

ORIGINAL ARTICLE

Effectiveness of Structured Teaching Programme on Knowledge and Attitude Regarding Postpartum Intrauterine Contraceptive Device among Married Women in Reproductive Age Group

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ABSTRACT

Background: Within the first 48 hours of the postpartum period, a postpartum woman can get postpartum intrauterine contraceptive devices (PPIUCDs), which are postpartum family planning options. The best time for women to use postpartum family planning techniques in the majority of poor nations is during birth, particularly for those who reside in rural and isolated areas.

Objectives are to assess the pre-test and post-test knowledge and attitude regarding postpartum intrauterine contraceptive device among married women in reproductive age group, to implement and evaluate the effectiveness of structured teaching programme on postpartum intra uterine contraceptive device among married women in reproductive age group, to correlate the relationship between knowledge and attitude of postpartum intra uterine contraceptive device among married women.

Methods: The Quantitative study was conducted utilising quasi-experimental one group pretest post-test design. 60 primi mothers were selected. Data was collected and analysed with descriptive and inferential statistics.

Results: The findings of the study indicated that, the post-test mean knowledge score was found higher than the pre-test mean. Calculated' test value was 28.4 was more than the tabulated value.

Conclusion: This study revealed that health education was effective in improving knowledge regarding postpartum intra uterine contraceptive device.

KEYWORDS

- Effectiveness
- Structured teaching programme
- Knowledge
- Attitude
- Postpartum intrauterine contraceptive device

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INTRODUCTION

Most postpartum women, including those who are nursing, can safely use the intrauterine contraceptive device (IUCD), a long-acting, reversible family planning tool that is quite effective. It has a very low rate of complications and is also reasonably priced and handy. The postpartum IUCD (PPIUD) can be placed as soon as 10 minutes after delivery or as late as 48 hours. India is expected to become the most populated country in the world by 2050, with a population that surpassed 1.21 billion in 2011. In the reproductive age range of 15 to 45 years, there are roughly 248 million women.

In the Bengaluru community of Kadusonnappanahalli, a quasi-experimental one-group pre-test and post-test study was carried out. 60 people made up the sample size, which was chosen using a practical sampling method. Before a structured education program was administered, 42 (70%) of the 60 married women had insufficient awareness about intrauterine devices, whereas 18 (30%) had moderate understanding. Following the delivery of the structured training program, 52 individuals (86.7%) had adequate knowledge, 8 individuals (13.3%) had intermediate knowledge, and none of them had deficient understanding about intrauterine devices in the post-test.¹

Descriptive research was carried out with 60 married women in a particular Hubballi rural area. Purposive, non-probability sampling was used to choose the samples. Interview schedules and attitude scales were used to gather data. Out of 60 individuals, the study's overall findings showed that 13 (22%) had good knowledge, 38 (63%) had moderate knowledge, and 9 (15%) had low understanding about the use of IUCD as a temporary family planning strategy and birth spacing. 14 (23%) of respondents had a favorable attitude, 42 (70%) had a neutral attitude, and 04 (7%) had a negative attitude about the use of IUCD as a temporary family planning tool and birth spacing.²

Using a self-made questionnaire-based interview, 331 women in their early postpartum period who had given birth to a healthy live baby were the subjects of a cross-sectional study. Most research participants (59.8%) became pregnant unexpectedly. 89% of participants in our behavior change communication sessions for postpartum family planning accepted the strategies, with

temporary child spacing accounting for 41% and a firm wish to have no more children for 34% of the individuals.³

The study employed a non-experimental research design and a descriptive methodology. 180 women were chosen as the subjects using a non-probability convenience sample method.

Women who were admitted to the Doon Medical College Female Hospital's antenatal and postnatal wards in Dehradun, Uttarakhand, participated in the study. The study found that just 1.11% (2) of the women had good understanding of PPIUCD, whereas 54.44% (98) had average knowledge, 21.11% (38) had bad knowledge, and 23.33% (42) did not know. According to the survey, women's sentiments toward PPIUCD were 43.33% positive and 56.67% negative.⁴

The community-based study was carried out in a few Mamandur villages, including Meiyur and Vadapathi. The chosen communities are home to about 1337 married women. A simple random sample procedure (lottery method) was used to pick 110 married women who fit the inclusion requirements. The results showed that, while all moms had adequate knowledge (100.0%) on emergency contraception in the post-test, the majority of married women (63, or 57.3%) had somewhat adequate knowledge and only one, or 0.9%, had adequate knowledge in the pretest. When comparing married women's awareness of emergency contraception before and after the test, a significantly significant difference was seen ($p = 0.000$).⁵

Statement of the problem

"A study to assess the effectiveness of structured teaching programme on knowledge and attitude regarding postpartum intra uterine contraceptive device among married women in reproductive age group at Gonda".

