

# A Study to Assess the Effectiveness of Planned Teaching Programme on the Knowledge Regarding Family Planning Promotion Packages among Primary Postnatal Mothers at Selected Hospitals U.P.

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## ABSTRACT

Mother's health affects the health of her children. Being a healthy mother is the best way to assure having healthy children. Women who are in poor health or poorly nourished are more likely to give birth to unhealthy babies and often cannot provide adequate care, diminishing the changes their children will survive and thrive. Birth spacing improves child survival. A child needs a good start in life. The timing of birth has a powerful impact on a child's chances of survival.

The purpose of the study was to assess the effectiveness of Planned Teaching Programme on Family planning promotion packages among Primary postnatal mothers. The study was conducted in selected Hospitals U.P. In this study Single group pre test post test research design has been adapted. Structured knowledge questionnaire was administered to the population. Data was collected to assess the level of knowledge among Primary postnatal mothers regarding Family planning promotion packages. The investigator conducted pre test on first day of the study and the Planned Teaching Programme was administered later, on the 7<sup>th</sup> day post test was conducted.

The data obtained was analyzed and interpreted in terms of objectives and hypothesis of the study. Descriptive and inferential statistics was used for the data analysis. The levels of significance was set at  $p=0.5$ , 0.1, 0.05 and 0.01.

The major findings of the study reveals that a significant increase in the Knowledge of Primary postnatal mothers in post-test, out of the several demographic variable, Age, educational qualification and Type of family were significantly associated with the Knowledge gain scores regarding Family planning promotion packages.

## INTRODUCTION

India's population is increasing very explosively. It contributes one fifth of the world's population by having more than one billion people. Population explosion is found to be the main reason for short ages of resources and neutralization of the impact of progress made in various developmental sectors. Hundreds and millions of people still are very poor, illiterate and unhealthy. It is because resources are limited, population is very large and every year

around 17 million new mouths are added. It is therefore very important to control and stabilize the population

According to the world Health Organization Family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility, contraceptive use has

**How to cite this paper:** Satendra Kumar | Priyanka Yadav "A Study to Assess the Effectiveness of Planned Teaching Programme on the Knowledge Regarding Family Planning Promotion Packages among Primary Postnatal Mothers at Selected Hospitals U.P." Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-5, October 2024, pp.10-12, URL: [www.ijtsrd.com/papers/ijtsrd68315.pdf](http://www.ijtsrd.com/papers/ijtsrd68315.pdf)



IJTSRD68315

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**KEYWORDS:** Unexplained Infertility, Soumanasya garbhajanam, Satvavajaya chikitsa, Atindriyatva of manas, Prajnaparadha

increased in many parts of the world, especially in Asia and Latin America, but continues to be low in sub-Saharan Africa. Globally, use of modern contraception has risen slightly, from 54% in 1990 to 57.4% in 2015. Regionally, the proportion of women aged 15- 49 reporting use of a modern contraceptive method has risen minimally. Or plateaued between 2008 and 2015. In Africa it went from 23.6% to 28.5%, in Asia it has risen slightly from 60.9% to 61.8%, and in Latin America and the Caribbean it has remained stable at 66.7% Use of contraception by men makes up a relatively small subset of the above prevalence rates. The modern contraceptive methods for men are limited to male condoms and sterilization (vasectomy).

According to the UNICEF has long viewed the responsible planning of family size, especially birth spacing, as an essential part of maternal and child health (MCH) services. While containing rapid population growth is generally the central concern of most family planning advocates, UNICEF sees the primary objective of child spacing as bringing about an improvement in the survival, well-being and quality of life of the child, the mother and the family. In 1994, the Cairo International Conference on Population and Development made it clear that family planning programmes must be part of a wider approach to improved child survival, safe motherhood health and reproductive. That wider approach - including increasing women's control over their own lives, working for gender equality, and improving levels of women's health and education demands the efforts of many United Nations organizations and specialized agencies, and involves a broad division of labour between them

## Methodology

### Research approach

The research adopted for this study is quantitative evaluation research approach.

### Research design

The research design used for this study pre-test, post-test research design.

### Population

The population of the present study comprises of Primary postnatal mothers

### Sample size

The researcher selected Of 60 Primary postnatal mothers.

### Sample technique

non-probability sampling technique was used the Primary mothers from the target population.

## Criteria for the selection of the sample

### Inclusion Criteria:

The study includes-

1. Primary postnatal mothers who are attending postnatal clinic during the period of study.
2. Primary postnatal mothers who are willing to participate in the study.
3. Primary postnatal mothers, who know to read and write Hindi or English,.

### Exclusion Criteria:

The study includes-

1. Primary postnatal mothers who are not willing to participate in the study.
2. Primary postnatal mothers who cannot understand English or Hindi.

## 3. DESCRIPTION OF THE TOOL

4. Structured questionnaire consisted of 2 sections.
5. **Section A:** Socio-demographic variables.
6. **SECTION B:** Knowledge questionnaire on Family planning promotion packages.
7. **SECTION A:-** Section A dealt with demographic data which was used to collect the characteristics of the samples with an instruction to participants to put a tick mark [✓] against the appropriate choice closely representing their answers. It contains 10 items such as Age of the mother, Religion, Type of family, Educational Qualification, Occupation, Type of food, Family income per month, Source of health information, previous information regarding family planning methods and previous usage of any contraceptive devices.
8. **SECTION B:-**A structured questionnaire with 26 items was constructed to assess the Knowledge of Primary postnatal mothers regarding Family planning promotion packages. It was conducted as per the blue print and different content areas.
9. The questionnaire consists of 26 multiple choice questions. Each item had 4 choices out of which one was correct answer and the remaining 3 were wrong answers. A score value of 1 was allotted to each correct response and for wrong response zero was awarded. Thus there were 26 maximum obtainable scores. The level of Knowledge was categorized based on percentage of scores obtained.
10. The score was converted into percentage by using following formula.

### Major finding of the study

Knowledge of the Primary postnatal mothers can be further improved by providing on-going teaching and educational programmes. finding the result of the study shows that the pre-test Knowledge score of Primary postnatal mothers regarding Family planning promotion packages was 37.7 % and the posttest Knowledge score was 81.5 %. On an average, in post-test, mothers are having 43.8% more knowledge than pretest. Considering the overall aspects, Mothers are gained 43.8 percent more knowledge after the administration of Planned Teaching Programme This 43.8 percent of knowledge gain is the net benefit of this study, which indicates the effectiveness of Planned Teaching Programme.

### DISCUSSION

The discusses of the main findings of the research study and reviews that are in relation to the findings from the results of the present study. For this study the data was obtained from Primi postnatal mothers in selected Hospitals of U.P, regarding Knowledge on Family planning promotion packages. In order to achieve the objectives of the study a pre-experimental (Single group pre-test post-test) design was adapted and 60 Primi postnatal mothers were selected by using convenient sampling to fulfilling the inclusion and exclusion criteria.

The subjects were evaluated using structured questionnaire for socio-demographic data, Knowledge questionnaire and Power point presentation on Family planning promotion packages.

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