"A Study to Assess the Knowledge and Practice regarding Contraceptive Method Among Reproductive Age Women In Selected Community Area Of Moradabad, U.P''

Samreen Naqvi

Master of Science in Nursing (Obstratic &Gynacology Nursing) Prakash Institute of Physiotherapy,
Rehabilitation & Allied Medical Sciences Greater Noida, U.P, India
Ch. Charan Singh University, Meerut, U.P, India

Abstract

A descriptive survey to determine the knowledge & practice towards contraceptive methods among reproductive age women in community area was carried out by M.sc Nursing final year student in partial fulfillment of the requirement.

The objectives of the study

1. *To assess the knowledge regarding contraceptive method among the reproductive age women.*
2. *To assess the practices regarding contraceptive method among the reproductive age women.*
3. *To associate the knowledge with the practices among the reproductive age women.*
4. *To correlate the practices with the selected demographic variables.*
5. *To correlate the knowledge with the selected demographic variables.*

The study was conducted in selected community area, Aghwanpur District, Moradabad UP for determine the knowledge and practice toward contraceptive method among reproductive age women. A descriptive sampling technique was adopted for data collection. Total sample consists of 50 subjects. The instrument used to generally the necessary data was a structured questionnaire with interview method. The data obtained was analyze in terms of both descriptive and inferential statics in terms of frequency and percentage.

The significance of the study

The demographic data revealed that majority of reproductive women in 52%were in the age group 20-24 yr. majority of reproductive women i e 80% got married at the age of 20 -24yr. 46%were educated up to secondary level, 30% were educated up to graduate level, As regard to the occupation majority of women that is 82% were housewife, 78% were have a monthly income>4000Rs/month. Regarding the use of contraceptive 82%were using temporary method, 56%were using contraceptive for less than one yr. The primary source of information for majority of reproductive age women i.e. 42% were newspaper.

The average score percentage of subject in the questionnaire shown that;

I. *The knowledge level about condom in the couple the maximum i.e. 90.5% compared to the other method. Next to condom is copper T i.e. 54.5% then comes pill i.e. 30%.*
II. *The study shown that 84% of the subject had knowledge about the non contraceptive use of condom i.e. prevention of HIV/STD.*
III. *The study regarding practice shown that 64% of the couples were practices conventional method and out of these subject 95% had correct practice.*
IV. *The study shown that out of the subject practising Cu-T 95.31% had correct practice.*
V. *The study shows that as educational status of the couples increase the knowledge and practise regarding the contraceptive method.*
VI. *As the subject get more exposed the mass media the knowledge regarding contraceptive increases.*
VII. *A positive relationship has been found between practice and mass media exposure.*
VIII. *The study shown that there is positive relationship between knowledge and practice of condom.*

I. Introduction

The single most important problem that India is facing now is the uncontrolled growth of population. It has been reported that India's population has crossed 1.27 billon now. India is the second most populous country in the world.

India launched a national wide family planning programmes in 1952, making it the first country in world to do so, though records show that birth control clinics have been functioning in the country since

1930.The early beginning of the programmes wear modest with the establishment of few clinics and distribution of education material, training and research. During 3rd five year plan, the family planning was declared as the very centre of a planned development. The introduction of lippies loop in 1965 necessitated a major structural reconstruction of the programme, leading to the creation of a separate department of Family Planning in 1966 in the Ministry of Health. During the 4th five year (1969-1974) the government of India gave top priority to the programme. The programme was made an integral part of Maternal and Child Health activities of Primary Health Center's and their subcentres. In 1970 an All India post partum programme and in 1992, Medical Termination of Pregnancy was introduced.

During the 5th year plans (1975-1986) there have been major changes In April 1976, the country framed its "National Population Policy". In June 1977, the new government that came in to power formulates a new population policy, ruling out compulsion and coercion of all times to come. The ministry of 'family planning was renamed 'family welfare'.

Need for the study

Among already existing more than 100 crores many are grossly deficient in their basic need of food, clean water clothing and education due to large family size. Spacing of birth and small family norms will improve the health of the mother and their children so that a healthier society can emerge. 99% of maternal deaths occur in the developing world. Maternal mortality and morbidity could be reduced significantly by effective use of contraception. nearly 6 million infant deaths might be avoided of all pregnancies occurred to women between the age of 18-35 years, if the intervals between pregnancies wear at least 2 years and if no women had more than 4 children.Studies have shown that the population problem is complicated by deep rooted religious and other beliefs and attitudes and practices favoring larger families. The common beliefs are that children are gift of God, the number of children is determined by God, children are an asset to which parents can look forward in periods of dependency caused by old age or misfortune etc.

