Original Article

A Descriptive study to assess the knowledge regarding Family Planning Methods among Degree students in a selected college, Kolar with a view to develop health education pamphlet

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Abstract

Background: It is calculable that the world population can increase 2.5 billion over the next 43 years, from the current 6.7 billion to 9.2 billion in 2050. Family planning is pivotal to ensuring the health and development of youth, reducing unnecessary health risks, and improving their opportunities and productive livelihoods. Studies showed that the most of the students (17–19 years) are more likely to experiment with sexual activities while lacking knowledge on sexual health and protective measures. Unsafe sex has been estimated to be the second most important worldwide issue for health.

Aims/Objectives of the study: To assess the Knowledge regarding family planning methods among degree students. To find the association between knowledge with selected demographic variables, regarding family planning methods among degree students.

Methods: Descriptive cross-sectional survey using structured Knowledge questionnaire among 100 UG students from the Mahila Samaja degree College were selected respectively by using a purposive sampling technique.

Results: Results were analyzed by description and inferences statistics and findings shows that, majority of respondents 82% of participants are having inadequate knowledge, 18% of participants are having moderate knowledge & none of the participants had adequate knowledge, regarding family planning methods

Conclusion: The study emphasizes that public Universities should consider a possible curriculum restructuring to incorporate family planning updates. And nurses play a pivotal role working in Hospital as well as in the Community setup should educate and provide awareness to the adolescents regarding Family Planning methods.

Keywords: Family planning methods, Degree students, Knowledge

Introduction

Family planning services explained as educational, comprehensive, meditative or community activities which enables individual's including minors to see freely the quantity and spacing of their Children and to pick up the means by which these may be achieved. It's defined as the number of children women wishes to have, including the choice to have no children, Furthermore age at which she wishes to have them. Other aspect of family planning include sex education, prevention and management of Reproductive sexually transmitted infections, preconception counselling and management of infertility.[1]

In Countries like Spain, Canada, Italy and where the population is decreasing, population explosion might be assumed as a boon. But for developing country like India, over population is nothing but a curse which won't allow improvement

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of the country and its society. With 16% of world's population, second most populated country is India in the world. A developing country already faces a lack in their resources and needs. With the rapidly escalating population, the supplies available per person are further plummeting, leading to increased poverty, malnutrition and other large population related problems. Therefore, predicament is much more severe here in India because of the increasing pressure on the limited supplies of the country.[2]

The present population of India is 1, 365, 048, 14 as of Wednesday, February 19, 2020, based on World meter elaboration of the latest United Nations data. India 2020 population is estimated at 1,380,004,385 people at midyear according to UN data. India population is equivalent to 17.7% of the total world population.[3]

In India Family planning is based on efforts hugely distributed by the Indian government. In the year 1965 to 2009 period, contraceptive usage has quite tripled (from 13.2 % of married women in 1972 to 48% in 2009) and the Birth rate has quite halved (from 5.6 in 1967 to 2009) but the national rate continuous to be high enough to cause extended over population. Up to 1,000,000 people to its population every 15 days. Though the crowd of the global most popular country is on China, India is adapted to take the first place by 2030. Population growth approximately at 1.58%, India is predicted to have more than 1.53 billion people by the end of 2030.[4]

A Quantitative descriptive study was conducted in Government College Gangtok, Sikkim on April 2009 to evaluate the knowledge, belief and practice of contraception among 156 students enrolled in one year bachelor course. Questionnaire was administered for information gathering by using purposive sampling with snow ball method was used. And information was analysed by using descriptive statistics. Results showed that 98% of students had knowledge about family planning. 86% of them had heard about contraceptives and 69% knew about the source of availability of contraceptives. Study concluded that knowledge and awareness do not always lead to an optimistic perspective towards the use of contraceptives. Although in the current study the actual number of sexually active young adults not known.[5]

Family planning helps to maintain good health and wellbeing of women and families through the world. Using birth control will facilitate to avoid unwanted pregnancies and space births, protest against STDs, including HIV or AIDS and provide other health benefits.[6]
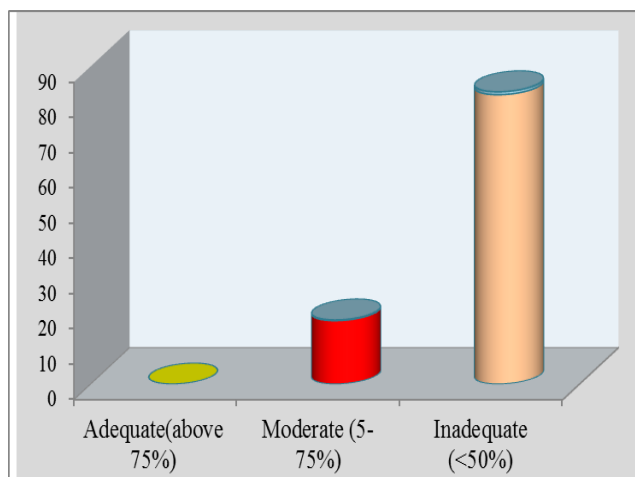
Results

