A Study to Assess the Knowledge and Attitude Regarding importance Birth Spacing Methods among Primi Postnatal Mothers in Postnatal Ward at Rajiv Gandhi Government Women and Children Hospital Puducherry, India

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Abstract

A descriptive study was done to assess the knowledge and attitude regarding birth spacing method among primi postnatal mothers in Rajiv Gandhi women and children hospital, pudhucherry. The main objectives of the study are to assess the knowledge level and attitude regarding birth spacing among primi postnatal mothers. The research approach for this study was quantitative approach with non-experimental descriptive research design. 30 primi postnatal mother were recruited for the study. Convenient sampling techniques was used, structured questionnaire, consist of 30 questions regarding birth spacing was used the data was analysed by descriptive statistics. the findings shows that most of the mothers (43%) had inadequate knowledge, (40%) had adequate knowledge, and (17%) had moderate knowledge, (77%) had moderate attitude regarding birth spacing methods, (16.3%) had adequate attitude, (6.7%) had inadequate attitude. (p< 0.05) that there is direct association between educational status of the mothers and level of knowledge and attitude. The knowledge level among birth spacing that most of all primi mothers had in adequate level of knowledge and should promote awareness regarding birth spacing among primi post natal mothers.

Keywords: Primi mother, Postnatal, Birth spacing.

Introduction

"Delay the first, postpone the second and prevent the third[1]." Pregnancies that occur in the first year postpartum are more likely to have adverse outcomes for the mother and baby; therefore the extended postpartum period is a critical period for addressing unmet need for family planning. Birth spacing should be discussed during the third trimester of pregnancy, after birth, and in the immediate postpartum period with all women who have recently given birth, their husbands and families[2].

Previous Studies have shown that when all births are postponed by one year, in each age group, there was a decline in total fertility. It follows that spacing of children may have a significant impact on the general reduction in the fertility rate[1].

Contraception and fertility control are not synonymous. Fertility control includes both fertility inhibition (contraception) and fertility stimulation. While the fertility stimulation is related to the problem of the infertile couples, the term contraception includes all measures temporary or permanent, designed to prevent pregnancy due to the coital act. Ideal contraceptive methods should be highly (100%) effective, acceptive, safe, reversible, cheap, having non-contraceptive benefits, simple to use and requiring minimal motivation, maintenance and supervision[3].

Need for the Study: Over population is one of the biggest problem facing the country, with its inevitable consequences on all aspects of development, especially employment, education, housing, health care and sanitation[4]. As per the census of India in 2011 birth rate is 20.97 births/1000 population and death date is 7.48/1000 population, the fertility rate in India is 2.58 children born /women. Every year, about 78,000 mothers die in childbirth and from complications of pregnancy in India.

India's 2012 maternal mortality rate is 178. Infant mortality rate in India 2012 is 46.07 deaths/1,000 live births. Birth spacing is one of the best ways to reduce this increased mortality and morbidity rate[5].

Spacing is an essential factor in reproduction life to promote health and wellbeing of mother and child. Without proper education, awareness and constructive involvement of women, family planning program in country could never be a success. In this study an effort has been made to assess the knowledge and attitude regarding importance of birth spacing methods among primi mothers in postnatal ward at Rajiv Gandhi government women and children hospital, puducherry.

Methodology

The methodology of research indicates the general pattern of organizing the procedure for gathering valid and reliable data

for the purpose of investigation. This chapter deals with methodology adopted for the study. it includes research approach, research design, variables, setting, population, sample and sample size, sampling techniques, criteria for sample selection, development and description of tool, scoring procedure, pilot study, data collection procedure and plan of statistical analysis of the data.

Research approach: Descriptive approach.
Research Design: Descriptive design.

Setting of the Study: In order to carry out the study, the investigator selected postnatal ward at Rajiv Gandhi Government Women and Children Hospital –Puducherry which is under the control of Puducherry Government. It is a 700 bedded hospital, situated at Ellaipillaichavady and is around 3 kilometer distance from investigators institution. The hospital was opened in 2011 and sees over approximately 20 deliveries per day and has an exclusive Infertility clinic, Genetic clinic and counseling services. Prevention of parent to child transmission of HIV infection programme is also one of the operational activities held in the hospital.

