



**A STUDY TO ASSESS THE ATTITUDE OF ELIGIBLE COUPLE REGARDING  
IMPORTANCE OF FAMILY PLANNING IN SELECTED AREA AT PALLITHOTTAM**

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**ABSTRACT**

The research project undertaken was “A study to assess the attitude of eligible couples regarding the importance of family planning in selected community area at Pallithottam. The objective of the study was to assess the attitude of eligible couples regarding Importance of family planning. To find out the association between attitude regarding importance of family planning among eligible couple and selected socio demographic variables such as gender, age, religion, occupation, Number of children, monthly income, type of family. Non experimental research design was adopted for this study. The study was conducted among 50 eligible couples in selected community area at Pallithottam . In order to assess the attitude of eligible couples regarding the importance of family planning. The study sample was selected by non-probability convenient sampling technique. The tool used for the data collection consisted of demographic proforma and structured questionnaire basic introduction of the study was given to the subjects. The analysis of the data was based on the objectives of the study using descriptive and inferential statistics. The findings of the present study revealed that there is significant association between attitude and demographic variable, Education and Number of children (Calculated value was greater than table value at 0.05 level of significance) and no significant association between attitude and demographic variables such as sex, age, religion, occupation, monthly income and type of family. (Calculated value were less than table value at 0.05 level of significance). Based on the findings the investigator has drawn implications which were of vital concerns in the field of nursing practice, nursing administration, nursing pattern, nursing education for future development.

**KEYWORDS:** Attitude, Eligible couple, Family planning.

**INTRODUCTION**

Family planning means preparing sex plan for the family which mean help individual and couple in achieving welfare of their family by keeping it small. Though family planning is not the synonym of birth control but it has same connotation in the mind of people, which only symbolize obstructive, negative and delusionary nature of the thinking. India has the second largest population in the world. The higher fertility in India is attributed to the universality of marriage, low level of literacy, limited use of contraceptives and traditional way of life. Family planning is also essential to improve the quality of life. Family planning and health are closely inter-related.<sup>[1]</sup>

Family planning is an effective way of controlling fertility. Low fertility leads to a slower population growth. It has long been acknowledged as an effective public health intervention, highly cost-effective in decreasing maternal and child health burden of disease. Globally, the use of modern contraceptive methods and the desire for smaller families has been increasing.

However, large disparities between rich and poor still exist in access to services, resulting in disproportionately high unmet need for the poor. The causes of unmet need are mainly related to poor access to services, lack of correct information, social opposition to use, and concerns about side effects.<sup>[2]</sup>

The study is expected to yield a detailed picture regarding the importance of family planning on eligible couple.

**Statement of the problem**

A study to assess attitude of eligible couples regarding the importance of family planning in selected community area at Pallithottam.

**Objectives**

- To assess the attitude of eligible couples regarding importance of family planning.
- To find out the association between attitude regarding importance of family planning among

eligible couples and selected socio demographic variables.

#### Operational definition

- **Assess:** In this study assess refers to determine the attitude regarding importance of family planning.
- **Attitude:** The way that you feel think and behave to someone. In this study it refers to attitude of eligible couple regarding the importance of family planning.

- **Eligible couple:** In this study eligible couple refers to currently married couple wherein the age of the wife is in the age group of 15-44 years.
- **Family planning:** In the study family planning refers to the practice of controlling the number of children one has and the intervals between their births, particularly by means of contraception or voluntary sterilization.

#### Research methodology

<b>Research approach</b>	Quantitative research design
<b>Research design</b>	Non experimental descriptive research design
<b>Variables</b>	Demographic Variables: Gender, Age, Religion Educational qualification, Occupation, Number of children, Monthly income, Type of family
<b>Setting of the study</b>	Selected area at Pallihottam
<b>Population</b>	The population of the study included married couple were in the age group of 15-44 years
<b>Sample</b>	Married couple were in the age group of 15-44 years
<b>Sample size</b>	In this study sample consists of 50 eligible couples.
<b>Sampling technique</b>	Convenient Sampling technique

#### RESULT AND DISCUSSION

The data were tabulated, analyzed and interpreted using descriptive and inferential methods. The data were presented under following heading:

**Section 1:** Description of demographic variables

**Section 2:** Description of attitude scores of eligible couple regarding family planning

**Section 3:** Association between attitude of eligible couple regarding family planning with selected demographic variables.