Table 1: Distribution of samples according to the overall level of Knowledge

n=100

Knowledge	Frequen-cy (f)	Percentage (%)
Adequate (above 75%)	0	0%
Moderate (5-75%)	18	18%
Inadequate (<50%)	82	82%
Total	**100**	**100%**

Figure 1: Overall Knowledge level of Study Participant

According to the table demographic variable such as Gender and Type of family are statistically significant. For Gender: The obtained x^2 value (7.89) which is more than the table value (3.84) at 5% level of significance. And for the type of family the obtained x^2 value (5.76) which is over the table value (03.84) at 5% level of significance. Hence there is important relationship between the gender and type of family of the respondents with their knowledge on family planning methods and other variables such as Age, Placement of study, Family Income Residence, Source of Information shown to be Non-significant.[7]

Majority of respondents 82% of participants are having inadequate knowledge, 18% of participants are having moderate knowledge & none of the participants had adequate knowledge, regarding family planning methods.[8]

Table 2: Association between Demographic Variables with Knowledge regarding Family Planning

n=100

S.no	Variables	Knowledge score		X^2 value	df	P value	Inference
		Below or equal to median (<17.5)	Above median (>17.5)				
1	Age in year a) 19-20 b) 21-22	37 12	39 12	0.01	1	0.91	NS
2	Gender a) Male b) Female	16 34	30 20	7.89	1	0.004	*SS
3	Year a) 1st year b) 2nd year c) 3rd year	40 8 3	37 8 4	0.21	2	0.89	NS
4	Type of family a) Nuclear family b) Joint family	18 32	30 20	5.76	1	0.16	*SS
5	Place of residence a) Urban area b) Rural area c) Semi-urban d) City	16 27 4 3	20 26 1 3	2.26	3	0.51	NS
6	Family income a) <10,000 b) 10,000- 20,000 c) 20,000-30,000 d)>30,000	15 17 11 5	24 16 5 6	4.36	3	0.22	NS
7	Source of information regarding family plan-ning a) Parents b) Family members c) Mass media d) Teachers e) Health care persons	28 14 2 2 2 2	21 20 6 3 2 2	4.50	4	0.34	NS

Note:- p < 0.05, SS* - statically significant, NS- Non significant , Table value df-1(3.84),df-2(5.99),df-3(7.81),df-4 (9.48)

Discussion

This chapter presents the summary, conclusion, its implication and recommendation made. The study was conducted to assess the Knowledge/awareness on family planning methods among degree students in a selected Mahila Samaja degree college Kolar, with a view to develop health education pamphlets. A Quantitative descriptive study was adopted to assess the Knowledge/awareness on family planning methods among degree students in a selected Mahila Samaja degree college Kolar.

The data collected from Mahila Samaja Degree College Kolar. The sample size of study was 100 degree students reading in Mahila Samaja Degree College. The non-probability purposive sampling method was adopted to select the sample of study. The data was collected from samples by using structured knowledge questionnaires.

Based on the objectives of the study conclusions are presented under the following points

1) As per the primary objectives, knowledge regarding family planning methods among degree students was classified into three category i.e. Adequate knowledge (above 75%) was 0%, moderate knowledge (51-75%) was 18% and inadequate knowledge (<50%) was 82%.

2) As per the study objective, association between socio demographic variables and knowledge on family planning methods was studied and the result shows that, there was significant association between gender (x^2-7.89, df-1, p=0.04) and types of family(x-5.76,df-1,p-0.16)and no association between age(x-0.01,df-1,p-0.91) year (x^2-0.2198, df-2, p=0.895911) place of residence (x^2-2.2633, df-3,p=0.519586) family income (x^2-4.3612, df-3, p=0.225007) source of information (x^2-4.5054, df-5, p=0.341909) thus the stated assumption is rejected, whereas only with regard to gender (x^2-0.1603, df-1, p=0.04) and type of family (x^2-5.76, df-1, p=0.16) it is statistically significant as calculated x^2value was more than the table value.

Conclusion

- Family Planning awareness do not commensurate knowledge and usage levels calls for more innovative strategies for contraceptive promotion, and Education on the various university campus.

- The study recommends that public Universities should consider a possible curriculum restructuring to incorporate family planning updates.

- And nurses play a pivotal role working in Hospital as well as in the Community setup should educate and provide awareness to the adolescents and eligible couples regarding Family Planning and can play key role in population reduction of Country.

Nursing Implications

1. **Nursing Education:** As a nurse educator they are abundant opportunities for nursing professionals to educate degree student about importance of family planning. Curriculum based education can be incorporated on Adolescent health status

2. **Nursing Administration:** Nurses plays major role in achieving the objective of reducing country's population and can distribute most of the contraception and disseminated information regarding family planning

3. **Nursing Research:** This study help nurse researcher to carry out studies on the improvement of health and knowledge of degree students.

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