

**A STUDY TO ASSESS THE KNOWLEDGE REGARDING FAMILY
PLANNING METHODS AMONG NEW MARRIED COUPLES
ADMITTED IN NMCH, JAMUHAR ROHTAS BIHAR**

Prof. Dr. K. Latha¹

Dean cum Principal, Narayan Nursing College, Gopal Narayan Singh University,
Jamuhar,
Rohtas, Bihar

Ms. Mamta kumari²

Msc Nursing tutor
Dept. Of Medical Surgical Nursing
Narayan Nursing college, Gopal Narayan Singh university

**Ms. Priti Kumari³, Ms. Vandana Kumari⁴, Mr. Anuj Kumar⁵, Ms. Rekha
Kumari⁶, Mr. Rajesh Kumar⁷**

Students of Narayan Nursing College, Gopal Narayan Singh University,
Sasaram, Rohtas, Bihar

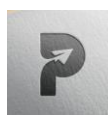
ABSTRACT

Background:

Family planning is an essential component of reproductive health that helps couples to plan and space pregnancies, thereby improving maternal and child health outcomes. Newly married couples often lack adequate knowledge regarding different family planning methods, their usage, and benefits. This lack of awareness may lead to unplanned pregnancies, health risks, and poor reproductive outcomes. Therefore, assessing knowledge regarding family planning methods among new couples is important for improving their health and well-being.

Objectives:

To assess the level of knowledge regarding various family planning methods among newly married couples. To determine the association between knowledge regarding family planning methods and selected socio-demographic variables.



Methodology:

A quantitative research approach with a descriptive research design was used for the study. The study was conducted at Narayan Medical College and Hospital (NMCH), Jamuhar, Rohtas, Bihar. A non-randomized sampling technique was adopted, and the sample size consisted of 30 newly married couples. Data were collected using a self-structured questionnaire and demographic proforma. Data analysis was done using descriptive statistics (frequency and percentage) and inferential statistics (chi-square test).

Result:

The findings of the study revealed that among 30 couples, 43.3% had adequate knowledge, 36.6% had good knowledge, and 20% had inadequate knowledge regarding family planning methods. The study also showed that there was no statistically significant association between knowledge and selected socio-demographic variables such as age, education, residence, religion, and occupation ($p > 0.05$).

Recommendation:

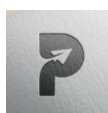
The study recommends conducting similar studies with larger sample sizes and in different settings. Health education and awareness programs should be strengthened to improve knowledge among newly married couples. Interventional studies can be conducted to evaluate the effectiveness of structured teaching programs on family planning.

Conclusion:

The study concluded that although most newly married couples had an adequate level of knowledge regarding family planning methods, there is still a need to improve their understanding. Strengthening health education and counselling services can help promote informed decision-making and improve reproductive health outcomes.

INTRODUCTION

Family planning is an essential component of reproductive health care and is considered a cornerstone for improving the health status of individuals, families, and society at large. It



refers to the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births through the use of appropriate methods of contraception. Effective family planning contributes significantly to the reduction of maternal mortality, infant mortality, and morbidity by preventing high-risk and unplanned pregnancies. In countries like India, where population growth remains a major challenge, family planning plays a crucial role in achieving sustainable development, improving quality of life, and reducing the burden on healthcare systems. Despite the availability of various family planning methods and government initiatives, a large proportion of couples still lack adequate knowledge and awareness, especially during the early years of marriage, which leads to improper utilization or non-utilization of these methods.¹

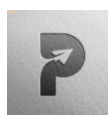
Newly married couples represent a critical group in reproductive health because decisions made during the initial years of marriage have a long-lasting impact on maternal health, child health, and overall family well-being. Many new couples enter married life without sufficient understanding of reproductive physiology, conception, contraception, and the importance of spacing between pregnancies. Cultural taboos, lack of open communication, embarrassment in discussing sexual and reproductive matters, and dependence on unreliable sources of information further worsen the situation. As a result, many couples experience unplanned pregnancies soon after marriage, which may adversely affect the physical, emotional, and economic stability of the family. Assessing the knowledge of family planning methods among

PROBLEM STATEMENT

A study to assess the knowledge regarding family planning methods among new married couples admitted in NMCH Hospital, Jamuhar, Rohtas, Bihar

OBJECTIVES

1. To assess the level of knowledge regarding various family planning methods among new married couples
2. To determine the association between the knowledge regarding family planning methods among new married couples with their selected socio-demographic variables



HYPOTHESIS

H1 There is a significant association between the level of knowledge regarding family planning methods among new married couples with their selected socio-demographic variables

OPERATIONAL DEFINITION

Knowledge: -

For this study, knowledge refers to the level of awareness, understanding and factual information possessed by newly married couples regarding family planning methods as assessed through a structured knowledge questionnaire.