OBJECTIVES

- To assess the pre-test and post test knowledge and attitude regarding postpartum intrauterine contraceptive device among married women in reproductive age group.
- To implement and evaluate the effectiveness of structured teaching programme on postpartum intra uterine

contraceptive device among married women in reproductive age group.

- To correlate the relationship between knowledge and attitude of postpartum intra uterine contraceptive device among married women.
- To find out the significant association between knowledge and attitude of postpartum intra uterine contraceptive device among married women with selected demographic variables.

HYPOTHESIS

H₁: There is a significant difference between pre-test and post-test knowledge and attitude score regarding postpartum intrauterine contraceptive devices.

H₂: There is a significant correlation between knowledge and attitude on postpartum intrauterine contraceptive devices among married women in reproductive age group.

H₃: There is a significant association between knowledge and attitude with selected demographic variables of married women in reproductive age group.

Assumption

- Married women have in adequate knowledge on PPIUCD.
- Education will enhance the knowledge and attitude of married women regarding PPIUCD.

Delimitations

- Delimited to mothers in the reproductive age group of 20-45 year.
- The period of study limited to six weeks.
- The sample size limited to 60.
- Primi mothers soon after delivery.

Inclusion Criteria

- The study included the women who were In the reproductive age group 20-45 years
- Primi Mothers
- Mothers willing to participate in the study

Exclusion Criteria

The study excluded the women who were

- Multi Mothers
- Not willing to participate in the study

- Mothers who are working as a health personnel.
- Mothers who are in mentally ill during pregnancy.

METHODOLOGY

The design selected for the present study was quasi experimental design and approach in which Quantitative research approach was used in this study. The sample size was 60 Primi mothers residing in Haripur Gonda. Purposive sampling technique was used to select the subjects for the study. Questionnaire to assess the knowledge regarding postpartum intrauterine contraceptive devices among married women in reproductive age group. Part A consists of demographic characteristics such as age, education, occupation, religion, type of family, income, sources of knowledge. Part B Consists of Multiple-choice question to assess the knowledge on PPIUCD Part C consists of a scale to assess the attitude on PPIUCD.

Content validity of the questionnaire and lesson plan was established and sent to experts from various fields such as nursing (n-3), doctorate in medicine (n-1), biostatistician (n-1). Their opinion and suggestions was considered to modify the tools. Inter-rater method was used for testing the reliability of the knowledge questionnaire where r value was 0.99. Split half method was used for testing the attitude questionnaire where r value was 0.89. Reliability of the tool was established through the pilot study.

The pilot and main study was conducted only after approval of the research proposal by the College of Nursing and the Institutional Ethical Committee. Permission was obtained from the Village Administrative Officer prior to the commencement of the study. Informed consent was obtained from all the subjects who participated in the study. The data was collected for 6 weeks from February 1st to March 12th 2022 in Haripur Gonda. The investigator collected two to three samples per day to assess the knowledge and attitude, by using a structured knowledge questionnaire and four-point Likert Scale. Pretest was conducted among primi mothers in Haripur Gonda, by giving questionnaire to assess the knowledge on PPIUCD, before implementation of STP. Post-test Evaluation was done by conducting post-test after 7 days of implementation of STP.

RESULTS

Table 1: Pre-test & Post-test Knowledge on PPIUCD

N=60			
	Inadequate	Moderate	Adequate
Pre-test	47	10	3
Post-test	3	27	30

It was inferred that among 60 participants in pre-test majority 47(78%) had inadequate knowledge and 10(17%) had moderately adequate knowledge and 3(5%) had adequate knowledge. The post test was administered after STP on PPIUCD. In post test, Majority of them 30(50%) gained adequate knowledge and 27(45%) had moderately adequate knowledge and 3(5%) was there in the category of inadequate knowledge which showed that STP was effective. The post-test knowledge scores showed the significant difference.

Table 2: Distribution of Statistical Value of Pre Test-Post Test Knowledge on PPIUCD Among Primi Mothers

	Mean	SD	't' value
Pre-test	4.73	2.13	28.4
Post-test	11.15	2.12	

The table (2) shows the table of 't' 4.82 at $p=0.05$ for 59 degree of freedom and calculated value of 't' = 28.4 which is greater than the table value. This shows that there is a significant difference on knowledge regarding PPIUCD before and after delivering health education. Hence alternative hypothesis is accepted.