Statement of the problem

A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICES REGARDING THE CONTRACEPTIVE METHOD AMONG THE REPRODUCTIVE AGE WOMEN IN SELECTED COMMUNITY AREA AGHWANPUR, IN MORADABAD UP'

Objectives

1) To assess the knowledge regarding contraceptive method among the reproductive age women.
2) To assess the practices regarding contraceptive method among the reproductive age women.
3) To associate the knowledge with the practices among the reproductive age women
4) To correlate the practices with the selected demographic variables
5) To correlate the knowledge with the selected demographic variables.

Operational definition of tern used in this study

(1) **Knowledge:** knowledge of reproductive age women regarding contraceptive method assessed by questionnaire**.**
(2) **Practice:** Practice of contraceptive method is used to know about reproductive age women how much they practice.
(3) **Reproductive age women-**Reproductive age women are those who are up to the age of 18- 45yr belong to selected community area, Aghwanpur district Moradabad up.
(4) **Contraceptive methods:** contraceptive method are used to control unwanted pregnancies

Delimitation This study is limited to

(1) The women who are in reproductive age
(2) In selected community areas Moradabad
(3) Sample size
(4) Assessment of knowledge and practices is limited to written responses to the knowledge, and practice questionnaire

Assumption of the study

(1) Women will co –operate for data collection
(2) They will honest enough to answer the questions
(3) Women will have knowledge about family planning and contraceptive methods

Hypothesis-
H1 There will be significant association between knowledge regarding contraceptive method and their demographic variable.
H2 There is a significant association between knowledge and practice of contraceptive method.

The criteria for selection of the study subject area follows:
• Women who are in the reproductive age group
• Women who can know English or Hindi
• Women who are absolutely willing to participate in the study

II. Material and Method

research approach; Quantitative approach
research design: Non Experimental research design (exploratory descriptive design)
setting of the study: Community area, Moradabad
source of data: data will be collected from reproductive age women
sample size: 50
sampling technique:
method of data collection: structured questionnaires
data colllection tools: the questionnaire used in the present study consisted of three parts,
part – a: back ground data
part – b: knowledge data
part – c: practice data

Method and material
The aim of the present study was to assess the knowledge and practices regarding contraceptive method among reproductive age women of selected community area, Aghwanpur District Moradabad it was further planned to study the relationship of certain variables such as socio economic status, literacy, mass media exposure.
Study design In order to achieve the objectives of the study, descriptive study method was considered. These studies are designed to describe specific variables. The descriptive study is a research design that involves collecting data from a variety of people who resemble the total population of interest of investigation, In order to fulfill the objectives of the study a descriptive co relational survey approach is necessary. This approach includes personal interview based on pre-prepared questionnaire method.
Study location The study was considered in selected community area Aghwanpur district Moradabad,
Study duration Jun 2013 to jul 2015
Sample size The sample size of 50 was considered adequate to apply statistical test and for valid generations to be made.
Subject and selection method- The samples wear selected at random as per the availability in community.
Procedure and methodology
closed ended questionnaire was prepared to assess the level of knowledge.
Selection and development of tool
On the basis of framework developed for the purpose of the study, the questionnaire was planned for the knowledge assessment; it consisted of 21 questions in the practice data. Initially, an intensive review and non research literature was made for the purpose of developing appropriate tools for the study. I prepared three types of tools i.e. background questionnaire, knowledge questionnaire and practice questionnaire. Questionnaire prepared in knowledge data was closed ended.
This structured questionnaires helped in drawing out frank and free answers from the sample within a short period of time.

Decription of the tool
The questionnaire used in the present study consisted of three parts,
Part – A: Back ground data
Part – B: Knowledge data
Part – C: Practice data

Part – A: Background data
This part consists of items for obtaining information about background variables i.e. educational status, occupation, monthly income of family, parity, source of information etc.
This part consists of 21 objectives type multiple choice questions. (Appendix-A)

Part –B: Knowledge data

This consists of 17 objective type of closed ended question. (Appendix– A). In this correct answer were given a score of one and incorrect ones are marked as zero. Rang of score is 0-17.

