

A Study to Assess the Effectiveness on Video Assisted Health Education Teaching Programme regarding Post - Partum Intrauterine Devices among Antenatal Mothers in Selected Rural Areas at Haridwar

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Abstract: *The rapid increase of human population is putting an incredible strain on our environment. The effects of human population growth are the problem of global warming, deforestation at an alarming rate, shortage of food and water, depletion of resources and biodiversity, production of waste and destruction of natural habitat, pollution are the serious problems that must be addressed in order to ensure that life on earth will be sustainable throughout the next century. Hence there is a need to check population growth all over the world. Family planning is critical aspect in the World. An evaluative research approach was used with one group pre test and post test design to evaluate the effectiveness of Video assisted health teaching program. Purposive sampling technique was chosen for the data collection was structured knowledge questionnaire which comprised of eight items in demographic data, 30 items on knowledge regarding all the aspects of PPIUCD. The reliability of the tool was established by Split half method technique with reliability of the knowledge ($r= 0.72$). the pretest was administered to 30 antenatal mothers followed by Video assisted health teaching program. After 14 days, post - test was conducted to some samples using the same tool. The result shows that the knowledge of Antenatal mothers regarding PPIUCD. In the pretest 76.67% Antenatal mothers had inadequate knowledge; 23.33% had moderate knowledge and none of the Antenatal mothers had adequate knowledge. In post - test 23 (26.67%) Antenatal mothers had adequate knowledge; 07 (23.33%) Antenatal mothers had moderate knowledge and none of the Antenatal mothers had inadequate knowledge. The mean pretest and post - test knowledge score regarding immediate PPIUCD. The paired t - test value for PPIUCD knowledge value is 39.666. It was found to be significant at $P<0.05$ level, Hence research hypothesis (H_1) is accepted and null hypothesis was rejected.*

Keywords: Knowledge, Effectiveness, Antenatal mothers, Video assisted health teaching program, PPIUCD.

1. Introduction

The rapid increase of human population is putting an incredible strain on our environment. The effects of human population growth are the problem of global warming, deforestation at an alarming rate, shortage of food and water, depletion of resources and biodiversity, production of waste and destruction of natural habitat, pollution are the serious problems that must be addressed in order to ensure that life on earth will be sustainable throughout the next century. Hence there is a need to check population growth all over the world. Family planning is critical aspect in the World.¹

India's population of over 1.2 billion is slated to overtake China as the world's most populous country, in less than one and half decade. Family planning could bring more benefits to more people at less cost than any other single technology now available to the human race (UNICEF). Family planning can avert nearly one - third of maternal death and 10% of childhood mortality if couples space their pregnancies more than 2 years apart. In India, the 2005 - 2006 National Family health survey [NFHS] reported that 6% of births were spaced less than 3years and that 22% of married women had an unmet need for family planning. A subsequent stratified analysis suggested that 65% of women in the first year of postpartum had an unmet need for family

planning. Maternal health is one of the health indicators of the country.²

The reporting of IUCD insertions in HMIS data have increased significantly in the past few years crossing a 6 million mark during FY 2017 - 18. Also, the proportion of postpartum IUCD insertions have increased substantially during the same time period. However, prevalence of IUCD/ PPIUCD from the most recent NFHS does not reverberate well with high volume of insertions reported by HMIS and do not show any improvement in the prevalence of IUCD over a decade. The prevalence of IUCD is extremely low (1.5%) despite such a high volume of insertions during the last 6 - 7 years. At the same time, with much smaller number of sterilization operations, the prevalence of sterilization is much higher than IUCDs in the country.⁹

A prospective observational study conducted at Safdarjung tertiary care hospital, northern India, for a period of 12 months, to determine the safety, efficacy, 11 expulsion and continuation rates (clinical outcome) of Post - placental Cu - T380A (PPIUCD) insertion. 300 primiparaous women underwent caesarean section, willing for postplacental intra - caesarean IUCD insertion, fulfilled the WHO standard criteria for PPIUCD insertion and willing to comply with the study protocol were recruited for study. Results revealed that, at end of 1 year, there were gross cumulative expulsion,

removal, and failure and continuation rates of 5.33%, 7%, 0.67% and 91% respectively which show post - placental intra - caesarean Cu - T 380A (PPIUCD) insertion is a safe and effective method of reversible contraception with low expulsion and high continuation rate.¹⁴