Table 3: Assessment of Pre-test & Post-test attitude N=60

	Most favourable	Favourable	Unfavourable
Pre-test	5	15	40
Post-test	35	20	5

It was inferred that among 60 participants in pre-test majority 40 (67%) had unfavourable attitude and 15(25%) had favourable attitude and 5(8%) had most favourable attitude. The post test was administered after STP on PPIUCD. In post test, Majority of them 35(58%) gained most favourable attitude and 20(33%) had favourable attitude and 5(8%) was there in the category of unfavourable attitude which showed that STP was effective. The post test knowledge scores showed the significant difference.

Table 4: Distribution of Statistical Value of Pre Test-Post Test attitude on PPIUCD Among Primi Mothers

	Mean	SD	't' value
Pre-test	14.77	44.15	18.5
Post-test	11.72	75.40	

Table (4) shows the table value of 't' = 2.89 at $P = 0.05$ for 59 degree of freedom and calculated value of 't' = 18.5 which is greater than the table value. This shows that there is a significant difference on attitude regarding PPIUCD before and after delivering health education. Hence, alternative hypothesis is accepted.

Table 5: Correlation coefficient between knowledge and attitude regarding PPIUCD

	Mean	SD	'r' value
Knowledge	7.94	1.94	0.4**
Attitude	57.3	10.2	

Correlation value is significant at the $P<0.01$ level

The table 5 shows that a positive correlation existed between knowledge and attitude regarding PPIUCD. Hence, as the level of knowledge increases and the level of attitude also increases.

DISCUSSION

This study finding show that Percentage Wise Distribution of Primi Mothers According to their age groups shows that highest (50%) mothers were in the age group of 20 - 25 years , most of them (75%) were in the hindu religion, highest (58%) were study up to intermediate, maximum (53%) were home makers. Type of family shows that highest 58% were in the joint family and 25% were in nuclear family and 17% of them are belongs to extended family, 33% were in monthly income Rs. 10001 - 15000 Source if information shows that 62% received information through internet and social media and 30% received information through family and friends and 18% received information through books and newspapers.

The first objective was to assess the pre-test and post test knowledge and attitude regarding postpartum intrauterine contraceptive device among married women in reproductive age group

It was inferred that among 60 participants in pre-test majority 47(78%) had inadequate knowledge and 10(17%) had moderately adequate knowledge and 3(5%) had adequate knowledge. The post test was administered after STP on PPIUCD. In post test, Majority of them 30(50%) gained adequate knowledge and 27(45%) had moderately adequate knowledge and 3(5%) was there in the category of inadequate knowledge which showed that STP was effective.

The second objective was to implement and evaluate the effectiveness of structured teaching programme on postpartum intra uterine contraceptive device among married women in reproductive age group.

It was observed that the table of 't' 4.82 at $p=0.05$ for 59 degree of freedom and calculated value of 't' = 28.4 which is greater than the table value. This shows that there is a significant difference on knowledge regarding PPIUCD before and after delivering health education. Hence alternative hypothesis is accepted. Also shows that the table value of 't' = 2.89 at $P =$

0.05 for 59 degree of freedom and calculated value of 't' = 18.5 which is greater than the table value. This shows that there is a significant difference on attitude regarding PPIUCD before and after delivering health education. Hence, alternative hypothesis is accepted.

The third objective was to correlate the relationship between knowledge and attitude of postpartum intra uterine contraceptive device among married women

This study shows that a positive correlation existed between knowledge and attitude regarding PPIUCD. Hence, as the level of knowledge increases and the level of attitude also increases. **The fourth objective was to find out the significant association between knowledge and attitude of postpartum intra uterine contraceptive device among married women with selected demographic variables.**

The findings reveal a significant association between level of knowledge and demographic variables such as education and sources of information where $p<0.05$. There was no significant association between the level of knowledge and demographic variables such as age, religion, type of family, occupational status, income where $P>0.05$. There was a significant association between attitude and demographic variables such as education

and sources of information where $p<0.05$. There was no significant association between the attitude and demographic variables such as age, religion, type of family, occupational status, income where $P>0.05$.

CONCLUSION

The purpose of the study was to evaluate the impact of a systematic educational program on married women in the reproductive age group's knowledge and attitudes about postpartum intrauterine contraceptives in Gonda. Following an organized teaching program, the primigravida moms' knowledge and attitude improved.

RECOMMENDATIONS

- A similar study can be conducted for a larger group there by the findings can be generalized.
- A comparative study can be conducted among rural and urban women.
- A prospective study can be conducted to see the effect of formal teaching programme of PPIUCD in various settings.
- A qualitative study can be carried to understand the knowledge and attitude of people with PPIUCD among women.
- A longitudinal study to be conducted for the effect of education regarding PPIUCD among women population.

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