#### Scoring of attitude scale

The subjects are classified as follows as based on their score

60-75: Highly positive

59-45: Positive

44-30: Neutral

< 30: Highly negative

#### Section 1: Description of demographic variables.

**Table 1: Gender.**

Sl. No	Gender	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	Male	8	28	4	0	0
2	Female	0	10	0	0	0

The data presented in table 1 shows out of 50 samples, 80% of were females and 20% were males

**Table 2: Age.**

Sl no	Age	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	20-30	2	22	2	0	0
2	31-40	4	12	0	0	0
3	41-50	2	4	2	0	0

The data presented in the table 2 shows out of 50 samples, 52% were in the age group of 20-30years and

32% were in the age group of 31-40 years and 16% were in the age group of 41 – 50 years

**Table 3: Religion.**

Sl. No.	Religion	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	Hindu	0	0	0	0	0
2	Christian	8	38	4	0	0
3	Muslim	0	0	0	0	0

The data presented in the table 3 shows out of 50 sample 100% were Christians, neither Hindu nor Muslim

**Table 4: Education.**

Sl. No.	Education	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	Primary	0	10	2	0	0
2	High school	6	12	2	0	0
3	Higher secondary	0	16	0	0	0
4	Degree	2	0	0	0	0

The data presented in the table 4 shows out of 50 sample education 24% had Primary education 40% had high school education 32% had higher secondary education and 4% had graduate degree

**Table 5: Occupation.**

Sl. No.	Occupation	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	Unemployed	2	14	4	0	0
2	Private	4	18	0	0	0
3	Self	2	6	0	0	0
4	Government	0	0	0	0	0

The data presented in the table 5 shows out of 50 sample 40% were unemployed, 44% were self-employed, 60% were private employed and no government employees.

**Table 6: Monthly income.**

Sl. No.	Monthly income	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	<10,000	4	26	2	0	0
2	10,001 - 30,000	2	10	2	0	0
3	30,001 - 50,000	2	2	0	0	0
4	>50,001	0	0	0	0	0

The data presented in the table 6 shows out of 50 samples 64% have income of Rs <10000, 28% have income between Rs 10001 to 30000, 8% have the income between Rs 30001 to 50000 and no one have monthly income of Rs >50001.

**Table 7: Type of family.**

Sl. No.	Type of family	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	Nuclear family	6	28	4	0	0
2	Joint family	2	10	0	0	0
3	Others	0	0	0	0	0

The data presented in the table 7 shows out of 50 joint family and no one belongs to other categories. samples 76% were from nuclear family, 24% belongs to

**Table 8: No. of Children.**

Sl. No.	No. of children	Level of attitude				
		Highly positive	Positive	Neutral	Negative	Highly negative
1	One	2	2	2	0	0
2	Two	6	22	0	0	0
3	Three	0	10	0	0	0
4	Four	0	4	2	0	0

The data presented in the table 8 shows out of 50 sample 12% have one child, 56% having two children, 20% having 3 children and 12% having 4 children.

## Section 2: Description of attitude scores of eligible couple regarding family planning

**Table 1: Frequency and percentage distribution of score on attitude regarding family planning.**

Description of attitude scores of eligible couple regarding family planning

Score Range	Rating	Frequency	percentage
60-75 highly positive		8	16
59-45 positive		38	76
44-30 neutral		4 8	
<30 highly negative		0 0	

## Section 3: Association between attitude of eligible couple regarding family planning with selected demographic variables.

**Table 1: Association between attitude of eligible couple regarding the importance of family planning with selected demographic variables.**

Sl. no.	Variables	Level of attitude					Chi Square value	Table value	df	Level of significance
		Highly positive	Positive	Neutral	Negative	Highly negative				
1	<b>Gender</b>									
	Male	8	28	4	0	0	3.93	9.49		NS
Female	0	10	0	0	0					
2	<b>Age</b>						10.88	15.51		NS
	20-30	2	22	2	0	0				
	31-40	4	12	0	0	0				
	41-50	2	4	2	0	0				
3	<b>Religion</b>						0	15.51		NS
	Hindu	0	0	0	0	0				
	Christian	8	38	4	0	0				
	Muslim	0	0	0	0	0				
4.	<b>Education</b>						21.85	21.03		S
	Primary	0	10	2	0	0				
	High school	6	12	2	0	0				
	Higher secondary	0	16	0	0	0				
	Degree	2	0	0	0	0				
5.	<b>Occupation</b>						8.14	21.03		NS
	Unemployed	2	14	4	0	0				
	Private	4	18	0	0	0				
	Self	2	6	0	0	0				
	Government	0	0	0	0	0				
6.	<b>Monthly Income</b>						4.77	21.03		NS
	<10000	4	26	2	0	0				
	10000-30000	2	10	2	0	0				
	30000-50000	2	2	0	0	0				

	>50000	0	0	0	0	0				
7	<b>Type of family</b>									
	Nuclear family	6	28	4	0	0	5.74	15.51	NS	
	Joint family	2	10	0	0	0				
	Others	0	0	0	0	0				
8.	<b>Number of children</b>									
	One	2	2	2	0	0	69.75	21.03	S	
	Two	6	22	0	0	0				
	Three	0	10	0	0	0				
	Four	0	4	2	0	0				

0.05 – level of significance

S – Significant

NS – Non Significant

**Table 1: Association between attitude of eligible couple regarding family planning with selected demographic variables.**