Part C: Practice Data

This part consists of 10 objectives of multiple choice questionnaires. (Appendix-A)

Content Validity

According to Treece & Treece 1986 an instrument is valid if it measures what it is supposed to test. Green & Lewis outlined 5stage of establishing content validity.

1. Literature review
2. Personal reflection
3. Identification of component of the concept
4. Identification of items
5. Empirical analysis of the items

In order to measure the content validity, the questionnaire was given to Ms Lekha singh bist, Ms Prempati and Mr. Bibin, Ms Arshi content validity was done and questionnaire was approved to conduct the sample.

Pilot Study

The pilot study was done on 2-2-15 with 15 subjects to assess the knowledge and practices among reproductive age women regarding contraceptive method.

The sample subject wear asked the question written on the questionnaire in an interview method. The time taken for completion of test valid from 15-20min.The criterion measure was found to be effective. It was found feasible to conduct the study. The instrument was found to be valid and reliable. The tool was made ready for the final study.

plan and procedure for data collection

The data was planned to be collected from reproductive age women from community area Moradabad up by 3 investigators. The procedure for data collection was completed in 5 days. No significant problem wear faced during data collection except that some women refused to take part in the study.

Stastical ananlysis

The knowledge mean score is 5, mode is 7 and standard deviation is 3.019. A knowledge score above the mean was set as criteria for adequate knowledge and below mean as having inadequate knowledge. Accordingly, 52% scored above mean and 48% scored below mean in knowledge test. So the women have adequate knowledge. The practices mean score is 1.8, median 3, mode 7, standard deviation 88.In association of knowledge with practice there is positively correlated and the correlation is significant at the 0.01 level.There is positive relation between knowledge of subject and educational status (Chi- square = 0.025).There is positive relationship between knowledge of subject and mass media exposure (chi square value = 0.018). There is a no relationship between practices and educational status of women. No relation between practices and occupation of women. No relation was found between practices and monthly income. A positive relation between practices and mass media exposure (Chi- square value =0.002)**.** **Result** - **Analysis of back ground variables**

This section presents the characteristics of the sample, frequency and percentage wear computed for describing the sample. Data is given as table:

Table-1 Frequency distribution of subject according to age group of reproductive age women

S.N	Reproductive Age women	Frequency	Percentage
1.	20-24yr	26	52%
	25-29yr	14	28%
	30-34yr	6	12%
	35-40yr	3	6%
	Above 40	1	2%

Table 1 shows that majority of the women wear in the age group of 20-24yrs (52%) 28% wear in the age group of 25-29yrs,18% wear in 30-40yrs and 2% wear as the age group of above 40

Table-2 Frequency distribution of subject according to the age at marriage

S.N	Age at marriage	Frequency	Percentage
2.	15-19	7	14%
	20-24	40	80%
	25-29	2	4%
	30-34	1	2%
	>35	0	0%

Table 2 shows that 80% of the women in the age group of 20-24at the time of marriage.14% were in the age group of 15-19 and 8 %were in the age group of >25.

Table-3 Frequency distribution of subject according to educational status

S.N	Educational status	Frequency	Percentage
3.	Primary	4	8%
	Middle	8	16%
	Secondary	23	46%
	Graduate or above	15	30%

Table 3 shows that 46% of the women were educated up to secondary level, 30% up to graduate, 16% up to middle level, 8% up to primary.

Table-4 Frequency distribution of subject according to occupation

S.N	Occupation	Frequency	Percentage
4	Farming,	7	14%
	Housewife	41	82%
	Self employed	1	2%
	Govt. service	1	2%

Table 4 shows that 7% of women were doing farming, 82% were housewife, 2% were self employed, and 1% was Govt services

Table -5 Frequency distribution of subject according to monthly income

Monthly income	Frequency	Percentage
Below 1000	0	0%
1000-2000	2	4%
2000-3000	1	2%
3000-4000	8	16%
>4000	39	78%

Table-6 Frequency of distribution of subject according to the method of contraception adopted

Method of contraception adopted	Frequency	percentage
Temporary	42	84%
Permanent	8	16%

Table 6 shows that 84 % reproductive age women were using temporary methods of contraception and 16 % were using permanent method of contraception.

