

A Study to Evaluate The Effectiveness of Video assisted Teaching on Knowledge Regarding Birth Spacing Measures Among Couple with one Child At Kalarampatty Village

Mrs. J. Sathyapriya

Associate Professor

Dhanalakshmi Srinivasan College of Nursing

Abstract-

Background: The family size plays very important role in health and welfare not only they individual, family and community but also the nation as a whole because it effects the population growth rate. India has adapted the goal of two child norm this was advocated in 1980 and was targeted to be achieved by the year 2000 A.D which is now to be achieved by the year 2010. **Objective:** determine the effectiveness of video assisted teaching on knowledge regarding birth spacing measures among couple with one child. To find out the association between the post test score on knowledge regarding birth spacing measures couple with child. **Research design:** Study was a Pre- experimental Quantitative research design. **Participants:** 30 couple with one child. **Criteria:** Couple with one child between the age group 20-35 years in Kalarampatty village. **Methods:** Non-probability purposive sampling technique was used. The investigator was used Simple Random sampling technique by Random number. **Sample:** 30 Samples. **Setting:** Kalarampatty village, perambalur District. **Findings:** Most of the couple with one child having inadequate knowledge in pre- test 18(60%), 01(3%) of had adequate knowledge, 11(37%) of had moderate knowledge. In post- test, 18(60%) of had moderate knowledge, 11(37%) of had adequate knowledge, 01(03%) had adequate knowledge. **Conclusion:** Birth spacing measures was effective on temporary family planning among couple with one child.

Keywords- Effectiveness of video assisted teaching, birth spacing method, among eligible couple.

I. INTRODUCTION

Health is “a state of complete physical, mental, social, and spiritual wellbeing and not merely the absence of disease or infirmity

-World Health organization (1948)

Family planning is defined by as “A way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude & couples, in order to promise the health & welfare of family groups thus contribute effectively to the social development of the country”.

-World Health organization (1998)

Within the framework of WHO’s definition of health as a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity. Reproductive health addressed the reproductive processes function and system at all stages life.

Reproductive health is a part of sexual and reproductive health and rights. According to UNFPA, unmet needs for sexual and reproductive health deprive women of the right to make “crucial choices about their own bodies and futures”, affecting family welfare.

Reproductive age in women, those years of life between menarche and menopause, roughly from ages 12 to 49. The term is imprecise, since some women pregnant and bear children at younger or older ages. In men, those years between the onset of puberty and loss of fertility.

Women reproductive health typically stops being treated when women hit menopause. However women’s health continues to change throughout the lifespan as it is men’s reproductive health

The family welfare programme is an important national programme for maintaining the growth of population and for improving the health of mothers and children one of the measure to reduce fertility is temporary or spacing methods of family planning. Further as an investment in public health the family planning programme me is an important contribution to the development of human capital of nation.

National family planning programme was taken up as a government sponsored programme in India 1951 India was the first country in the world to have officially taken up such programme though many other countries which took up such programs later have succeeded more while in India we are still a considerable distance away from achieving the net reproductive rate of one. Contraceptive methods are preventive methods to help women to avoid unwanted pregnancy. They include all temporary and permanent measures to prevent pregnancy.

A variety of barrier or occlusive methods, suitable for men and women. The aim of these methods is to prevent live sperm from meeting the ovum. A space between our birth to another is maximum 3years. A spacing methods is also known as barrier methods.

II. STATEMENT OF THE PROMBLEM:

A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING BIRTH SPACING MEASURES AMONG COUPLE WITH ONE CHILD AT KALARAMPATTY VILLAGE.

III. OBJECTIVES

1. To determine the effectiveness of video assisted teaching programme on knowledge regarding birth spacing measures among couple with one child.
2. To find out the association between the post test score on knowledge regarding birth spacing measures among couple one year with their selected demographic variables.

HYPOTHESES

RH1-There is a significant relationship between the video assisted teaching programme on knowledge regarding birth spacing measures among couples with one child.

