

A Descriptive Study to Assess the Knowledge and Attitude of Men Regarding Permanent Family Planning Methods in Selected Village Nagali Solan H.P

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Abstract: Planning for healthy family is a happy family, to enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a human can control his mind one can find the way to enlightenment all wisdom and virtue will naturally come to him. Aim of the study is to assess knowledge and attitude regarding permanent family planning method among men. This study opts Descriptive Research design and is conducted at selected areas of Nagali, Oachghat, Distt. Solan. Total 40 adult's male were selected by convenient Non-randomized sampling technique from Nagali, Solan H.P The main procedure of data collection was carried out during the month of August, 2018. The average time taken by each adults to answers the questions was 30 minutes. The gathered data was analyzed by using descriptive and inferential statistics. The major findings of the study revealed that knowledge of adult males regarding the permanent family planning method is 81.5% good knowledge and majority of respondents had overall 89% of positive attitude regarding permanent family planning method. Conclusion of this study showed that the subjects had good knowledge and positive attitude regarding permanent family planning method.

Keywords: Family Planning, Knowledge, Attitude,

1. Introduction

Family planning refers to planning of when to have children, and the use of birth control. Family planning is recognized as basic human rights (UNO1968). All couples and individuals have basic human right to decide freely and responsibly on number and spacing of their children and to have the information education as means to do so. Vasectomy offers a permanent safe and worry-free choice in birth control. Vasectomy is a simple, safe and a relative operative procedure design to make men sterile, unable to biologically father. All vasectomy techniques involve cutting or otherwise blocking both the left and right vas deferens, so that the man's ejaculate will no longer contains sperm, and he will not be able to make a woman pregnant. Family planning helps people have the desired number of children, which as a result improves the health of mothers contributes to the nation's social and economic development. In most developing Countries, it is common practice for women to have too many children, too

close who one another. Family planning is one of the strategies which is proving to be effective in tackling these problems. A vasectomy is a surgical procedure that makes a man sterile, or unable to get a woman pregnant. It is generally consider to be atleast as effective as female sterilization and simpler to perform, safer, and less costly. Vasectomy is done by blocking the tube, called the vas deferens, through which sperm normally pass from each testicle on the way to the seminal vesicle, forming semen [1].

The National family health survey 2015-2016 found that of the people surveyed only 0.5% used condoms as a preferred method of birth control thereby burdening woman to figure out ways to practice birth control. According to the Indian express the report stated the following women continue to bear an uneven burden of the terminal method of family planning and sterilization. As per HMIS in 2017-18(till October) of total 14,73,418 sterilization procedures only 6.8% were male sterilization while 93.1% were female sterilization.

A. Global

Globally men's involvement in family planning is dismally poor. In some Countries, they have altogether give up on promoting family planning among men. The World vasectomy day is an event intended to raise global awareness on vasectomy. All States /Union Territories across India will observe a dedicated 'Vasectomy Fortnight' from 21st November to 4th December 2017 with commensurate publicity where by quality male sterilization services would be provided to client at public health facilities.

Bartati Banaerjee (2004) in her study reveals that world-wide more than 40 million couples use vasectomy as their method of fertility regulation however this method is popular in only a few countries. Expanding use of vasectomy as a safe and effective method requires overcoming several obstacles, namely socio-cultural and political barriers, provider bias, myths and misperceptions surrounding vasectomy, and inadequate information and communication [2].

B. In India

India was the first country to launch its national family welfare program in 1951 with a view of reducing birth rate to the extent necessary to stabilize the population consistent with the requirements of national economy. Though the national family welfare program witnessed an upsurge in male sterilizations in 1970s due to mass vasectomy camps, enhanced incentives and massive public drives but it failed to find social acceptance.

Ganesh R. Nair et al (2017) A study was conducted on knowledge and attitude of married men toward vasectomy in an urban slum of Navi Mumbai. The study was carried out amongst 121 married men in selected by simple random sampling, in the age group of 21 to 50 years and the results was a 70.2% men were aware of vasectomy 47.1% of respondent felt that men should not undergo vasectomy. Only 16.5 men agreed that vasectomy is better than tubectomy [3].

Dr. Hitesh Choudhary (2013) The study was conducted to assess the knowledge, attitude and practice regarding vasectomy among males, working in Nandini Milk Dairy at Kolar. The knowledge score in the group was 44.6% practice score was 36.7% and attitude score was 35% and the significance correlation between knowledge, practice and attitude was proved at 5% level [4].

