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Research Article

### KNOWLEDGE ATTITUDE AND PRACTICES OFFAMILY PLANNING AMONG NURSES OF PUNJAB INSTITUTE OF MENTAL HEALTH (PIMH) LAHORE, PAKISTAN

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**Abstract:**

**Introduction:** A review of the literature has established that there is an adequate ratio of the knowledge and awareness but the compliance regarding the contraceptive methods is poor resulting in a number of socioeconomic crisis. Newly married females are less informed and reluctant to adopt family planning approaches. That is the reason they not only hesitate to buy but are also ignorant of their usage. Most of these women hold false myths and negative attitude regarding contraception. This study was designed to evaluate the knowledge, attitude, and practice of family planning among nurses working in Punjab Institute of Mental Health, Lahore. **Method:** A self-structured questionnaire containing the sociodemographic data and the content of the study was handed over to the 100 nurses of PIMH, Lahore during August 2019 and November 2019. **Result:** All the participants had heard about family planning methods. The key sources of the information were their instructors (82%). About 84% of the study participants marked correct options regarding various types of contraceptives. About 72% of the respondents had a positive attitude towards the available family planning methods. Around 76% of the study participants had or was practicing one or more methods of contraception at the time of the study. **Conclusion:** Our study revealed that although the extent of knowledge and attitude regarding family planning approaches was satisfactory but the compliance was quite low among the nurses of the PIMH, Lahore. In order to inculcate positive attitude and enlighten the masses regarding the usefulness of the contraceptive methods, the nurses working in different departments across the country need to be trained and taught so that they can trickle down the benefits to the candidates and lift the socioeconomic outlook of the country.

**Keywords:** Family planning, population, contraceptives

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**INTRODUCTION:**

Family planning is not just a process of halting the reproductive process but a shared decision among the life partners to choose the resources favourable to them according to their needs.

[1] It involves practical approaches by the couples to restrict the offsprings and space the birth process by intervening in the physiochemical environment of their reproductive systems.[2]

Therefore, an Ideal Family planning method should deal with general and reproductive well being of the mother and the child, maintain the desired gap between the offsprings, check unwanted pregnancies and planned abortions, preventing sexually transmitted diseases, and boosting the quality of life for the mother, fetus, and family collectively.[3]

Pregnancy usually results from the fusion of the male sperm and female egg during sexual intercourse inside the female genital tract. Contraception deals with either by interfering with egg release and production or by keeping the egg and the sperm at distance so that they do not unite and get implanted onto the uterine wall thus avoiding unwanted and unplanned pregnancies.[4] According to latest statistics the world population today has reached above 7.7 billion and is predicted to touch 9 billion by the next 20 years.[5] population explosion has evolved into a global crisis and Pakistan is among the top 6 densely populated countries of the world and a growth rate of about 10 million a year.[4] Despite several awareness campaigns and extensive population welfare programs we are facing extreme challenges to lift the socioeconomic indicators to enhance the preface of human development nationally. [6]

Therefore, it has become essential that the resources should only be reserved for the planned and desired pregnancies because contraceptives not only reduce 25% of maternal mortality associated with unsafe abortions and unplanned pregnancies but also protect the individuals from the STDs such as AIDS(HIV),

Chlamydia, Syphilis, Gonorrhoea etc..[7] Developing countries mostly face the lack of knowledge associated with the supply, cost and the usage of the contraceptives[8] Currently all public and private hospitals are offering both over the counter and permanent methods for birth control.[9] According to study of Jimma, Ethiopia, witnessed that having a good knowledge about cannot warrant of the high utilization practices.[10] WHO has issued guidelines regarding the delivery and administration of contraceptive methods for the health professionals according to their domain and expertise.[11] Pills and barrier method are usually offered by the Lady Health Visitors and the vasectomies and bilateral tubal ligations are performed by gynecologists.[12] Therefore it is imperative that the all healthcare workers especially nurses possess adequate knowledge attitude and skills to motivate their clients [13][14] [15]. The prevailing myths in the minds of the young married women can only be cleared by delivering evidence based information at their first visit [16,17] This study is aimed in to evaluate the knowledge, attitude, and practices (KAP) regarding family planning among nurses of PIMH, Lahore.

**MATERIALS AND METHODS:**

After seeking approval from the administration of PIMH, Lahore. A self-structured questionnaire containing the sociodemographic data and the content of the study was handed over to the 100 nurses working in different shifts. This questionnaire contained the sociodemographic data and the variables to examine knowledge, attitude and practices regarding the available birth control methods. The data was analyzed by SPSS version 21.