Population: The population for the present study primi postnatal mother.
Sample size: 30 Primi postnatal mothers
Sampling technique: Non probability Purposive sampling technique.

Criteria for Selection of Sample: Inclusion criteria: i. Primi post natal mother who are admitted in the postnatal ward, ii. Postnatal primi mothers who are willing to participate in the study.

Exclusion criteria: Postnatal primi mothers who are sick at the time of data collection.

Development of Description of Tools: Instruments used: A structured instruments was developed to assess the knowledge and attitude regarding birth spacing methods.

Description of Collection of Data: Tool of research: Structured questionnaire: Structured questionnaire constructed in three parts.

Section A- Demographic variables.

Section B- Structured questionnaire to assess the Knowledge of primi postnatal mother regarding birth Spacing methods.

Section C- An attitude based statements to assess the Attitude of postnatal primi mother regarding birth spacing methods.

Data analysis: The collection of data was analyzed using descriptive and inferential statistics .demographic a variable was presented using frequency and percentage. Data was presented in tables and diagrams demographic data comparing the knowledge was analyzed using chi-square test.

Results and Discussion

This study shown that 16(53%) were in the age group of 21-25yrs, 11(37%) were in the age group of 26-30, 3(10%) were in the age group of 15-20 years, 22(73.3%) were in the Hindu religion, 5 (16.7%) were in the Christian religion, 3(10%) were in Muslim religion, the educational status of the mothers. It reveals that percentage distribution status which consists of 28% were studied primary school, 36% of mothers were studied higher secondary school and 36% of mothers were graduate, the income status income status of demographic variables. 43.3% of demographic variables which comes under the group of Above 4001/month., 30% which comes under the category of 3001-4000/month and 26.7% which comes under the category of up to 3000 /month, occupation of demographic variables 70% of mothers were house wife, 30% of mothers were employed, domicile of demographic variables 47% of mothers were urban domicile 43% of mothers were in rural, 10% of mothers were in semi urban.

The p value < 0.05 interprets there was significant association between education status of the mother and level of knowledge and attitude.

Table-1
Distribution of Sample Variables Based on Mothers Age

Age	Frequency	Percentage (%)
15-20	3	10%
21-25	16	53%
26-30	11	37%

N=30

Table-1 shows that 16(53%) were in the age group of 21-25yrs, 11(37%) were in the age group of 26-30, 3(10%) were in the age group of 15-20 years.

Table-2
Distributions of Demogaphic Variables Regarding Religion

Religion	Frequency	Percentage (%)
Hindu	22	73.3%
Muslim	3	10%
Christian	5	16.7%

Table-2 Shows that 22(73.3%) were in the Hindu religion, 5 (16.7%) were in the Christian religion, 3(10%) were in Muslim religion.

Table-3
Distribution of the level of knowledge regarding importance of birth spacing methods among primi mothers

S. No	Level of Knowledge	Number	Percentage
1.	Inadequate knowledge (< 50%)	13	43%
2.	Moderate knowledge (51-74%)	5	17%
3.	Adequate knowledge (>75%)	12	40%

Table-4
Distribution of the Level of Attitude Regarding Importance of Birth Spacing Methods among Primi Mothers