Family Planning Methods: -

For this study, family planning methods refer to the various contraceptive techniques and reproductive health interventions used to delay, space or limit childbirth. These include temporary, permanent, natural and emergency methods recognized by national reproductive health programmers.

2. Newly Married Couples

For this study, newly married couples refer to men and women who are married for a period not exceeding 1 year and are currently admitted or accompanying their spouse in the hospital for any medical or non-emergency purposes, irrespective of age, religion or education

MATERIALS AND METHODS

Research approach: -

Quantitative research approach was adopted for this study

Research design: -

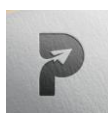
Descriptive research study was used for this study.

Research Setting: -

NMCH, Jamuhar Rohtas.

Sample technique: -

Purposive sampling technique



Sample size: -

Number of sample size is

30. Target population: -

Newly married couples

Variables of the study:

Dependent Variables: - knowledge of new couples regarding family planning.

Socio Demographic variables - Selected Demographic variables such as age, Education, occupation, religion and residence.

Inclusion Criteria: -

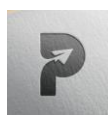
- New married couples admitted in NMCH Hospital during the period of data collection.
- Couples who are within the first few years of marriage.
- Couples who are available at the time of data collection.
- Couples who are willing to participate in the study.
- Couples who are able to understand and respond in English or Hindi.

Exclusion criteria: -

- Couples who are critically ill.
- Couples who are not willing.
- Couples who have already undergone permanent family planning methods.
- Couples who are mentally challenged or unable to give appropriate responses.
- Couples who are not present during the time of data collection

