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A Study to Assess the Knowledge and Attitude Regarding Family Planning among Eligible Couple in Selected Rural Community at Sultanpur District

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Abstract

Background: The high growth rate of population varies a lot from region to region and from community to community. 50% of the eligible couples in India are still unprotected against conception. Population is determined by birth rate, death rate and migration flows. This entire factor is in turn depending on numerous socioeconomic factors. These factors are interacting in different ways and that is why it is not easy to identify and quantify them. So it has become necessary to study the factors influencing fertility and family planning adoption. Number of studies has been undertaken and they have identified various socio- economic, cultural and other variables which are responsible for family planning adoption.

Objective: 1. To assess the level of knowledge regarding family planning among eligible couple selected rural community Sultanpur. 2. To assess the attitude towards family planning among eligible couple in selected rural community Sultanpur. 3. To find the association between knowledge and selected demographic variables. 4. To find the association between attitude and selected demographic variables

Methods and Material: A self-administered questionnaire was served to the Eligible Couple. The study was conducted among 250 Eligible Couple in a selected Shiv Nagar in Sultanpur District.

Results: All the participants had heard about family planning methods. The major sources of information were trainers (78.8%). About 90.4% of the study participants gave correct response regarding the types of family planning. About 80.1% of the respondents had a favorable attitude toward family planning. Around three-fourths of the study participants practiced one or other method of family planning.

Conclusion: Our study led to the conclusion that the level of knowledge and attitude toward family planning was relatively low and family planning utilization was quite low among the healthcare workers. In order to imbibe positive attitude among general public, the health workers need to be trained so as to inculcate the positive attitude in them leading to increased awareness among general public with regarding to family planning.

Keywords: Family planning, Eligible Couple, Rural Community.

INTRODUCTION

The high growth rate of population varies a lot from region to region and from community to community. 50% of the eligible couples in India are still unprotected against conception. Population is determined by birth rate, death rate and migration flows. This entire factor is in turn depending on numerous socioeconomic factors. These factors are interacting in different ways and that is why it is not easy to identify and quantify them. So it has become necessary to study the factors influencing fertility and family planning adoption. Number of studies has been undertaken and they have identified various socio-economic, cultural and other variables which are responsible for family planning adoption. Existing research exploring the drivers and barriers of family planning uptake may explain some of the reasons why women do not use family planning methods, particularly modern contraceptives. Analysis of Demographic and Health Surveys in 52 countries between 2005 and 2014 revealed that the most common reasons for not using contraception despite wanting to limit (not wanting another child) or space (not wanting a child soon) child bearing were fear of side effects, infrequent sex, and opposition to contraception from self or others.

OBJECTIVES

1. To assess the level of knowledge regarding family planning among eligible couple selected rural community Sultanpur.
2. To assess the attitude towards family planning among eligible couple in selected rural community Sultanpur.
3. To find the association between knowledge and selected demographic variables.
4. To find the association between attitude and selected demographic variables

HYPOTHESIS

H0: There will be no adequate knowledge and attitude regarding family planning among eligible couple in selected rural community Sultanpur.
H1: There will be significant difference between knowledge and attitude regarding family planning among eligible couple in selected rural community Sultanpur.

H2: There will be significant association between knowledge and attitude and selected demographic variables.

METHODS

Study design

The research design selected for the present study was descriptive research design

Study population

Population refers to the entire aggregation of cases that meet a designated set of criteria. In this study population consisted eligible couple in selected rural area at Sultanpur.

Study area

For the present research study, the Shiv Nagar rural area was selected.

Sample size. For the present study sample size is 250.

Sampling method

Sampling is the process of selecting a portion of the population to obtain data regarding a problem. In this study the samples were selected through non-probability sampling technique (purposive sampling technique).

1. INCLUSION CRITERIA:

- Married couple: Residing in the selected rural area.
- Female partner aged above 24 years (reproductive age group)
- Willing to participate: In the study and provide informed consent.
- Able to understand and respond to the questionnaires' (in the local language if applicable).

2. EXCLUSION CRITERIA:

- Couples not living together (e.g.; due to migration, separation, or work-related absence).
- Couples with either partner having a known mental or cognitive impairment that affect their ability to understand or respond to questions.
- Couples who have undergone permanent sterilization procedures (e.g.; tubectomy or vasectomy).
- Couples unwilling to participate.

DATA COLLECTION TOOL

The study tool considered of three sections

Section 1: Demographic variables consist of baseline information of Age In Year of Husband, Age In Year of Wife, Religion, Types of family, education of husband, education of wife, occupation of wife, Occupation of Husband, Socio Economic Status of Family, Decision Maker, source of information.

Section 2: Self-structured knowledge questionnaires used to assess the knowledge on family planning and assess attitude level by the help Likert scale.

Section 3: Likert Scale

Development of tool:
Self-Structured Knowledge Questionnaire was used to find out about demographic, Likert scale data was used for assessing the knowledge and attitude regarding family planning.
After extensive review of research and non- research literature related to cardiopulmonary resuscitation among GNM students. Consultation with experts in nursing, medical and peer group discussion, the tool was developed.

