

# Comparing Knowledge and Attitude Regarding Modern Methods of Family Planning Among Married Women of Rural and Urban Area

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**Abstract:- Both mother and child are prominent vulnerable groups in any society, and it comprises three fourth of the population of our country. Family planning allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. Aim: The aim o the study was Comparing 200 rural and urban married women's' knowledge and attitude regarding modern methods of family planning. Materials and methods: The data regarding socio demographic factors and knowledge regarding modern Family planning methods was collected using structured interview schedule and the attitude was assessed by using 5 point attitude scale. The sample size was 200 married women between 18 to 45 years of age. The data was analyzed by descriptive statistics and inferential statistics; Z test and Mann Whitney's U test. Result: A significant difference was found between the knowledge and attitude of rural and urban married women. Conclusion: There is a significant difference among rural and urban married women in terms of knowledge and attitude regarding modern family planning methods.**

## I. INTRODUCTION

The population of India is already exceeding 130 crore. Keeping the present growth on Indian population it is estimated by United Nations that in the year 2028 India's population will exceed China's population. There have many strategies implemented by government of India in controlling the population growth which has reduced the rate of growth to a little extent but still the family planning and family planning programmes are not sufficient to reach the stipulated goals. The rate of population growth is faster than china. The fertility rate of India is higher than any other country in world. The family planning departments is on its high level functioning turning every stone around and with maximum efforts. But there is need of more work done in the area of developing awareness among people regarding importance of adoption of family planning.

Family planning isn't bound to just anti-conception medication or contraception. It is significant as entire for the

improvement of the family's financial condition and for better well being of the mother and children. Most importantly, family planning features the significance of dispersing births, at any rate 2 years separated from each other. As indicated by numerous explores, conceiving an offspring inside a hole of over 5 years or under 2 years has a genuinely influence the wellbeing of both the mother and child.

At the point when married women are picking the strategy for contraception that is directly for her, it is essential to have precise data and to speak straightforwardly about her alternatives with her spouse. It is likewise essential to consider how well every technique functions, the conceivable symptoms, that it is so natural to utilize and the amount it costs. The technique pick will rely upon a scope of components, for example, her general wellbeing, way of life and connections, danger of getting an explicitly transmissible disease (STI) and how significant it is for her to not get pregnant. A few techniques require more inspiration than others. She should consider which alternative best suits her. For instance, in the event that she picks oral contraception, she should make sure to take a pill consistently, though in the event that she picks the prophylactic embed, it can keep going for as long as three years.

The IUD may sound a little space age yet it just represents Intrauterine Device, intrauterine significance inside the uterus. It may look unusual yet it is a profoundly powerful, little, T-formed gadget containing a copper string or chambers which is put in the uterus by social insurance supplier. The IUD discharges copper particles which immobilizes the sperm and makes it extremely difficult for them to move around in the belly, yet doesn't prevent the ovaries from making an egg every month. On the uncommon event a sperm gets through, the copper prevents a treated egg from embedding itself to the covering as well. The IUD, once embedded into the belly, can remain set up for up 5 or 10 years (contingent upon the sort) or until you choose to expel it. Not space age by any stretch of the imagination – simply great sense.

When health care provider has ensured the IUD is a reasonable strategy for primigravida moms dependent on

restorative history and once ladies have chosen to utilize it, there truly isn't a lot to do. The IUD is embedded into the lady's belly through her vagina by a well-prepared medicinal services supplier where it remains for up to 5 or 10 years relying upon the sort. Ladies can obviously change.

**II. THE OBJECTIVES OF THE STUDY ARE**

- To assess knowledge and attitude regarding modern methods of family planning among married women residing in urban and rural areas.
- To compare the level of knowledge and attitude regarding adaptation of modern methods of family planning among married women residing in urban and rural areas.

**III. HYPOTHESES**

- H<sub>1</sub>: There will be a significant difference between the knowledge levels of urban married women than the knowledge level of rural married women.
- H<sub>2</sub>: There will be a significant difference between the attitude score of urban married women than the attitude score of rural married women.

Materials and methods: explorative comparative survey design was used for the study. Variables of the study were knowledge, attitude, determinants and socio-demographic

variables. The present study was conducted in rural PHC Jusari, Makrana which is a rural area of district nagaur, Rajasthan, and Goura Baas, which is an urban area of Makrana, district Nagaur, Rajasthan.