C. Need of study

The Government of India adopted the Family Welfare Program in the First Five Year plan following which Family Planning Clinics were established in rural and urban India. Due to limited outreach of these clinics especially in remote areas, an extension wing was added. The health status of the females is poor when compared to males. Majority of women are anaemic due to complications in pregnancy and childbirth. It is felt that involvement of male in family planning will reduce female sterilization and the complications related to tubectomy. By motivating men to adopt permanent family planning technique vasectomy the health of the women can be improved.

Amrita Kansal (2006) revealed in her study that compared to vasectomy (1.19%), percentage of tubectomy was far greater (12.37%). This difference in vasectomy, tubectomy ratio might be due to the male dominant nature of Indian society [5].

Mbizvo MT, Described in his report about knowledge, attitudes, and practices in family planning among males in Zimbabwe. Understanding the role of men in inhibiting or promoting contraceptives use could affect the design of family. Data from the 1988 Male Fertility Survey, a representative sample of 711 currently married men ages 20 and over, showed that men play a major role in the decision to use family planning and in determining the number of children a couple should have [6].

Arik V Overall, 60% of men were in need of family planning, defined as those who ever had vaginal sex, were fecund, and had fecund partner, the greatest need was among young and unmarried men. Most men in need of family planning had

access to care, but few reported receiving family planning services (< 19%), consistently using condoms (26%), or having partners consistently using contraception (41%).

I concluded with reviews regarding study that during our community posting we have assessed that the ratio of adaption of permanent family planning in men is much more lesser than that of females and most of the men having misconception regarding vasectomy. They do not show positive attitude toward permanent family planning in men and we feel that there is much more burden in women than men regarding use of permanent family planning method. So in relevance to that I had a plan to conduct study on family planning methods among men's.

D. Problem statement

A Descriptive study to assess the knowledge and attitude of men regarding permanent family planning methods in selected village Nagali Solan H.P.

E. Objectives

1. Assess the knowledge of men regarding permanent family planning methods in selected village Nagali Solan (H.P).
2. Identify the attitude of men regarding permanent family planning methods in selected village Nagali Solan (H.P).
3. Determine the association between the knowledge and attitude of men regarding permanent family planning method with selected demographic variables.

F. Aim

The main aim of the study is to assess knowledge and attitude of men regarding permanent family planning methods in selected village Nagali Solan (H.P).

G. Operational definitions

1. Vasectomy: A Vasectomy is a surgical procedure to cut or seal the tubes that carry a man's sperm to permanently prevent pregnancy.
2. Attitude: An attitude towards something is the way that a person thinks and feel about it.
3. Knowledge: It refers to the level of understanding and awareness of the male regarding permanent family planning method.
4. Family Planning: Family planning is the practice of using contraception to control the number of children you have.
5. Fertility: It is the state of being fertile < specifically the ability to produce offspring.
6. Reproductive Age Group: those individuals (men) who lies between 21-45 years of age.

H. Assumptions

- Adult men may have inadequate knowledge and attitude regarding vasectomy.
- Knowledge and attitude of adult men may vary with

their selected demographic variables.

I. Hypothesis

H0- There may or may not be having positive attitude regarding vasectomy

H1- There may or may not be good knowledge regarding Vasectomy.

J. Delimitation

- The study is delimited to adult males (20-60 years).
- The study is delimited to males residing rural community in vill. Nagali Solan (H.P)

2. Conceptual framework

The conceptual framework deals with the inter-related concepts that are assessable together in some rational scheme by virtue of their response to the common theme.

The theoretical framework for research study presents that the reasoning on which the purposes of the proposed study are based.

Theoretical framework consists of concepts and preposition about how these concepts are related. The frame serves three important functions in nursing research.

- It classifies the concepts on which the study is built.
- It identifies and states the assumptions.
- It specifies relationships among the concepts.

The framework provides the prospective, from which the investigator views the problem, is not merely restatement of preview research but an integration of the enlisting theoretical traditions and knowledge about the topic.

3. Cultural care diversity model

The conceptual framework setup for the study is a modified model of leninger’s culture care diversity model.

The model is adopted in a modified form for the present study. The model conceptually depicts the religion, cultural values, education, technology, economical, mass media that are predicted to explain and influence the knowledge and attitude regarding vasectomy.