A descriptive study was conducted among the women admitted in antenatal and postnatal wards at Doon Medical College Female Hospital, Dehradun, Uttarakhand. The study showed that 54.44% (98) of the women have average knowledge about PPIUCD, 21.11% (38) have poor knowledge, 23.33% (42) did not know, and only 1.11% (2) was having good knowledge about it. The study revealed that favorable and unfavorable attitudes toward PPIUCD of women were 43.33% and 56.67%, respectively. The present study communicated that there was no correlation (-0.113) between knowledge and attitude toward PPIUCD among women. The finding suggested that women had average knowledge and unfavorable attitude toward the PPIUCDs. Findings stress the need for teaching programs, which in turn may enhance the knowledge and attitude of women regarding the PPIUCD.¹⁷

It will also helpful in improving the health status of women. It may reduce maternal morbidity and mortality. From the above information and reviews, the researcher felt that, to control population explosion, to bring MMR, TFR, IMR, to desired levels, there is urgent and strong need to increase the knowledge and awareness about PPIUCD among antenatal mothers. Short inter - birth interval reported greater risk of maternal and child mortality rates. So, there is immense need for the immediate contraception for birth spacing. PPIUCD is the best choice that can be administered during single visit for institutional delivery.¹⁹

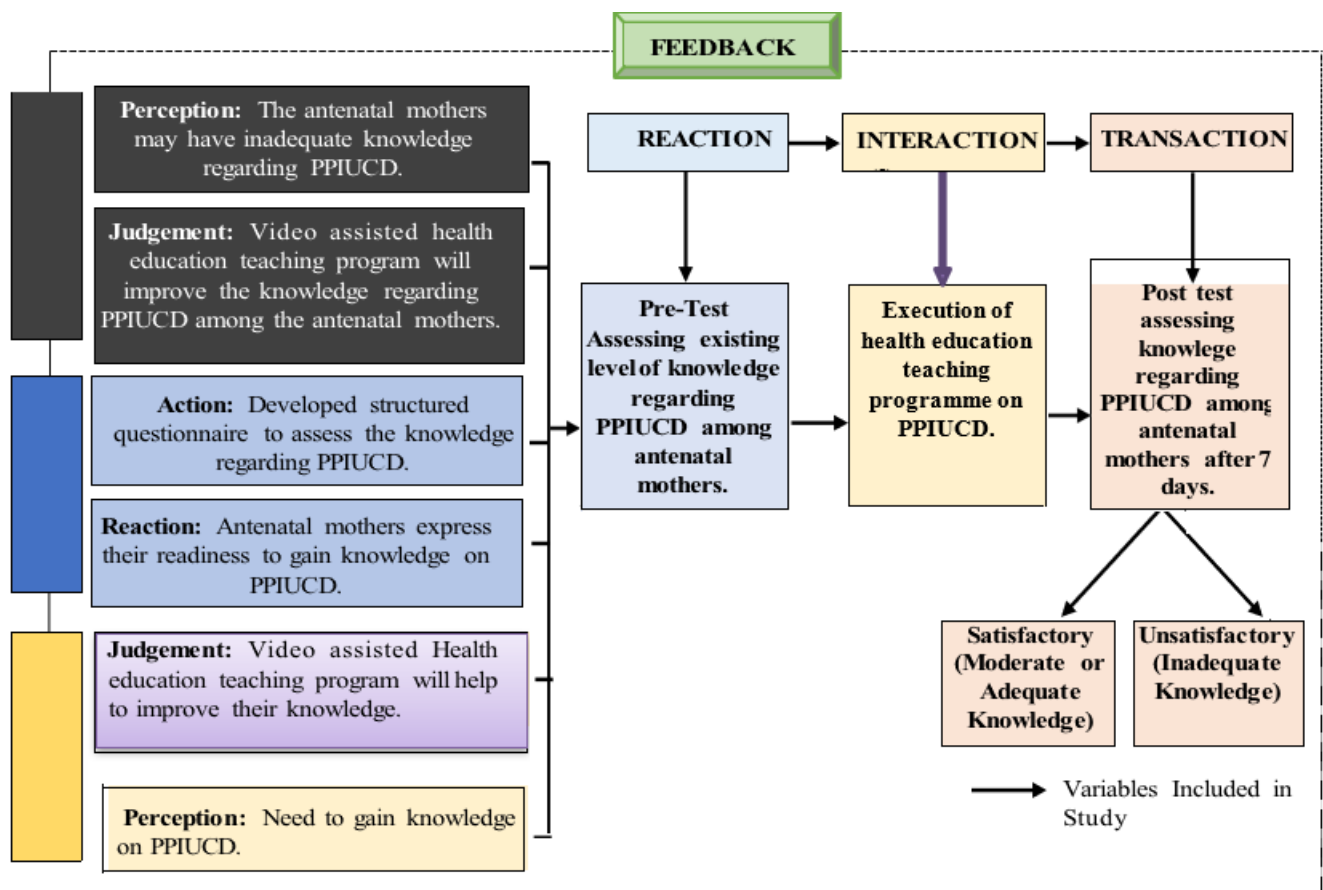
2. Literature

Review I: Reviews related to knowledge and awareness regarding PPIUCD.

