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## Descriptive study to assess the attitude towards permanent family planning methods among eligible couples

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### Abstract

**Introduction:** India has the second largest population in the world. The higher fertility in India is attributed to universality of marriage, low level of literacy, limited use of contraceptives and traditional way of life. Sterilization can be empowering decision for the right person at right time in their life. There are good alternatives such as IUD, which provide better prevention of pregnancy without risks associated with surgery. People have misconceptions regarding the sterilization & its effect. In the time of population explosion there is a great need to adopt sterilization as family planning method to control the population.

**Methods:** A descriptive research design was used to assess the attitude towards permanent family planning methods among 100 eligible couples selected by convenience sampling technique, residing in Village Issapur Rauni, Dera Bassi, Mohali, Punjab. Self structured 22 item Likert scale was used to assess the attitude towards permanent family planning methods.

**Results:** The findings of the study revealed that 60% subjects have positive attitude, while 40% have negative attitude towards permanent family planning methods. The mean attitude score of subjects having positive attitude was  $54.8 \pm 1$  & negative attitude was  $36.7 \pm 3.2$ . The association of attitude of eligible couples was found to be statistically significant with occupation and gender ( $p < 0.05$ ).

**Conclusion:** Thus the study concluded that 60% subjects have positive attitude, while 40% have negative attitude towards permanent family planning methods.

**Keywords:** Attitude, eligible couples, permanent family planning methods

### Introduction

India has the second largest population in the world. The higher fertility in India is attributed to universality of marriage, low level of literacy, limited use of contraceptives and traditional way of life. The objective of family planning programmes in India is that people should adopt small family norms to stabilize the country's population [1]. Studies revealed that the knowledge for use of contraceptive and sterilization in a community where the women are aware of contraceptive methods less than half are using method, they perceive to be most effective [2]. India is facing the problems of overpopulation since many years together. It is over the biggest menaces of his country and also in future. This problem leads to even more serious problems like poverty, illness, malnutrition, illiteracy, destruction of natural sources and many others problems that are difficult to overcome [2]. There is no evidence that female sterilization makes any difference to existing menstrual cycles or sexual function [3]. In the time of population explosion there is a great need to adopt sterilization as family planning method to control the population but people have misconceptions regarding the sterilization & its effect.

### Methods

A descriptive research design was used to assess the attitude towards permanent family planning methods among eligible couples residing in Village Issapur Rauni, Dera Bassi, Mohali, Punjab. the study was carried out on 100 eligible couples selected by convenience sampling technique over a period of 1 month. Self structured 22 item Likert scale was used to assess the attitude towards permanent family planning methods by paper pencil method. There were 10 positive items and 12 negative items.

**Inclusion criteria:** Eligible couples who were present at the time of data collection, willing to participate and able to read and write in Hindi, Punjabi & English.

**Results**

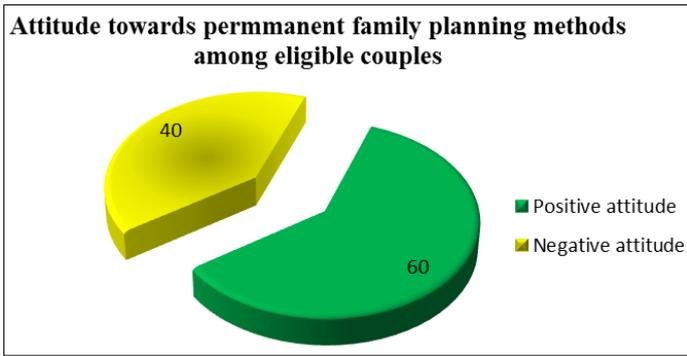
**Objectives 1:** To assess the attitude of eligible couple towards permanent family planning method.

40% had -ve attitude towards permanent family planning methods. Hence it was concluded that the attitude towards permanent family planning methods among eligible couples was +ve.

Hence it can be concluded that majority of the subjects had positive attitude towards permanent family planning methods.