**Table.1 Sociodemographic data of the participants**

Age groups	<b>Frequency(n=100)</b>	<b>Percentage (%)</b>
≤25	22	22
26-29	26	26
>30	62	52
<b>Total</b>	<b>100</b>	<b>100</b>
Income (Rupees)	Frequency(n=100)	Percentage (%)
<50,000	46	46
50,000-75,000	34	34
>75,000	20	20
<b>Age at the time of marriage</b>	Frequency(n=72)	Percentage (%)
≤20	12	16.7
20-25	49	68.1
>25	11	15.3
Length of marriage (years)	Frequency(n=72)	Percentage(%)
<5	12	16.7
5-10	42	58.3
>10	18	25
Number of children	<b>Frequency(n=72)</b>	Percentage(%)
0	12	16.7
1	14	19.4
2	26	36.1
3	8	11.1
>3	12	16.7
Number of trainings	Frequency(n=100)	Percentage(%)
≤5	62	62
>5	38	38
<b>Years Of Experience</b>	Frequency(n=100)	Percentage(%)
≤5	48	48
>5	52	52

**Table.2 Correlation between knowledge attitude and practice scores**

Variables	Correlation Coefficient	P-Value
Knowledge-Attitude	0.274	0.049
Knowledge-Practice	0.029	0.89
Attitude-Practice	0.162	0.36

**RESULTS:**

According to the sociodemographic details, out of 100 respondents 62 belonged to Lahore district and 38 were from other parts of the province. About 64% of the participants were Diploma holders. The monthly family income of the majority (46.0%) of the participants was less than Rs 50,000 PKR. Regarding the family size of the participants, majority (36.1%) of them had two children. The majority (26%) belonged to the age group 26-30 year. The mean age of participants was  $31.4 \pm 6.2$  years [Table 1]. About 72.0% of participants were married, and 28.0% stated that they were single. The significant associations had a  $p$ -value  $< 0.05$ . (Table.2)

**Knowledge status of participants**

Almost all the respondents had heard about the various available methods of family planning. The key sources of information were their instructors (82.0%) and curriculum books (12.0%).

About 84% of the study participants marked correct options regarding different types of contraceptives. About 86.0% marked correct response regarding over-the-counter short term contraceptive methods, 76.0% gave correct answers regarding long-term hormonal birth control methods, 94.0% answered correctly regarding permanent method of contraception, and 78.% gave correct response regarding conventional methods of family planning.

**Attitude status of participants**

The majority (84.0%) of participants showed a favorable attitude toward family planning goals. Out of the married participants, 65.0% possessed favorable attitude and encouragement from their partners. Around 82.0% of the respondents considered adopting contraception and among them 54.0% had discussed it with their husbands. About 97.0% of the respondents supported the concept of having appropriate gap between successive offsprings. About 82.0 % endorsed other married women for adopting the birth control methods. Around half of respondents stated that family planning is a way forward to elevate the quality of living.

**Practice on family planning**

Around 76% of the study participants had or was practicing one or more methods of contraception at the time of the study. About 69. % Respondents considered by adopting birth control, the looking after of the children can be better ensured. 60% of the respondents stated that they were motivated by their family physician for the contraception use. Among the married participants about two-third (67%) were using the barrier methods; 50% preferred condoms.

The remaining 33% showed their desire to subscribe to one of the methods in future.

**DISCUSSION:**

Despite several awareness campaigns and extensive population welfare programs we are facing extreme challenges to lift the socioeconomic indicators to enhance the preface of human development at the national level [6] Therefore it has become essential that the resources should only be reserved for the planned and desired pregnancies because contraceptives not only reduce 25% of maternal mortality associated with unsafe abortions and unplanned pregnancies but also protect the individuals from the STDs such as AIDS(HIV), Chlamydia, Syphilis, Gonorrhoea etc..[7] Developing countries mostly face the lack of knowledge associated with the supply, cost and the usage of the contraceptives[8] Currently all public and private hospitals are offering both over the counter and permanent methods for birth control.[9] The results of this study showed that all of respondents had atleast came across the term of family planning and their major source of information were their instructors (82.%), the majority (72.0%) of the respondents had a positive attitude achieving family reproductive health and about (76.%) of the respondents had or a practicing one or more methods of birth control at the time of the study. These results are lower than a study conducted in Jimma zone, Southwest Ethiopia,[10] and another study done in Rohtak district, India.[20] The difference may be attributed to the sample population comprising only married/committed women. However, the statistics were better than a study conducted in Northwest Ethiopia in 2018.[14] Previous studies encompassed gross differences between the reproductive health care offered by the community and professional organizations [21,22]. Both these setups are performing their optimum only when they are provided with the technical support and skill development for the efficient evidence-based error free expertise. [23-29] Around 76.0% of respondents had or were currently practicing a contraceptive method which is higher to the studies conducted in Cambodia [30] Jordan [13] and India,[31] [10] Rohtak district, India,[20] urban slum of Mumbai,[32] and in Sikkim,[33] India[34] . This might be due to the association with the tertiary care setup where good quality low failure rate birth control devices/procedures are accessible, low overall family income and cluster family system operating in dominant parts of the province. In this study, 67% were using the barriers methods and 50% of them preferred condoms, which is comparable to the study by Ashwini Nayak *et al*. There is clear significance of the reluctancy noted among the low-income group.

The nurses who attended more training sessions practiced more sophisticated birth control methods. Therefore, to rationalize comprehensive reproductive health care a universal policy in collaboration with the recommended guidelines of WHO and UNO should be endorsed for the provision of hassle-free doorstep reproductive and family health coverage for all sectors of the community.

#### CONCLUSION AND RECOMMENDATION:

Our study revealed that although the extent of knowledge and attitude regarding family planning approaches was satisfactory but the compliance was quite low among the nurses of the PIMH, Lahore. In order to inculcate positive attitude and enlighten the masses regarding the usefulness of the contraceptive methods, the nurses working in different departments across the country need to be trained and taught so that they can trickle down the benefits to the candidates and lift the socioeconomic outlook of the country.

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