

A study to assess effectiveness of an informational booklet on knowledge regarding PPIUCD among antenatal mothers in selected rural area at Etawah, Uttar Pradesh.

Ms. Arti Yadav,

Nursing tutor, Mental Health Department, Faculty OF Nursing, Rama University, Mandhana, Kanpur, Uttar Pradesh. Mail:asyadav7378ss@gmail.com

ABSTRACT

A study to assess effectiveness of an informational booklet in improving knowledge regarding postpartum intrauterine contraceptive devices (PPIUCD) among antenatal mothers in a selected rural area of Etawah, Uttar Pradesh. A pre-experimental one-group pre-test post-test design was adopted. A total of 70 antenatal women were selected using a simple random sampling technique. The findings revealed that the overall acceptance rate of PPIUCD was 36.23%. The most common reasons for refusal included fear of pain, bleeding, and other complications. Post-placental insertion was the most frequently practiced method. A small proportion of women reported complications such as abdominal pain and heavy bleeding. The study showed a significant improvement in knowledge scores after the intervention. The results indicate that the informational booklet was effective in enhancing awareness and understanding of PPIUCD among antenatal mothers.¹

Keywords: PPIUCD, Antenatal Mothers, Knowledge, Informational Booklet, Contraception.

INTRODUCTION

Pregnancy is an important period during which women are more receptive to health education. Healthcare professionals play a crucial role in providing information about postpartum family planning methods, including PPIUCD. This method is recognized as a safe, effective, and long-term reversible contraceptive option.

India continues to face challenges related to population growth and maternal health. Family planning programs have been introduced to address these issues, but awareness and acceptance of certain methods remain limited. Educating women

during the antenatal period can significantly improve the adoption of effective contraceptive methods after delivery²

BACKGROUND

The postpartum period provides a valuable opportunity to introduce contraceptive methods such as PPIUCD. Despite its advantages, many women do not utilize this method due to lack of awareness, misconceptions, and fear of side effects. In rural areas, limited access to health education further contributes to low acceptance rates. Therefore, providing structured information through educational materials can help improve knowledge and

promote informed decision-making among antenatal mothers.³

NEED FOR THE STUDY

Many women are still unaware of safe and effective postpartum contraceptive methods. This lack of knowledge often results in unintended pregnancies and short birth intervals, which can increase health risks for both mother and child.

The use of PPIUCD can help in spacing pregnancies and improving overall reproductive health. Since antenatal mothers frequently interact with healthcare providers, this period is ideal for educational interventions.

This study was conducted to assess whether an informational booklet can effectively improve knowledge and awareness regarding PPIUCD among antenatal mothers⁴

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of an informational booklet on knowledge regarding PPIUCD among antenatal mothers in a selected rural area of Etawah, Uttar Pradesh.

OBJECTIVES

1. To assess the pre-test knowledge regarding PPIUCD among antenatal mothers
2. To evaluate the effectiveness of an informational booklet on knowledge regarding PPIUCD

3. To find the association between pre-test knowledge and selected demographic variables

HYPOTHESIS

H1: There is a significant difference between pre-test and post-test knowledge scores

H2: There is a significant association between knowledge scores and demographic variables

METHODOLOGY

Research Approach

An evaluative research approach was used to assess the effectiveness of the informational booklet.

Research Design

A pre-experimental one-group pre-test post-test design was adopted.

Design:

O1 → X → O2
(O1 = Pre-test, X = Intervention, O2 = Post-test)

Setting of the Study

The study was conducted in a selected rural area of CHC Sefai, Etawah, Uttar Pradesh.

Population

The population included antenatal mothers residing in the selected rural area.

Sampling Technique

Simple random sampling technique was used.

Sample Size

A total of 70 antenatal mothers participated in the study.

