test value of pretest and posttest scores of temporary family planning methods among mothers.
 - Area wise comparison of mean, standard deviation and mean percentage of pretest and posttest scores of temporary family planning methods among mothers
- **Section-D:** Find out the association between post test scores of temporary family planning methods among mothers with their demographic variables was analyzed by using chi-square test.
 - Chi-square value of association between post test knowledge scores on temporary family planning methods among mothers with their demographic variables.
 - Chi-square value of association between post test practice scores on temporary family planning methods among mothers with their demographic variables.

SECTION - A:

Table - 4.1

**Frequency and percentage distribution of samples according to their demographic variables
(n = 30)**

S.No.	Demographic Variables	Frequency(n)	Percentage (%)
1	Age in years		
	a. 18 – 25 years	17	57%
	b. 26 – 32 years	13	43%
	c. 33 – 40 years	0	0
2.	Educational status		
	a. No formal education	16	53%
	b. Primary education	9	30%
	c. Secondary & Higher sec. education	5	17%
	d. Graduate & above	0	0
3	Occupation		
	a. House wife	-	-
	b. Sedentary worker	14	47%
	c. Heavy worker	16	53%
4	Previous history of abortion		
	a. Yes	9	30
	b. No	21	70
5	Source of information		
	a. Friends	4	13
	b. Relatives	3	10
	c. Health care workers	17	57
	d. Medias	6	20
6	Type of parity		
	a. Primi para	18	60
	b. Multi para	12	40

Table-4.1 Table 4.1 Reveals the frequency and percentage distribution of the mothers according to their demographic variables. Distribution of samples according to their age group depicts that, most (57%) of the workers were in the age group of 20-30years and 43% of workers were in the age group of 31-40 years. Distribution of samples according to their years of experience depicts that highest percentage (53%) of the workers were 12 months experience,(30%), of the workers were 13-18 months experience and only (17%), of the workers were in 19-24 months experience . It shows that most of them are having one years of experience. Distribution of samples according to their frequency of medical checkup shows that most (53%) of the workers were not having regular medical checkup, and only 47% of them were having medical checkup once in a year. Distribution of samples according to pervious practice of yoga shows that all (100%) the cement factory workers had no previous practice of yoga therapy. It might be associated most aware of practice of yoga.

SECTION - B:

Table - 4.2

Frequency and percentage distribution of pre test and posttest score of level of knowledge of temporary family planning methods among mothers.

(n = 30)

Level of Knowledge	Mothers			
	Pretest scores		Posttest scores	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Poor	12	40	-	-
Average	18	60	-	-
Good	-	-	-	-
Very good	-	-	20	67
Excellent	-	-	10	33

Table - 4.2 represents Frequency and percentage distribution of pretest and posttest knowledge scores of temporary family planning methods among mothers, depicts that, in pretest majority (60%) the mothers had average knowledge and 40 % of them had poor knowledge on temporary family planning methods, whereas in post test most (67%) of mothers had very good knowledge and 33% of them had excellent knowledge on temporary family planning methods. It shows that community outreach programme on temporary family planning methods was effective to improve knowledge among mothers.

Table - 4.3

Frequency and percentage distribution of pre test and posttest score of level of practice of temporary family planning methods among mothers.

(n = 30)

Level of practice	Mothers			
	Pretest scores		Posttest scores	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Not practicing	14	47	-	-
Adequately practicing	16	53	22	73
Fully practicing	-	-	8	27

Table - 4.3 represents Frequency and percentage distribution of pretest and posttest practice scores of temporary family planning methods among mothers, depicts that, in pretest majority (53%) of the mothers were adequately practicing and 47 % of them were not practicing on temporary family planning methods, whereas in post test most (73%) of mothers were adequately practicing and 27 % of them were fully practicing on temporary family planning methods. It shows that community outreach programme on temporary family planning methods was effective to improve practice among mothers.