Review II: Reviews related to Advantages of PPIUCD.

Review III: Reviews related to effectiveness of video assisted teaching program on PPIUCD.

3. Conceptual Framework



4. Methodology

Research approach is an important element of the research design which governs the research study. A research approach tells the researcher what data to collect and how to analyse it. It also suggests possible conclusions to be drawn from the data. Evaluative research is an applied form of research that involves finding out how well a programme, practice or policy is working. Its goal is to assess or evaluate the success of the programme. In view of the nature of the

problem, to accomplish the objectives and to test hypotheses, an evaluative research approach was used for this study. The main goal is to evaluate the effectiveness of video assisted health education teaching program.

Research design is the framework or guide used for the planning, implementation and analysis of a study. Research design basically provides an outline of how the research will be carried out and the methods that will be used.

In the present study, pre - experimental (One group pre - test and post - test research design) was selected to assess the effectiveness of video assisted health education program on knowledge regarding post - partum intrauterine devices among antenatal mothers in selected rural areas at Haridwar”.

Reliability of the research instrument is defined as the extent to which the instrument yields the same results on repeated measures. It is then concerned with consistency, accuracy, precision, stability, equivalence and homogeneity.

Reliability of the tool was established by using test retest technique which measures the coefficient of internal consistency. The reliability of the test retest was marked by using Karl Pearson’ formula. The reliability of the split half test was marked by using Spearman Brown’s prophecy formula.

Spearman Brown’s prophecy formula: it is used to find out the reliability of the tool.

The reliability co - efficient of the scale was found to be 0.98 revealing the tool is feasible for administration for the main study. Since the level of knowledge co - efficient for

the scale $r > 0.70$, the tool was found to be reliable and feasible for conducting the study.

5. Result and Findings

In descriptive statistics mean, mean percentage, median and standard deviation were used for analyzing the distribution of respondents according to their demographic characteristics i. e. age of mother, religion, qualification status, occupation of mother, type of family, family income, parity, sources of information,

In inferential statistics, Karl Pearson’s coefficient of correlation, chi - square and paired t - test were used.

Chi - square test was employed to associate demographic characteristics between respondents score. Paired t - test was employed to compare the pre and post - test mean level score of knowledge of respondents.

The results of the study were shown in the form of tables and figures. The level of significance selected for the study was $p < 0.05$ level.

Section 1: Enhancement of knowledge scores on PPIUCD

Knowledge aspect	Pretest			Posttest			Percentage Of Enhancement
	Mean	MEAN %	SD	Mean	Mean %	SD	
Questionnaire on immediate PPIUCD	7.23	24.1	3.664	23.20	77.33	3.508	53.23

Section 2: Mean, Standard Deviation, and Paired t value of pretest and posttest knowledge scores, N=30

S. No	Components	Pretest		Posttest		Paired 't' value	P - value
		Mean	SD	Mean	SD		
1	Questionnaire on PPIUCD	7.23	3.664	23.20	3.508	39.666	$P < 0.05$

* Significant at 5% level of 29 df (i. e, $P < 0.05$)

6. Discussion

The knowledge of Antenatal mothers regarding PPIUCD. In the pretest 76.67% Antenatal mothers had inadequate knowledge; 23.33% had moderate knowledge and none of the Antenatal mothers had adequate knowledge. In post - test 23 (26.67%) Antenatal mothers had adequate knowledge; 07 (23.33%) Antenatal mothers had moderate knowledge and none of the Antenatal mothers had inadequate knowledge. Table - 11 represents the mean pretest and post - test knowledge score regarding immediate PPIUCD. The paired t - test value for PPIUCD knowledge value is 39.666. It was found to be significant at $P < 0.05$ level, Hence research hypothesis (H_1) is accepted and null hypothesis was rejected. It evidence that the Video assisted health education teaching program is significantly effective on improving the knowledge of Antenatal mothers regarding PPIUCD.

7. Similar Study Finding

Moinuddin Mansoori, et. al (2021) A Pre - experimental study was conducted to evaluate the effectiveness of Video assisted teaching programme on knowledge regarding PPIUCD among antenatal mothers in selected rural areas at Udaipur, Rajasthan. The post - test was conducted after one week. The data obtained were analyzed by using descriptive

and inferential statistics. The mean post - test knowledge score 23.04 was higher than mean Pre - test knowledge score i. e. 11.30 ($p = 0.05$, significant). This indicated that there was a significant difference between pre - test and post - test knowledge score of antenatal mothers regarding PPIUCD.

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