

“To Assess the Knowledge Regarding Reproductive Health among the Female College Students”

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Abstract: Early adulthood is a phase of storm and stress and is the most vulnerable group to suffer various health problems especially if they lack in knowledge of reproductive health². Objectives of the study were: To assess the knowledge of reproductive health among female college students. To find the association between knowledge of reproductive health (RH) and selected socio demographic variables. Cross sectional design was used for the study. Purposive sampling technique was used to select 60 female students of Sangolli Rayanna College. Data was collected by means of a structured questionnaire which was divided into 2 sections namely baseline data and knowledge regarding RH. Analysis was done using descriptive and inferential statistics. The major findings indicated that female college students had average knowledge in the aspects of RH. There was no significant association between knowledge and baseline data other than mass media available at home as a source of information.

I. Introduction

India's Population today is over One Billion. Adolescent's making up one fifth (1/5th) of the population¹. A large number of adolescent's are out of schools, get married early, work in vulnerable situations; are sexually active and are exposed to peer-pressure². Some of the challenges for adolescents include unwanted pregnancy, excess risk of maternal and mortality, sexually transmitted etc. Better access to adequate information and proper knowledge regarding reproductive health, contraceptive information and services can reduce the number of girls becoming pregnant, giving birth at too young an age and STD's⁷.

One of the specific targets of the health Sustainable Development Goal (SDG 3) is that by 2030, the world should ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes⁹.

But early-adults often lack knowledge, education, experience, in some cultures; they may also have to bear the effects of many judgmental attitudes, making an already difficult situation even worse¹. Hence this study aims at assessing knowledge of female college student's knowledge regarding reproductive health.

II. Research Methodology

In this study descriptive approach was considered and cross sectional study design was used. The settings selected for the present study was Sangolli Rayanna college Belagavi, Karnataka. The population comprises of female college student above the age group of 20 years. The sample size considered for the study were 60 female college students by purposive sampling (non-probability sampling). The tool used for gathering relevant data was structured questionnaire on knowledge on Reproductive health. The data obtained was analyzed in terms of the objective of the study, using descriptive and inferential statistics.

III. Results

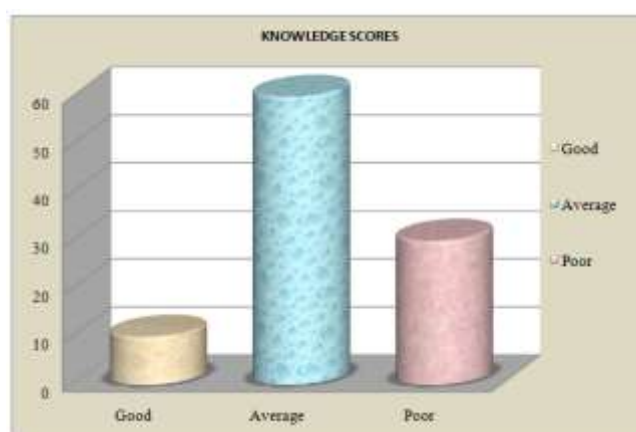
Distribution of sample's characteristic according to demographic variables.

n =60

| S.No | Baseline data | Frequency (f) | Percentage (%) |
|------|---------------|---------------|----------------|
| 1. | Age in years: | | |
| | 21 | 22 | 36.66 |
| | 22 | 24 | 40 |
| | 23and above. | 14 | 23.33 |
| 2. | Religion: | | |
| | Hindu | 29 | 48.33 |
| | Muslim | 09 | 15 |
| | Christian | 18 | 30 |
| | Any others. | 04 | 6.66 |

