

ORIGINAL ARTICLE

Raising Women's Knowledge and Awareness about Long-acting Reversible Contraceptives

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ABSTRACT

The total fertility rate (TFR) in Gujarat is 1.9 children per woman. High fertility is mainly attributed to the high unmet need for family planning refers to the gap between women's reproductive intentions and their actual use of family planning methods. It occurs when women who want to delay or avoid pregnancy are not using any form of contraception. It also includes information on men's attitude towards women using a contraceptive method.

This study aimed to assess Effectiveness of Planned Teaching Programme regarding raising women's knowledge and awareness about Long-acting reversible contraceptives. The Pre experimental one group pre-test and post-test research design was conducted among rural women to evaluate the effectiveness of raising women's knowledge and awareness about Long-acting reversible contraceptives. The researcher selected 60 samples based on non probability sampling technique.

The results shown that the level of knowledge was improved after implementation of planned teaching, which indicates the planned teaching was effective. The researcher concluded that, the teaching aids will be helpful in improving the level of knowledge among rural women. The researcher recommended that, the community based education programme and personal behavior change education is required to save the women life and reduce the maternal morbidity and mortality in India. By prioritizing women's education and empowerment, we can promote reproductive autonomy, improve health outcomes, and support women's overall well-being.

KEYWORDS

• Knowledge • Reversible contraceptives • Rural women

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INTRODUCTION

The Long-acting reversible contraceptives (LARC) are methods of birth control that provide effective contraception for an extended period without requiring user action. They include hormonal and non-hormonal intrauterine devices (IUDs) and sub dermal hormonal contraceptive implants. They are the most effective reversible methods of contraception because their efficacy is not reliant on patient compliance. The failure rates of IUDs and implants is less than 1% per year.

The World Health Organization (WHO) estimates that only one unintended pregnancy occurs among every 2000-implant users in the first year of use; the effectiveness of IUDs are nearly the same. In contrast, failure rates in the first year of typical use for popular short-term methods are considerably higher: 90 unintended pregnancies per 1000 users of pills, and 60 unintended pregnancies per 1000 users of the depomedroxyprogesterone acetate (DMPA) injectable, which contains progestogen hormone. Thus, implants and IUDs are 120 times more effective than the injectable and 180 times more effective than the pill. Other studies indicate that nearly a fifth of unintended conceptions are among women who use a modern, short-term contraceptive, mostly due to poor adherence.

The government focuses on achieving and maintaining replacement levels of fertility across regions by raising awareness about healthy timing and spacing of pregnancies, ensuring the availability of family planning services, and approving the budgets proposed by states in the Programme Implementation Plan (PIP) based on their specific needs to manage. The government has been strengthening the implementation of Mission Parivar Vikas. Efforts include ensuring the availability of family planning services and raising awareness through various Information, Education, and Communication (IEC) initiatives, such as the Mission Parivar Vikas campaigns, awareness through Saarthi Vahan, promoting healthy timing and spacing by distributing Nayi Pehel Kits to newlyweds, and community awareness through Saas Bahu Sammelans.

In Rajkot Contraceptive Prevalence Rate 76 Percentage of currently married women. In India, Rajkot district is ranked as the 67th most populous district.

OBJECTIVES

1. To assess the level of knowledge regarding raising women's knowledge and awareness about Long-acting reversible contraceptives among rural women in selected rural areas at Rajkot.
2. To evaluate the effectiveness of structured teaching programme by comparing the main pre-test, post-test knowledge score among the rural women.
3. To find out the association between the mean Post-test knowledge score among the rural women with their selected demographic variables.

Research Design: Pre experimental Research design, one group pretest and post research design was adopted for this study.

Research Study Setting: The study was conducted in selected rural women at, Rajkot Gujarat.

Population: Rural women

Sample: The sample of the study comprised the rural women at selected rural Areas at Rajkot.

Sample Size: The sample size of the study comprised of 60 rural women.

Sampling Technique: Non-probability sampling technique was used to select the sample for the study.

RESULTS

The distribution of demographic variables of women, majority 20 (33.3%) of the subjects are below the age of 31 to 40 years, Regarding religion 51 (85%) were Hindus, Regarding Marital status 49 (81.7%) of them were married, in the account of education is 34 (56.7%) had a no formal education, in income 27 (45%) earning rupees 21,000 to 30,000 monthly. Regarding occupation of the subjects majority 48 (80%) of them were house wife's, in the account of types of family 38 (63.3%) are living in nuclear family, in no of children 34 (56.7%) of them were had two children, 24 (40%) are got information from Health care workers regarding Long-acting reversible contraceptives.

Before educational intervention, a majority of the women, specifically 32 (53.3%), had insufficient knowledge about the Long-acting reversible contraceptives. Following the

intervention, 47 (78.3%) of the participants showed sufficient understanding of the topic (Figure 1).

