Knowledge and Awareness of Family Planning Among Mothers in Urban Community

Pappy Yuvarani, S*

Affiliation:
Associate Professor, Sree Balaji College of Nursing, Bharath University Chrompet, Chennai, India

Address reprint requests to
* Pappy Yuvarani, S.
Associate Professor, Sree Balaji College of Nursing, Bharath University Chrompet, Chennai, India or at pappy.yuvarani@gmail.com

Article citation: Yuvarani, PS. Knowledge and awareness of family planning among mothers in urban community. Journal of Nursing 2016;02(01):01-02.

ABSTRACT:
Family planning, also known as contraception or birth control, is a way to control unwanted pregnancies. Many methods of family planning are available, so each couple should be able to find one that is right for them. All sexually active adults must consider family planning issues. According to the World Health Organization, family planning is not just about preventing pregnancy, but also about timing conception so that every baby is wanted and planned. The birth control method you choose must take into consideration personal preferences, habits and health concerns.

Many methods of family planning are available, so each couple should be able to find one that is right for them. All sexually active adults must consider family planning issues. Contemporary notions of family planning, however, tend to place a woman and her childbearing decisions at the center of the discussion, as notions of women’s empowerment and reproductive autonomy have gained traction in many parts of the world.

STATEMENT OF THE PROBLEM
A study to assess the knowledge and awareness of family planning among the middle age in a selected urban community.

OBJECTIVES OF THE STUDY
- To assess the knowledge of mothers regarding family planning.
- To assess the awareness of family planning among mothers.
- To find association between knowledge and selected demographic variables.
- To find association between awareness of family planning and selected demographic variables.

RESEARCH METHODOLOGY
Methodology is a significant part of any research study, which enables to project a blue of research undertaken. In this study non experimental research design and descriptive survey total 60 samples was selected by convenient sampling technique.

The tool of study was structured interview schedule and the knowledge of family planning was assessed and scoring is listed below (Table 1).
Table 1: Level of knowledge scoring method.

<table>
<thead>
<tr>
<th>Level of knowledge</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate</td>
<td>&gt;75%</td>
</tr>
<tr>
<td>Moderate</td>
<td>51-75%</td>
</tr>
<tr>
<td>Inadequate</td>
<td>&lt;50%</td>
</tr>
</tbody>
</table>

MAJOR FINDINGS OF THE STUDY

The study findings revealed that majority of the mothers belong to 18-26 yrs [33.4%], 73.3% mothers were housewives and 20% were involved in jobs.

Majority of the mothers 40% were graduates and 33.3% mothers were higher secondary by education and majority of mothers were Hindu [73.3%], and had a family income above Rs.5000/month [50%] and had two children [60%].

Majority of the mothers had moderate knowledge [63.4%] about family planning and [33.3%] had inadequate knowledge.

RECOMMENDATIONS

- Similar study can be done for large number of samples.
- Same study can be conducted in rural community.
- A comparative study can be done in rural and urban community.
- Frequent awareness programme is essential in community area.

CONCLUSION

Increasing population growth and explosion has been the most critical problem for decades now and unfortunately it seems to be getting more complicated. Realizing the negative efforts of rapid population growth on development India as first country of the world launched family planning programmers on a large scale. The birth control method you choose must take into consideration personal preferences, habits and health concerns. Despite the long history of family planning in India, the rapid population growth still remains the knotty and viscous problem today. All sexually active adults must consider family planning issues. According to the World Health Organization, family planning is not just about preventing pregnancy, but also about timing conception so that every baby is wanted and planned.

REFERENCES