ABSTRACT

The greatest problem of our time is the rapid growth of population, especially in developing countries, because it has enormous impact on the human life. The most urgent conflict facing the contemporary world today is between the pace of growth of human race and disproportionate increase in the production of resources, necessary to support mankind in peace, prosperity and dignity. Therefore it is necessary to stabilize the growth of the population in order to achieve the common goal of human survival. So the researcher wanted to carry out a research study on the contraceptive methods, which is the best way of stabilizing the population growth.

A randomized control trial with pre and post-test designs and an evaluatory approach was undertaken to assess the effectiveness of the Video Assisted Teaching Module on contraceptive methods with regard to knowledge, attitude and practice of the couples’ in the villages of Pondicherry. 977 (488 in the control and 489 in the intervention group) couples were selected by a cluster randomization technique and data were collected with the help of research assistants from may 1st 2009 to march 31st 2010 by using structured interview schedule and it was analyzed by using descriptive and inferential statistics.

Objectives of the study are to -

1. Assess the knowledge, attitude and adopted practices of couples’ regarding contraceptive methods.

2. Evaluate the impact of Video Assisted Teaching Module on contraceptive methods pertinent to knowledge, attitude and practice of Intervention Group in comparison with the Control Group.
3. Associate the relationship of the post-test knowledge, attitude and practice scores of the Intervention Group couples’ with their selected demographic variables.

4. Determine the co-rrelation between knowledge, attitude and practices of the couples’ of Intervention Group.

The findings of the study were:

- The demographic distribution of couples’ shows that most of them (46.6% in the control and 41.4% in the intervention group) were at the age group of 23-27 yrs, 52.6% in the control & 53% in the intervention group were illiterate, 44% in both the groups were daily wages and 56.4% in the control & 60% in the intervention group had monthly income of Rs 2500-Rs5000.

- In relation to the types of family, most of the couples’ (78.6% & 79.6% in the control and intervention group respectively) were from nuclear family systems, the couples (56.8% and 56.6% in the control and intervention group respectively) had two children and (82.6% & 83.4% in the control and intervention group) the husbands were the prime decision makers for family planning.

- Regarding awareness of contraceptive methods, all couples (100%) had knowledge on female sterilization and condom method in both the groups; whereas none of them had heard about EC and Injectables contraceptives.

- It was reported that 69.2% in the control group and 70.4% in the intervention group, couples were being informed about the contraceptives through the health workers.

- Couples in both control and intervention group had inadequate knowledge (<50%) of the details in the aspects of contraceptive methods in pre-test. The
post-test knowledge level showed that 28.7% couples in the control group and 96.5% couples in the intervention group had adequate knowledge on contraceptive methods.

- The pre-test mean knowledge score of couples’ in the control group was 5.72±1.7 and in the intervention group it was 5.58±1.31.
- There was statistically significant improvement in the overall level of knowledge score in post-test among the intervention group couples was derived as (30.37 ± 4.73) when compared to the control group (23.09 ± 4.97) at p<0.000*** level.
- The item wise post-test results showed that there was improvement of knowledge in all the aspects of contraceptive methods in both the groups but it was statistically significant in the intervention group (p<0.000***).
- The post-test mean attitude score showed significant difference in the intervention group (108.62±28.3) compared to control group (65.5±15.5) at the level p<0.000***.
- Regarding practice of the contraceptive methods it was observed that in the control group the use of contraceptives was 5.5% which increased to 7.9% in post test whereas in the intervention group in post-test, the practice level of contraceptive methods by the couples almost tripled (20.24% Vs 6.5%)
- The post-test practice level showed statistically significant in the intervention group when compared to the control group at p<0.000*** level.
- The most common methods practiced was condom (35.89% Vs 54.5%) followed by Cu-T (20.2% Vs 30.3%) followed by Oral Pills( 10.25% Vs 11%) in the control and intervention group respectively. 0.3 % practiced emergency contraception and 2.2% of the couples’ adopted female sterilization in the intervention group.
Conclusion

The above study findings indicated that VATM on contraceptive methods for the couples had a positive effect and hence it could be implemented in any set up like clinical or community area to change in the knowledge, attitude and practice of the couples.

From the findings of the study, it can be concluded that knowledge regarding the available of the methods was existed among the couples but they did not have specific knowledge.

Lack of accurate information leads to misconception about the methods and creates the common challenge to use and to continue the methods. So it is essential to have an accurate knowledge about each contraceptive method which helps them to make informed choice, better switch over and continuity.

There was a significant difference found between control and intervention group in post test knowledge, attitude and practice scores of couples related to contraceptive methods including emergency contraception. There was significant association between the types of family of the couples’ and knowledge; there was significance association with attitude of the couples’ to the religion, types of family, number of children and age of the wife in intervention group. Further positive correlation was found between post-test knowledge and attitude level which indicated that when the knowledge was improved that influences the attitude of the couples’. The mean knowledge and attitude score of three post-tests (I-III) were observed as highly significant which had shown that the differences were the true differences. Hence it can be concluded that the VATM was effective.