The average score and its deviation from the mean indicated the level of knowledge regarding the Long-acting reversible contraceptives among rural women. Before the educational program, the mean pre-test score was 10.53 with a standard deviation of 3.26, while after the program, the mean post-test score rose to 22.03 with a standard deviation of 2.38. The paired 't' value of 20.849 was

statistically significant at the p level (0.000), demonstrating that the structured teaching program effectively increased women's knowledge about the Long-acting reversible contraceptives (Table 1). The demographic variables age ($\chi^2 = 18.082$, $p = 0.005$) source of information ($\chi^2 = 13.090$, $p = 0.005$) had shown statistically significant association with level of knowledge regarding Long-acting reversible contraceptives among women at rural areas in Rajkot, at $p < 0.005$ level.

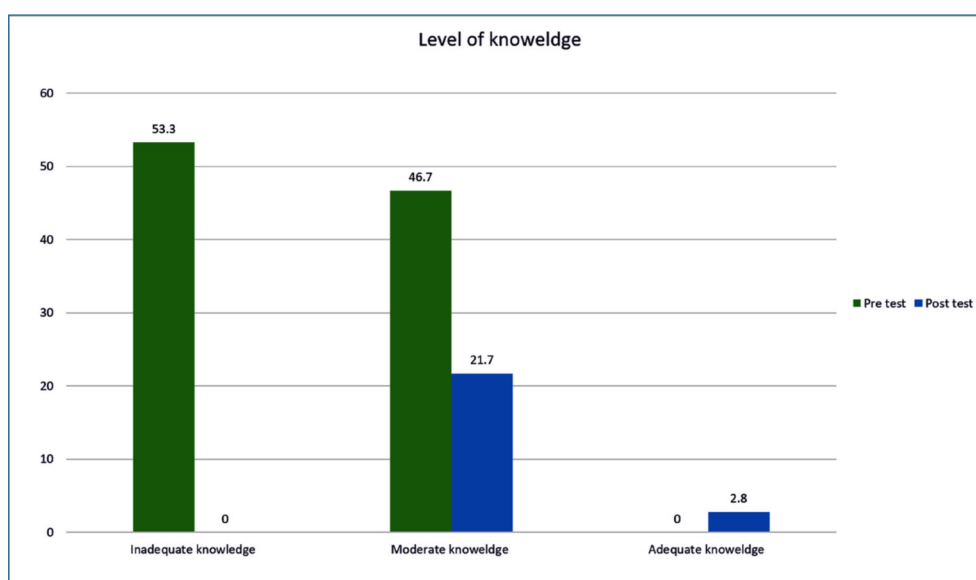


Figure 1. Pre and Post test level of knowledge

Table 1: Paired 't' test comparison of pre and post test scores regarding Long-acting reversible contraceptives among rural women

Variable	Pre test	Post test	Mean difference	SD difference	't' value	p - value
	Mean±SD	Mean±SD				
Knowledge	10.53±3.26	22.03±2.38	-11.05	0.88	20.849	0.000 S*

DISCUSSION

The study aimed to assess the effectiveness of a Planned Teaching Programme on raising women's knowledge about reversible long-acting contraceptives (LARC). The findings indicate a significant improvement in knowledge among rural women's in the post-intervention.

Key Findings

- Limited baseline knowledge:** Prior to the intervention, the level of knowledge of women understanding of LARC methods, highlighting a need for targeted education.

2. Improved knowledge post-intervention:

The intervention (Planned Teaching Programme) led to a substantial increase in knowledge about LARC methods, including their benefits, effectiveness, and potential side effects.

- Increased awareness of options:** Women became more aware of the various LARC options available, including intrauterine devices (IUDs) and implants.

Implications

- Empowering women:** By increasing knowledge about LARC, women can

make informed decisions about their reproductive health, empowering them to take control of their fertility.

2. **Reducing unintended pregnancies:** Improved knowledge about LARC can lead to increased use, potentially reducing unintended pregnancies and associated health risks.
3. **Healthcare provider role:** Healthcare providers play a crucial role in educating women about LARC, and this study highlights the importance of targeted interventions.

By raising women's knowledge about reversible long-acting contraceptives, we can empower them to make informed decisions about their reproductive health, ultimately contributing to improved health outcomes.

CONCLUSION

This study has shown the significance of the impact of planned teaching programme on improve the women's knowledge about reversible long-acting contraceptives (LARC). By empowering women with accurate information about LARC methods, we can enhance their ability to make informed decisions about their reproductive health. The pre-experimental design was used to one-group pre-test and post-test design to conduct the study at Rajkot district. The sample size was 60 women by using non-probability convenient sampling method. By prioritizing women's education and empowerment, we can promote reproductive autonomy, improve health outcomes, and support women's overall well-being.

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