- Age: Age of the men
- Education: Educational status of the men
- Religion: Religion values and beliefs
- Economic factors: Income of the men
- Cultural values belief: Cultural value existing in the Men
- Technological factors: The advanced technology vasectomy
- Mass Media: Mass media providing Information

Researcher adopted the model and to assess the knowledge and attitude regarding vasectomy. Based on the findings of the assessment the community health nursing could plan the activities for health promotion and health maintenance.

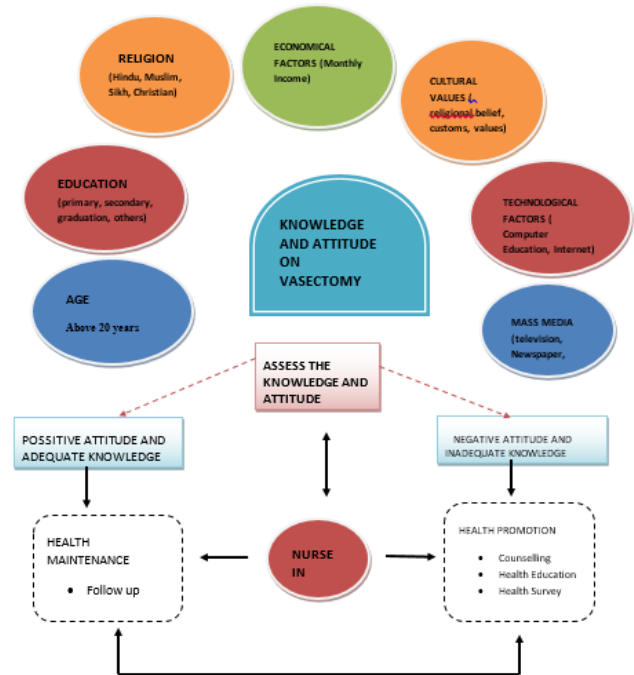


Fig. 1. Conceptual framework, Modified model of cultural care diversity model

4. Review of literature

Review of literature refers to an extensive, exhaustive and systematic examination of publication relevant to the research project. Before any research can be started whether it is single study or extended project, literature review of previous study and experience related to proposed investigation should be done. Review of literature is the comprehensive description as well as an evaluation of the evidence related to the given topic. so for my study review of literature has been divided into two aspects.

A. Review of Literature related to Attitude regarding Vasectomy

Sezerkisa, Esensavas, et al (2017) A descriptive study was conducted to determine the opinions and attitude of married couples living in Turkey about Vasectomy. The sample size is 350. More than 88.0% of men were not willing to have vasectomy and 33.4% thought that vasectomy had negative effect on marriage and sexual health. In addition, 58.9% thought that vasectomy had negative effect on men’s health [8].

Aditya Sood, Parika Pahwa (2014) a cross sectional descriptive study of attitude among literate men in three district of Punjab, India. Literature married and unmarried men of age group 18-60 years with education qualification above 10 standards were include in study. A total of 225 males 75 from each district irrespective of caste, religion or socio-economic status were selected by random sampling methods.

The result showed that 70% respondents had heard about vasectomy 42% accepted it as a male contraceptive method but only 11% said that they would like to undergo the procedure in future. 53% believe that tubectomy was a simpler procedure [9].

Adenuka M. Marcus et al (2016) conducted study regarding awareness of married men on vasectomy. A cross sectional study design was adopted and finding revealed that about 13.5% of the respondents had reportedly heard about vasectomy 30.8% considered it an unacceptable method of contraception while 16.2% see it as a sin against god, therefore shows negative attitude toward vasectomy [10].

B. Review of Literature related to Knowledge

Ms. Ankita Kute, et al (2017) conducted a study to assess the effectiveness of structured teaching program on knowledge of vasectomy among the married men. Hence the study revealed that the procedure is 99.9% effective as a method of contraception. According to WHO 2011 male vasectomy in Karnataka is 0.1%. The latest data shows that vasectomy was total 3,99,166 in karnataka. 2% of male sterilization was achieved in Chithradurga District [11].