The study Sample size was 200 married women who are in the age group of 18-45 years. Out of 200 subjects, 82 married women were selected from Jusari, tal Makrana rural area and 118 married women were selected from urban area of Makrana, district Nagaur, Rajasthan. The sample was selected by convenient sampling technique. The tools used for the study were structured questionnaire to collect data regarding knowledge and socio demographic factors, 5 point attitude scale was used to collect data regarding attitude. The data was analyzed using descriptive and inferential statistics.

**IV. FINDINGS OF THE STUDY**

Among 200 married women 60 (30 %) married women had poor knowledge among which 19 (9.5 %) were from urban area and 41 (20.5%) were from rural area. 87 (43.5 %) married women had average knowledge among which 61 (30.5 %) were from urban area and 26 (13%) were from rural area. 53 (26.5 %) married women had good knowledge among which 38 were ( 19 %) were from urban area and 15 (12.5%) were from rural area.

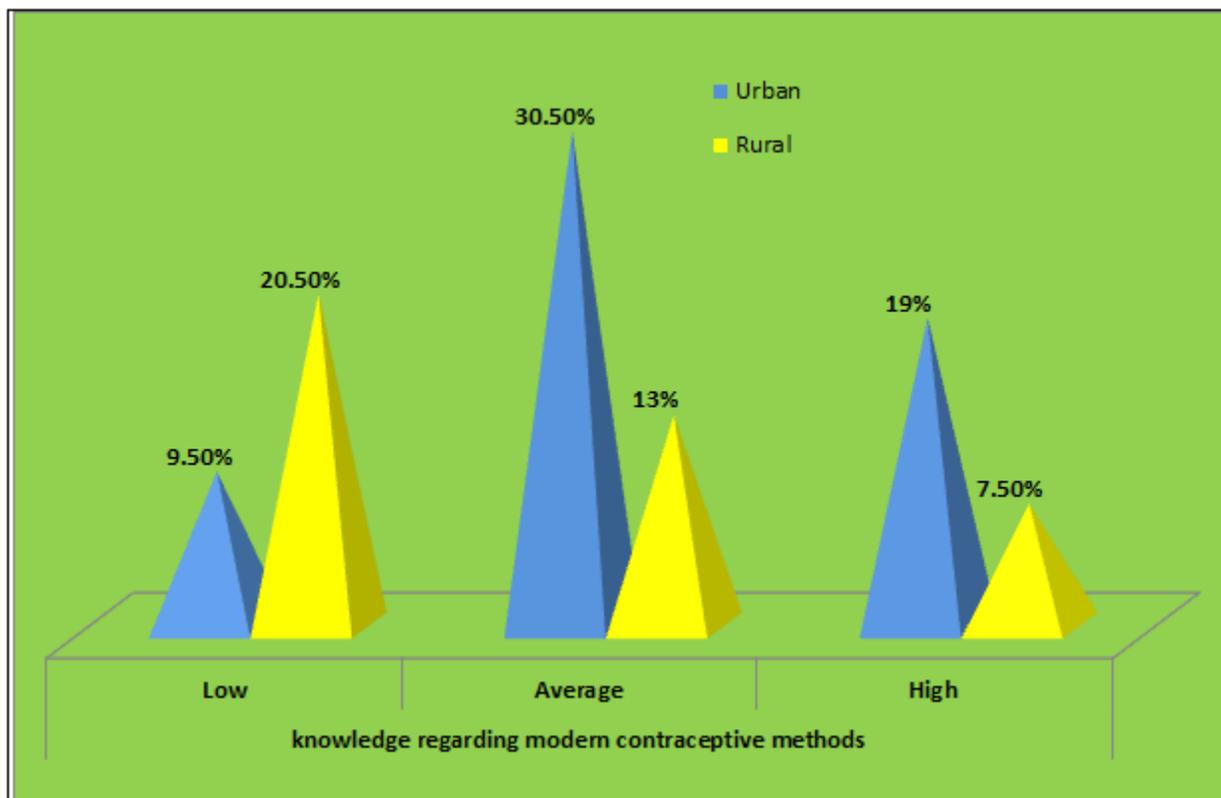


Fig 1:- Distribution of sample according to their level of knowledge regarding modern methods of family planning.