RH2-There will be significant association between the post level of knowledge regarding birth spacing measures among couples with one child with their selected demographic variables.

IV. MATERIAL AND METHOD

Pre-experiment one group pre-test and post-test design was adopted for this study. The study was conducted at Kalarampatty village, Tamilnadu.30 sample were selected by using sampling technique. Knowledge on birth spacing

method was assessed with structured knowledge questionnaire.

Pre-test was conducted using structured knowledge questionnaire. The structured video assisted program regarding birth spacing method was implemented to couple and post test was conducted on 5th day using same structured questionnaire.

V. RESULT AND DISCUSSION

Assessment of pre-test and post-test level of knowledge on birth spacing method among couple with one child.

(n=30)

S.NO	TEST	MEAN	STANDARD DEVIATION	MEAN (%)	T-VALUE
1.	Pre test	10.06	4.6162	34%	18.3694 Significant
2.	Post test	19.1	4.5672	64%	

In reveals that the mean value is 10.06(S.D 4.6162) of pre-test knowledge and the mean value is 19.01(S.D 4.5672) of post- test knowledge.

Regarding demographic variables related to birth spacing measures:

- Considering age in years 7(23%) were between less than or equal to 20 year of age group; 12(40%) were between 21-25 years; 9(30%) were between 26-30 years; 2(7%) were between 31-35 years.
- Regarding the sex 8(27%) of them were males; 22(73%) of them were females.
- Considering the Religion 11(37%) of them were Hindu; 09(30%) of them were Muslims; 10(33%) of them Christians.
- Considering the Educational qualification 7(23%) of them were Non-formal education; 11(37%) of them were Primary education; 9(30%) of them were Secondary education; 3(10%) of them were Graduate.
- Regarding the Income 11(37%) were less than 7500 Rupees; 8(27%) were between 7501-12500 Rupees; 7(23%) were between 12501-17501 Rupees; 8(13%) were greater than 17501 Rupees.
- Considering the Occupation 8(27%) of them were Daily wages; 8(27%) of them were Private sector; 7(23%) of them were Government sector; 7(23%) of them were Small scale business.

- Regarding the types of family 14(47%) of them were Joint family; 11(37%) of them were Small family; 5(16%) of them were Extended family.
- Regarding the previous knowledge 11(37%) of them were does not having previous knowledge; 19(63%) of them were having previous knowledge.

First objectives were assessing the effectiveness level of knowledge regarding birth spacing measures among couple having one child:

In represent the level of knowledge regarding birth spacing measures among couple having one child out of 30 samples 1(3%) of them had adequate knowledge, 11(37%) of them had moderate knowledge, 18(60%) of them had inadequate knowledge.

The study findings reveals that *Lisa, K., Perrin, M. (2011)*²⁸ was related without space between the child birth is one of the most common cause of population growth. The aim of this study was to improve the knowledge regarding birth spacing measures. On conclusion the study suggest that there is a some space between on child to another. Our study demonstrates the key-role of population control.

It is inferred that the majority of the couple having one child reported that 60% moderately level of knowledge. Hence the research hypotheses **RH1** are accepted.

In reveal the level of knowledge regarding birth spacing measures among couple having one child out of 30 samples 11(37%) of them had adequate knowledge, 18(60%) of them had moderate knowledge, 1(3%) of them had inadequate knowledge.

Second objective were the association between the post test score on knowledge regarding birth spacing measures among couple one year with their selected demographic variables.

In reveals that the mean value is 10.06(S.D 4.6162) of pre-test score, mean value is 19.1(4.5672%).

The study reveals that the *Kavanaugh, C.T. (2016)*²³ was conducted qualitative study to investigate knowledge regarding birth spacing measures to prevent the population growth and keep the society population control. On conclusion, the study reported that community people must know methods of birth control. The family size plays very important role in health and welfare not only they individual, family, and community but also the nation as a whole because it effects the population growth rate.

Hence the research hypotheses **RH2** state that there is significant association with the demographic variables like age, sex and other demographic variables are not significant and hence it was accepted.

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