**Table-1:** The association was computed by using chi square test. Regarding gender, the calculated value 3.93 is less than table value 9.49 at 0.05 level of significance regarding the attitude of family planning among eligible couple.. Regarding age, the calculated value is 10 .88 is less than 15.51 at 0.05 level of significance .Regarding Religion the calculated value is 0 is less than the table value 15.51 at 0.05 level of significance regarding the attitude of family planning among eligible couple. Regarding education the calculated value 21.85 is greater than the table value 21.03 at 0.05 level of significance regarding the attitude of family planning among eligible couple. Regarding Occupation calculated value 8.14 is less than the table value 21.03 at 0.05 level of significance regarding attitude of family planning among eligible couple. Regarding the number of children the calculated value 69.75 is greater than the table value 21.03 at 0.05 level of significance. Regarding monthly income the calculated value 4.77 is less than the table value 21.03 at 0.05 level of significance regarding attitude of family planning among eligible couple. Regarding type of family the calculated value 5.74 is less than the table value 15.51 at 0.05 level of significance. There was significant association between attitude of family planning among eligible couple and demographic variable education and number of children. There is no significant association attitude of family planning among eligible couple and demographic variable such as gender, age, religion, occupation, monthly income and type of family.

## DISCUSSION

The present study was aimed at assessing the attitude of eligible couple regarding the importance of family planning in selected area, pallithottam. In order to achieve the objectives of the study non-experimental descriptive design was adopted. There subjects were selected by the convenient sampling. The sample consisted of 60 eligible couple who met the inclusion criteria. The findings of the study had been discussed in relation to objectives and other similar studies.

## The objectives of the study

The objectives of the study were to:

- To assess the attitude of eligible couples regarding importance of family planning.
- To find out the association between attitude regarding importance of family planning among eligible couple and selected social demographic variables.

## Discussion of findings with other studies based on objectives

### • To assess attitude towards family planning among eligible couples

The present study revealed that 16 % of couples had highly positive attitude 76 % of couples had positive attitude 8 % of couples had neutral.

The above findings are supported by the cross sectional study conducted on February 2013 – January 2014. Data was collected to assess the attitude of eligible couple regarding the importance of family planning in the field practice area of Prathima institute of medical sciences, Karimnagar. The analysis showed that the knowledge level of Eligible couples in which Majority of 65% respondent had poor knowledge, 32% respondent had average knowledge and only 3% of respondent had good knowledge.

### • To find association between attitude regarding family planning among eligible Couple and Selected demographic variables

The association was computed by chi square test. In the case of gender, the chi square value 3.93 is less than table value 9.49 at 0.05 level of significance therefore there is no significance. In the case of Age, the chi square value is 10 .88 is less than the table value of 15.51 at 0.05 level of significance therefore there is no significance .In the case of Religion the chi square value is 0 is less than the table value 15.51 at 0.05 level of significance therefore there is no significance.

In the case of education the chi square value 21.85 is greater than the table value 21.03 at 0.05 level of significance therefore significance is there. In the case of

Occupation chi square value 8.14 is less than the table value 21.03 at 0.05 level of significance therefore there is no significance. In the case of the number of children the chi square value 69.75 is greater than the table value 21.03 at 0.05 level of significance therefore significance is there. In the case of monthly income the chi square value 4.77 is less than the table value 21.03 at 0.05 level of significance therefore there is no significance. In the case of type of family the chi square value 5.74 is less than the table value 15.51 at 0.05 level of significance therefore there is no significance. There was significant association between attitude of family planning among eligible couple and demographic variable education and number of children. There is no significant association attitude of family planning among eligible couple and demographic variable such as gender, Age, religion, occupation, monthly income and type of family.

The above findings are supported by cross-sectional study was conducted to assess the knowledge and attitude regarding family planning and the practice of family planning among the women of reproductive age group in South Achefer District, Northwest Ethiopia 01–April 01, 2017. Systematic sampling technique was used to select the sampling. The response rate in this study was 97.9%. Among 381 participants included, 185 (49%) were from rural villages. About 47% of the participants were illiterate and 52% were completed primary education. The monthly household income of the majority (42.5%) of the participants was between 1000 and 3000 Ethiopian birr. Regarding the family size of the participant's, majority (48.3%) of them had  $\geq 3$  children. Women who had good knowledge were more likely to practice FP than those who have low knowledge ( $\chi^2 = 117.995$ ,  $df = 1$ ,  $P < 0.001$ ) and women who had favorable attitude towards FP were more likely to practice FP ( $\chi^2 = 106.696$ ,  $df = 1$ ,  $P < 0.001$ ). It was also seen that residence, age, educational status, occupation, marital status, number of children and monthly income were significantly associated with the practice of family planning.

### CONCLUSION

The present study was aimed to assess the attitude of eligible couple regarding family planning in selected area at Pallihottam. The study was conducted on a relatively small sample of 50 eligible couple.

There was significant association between attitude of family planning among eligible couple and demographic variable education and number of children. There is no significant association attitude of family planning among eligible couple and demographic variable such as gender, age, religion, occupation, monthly income and type of family.

### REFERENCE

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