Data collection
Prior to data collection, permission was obtained from the concerned authority. The participants were informed about purpose of the study and consent was taken from the participants. Data collection was started from February 2026. The samples were selected based on the inclusion criteria. After identifying the sample, the purpose of the research was explained to each eligible couple. Each sample were giving consent to participate in the study and then socio demographic data were collected from the eligible couple regarding family planning.

Statistical analysis
The analysis will be analyzed with using following steps:

✓ Organizing the data on a master sheet.

✓ Frequency and percentage of data will be calculated for describing the demographic variables such as age, religion, educational status of husband, Occupational status, decision maker in the family, type of family, family income per month, and source of information.

✓ Mean and standard deviation will be used to present the knowledge and attitude score of spouses of pregnant women.

✓ ANOVA test will be used to find out the association between knowledge and selected demographic variables such as age, religion, educational status of husband, type of family, family income per month, and occupational status. Analyzed data will be presented in the form of tables and graphs.

✓ ANOVA test will be used to find out the association between attitude score and selected demographic variables such as age, religion, educational status of husband, type of family, family income per month, and occupational status. Analyzed data will be presented in the form of tables and graphs.

Ethical Consideration and informed consent
Informed consent from eligible couples will be taken & Confidentiality was ensured. Explanation was given regarding the purpose of the study. A formal letter will be obtained from the college, and formal permission letter will be obtained from Gram Pradhan (Mukhiya, Sarpanch) from the setting The subjects were assured that confidentiality of the information will be maintained and information will be used for the purpose of the study.

RESULTS

Section-1: Description of Demographic Variable

Table No. 1 Description of Demographic Variables Regarding Level of Knowledge and Attitude of family planning among eligible couple.

S. NO.	DEMOGRAPHIC VARIABLES	CATEGORY	FREQUENCY	PERCENTAGE (%)
1.	Age groups (in years)	(a) 21-25	52	20.8
		(b) 26-30	182	72.8
		(c) 31-35	16	6.4
		(d) 36-40	0	0
2.	Woman's Education	(a) No formal education	38	38
		(b) Primary Education	80	80
		(c) Higher education	80	80
		(d) Graduate	35	35
		(e) Post graduate	17	17

Section-2.1: Findings related to Knowledge of Eligible Couple

Table No. 2 Knowledge of eligible couple

S.NO.	CATEGORY	FREQUENCY	PERCENTAGE (%)
1.	Positive	180	72%
2.	Neutral	43	17.2%
3.	Negative	27	10.8%

Section-2.1: Findings related to Attitude of Eligible Couple

Table No. 3 Attitude of eligible couple

S.NO.	CATEGORY	FREQUENCY	PERCENTAGE (%)
1.	Positive	179	71.6%
2.	Neutral	44	17.6%
3.	Negative	27	10.8%

Section-3.1: Findings related to Association of Knowledge with Demographic Variables

Table No. 4 Association of Knowledge with demographic Variables

Demographic Variable	Response	N%	Categories			Result		Significance
			Positive	Negative	Neutral	X^2	P Value	
Age Group (in Year)	21-25 26-30 31-35 36-40	52 182 16 0	40 130 10 0	6 10 2 0	6 33 4 0	4.719 (6) 12.592	**0.05**	**NS**
Woman's Education	No formal education Primary Higher secondary Graduate Post graduate	38 80 80 35 17	20 46 62 35 17	6 13 8 0 0	12 21 10 0 0	32.5 (8) 15.507	**0.05**	**NS**

Section-3.2: Findings related to Association of Attitude with Demographic Variables

Table No. 5 Association of Attitude with demographic Variables

Demographic Variable	Response	N%	Categories			Result		Significance
			Positive	Negative	Neutral	X^2 (df)	P Value	
Age Group (in Year)	21-25 26-30 31-35 36-40	52 182 16 0	39 128 12 0	7 35 2 0	6 19 2 0	14.726 (6) 12.592	**0.05**	**S**
Woman's Education	No formal education Primary Higher secondary Graduate Post graduate	38 80 80 35 17	8 42 49 28 15	20 15 8 2 1	10 23 23 5 1	53.095 (8) 15.507	**0.05**	**S**

DISCUSSION

The study findings reveal that although a majority of participants have heard about family planning their detailed knowledge remains insufficient. Attitude towards family planning is generally positive, but actual practice is influenced by cultural and social barrier. Education level plays a significant role in determining knowledge levels.

CONCLUSION

On the basis of observations of our study, it was concluded that knowledge and attitude of family planning methods were directly related to each other. The level of knowledge and attitude toward family planning was relatively low and the level of family planning utilization was quite low in comparison with many studies. Study participant's age group, marital status, length of married life, family type, number of children, and number of trainings were significantly associated with practice scores. Health workers should teach the community on family planning practices in a comprehensive manner so as to increase the awareness and develop a favorable attitude so that family planning utilization will be enhanced. Further, more studies are needed in exploring reasons affecting the non-utilization of family planning and how these can be addressed.

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