Table-7 Frequency distribution of subject according to, motivating source for using contraceptive method

Motivational sources	Frequency	percentage
Demand drawn	36	72%
Health workers	8	16%
Friends	5	10%
Relative	1	2%

Table 7 shows that 72% reproductive age women were self motivated for contraceptive, 16% were by health worker, 10 % were by friends and 2% were motivated by relative.

Table -8   Frequency distribution of subjects according to the duration of contraceptive use

Duration of contraceptive use	Frequency	Percentage
Less than 1yrs	28	56%
1-<2yrs	13	26%
2-<5yrs	3	6%
Above 5yrs	6	12%

  Table 8 shows that 56 % of the women were using contraceptive methods for less than 1yrs, 26% were for 1-<2yrs, 6% were using 2-5yrs,and 12% are using for above 5yrs.

Table -9Frequency distribution of subject according to number of pregnancies

No. of Pregnancies	Frequency	Percentage
Nil	1	2%
1	24	48%
2	14	28%
3 or above	11	22%

Table 9 shows that 48% of the conceived once, 28% conceived twice and 22% conceived 3time

Table-10Frequency distribution of subject according to decision making authority for the use of contraceptive

Decision making authority	Frequency	Percentage
Husband	10	20%
Wife	4	8%
Husband and wife together	36	72%

Table 10 shows that majority of subject husband and wife together made the decision for contraceptive use.

Table -11 Frequency distribution of subject according to the primary sources of information about contraceptive method
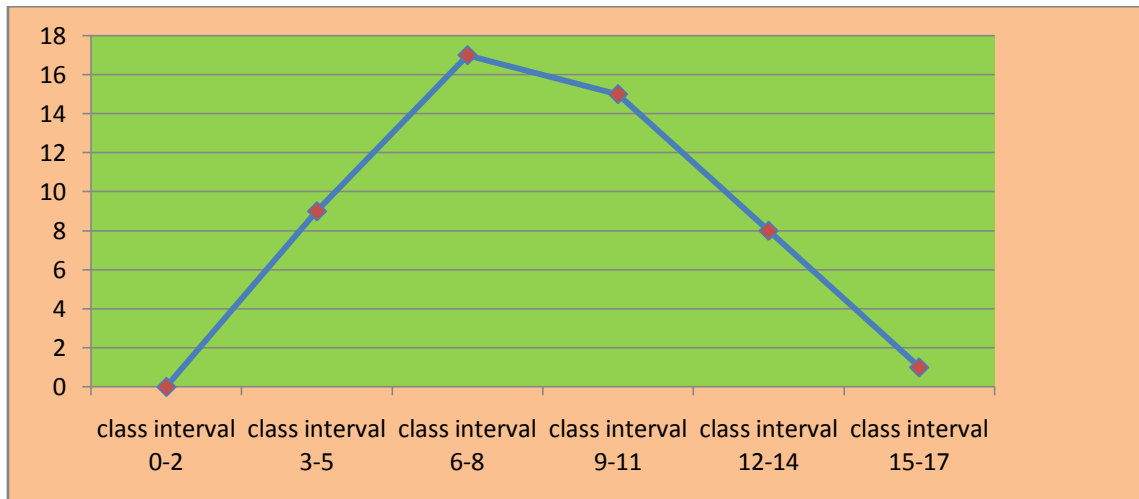
Sources of information	Frequency	Percentage
Newspaper	21	42%
Radio	10	20%
Friends	15	30%
Health personal	4	8%

  Table 11 shows that majority of the subject obtained information about family planning method from news paper, 30% subject get information from friends, 20% get from radio, and 8% from family member.

Section-ii   analysis of knowledge of data
As the sample size was 50, distribution of knowledge score was tabulated in frequency distribution table. The mean, median, mode and standard deviation of knowledge score of the subject were calculated and frequency polygon was drawn.
Data presented in table 13 and figure 1 shows that the distribution of knowledge scores ranged from 3-6 with the maximum frequency of 10 in the score of 7 and the lower frequency is 0.

Figure 2: Frequency polygon showing knowledge score (N= 50) Mean= 8.5
Mode=7

Table: 12 Mean median mode and standard deviation knowledge score

Parameters	Results
Highest possible score	17
-mean	8.4
-median	8
-mode	7
- SD	3.05

Data presented in table 12 and figure 2 shows that mean score is 5, mode is 7 and standard deviation is 3.05.The median of the distribution is slightly higher than mean.