SECTION - C:

Table - 4.4

Paired 't' test value of pretest and posttest scores of temporary family planning methods among mothers

Temporary family planning methods	Paired 't' test value	Table value	Level of significance
Knowledge	18.4	2.045	$p < 0.05$ significant
Practice	16.1	2.045	$p < 0.05$ significant

DF: 29

$p < 0.05$ significant,

$p > 0.05$ not significant

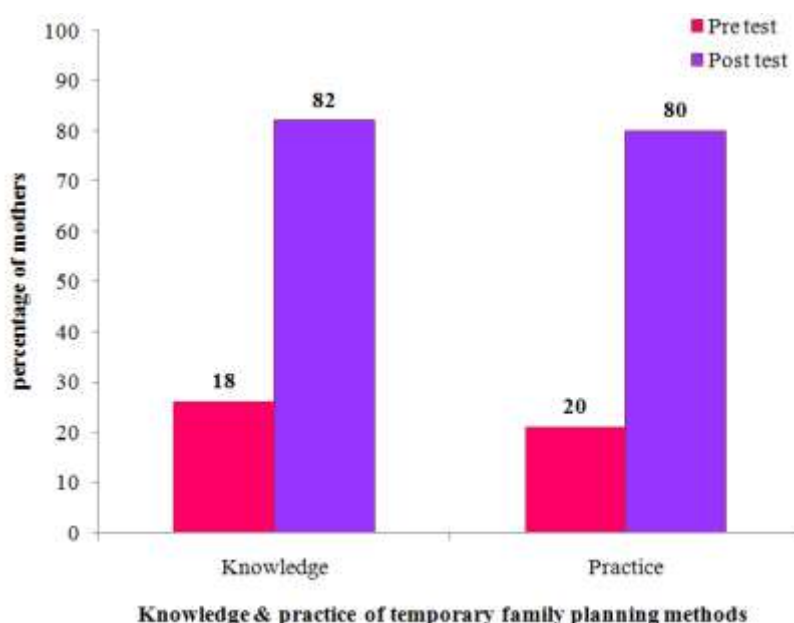
Table - 4.4 revealed that the Paired't' test was calculated to analyze the difference in pre and post test scores on temporary family planning methods. The paired't' test value obtained for knowledge is (18.4) and practice is (16.1), when compared to table values (2.086) it was high. So it can be concluded that, there is a significance of community outreach programme on temporary family planning methods among mothers

Table - 4.5

Area wise comparison of mean, standard deviation and mean percentage of pretest and posttest scores of temporary family planning methods among mothers

Temporary family planning methods	Max. Scores	Pre test			Post test			Difference in mean %
		Mean	SD	Mean %	Mean	SD	Mean %	
Knowledge	25	6.45	3.34	26	24.5	0.59	82	56
Practice	15	3.12	3.3	21	12.01	0.7	80	59

Table - 4.5 revealed that the Area wise comparison of knowledge scores in pre-test the mean score was (6.45 ± 3.34) which is 26%, whereas in posttest the mean score was (24.5 ± 0.59) which is 82%. It showing the difference of 56%. In pre-test the mean score was (3.12 ± 3.3) which is 21%, whereas in posttest the mean score was (12.01 ± 0.7) which is 80% in the area of practice. It showing the difference of 59%. It seems that community outreach programme was effective in improving the knowledge and practice of temporary family planning methods among mothers. The findings are graphically represented in following graph.



SECTION - D:

Table - 4.6

Chi-square value of association between post test knowledge scores on temporary family planning methods among mothers with their demographic variables.

Demographic variables	DF	Chi-square	Table Value	Level of significance
Age	1	0.21	3.84	P > 0.05 No significant
Educational status	2	3.19	5.99	P > 0.05 No significant
Occupation	2	0.4	5.99	P > 0.05 No significant
Previous history of abortion	1	0.02	3.84	P > 0.05 No significant
Source of information	1	0.86	3.84	P > 0.05 No significant
Type of parity	1	1.52	3.84	P > 0.05 No significant

Table - 4.6 revealed that the Chi-square was calculated to find out the association between post test knowledge scores of the mothers with their demographic variables regarding community outreach programme on temporary family planning methods. It reveals that there was no significant association between the post test scores of mothers when compared to age, educational status, Occupation, Previous history of abortion, source of information and type of parity, ($P < 0.05$). Hence the differences observed in the mean scores values were only by chance and not true difference. It seems that community outreach programme on temporary family planning methods was effective to all the mothers irrespective of their demographic variables.

Table - 4.7

Chi-square value of association between post test practice scores on temporary family planning methods among mothers with their demographic variables.

Demographic variables	Df	Chi-square	Table Value	Level of significance
Age	1	1.45	3.84	P > 0.05 No significant

Educational status	2	4.02	5.99	P > 0.05 No significant
Occupation	2	2.15	5.99	P > 0.05 No significant
Previous history of abortion	1	0.58	3.84	P > 0.05 No significant
Source of information	1	1.06	3.84	P > 0.05 No significant
Type of parity	1	1.72	3.84	P > 0.05 No significant

Table - 4.7 revealed that the Chi-square was calculated to find out the association between post test practice scores of the mothers with their demographic variables regarding community outreach programme on temporary family planning methods. It reveals that there was no significant association between the post test scores of mothers when compared to age, educational status, Occupation, Previous history of abortion, source of information and type of parity, ($P < 0.05$). Hence the differences observed in the mean scores values were only by chance and not true difference. It seems that community outreach programme on temporary family planning methods was effective to all the mothers irrespective of their demographic variables.