Z test was used to test the significance of difference. The calculated Z value was 6.54 which is more than the table value 1.96 at 5% level of significance. Hence there is a significant difference between urban and rural married women in their knowledge regarding modern contraceptive methods.

Among 200 married women 32 (16%) married women had unfavorable attitude among which 12 (6%) were from

urban area and 20 (10%) married women were from rural area. 77 (38.5%) married women had neutral attitude among which 42 (21%) were from urban area and 35 (17.5%) married women were from rural area. 91 (45.5%) married women had favorable attitude among which 64 (32%) were from urban area and 27 (13.5%) married women were from rural area.

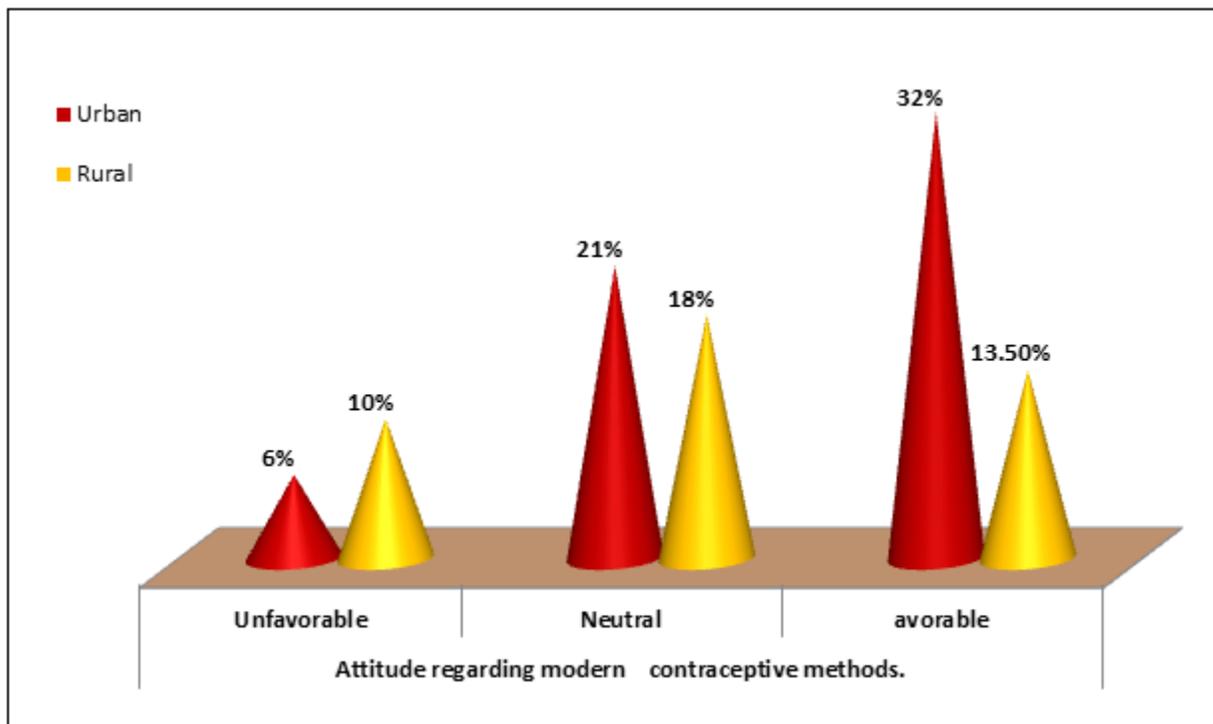


Fig 2:- Distribution of sample according to their level of attitude regarding modern methods of family planning.

Mann Whitney’s U test was used to determine the significant difference between Attitude of urban and rural married women regarding modern contraceptive methods. At 5 % level of significance the calculated value was more than the table value hence the null hypothesis was rejected and alternative hypothesis was accepted. Hence a significant difference was found between attitude of rural and urban married women regarding modern contraceptive methods.

**V. CONCLUSION**

There is a significant difference between knowledge and attitude of married women regarding modern methods of family planning. The rural married women have still not accepted the modern family planning methods appropriately. There is need to develop more awareness in rural areas to make the family planning projects more effective in India.

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