| | | | |
|-----|------------------------------------|----|-------|
| 3. | Fathers educational status: | | |
| | Non formal education | 02 | 3.33 |
| | Primary | 09 | 15 |
| | SSLC | 19 | 31.66 |
| | PUC | 08 | 13.33 |
| | Graduation | 19 | 31.66 |
| | Post graduation/ above. | 03 | 5 |
| 4. | Mothers educational status: | | |
| | Non formal education | 11 | 18.33 |
| | Primary | 10 | 16.66 |
| | SSLC | 12 | 20 |
| | PUC | 11 | 18.33 |
| | Graduation | 12 | 20 |
| | Post graduation/ above. | 04 | 6.66 |
| 5. | Family income/ month: | | |
| | Less than Rs 2000 | 02 | 3.33 |
| | Rs2001 – Rs 4000 | 06 | 10 |
| | Rs 4001 – Rs 6000 | 16 | 26.66 |
| | Rs 6001 _ Rs 8000 | 21 | 35 |
| | Rs 8001 above. | 15 | 25 |
| 6. | Fathers occupation: | 07 | 11.66 |
| | Govt employee | 27 | 45 |
| | Privet employee | 18 | 30 |
| | Self employee | 08 | 13.33 |
| | Unemployed | | |
| 7. | Mothers occupation: | 12 | 20 |
| | Govt employ | 18 | 30 |
| | Privet employ | 08 | 13.33 |
| | Self employ | 22 | 36.66 |
| | House wife | | |
| 8. | Type of family: | 37 | 61.66 |
| | Nuclear | 23 | 38.33 |
| | Joint | | |
| 9. | Place of residence: | 20 | 33.33 |
| | Rural | 40 | 66.66 |
| | Urban | | |
| 10. | Marital status: | 10 | 16.66 |
| | Married | 50 | 83.33 |
| | Unmarried | | |
| 11. | Mass media at home: | 36 | |
| | Television | 19 | 60 |
| | Internet | 03 | 31.66 |
| | Radio | 02 | 5 |
| | Magazine. | | 3.33 |

Bar graph showing percentage distribution of knowledge scores of students regarding reproductive health



Association of knowledge with baseline data:

| Sl.No | Demographic variables | Good | Average | Poor | Chi-square | | P – value |
|-------|-------------------------------------|------|---------|------|------------|--------|-----------|
| | | | | | Cal. | Df | |
| 1. | Age | | | | | | |
| | 21 years | 1 | 9 | 8 | | | |
| | 22 years | 2 | 15 | 6 | 2.82 | 9.48 | 0.602 |
| | 23 and above | 2 | 13 | 4 | | | |
| 2. | Father’s educational status: | | | | | | |
| | Non formal education | 0 | 1 | 2 | | | |
| | Primary | 1 | 5 | 3 | | | |
| | SSLC | 2 | 14 | 5 | 6.08 | 18.30 | 0.816 |
| | PUC | 2 | 5 | 1 | | | |
| | Graduation | 2 | 10 | 4 | | | |
| 3. | Mothers educational status: | | | | | | |
| | Non formal education | 1 | 3 | 1 | | | |
| | Primary | 1 | 9 | 8 | | | |
| | SSLC | 1 | 9 | 5 | | | |
| | PUC | 1 | 8 | 1 | 9.76 | 18.30 | 0.461 |
| | Graduation | 3 | 5 | 3 | | | |
| 4. | Place of residence: | | | | | | |
| | Rural | 1 | 17 | 8 | 2.14 | 5.99 | 0.343 |
| | Urban | 5 | 18 | 11 | | | |
| | Marital status: | | | | | | |
| | Married | 1 | 6 | 3 | 0.00 | 5.99 | 1.000 |
| | Unmarried | 5 | 30 | 15 | | | |
| 6. | Mass media at home: | | | | | | |
| | Television | 7 | 26 | 10 | 4.21 | 12.592 | 0.648 |
| | Internet | 0 | 8 | 5 | | | |
| | Radio | 0 | 2 | 1 | | | |
| | Magazine. | 0 | 1 | 0 | | | |

There is significant association between the knowledge and mass media available at home as a source of information. But there was no any association between parents education, type of family, marital status.

IV. Discussion

Knowledge of Reproductive health among female college students:

The overall knowledge scores of 60 female college students, revealed that maximum 36 (60%) had average knowledge.

The study conducted by Akani CI among 304 female college students showed contradicts findings that students (50.7%) had good knowledge⁶.

The idea of adolescent sexuality is not easily accepted in Indian culture that could be the reason why adults are denied education on premarital sex and reproductive health. This is the reason why female college students lack in knowledge. The contradict study results may be because of western culture impact.

Association of knowledge scores with selected baseline data:

The present study showed that there is significant association between the knowledge and mass media available at home as a source of information. But there was no any association between parents education, type of family, marital status⁴.

The contradict study was conducted on medical faculty from urban area may be the reason for showing association with knowledge.

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