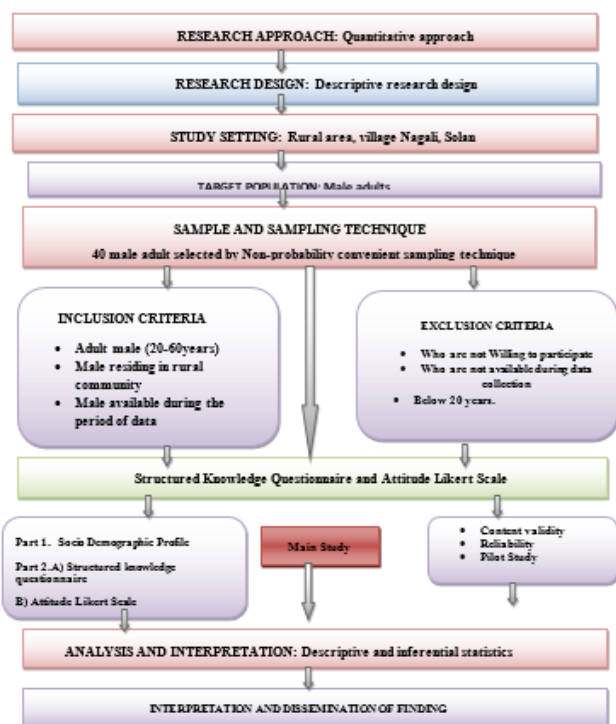


Fig. 2. Research methodology

Swati Mahapatra, et al (2014) conducted study to assess the knowledge and perception regarding male sterilization among community health workers. Hence the study revealed 43% of community health workers did not know that this method is different from traditional male sterilization method and around 62% thought man’s sexual performance get affected after non-scalpel vasectomy and 77% did not have any idea about time required to resume normal work [12].

Akpamu U, et al (2010) conducted a study to assess the knowledge and acceptance of “vasectomy as a method of contraception” amongst literate married men. The study population comprises of 250 respondents targeting literate

married men. Overall, the result shows that 23.2% have adequate knowledge of vasectomy. On acceptance of vasectomy as a male method of contraception, 1.6% agree and another 5.2% agree conditionally. Result shows poor knowledge of vasectomy among the studied population and this may be the cause of low acceptance [13].

Chukwuma Sonachi et al (2015) conducted a study to assess the level of knowledge of married male worker about vasectomy and also the factors influencing the attitude of married men working in Bcock University towards vasectomy. Majority (38%) of participant had adequate knowledge and 62.7% had positive attitude toward vasectomy [14].

Table 1
Socio Demographic Variables

S. No	Variables	Category	F	%
1	Age	20-30 years	7	17.5%
		30-40 years	15	37.5%
		40-50 years	10	25%
		50-60 years	8	20%
		Mean±SD	12.5	+3.84
2	Education	Primary	6	15%
		Secondary	19	47.5%
		Graduation	14	35%
		Others	1	2.5%
3	Occupation	Self employed	24	60%
		Private employee	7	17.5%
		Govt. employee	7	17.5%
		Other	2	5%
4	Income	Rs.5000-10000	14	35%
		Rs.10000-15000	7	17.5%
		Rs.15000-20000	13	32.5%
		More than 20000	6	15%
5	Type of family	Nuclear	22	55%
		Joint	15	37.5%
6	Religion	Hindu	39	97.5%
		Muslim	0	0%
		Sikh	1	2.5%
7	Sources of information	Newspaper	4	10%
		Television	28	70%
		Campaign	4	10%
		Others	4	10%

5. Results and discussion

This section deals with the results of data collected from a sample of 40 adult males regarding the knowledge of permanent family planning method by using socio-demographic questionnaire and structured knowledge questionnaire. The analysis of the collected data was done with help of descriptive and inferential statistics. The data was 1st coded and master data sheet was prepared. The data was then proceed by using statistical software. Frequency, percentage, means, standard deviation used to fulfil the objectives of the study.