A knowledge score above the mean was set as criteria for adequate knowledge and below mean as having inadequate knowledge. Accordingly, 52% scored above mean and 48% scored below mean in knowledge test.

Distribution of knowledge score:

Level of knowledge	Frequency	Percentage
Adequate	52	52%
Inadequate	48	48%

Section –iii analysis of practice data

This section present the practices related contraceptive method in reproductive age women (married & unmarried).Various practices related to these tabulated and presented indifferent tables and figures.

Table: 13 Frequency distribution of subjects according to the method of contraceptive practiced.

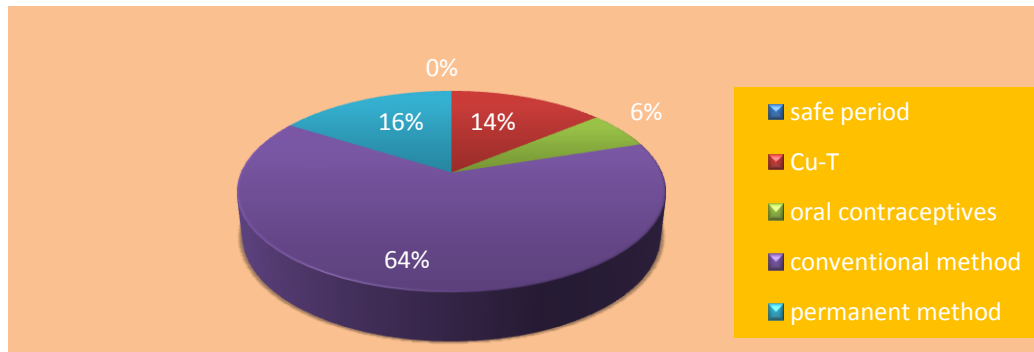| Method of contraceptives practices	Frequency	Score	Percentage
Safe period	0	0	0%
Cu-T	7		14%
		18	
Oral contraceptives	3		6%
Conventional method (Nirodh, jelly)	32	5	64%
Permanent method	8		16%
		61	
		6	

Fig.3. Frequency distribution of subjects according to the method of contraceptive practiced.

Table 13 and figure 3 show that 64% of the subjects are practicing conventional methods. 16% have adopted permanent method among which tubal ligation was more prevalent 14% of the people adopted for Cu-T insertion and 6% were using oral contraceptive pills. Pie chart showing the practice of contraceptive methods related to practice score expressed in percentage.

Table- 14 Mean median mode and standard deviation practices score

Parameters	Result
- Mean	1.8
- Median	3
- Mode	7
-Standard deviation	8.8

Section –iv association between knowledge and practice

As the sample size was 50, the knowledge score related to the practice score are analyzed and correlated.

Table: 15 Association between the knowledge and practice of contraceptive method

Method of Contraceptive use	Frequency	Knowledge			Practice		
		Score	%	Mean	Score	%	Mean
Condom	32	117	91.41%	3.66	61	95.31%	1.91
Cu-T	7	24	85.71%	3.43	18	85.71%	2.57
Oral pills	3	7	58.33%	2.33	5	83.33%	1.66
Sterilization	8	3	37.5%	0.375	6	75%	0.75

Correlation (r=value) = 0.593

Table shows Majority of subject using condom and the knowledge score of condom of condom users is 91.41% & the practice score are 95.31%. The subjects who are use oral pills having a knowledge score of 58.33% and a practice score of 83.33%. The subjects who use sterilization have a knowledge score of 37.5% and a practice score of 75%. It can be inferred that the correlation between knowledge level and practice of condom is 0.593.

It is positively correlated and the correlation is significant at the 0.01 level.
The frequencies of other method like Cu-T, oral pills sterilization are less, so the correlation between the knowledge and practice.

Section-v Correlation of knowledge score with back ground variables
As the sample size was 50, knowledge score related to the background variables are analyzed. The background variables include literacy, socio-economic status and mass media exposure. For this, various parameters like educational status of women, occupation of women, monthly income and mass media exposure are correlated.

Table 16: Frequency distribution of subject showing relationship of knowledge with educational status of reproductive age women

Education	Frequency	Percentage	Total marks	Knowledge percentage	Mean
Primary	4	8%	38	9.1%	9.5
Middle	8	16%	52	12.38%	6.5
Secondary	23	46%	186	44.28%	8.09
Graduate or above	15	30%	144	34.28%	9.6

Chi-square value =0.025

Table 16 and shows that knowledge level increase with educational status, primary, level having lowest knowledge score and secondary level having lowest knowledge score.