MAJOR FINDINGS OF THE STUDY

The major findings of the study were presented under the following headings:

Findings related to description of mothers according to their demographic variables

- Most (57%) of the mothers were in the age group of 21 – 30 years
- Half (53%) of the mothers had no formal education
- Half (53%) of the mothers had heavy worker
- Most (70%) of the mothers had no previous history of abortion
- Half (53%) of the mothers had source of information through health care worker
- Most (60%) of the mothers had primi para

Findings related to the level of knowledge and practice of temporary family planning methods among mothers for before and after community outreach programme.

- Frequency and percentage distribution of pre test and posttest score of level of knowledge of temporary family planning methods among mothers
 - In pretest majority (60%) the mothers had average knowledge and 40 % of them had poor knowledge on temporary family planning methods
 - In post test most (67%) of mothers had very good knowledge and 33% of them had excellent knowledge on temporary family planning methods.
 - It shows that community outreach programme on temporary family planning methods was effective to improve knowledge among mothers
- Frequency and percentage distribution of pre test and posttest score of level of practice of temporary family planning methods among mothers.
 - In pretest majority (53%) the mothers had adequately practicing and 47 % of them had not practicing on temporary family planning methods
 - In post test most (73%) of mothers had adequately practicing and 27 % of them had fully practicing on temporary family planning methods.
 - It shows that community outreach programme on temporary family planning methods was effective to improve practice among mothers

- Findings related to the effectiveness community outreach programme on temporary family planning methods among mothers.
- Paired 't' test value of pretest and posttest scores of temporary family planning methods among mothers.
- The paired 't' test value of knowledge was 18.4
- The paired 't' test value of practice was 16.1
- So it can be concluded that, there is significance of community outreach programme on temporary family planning methods among mothers

Area wise comparison of mean, standard deviation and mean percentage of pretest and posttest scores of temporary family planning methods among mothers

- **Knowledge**

- In pre-test the mean score was (6.45 ± 3.34) which is 26%
- In posttest the mean score was (24.5 ± 0.59) which is 82%.
- It showing the difference was 56%

- **Practice**

- In pre-test the mean score was (3.21 ± 3.3) which is 26%
- In posttest the mean score was (12.01 ± 0.7) which is 80%.
- It showing the difference of 59%
- It seems that community outreach programme was effective in improving the knowledge and practice of temporary family planning methods among mothers.

Findings related to the association between post test scores of temporary family planning methods among mothers with their demographic variables was analyzed by using chi-square test.

- Chi-square value of association between post test knowledge scores on temporary family planning methods among mothers with their demographic variables.
 - Chi square value for age in years was 0.21 ($p > 0.05$).
 - Chi square value for educational status was 3.19 ($p > 0.05$).
 - Chi square value for occupation was 0.4 ($p > 0.05$).
 - Chi square value for Previous history of abortion was 0.02 ($p > 0.05$).
 - Chi square value for source of information was 0.86 ($p > 0.05$).
 - Chi square value for type of parity was 1.52 ($p > 0.05$).
- Chi-square value of association between post test practice scores on temporary family planning methods among mothers with their demographic variables.
 - Chi square value for age in years was 1.45 ($p > 0.05$).
 - Chi square value for educational status was 4.02 ($p > 0.05$).
 - Chi square value for occupation was 2.15 ($p > 0.05$).
 - Chi square value for Previous history of abortion was 0.58 ($p > 0.05$).
 - Chi square value for source of information was 1.06 ($p > 0.05$).
 - Chi square value for type of parity was 1.72 ($p > 0.05$).

CONCLUSION

- Most (57%) of the mothers were in the age group of 21 – 30 years, Half (53%) of the mothers had no formal education, heavy worker and source of information through health care worker. Most (70% and 60%) of the mothers had no previous history of abortion and primi para

- The community outreach programme was highly effective among mothers to improve the knowledge and practice of temporary family planning methods.
- There was no significant association between post test scores of knowledge and practice of temporary family planning methods among mothers with their selected demographic variables

RECOMMENDATIONS

- A study can be conducted with large samples to generalize the findings.
- A similar study can be conducted in various setting
- A similar study can be conducted with experimental and control group.

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