Inclusion Criteria

- Mothers willing to participate
- Mothers available during data collection

Exclusion Criteria

- Mothers not willing to participate
- Mothers absent during study

Variables

Independent Variable:

Informational booklet on PPIUCD

Dependent Variable:

Knowledge of antenatal mothers

Demographic Variables:

Age, education, parity, income, occupation, source of information

Tool for Data Collection

A structured interview schedule was used.

- Section A: Demographic variables
- Section B: Knowledge questionnaire (26 items)

Each correct answer = 1 mark

Maximum score = 26

Intervention

An informational booklet in Hindi was provided, including:

- Definition and types
- Benefits and risks
- Method of insertion
- Follow-up care

Validity and Reliability

The tool was validated by experts in nursing and obstetrics. Necessary corrections were made based on their suggestions.

Ethical Considerations

- Permission obtained from authorities
- Informed consent taken
- Confidentiality maintained

DISCUSSION

The results of the study are discussed in alignment with the objectives under the following sections:

Section I: Distribution of Participants According to Socio-Demographic Characteristics

This section outlines the background characteristics of the respondents, including age, education, occupation, parity, income, and previous exposure to information about PPIUCD. The findings revealed that a considerable proportion of antenatal mothers had inadequate prior knowledge regarding PPIUCD. This lack of awareness highlights the need for structured educational strategies, particularly in rural populations where access to reliable health information may be limited.

Section II: Comparison of Pre-Test and Post-Test Knowledge Scores

Part A: Domain-wise Analysis of Knowledge Scores

A comparison of mean percentage scores before and after the intervention demonstrated improvement across all knowledge areas. These areas included basic concepts of PPIUCD, mechanism of action, effectiveness, benefits, limitations, and follow-up care. The increase in scores across these domains indicates that the educational material was effective in enhancing understanding.

Part B: Assessment of Knowledge Levels

The pre-test findings indicated that most participants possessed either inadequate or moderately adequate knowledge regarding PPIUCD. Following the intervention, there was a clear shift toward higher levels of knowledge, with more participants demonstrating adequate understanding. This change reflects the positive influence of the informational booklet.

Part C: Evaluation of the Effectiveness of the Informational Booklet

The statistical comparison between pre-test and post-test scores showed a significant improvement in knowledge after the intervention. The calculated results confirm that the informational booklet played an important role in increasing

awareness and understanding among antenatal mothers.

Section III: Relationship Between Knowledge Scores and Socio-Demographic Variables

The analysis identified a significant association between knowledge levels and certain demographic factors such as age, educational status, parity, and income. These findings suggest that individual characteristics can influence awareness levels, and therefore, educational interventions should be tailored accordingly.⁵

RESULTS

Demographic Findings

Most participants were aged 18–22 years. The majority were housewives and had primary-level education. Many had no prior knowledge of PPIUCD.

Knowledge Scores

- Pre-test mean score: 7.42 (28.53%)
- Post-test mean score: 17.61 (67.73%)

Improvement: 39.20%

The calculated t-value showed a statistically significant difference.

Effectiveness of Booklet

The informational booklet significantly improved knowledge among antenatal mothers.

Association

Knowledge scores were significantly associated with Age, Education, Income, Parity

DISCUSSION

The findings indicate that antenatal mothers initially had limited knowledge regarding PPIUCD. After the intervention, there was a noticeable improvement in understanding across all domains.

This suggests that educational materials such as informational booklets can play an important role in promoting awareness and acceptance of postpartum contraceptive methods.

CONCLUSION

The study concluded that the informational booklet was effective in improving knowledge regarding PPIUCD among antenatal mothers. Increased awareness can lead to better acceptance of postpartum contraception and improved maternal health outcomes.

RECOMMENDATIONS

- Similar studies can be conducted on a larger sample
- Educational programs should be implemented regularly
- Healthcare workers should emphasize counselling during antenatal visits

REFERENCES

1. Byrd JE et al. Sexuality during pregnancy and postpartum.
2. WHO. Programming Strategies for Postpartum Family Planning.
3. Saroj K, Neha G. IUCD acceptance study.
4. Ministry of Health, India. IUCD Reference Manual.