Table: 17 Frequency distribution of subjects showing relationship of knowledge with occupation of reproductive age women

Occupation	Frequency	Frequency (%)	Total marks	Percentage marks	Mean
Farming	7	14%	62	14.76%	8.86
Housewife	41	82%	334	79.52%	8.15
Govt. Service	1	2%	11	2.62%	11
Self employed	1	2%	13	3.1%	13

Chi square value= 0.003

Table 17 shows that housewife have more knowledge score 79.52%

Table: 18 Frequency distribution of subject showing relationship of knowledge with monthly income

Income	Frequency	percentage	Total marks	% marks	Mean
<1000	0	0%	0	0%	0
1000-2000	2	4%	27	6.43%	13.5
2000-3000	1	2%	11	2.62%	11
3000-4000	8	16%	57	13.57%	7.13
>4000	39	78%	325	77.38%	8.333

From table 18 it can be show that the subject with monthly income above 4000/- have got highest score and least score between 1000- 2000.

Table: 19 Frequency distribution of subject showing relationship of knowledge with mass media

Mass media	Frequency	Percentage	Total marks	% marks	Mean
News paper	21	42%	149	35.48%	7.1
Radio	10	20%	102	24.29%	10.2
Friends/family member	15	30%	126	30%	8.4
Health personals	4	8%	43	10.24%	10.75

Chi-square value=0.018

Table 19 shows that subject who got information about contraceptive from newspaper has got more knowledge score 35.48%. The subject who got information from radio have got a knowledge score of 24.29% and from friends got 30% and from health personals got a score of 24%.

Table- 20 Co-relation of knowledge with the selected demographic variables

N=50

S. No	Demographic variables	x^2	Table value 'p'	Level of significance	D f	Inference
1.	Education	0.678	3.841	$p<0.05$	1	S
2.	occupation	1.820	4.991	$p>0.05$	2	NS
3.	monthly income	0.799	3.991	$p>0.05$	2	NS

| 4. | Mass media exposure | 0.729 | .815 | p<0.05 | 3 | S |
| 5. | Duration of contraceptive method uses | 0.724 | 2.991 | p>0.05 | 2 | NS |

Table value of x^2 at 5% level   NS= Not significant

                       S= significant

There is positive relation between knowledge of subject and educational status (Chi- square = 0.025).
-        No relationship has been found between knowledge and occupation.
-        No relationship has been found between knowledge and monthly income.
-        There is positive relationship between knowledge of subject and mass media exposure (chi square value = 0.018)

Section –vi correlation of practices with background variables

As the sample size was 50, the practice score related to the background variables are analyzed .The background variables include literacy, socio economic status and mass media exposure. For this various parameters like, education of women, her occupation, monthly income and mass media exposure are correlated.

Table: 21 Frequency distribution of subject showing relationship of practice of condom and other methods of contraception with education of reproductive age women.

Education	Condom		other		total
	Frequency	%	Frequency	%	
Primary	3	75%	1	25%	4
Secondary	6	75%	2	25%	8
Middle	16	69.57%	7	30.43%	23
Graduate	7	46.67%	8	53.33%	15

Table 21 shows the subjects who have an educational level of primary and secondary level are using condom and 69.57% of middle education level are using condom and 46.67% graduate ones are using condom 33.33% of graduate ones prefer other methods of contraception.

Table 22: Frequency distribution of subject showing relationship of practice of condom and other method of contraception with of women

Occupation	Condom		Others		Total
	Frequency	%	Frequency	%	
Housewife	29	70.73%	12	29.27%	41
Farming	1	100%	0	0%	1
Govt service	0	0%	1	100%	1
Pvt service	2	28%	5	71.43%	7

Table 22 shows that 70.73% are using condom and majority of the subject, who are employed preferred other method of contraceptive.

Table 23: Frequency distribution of subjects showing relationship of practice of condom and other method of Family Planning with monthly income

Monthly income	Frequency		Frequency		Total
	Condom	%	Other	%	
Below 1000	0	0%	0	0%	0
1000-2000	2	100%	0	0%	2
2000-3000	1	100%	0	0%	1
3000-4000	6	66.67%	2	33.33%	8
>4000	23	58.97%	16	41.03%	39

Table 23   shows that 100% of subject who have monthly income less than 3000, are using condom only ,66.67% of subject who have an income of 3000 – 4000 use condom and 58.97% of subject who have monthly income > 4000, use condom.