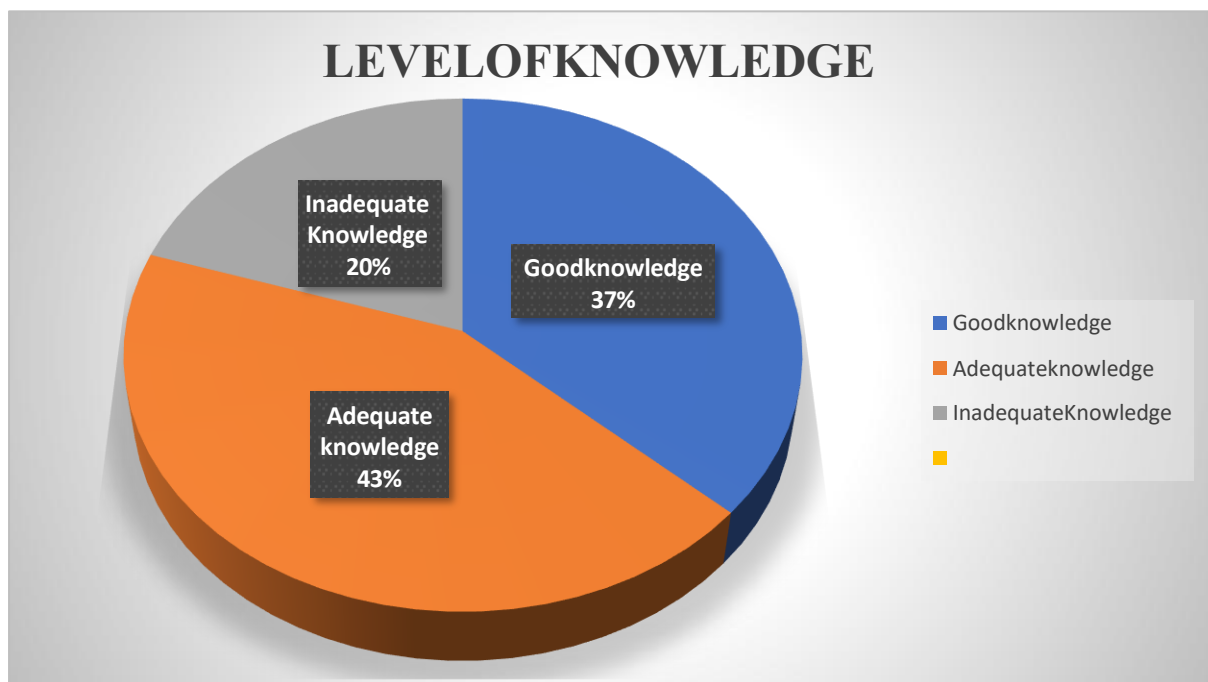
MAJOR FINDINGS OF THE STUDY

the level of knowledge regarding family planning methods among newly married couples. The findings of the study revealed that out of 30 couples, 43.3% had adequate knowledge, 36.6% had good knowledge, and 20% had inadequate knowledge regarding family planning methods. to determine the association between the level of knowledge regarding family planning methods and selected socio-demographic variables such as age, education, residence, religion, and occupation. The analysis was carried out using the chi-square test, and



the findings revealed that there was no statistically significant association between knowledge and any of the selected demographic variables, as all the calculated p-values were greater than 0.05.

Level of knowledge

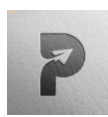


IMPLICATION FOR PRACTICE

. Nursing Practice

Nurses play a key role in promoting awareness regarding family planning methods among newly married couples. They are often the first point of contact in healthcare settings and can effectively assess the knowledge level of couples during hospital visits. Nurses should provide individualized counselling based on the needs and understanding of each couple and educate them about different family planning methods, their advantages, disadvantages, and proper usage. They should also address misconceptions and fears related to contraceptive methods and encourage couples to adopt suitable practices for better reproductive health outcomes. Continuous follow-up and support by nurses can further enhance compliance and effective utilization of family planning methods.

2. Nursing Education



Nursing education plays an important role in preparing future nurses to address reproductive health issues effectively. The curriculum should include comprehensive content on family planning methods, their mechanisms, benefits, and counselling techniques. Students should be trained through practical sessions, demonstrations, and community postings to enhance their skills in educating clients. Emphasis should also be placed on developing communication skills so that nurses can effectively interact with couples and provide accurate information in a culturally sensitive manner.

3. Nursing Administration

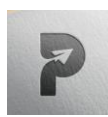
Nursing administrators have a responsibility to ensure the effective implementation of family planning programs in healthcare settings. They should organize regular health education programs, awareness campaigns, and counselling sessions for newly married couples. Adequate resources such as educational materials, audiovisual aids, and trained personnel should be made available to support these activities. Policies and guidelines should be developed to strengthen family planning services and ensure that all couples receive appropriate information and support.

4. Nursing Research

There is a need for further research in the area of family planning knowledge among newly married couples. Future studies can be conducted with larger sample sizes and in different settings such as rural and urban communities to improve the generalizability of findings. Comparative studies can be carried out to identify differences in knowledge levels among different populations. Experimental studies can also be conducted to evaluate the effectiveness of structured teaching programs in improving knowledge and practices related to family planning. Research can also focus on identifying barriers and facilitators influencing the use of contraceptive methods

CONCLUSION

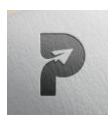
The present study was aimed at assessing the level of knowledge regarding family planning methods among newly married couples and determining its association with selected socio-demographic variables. Based on the findings, it can be concluded that although a majority of newly married couples possess an adequate level of knowledge, there is still a need to improve



their understanding to a higher level for effective utilization of family planning methods. A considerable proportion of couples were found to have only adequate knowledge, which may not be sufficient for making informed decisions regarding contraceptive use. Additionally, a small but important percentage of couples had inadequate knowledge, which may lead to non-use or incorrect use of family planning methods, resulting in unintended pregnancies and associated health risks. The study also concluded that there was no statistically significant association between the level of knowledge and selected demographic variables such as age, education, residence, religion, and occupation. Since all p-values were greater than 0.05, the null hypothesis (H_0) was accepted and the research hypothesis (H_1) was rejected. This finding suggests that knowledge regarding family planning methods is not dependent on demographic characteristics alone, but may be influenced by other factors such as exposure to health education programs, availability of counselling services, access to healthcare facilities, and influence of media and community awareness initiatives.

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