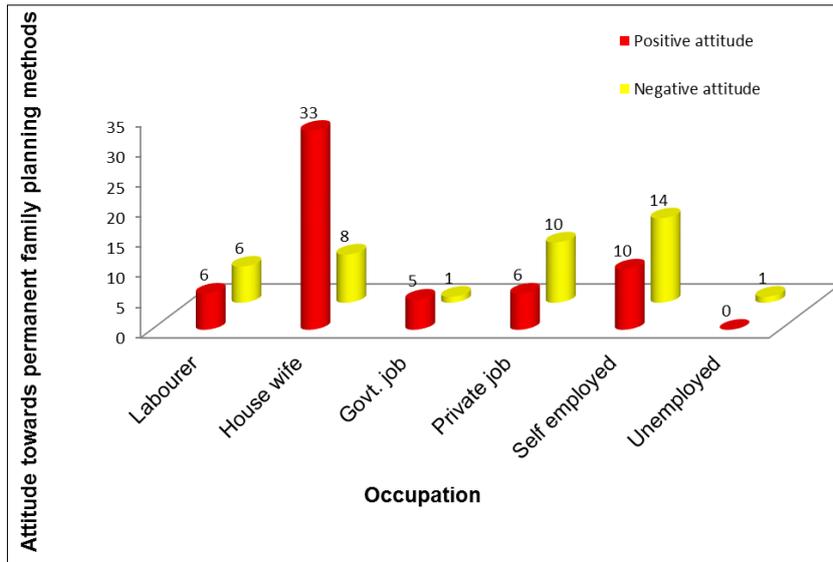
**Objective 2:** To find association between attitude of eligible couples towards permanent family planning methods with their selected demographic variables.

The study revealed that the attitude of eligible couples was significantly associated with Occupation (.004 & df-5) at  $p < 0.05$  level, Gender (0.014 & df-1) at  $p < 0.05$  level. No association was found between attitude and other demographic variables like Age, Educational status, Type of family, Dietary pattern Religion, Monthly family income, Duration of marriage, Per capita monthly income, No. of family members & Method of family planning currently being used.



**Fig 1:** Percentage distribution of attitude towards permanent family planning methods.

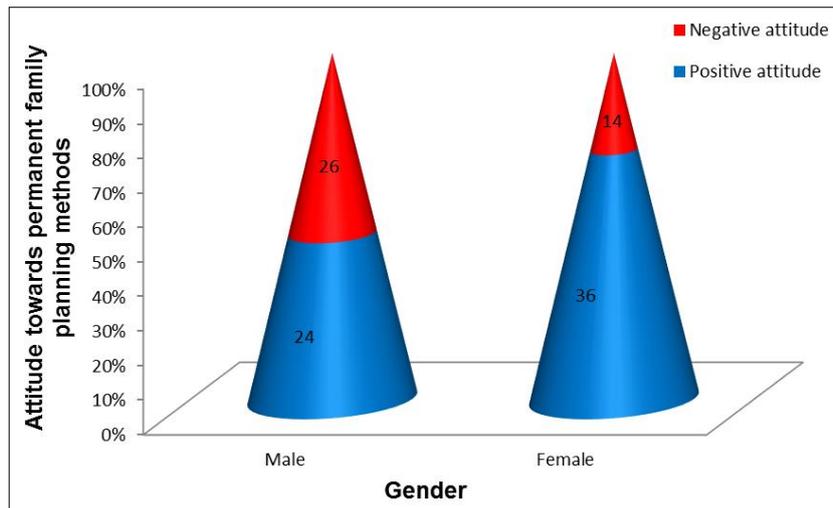
Figure-1 depicts that 60% of total subjects had +ve attitude &



**Fig 2:** Association between attitude and occupation

Figure 2 depicts that subjects who were labourer (6%), house wife (33%), Govt. Job (5%), Private Job (6%), Self employed (10%) and unemployed (0%) have positive attitude towards

permanent family planning methods. Hence it can be concluded that the attitude was significantly associated with house wife.



**Fig 3:** Association between attitude and gender

Figure 3 depicts that (24%) males and (36%) females had positive attitude towards permanent family planning methods. Hence it can be concluded that females had positive attitude towards permanent family planning methods.

### Discussion

A descriptive study was conducted to assess the attitude towards permanent family planning methods among eligible couples. Major findings of the study showed that 60% subjects have positive attitude, while 40% have negative attitude towards permanent family planning methods. The mean attitude score of subjects having positive attitude was  $54.8 \pm 1$  & negative attitude was  $36.7 \pm 3.2$ . The association of attitude of eligible couples was found to be statistically significant with occupation and gender ( $p < 0.05$ ).

The present study is supported by N.Jessie Metilda (2012) [4] who conducted a descriptive study on attitude regarding permanent family planning methods among eligible couples suggested that 63% of couples have favorable attitude & 37% couples have unfavorable towards permanent family planning methods.

The present study is also supported by Kumar S, Priya Darshmi A, Anad K, Yadav BK (2011) [5] who conducted a study on attitude of women towards permanent family planning methods suggested that 65.5% women had positive attitude towards permanent family planning methods

### Conclusion

It was concluded that majority of eligible couples had positive attitude towards permanent family planning methods. There is a great need to adopt sterilization as family planning method to control the population. Eligible couples should also educate to adopt permanent family planning methods to control population explosion.

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### Declarations

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Conflict of interest: None declared

Ethical approval: The study was approved by the Institutional Ethics Committee.

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