Table 24: Frequency distribution of subject showing relationship of condom and other methods of Family Planning with mass media exposure

Mass media	Frequency		Frequency		Total
	Condom	%	other	%	
Newspaper	20	95.2%	1	4.76%	21
Radio	6	60%	4	40%	10
Friends/family	5	33.33%	10	66.67%	15
Health personals	1	25%	3	75%	4

Table 24 shows that 95.2% of subject who got information from newspaper use condom, 60% of subject who get information about Family Planning from T. v and radio, use condom, 66.67% of subject who get information from friend/family member use other methods of Family Planning 75% of subject who get information from health professionals use other methods.

Table-25 Co-relation of practices with the selected demographic variables

N=50

S .No	Demographic variables	x^2	Table value 'p'	Level of significance	D f	Inference
1.	Education	0.308	1.841	$p>0.05$	1	NS
2.	Occupation	0.864	4.991	$p>0.05$	2	NS
3.	Monthly income	0.224	2.991	$p>0.05$	2	NS
4.	Mass media exposure	0.324	1.815	$p<0.05$	1	S
5.	Duration of contraceptive method uses	0.164	0.991	$p>0.05$	2	NS

Table value of x^2 at 5% level   NS= Not significant

S= significant

- There is a no relationship between practices and educational status of women.
- No relation between practices and occupation of women.
- No relation was found between practices and monthly income.
- A positive relation between practices and mass media exposure (Chi- square value =0.002**)**

III. Discussion

In this study 50 samples were assigned which are reproductive age women among selective community area Aghwanpur, district Moradabad, UP.

In demographic variables regarding reproductive age group there are majority of the women wear in the age group of 20-24yrs (52%) 28% wear in the age group of 25-29yrs,18% wear in 30-40yrs and 2% wear as the age group of above 40yrs, 80% of the women in the age group of 20-24yrs at the time of marriage. 14% were in the age group of 15-19yrs and 8 %were in the age group of >25yrs. 46% of the women were educated up to secondary level, 30% up to graduate, 16% up to middle level, 8% up to primary.7% of women were doing farming, 82% were housewife, 2% were self employed, and 1% were Government services, 84% reproductive age women were using temporary methods of contraception and 16 % were using permanent method of contraception, 72% reproductive age women were self motivated for contraceptive, 16%   were by health worker, 10 % were by friends and 2% were motivated by relative. 56 % of the women were using contraceptive methods for less than 1yrs, 26% were for 1-<2yrs, 6% were using 2-5yrs,and 12% are using for above 5yrs. 48% of the conceived once, 28% conceived twice and 22% conceived 3 time, majority of subject husband and wife together made the decision for contraceptive use. majority of the subject obtained information about family planning method from news paper, 30% subject get information from friends, 20% get from radio, and 8% from family member.

The knowledge mean score is 5, mode is 7 and standard deviation is 3.019. A knowledge score above the mean was set as criteria for adequate knowledge and below mean as having inadequate knowledge. Accordingly, 52% scored above mean and 48% scored below mean in knowledge test. So the women have adequate knowledge. The practices mean score is 1.8, median 3, mode 7, standard deviation 88.In association of knowledge with practice there is positively correlated and the correlation is significant at the 0.01 level.There is positive relation between knowledge of subject and educational status (Chi- square = 0.025).There is positive relationship between knowledge of subject and mass media exposure (chi square value = 0.018). There is a no relationship between practices and educational status of women. No relation between practices and occupation

of women. No relation was found between practices and monthly income. A positive relation between practices and mass media exposure (Chi- square value =0.002**).**

IV. Conclusion

At the end of the study, we came to the conclusion that average knowledge score of the subject regarding contraceptive method was adequate and but more education campaign measures are to be provided for stimulating and promoting the attitude of the people positively towards acceptance of family planning and contraceptive measures. Health personal should make use of the opportunity for providing correct knowledge to couples regarding contraception. Regular in-service education programmes for health personal like ANM's Health Assistant, Public Health Nurses, Dais, village Health guides etc. should be provided to improve the education given to people regarding contraceptive method.

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