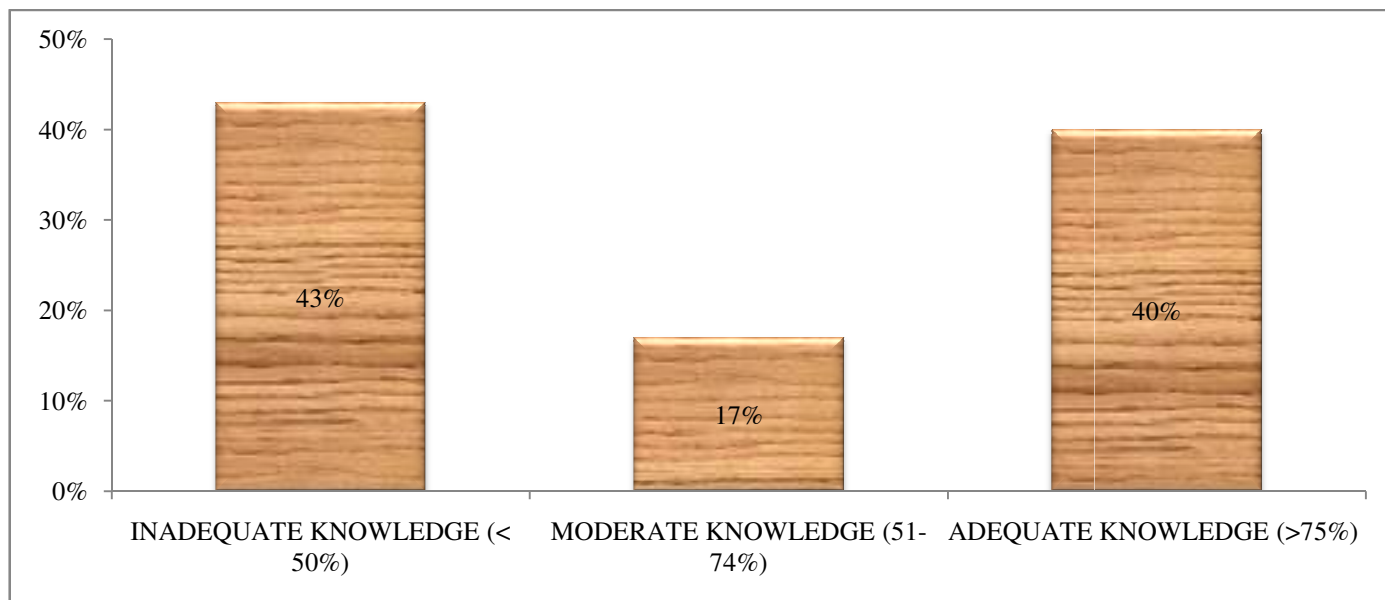| S. No	Level of Attitude	Number	Percentage
1.	Inadequate attitude (< 15%)	2	6.7%
2.	Moderate attitude (16-30%)	23	77%
3.	Adequate attitude (>31%)	5	16.3%

Table-3 and Figure-3, shows that thirteen of them (43%) had inadequate knowledge, twelve of them (40%) had adequate knowledge, and five of them (17%) had moderate knowledge regarding importance of birth spacing methods.

Table-4 and Figure-4 shows that twenty three of them (77%) had moderate attitude regarding importance of birth spacing methods, five of them (16.3%) had adequate attitude, two of them (6.7%) had inadequate attitude.

Figure-3
Distribution of the level of knowledge regarding importance of birth spacing methods among primi mothers

Table-5
Association between educational Status of the Mothers and Level of Knowledge and attitude among mothers with Demographic variable Education

Education	Knowledge Level			Attitude Level			Chi Square
	Adequate knowledge	Moderate knowledge level	Inadequate knowledge level	Adequate attitude	Moderate attitude	Inadequate attitude	$\chi2= 9.9206$ p=0.0070 s*
Primary	2	3	3	1	1	1	
Higher secondary	4	1	5	1	9	1	
Graduate	6	1	5	3	13	-	

S*- Significant

From the above table 10 shows the associate between educational status of the mothers and level of knowledge and attitude among mothers as the chi square value obtained for it is ($p< 0.05$) that there is direct association between educational status of the mothers and level of knowledge and attitude.

Discussion: There were about thirty primi postnatal mothers are selected for this study. Major findings of the study is discussed as follows: i. Majority of the mothers are in the age group of 21-25yrs (53%), ii. According to the education status 28%were studied primary school, 36% of mothers were studied higher secondary school and 36% of mothers were graduate. iii. According to the income status 26.7%which comes under the category of up to 3000 /month, 30% which comes under the category of 3001-4000/month and 43.3% of demographic variables which comes under the group of above 4001/month. This interprets that majority of the mothers which comes under the group of above 4001/month. iv. Majority of the mothers were belongs to urban domicile, v. Majority of the mother had inadequate knowledge (43%), vi. Twenty three of them (77%) had moderate attitude regarding importance of birth spacing methods.

Conclusion

Every primi post natal mother should know the importance of birth spacing is an essential factor in reproduction life to promote health and wellbeing of mother and child. Our results showed knowledge of birth spacing methods among primi mothers shows thirteen of them (43%) had inadequate knowledge and two of them (6.7%) had inadequate attitude. The p value< 0.05 there was significant association between educational status of the mothers and level of knowledge and attitude.

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