A. Data analyse

- Section A: Demographic variable
- Section B: Assess the knowledge of men regarding permanent family planning methods in selected village Nagali Solan (H.P).
- Section C: Asses the attitude of men regarding

permanent family planning methods in selected village Nagali Solan (H.P)

B. Section B: Assess the knowledge of men regarding permanent family planning methods in selected village Nagali Solan (H.P)

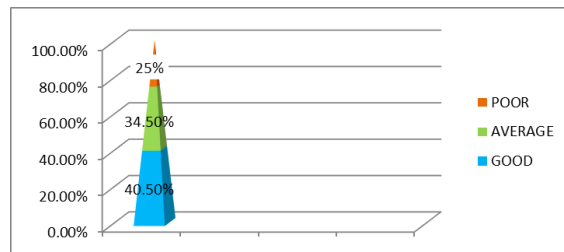


Fig. 3. Level of knowledge regarding permanent family planning method

This Fig. 3, depicts the level of knowledge regarding permanent family planning method among men had good level of knowledge (40.5%) and (37.5%) had average knowledge and (25%) had poor knowledge regarding permanent family planning method.

C. Section C: Identify the attitude of men regarding permanent family planning methods in selected village Nagali Solan (H.P)

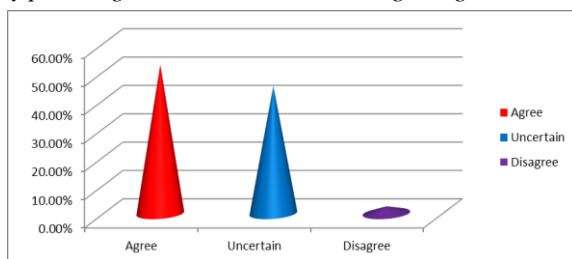


Fig. 4. Level of attitude regarding permanent family planning method

The Fig. 4, reveals that according to level of attitude regarding permanent family planning method out of 40 subjects 52.50% were agree toward the statements whereas 45% were uncertain toward the statements related to permanent family planning method and only 2.5% were disagree regarding statements.

6. Summary, finding of the study nursing implication recommendation, limitation of study

A. Summary

This section deals with summary, discussion implication, conclusion limitation and recommendation as per the findings of present study. Hence, it is concluding chapter, but definitely not the end to the study. Although most of vasectomies are performed in a small number of countries, the distribution of user is becoming increasingly widespread, Researcher tried to evaluate knowledge and attitude among adult male regarding vasectomy, because in this age group, knowledge and attitude regarding vasectomy can help to improve the health status of family planning so recently researcher has focused on the prevention of complication regarding other contraceptive methods.

B. Problem statement

A Descriptive study to assess the knowledge and attitude of men regarding permanent family planning methods in selected village Nagali Solan (H.P.).

C. Objectives

- Assess the knowledge of men regarding permanent family planning methods in selected village Nagali.
- Identify the attitude of men regarding permanent family planning methods in selected village Nagali.

D. Hypothesis

H0-There may or may not be having positive attitude regarding vasectomy

H1-There may or may not be good knowledge regarding Vasectomy.

E. Assumptions

- Adult men may have inadequate knowledge and attitude regarding vasectomy.
- Knowledge and attitude of adult men may vary with their selected demographic variables

The researcher used a descriptive survey design to conduct the study. The tools for present study consisted of two parts namely socio demographic data, structured knowledge questionnaire and likert scale for attitude. The tool was first given for validity and then reliability of the tool of obtained using chi square formula. The valid and reliable tool was then used for conducting descriptive study on 40 samples by using non probability convenient sampling technique. The final study was conducted from 10-8-2018 to 15-8-2018. The data was analyzed by using mean, and standard deviation tests.

F. Major finding

The major findings of the study revealed that knowledge of adult males regarding the permanent family planning method among had good knowledge (40.5%) and 34.5% had average knowledge and 25% had poor knowledge. The overall attitude shows that majority of people had positive attitude regarding vasectomy.

G. Limitation of the study

- The study has been conducted in selected village Nagali P.O Oachghat Distt.SOLAN.
- The sample size of the study is limited to 40 adult males.

H. Nursing implication

The finding of the study had drawn the following implications from the study that are of vital concern for nursing education, nursing practice, nursing administration and nursing research.

- *Nursing Practice*

Nurses are key persons of health team, who play a major role in the health promotion and maintenance as it is a practicing

profession, so the researchers generally integrate findings into practices. The investigator realises that there is need to give education on family planning method and Community health nurse can give health education to adult males regarding the permanent family planning method

- *Nursing Education*

The present study emphasizes on enhancement regarding increasing adult male's knowledge regarding the permanent family planning method. To create awareness, the nursing educator should focus on to educate and strengthening the subjects in the nursing curriculum. The nurse educator should be encouraged the teachers, Anganwadi worker, paramedical staff and student nurse and the other health care personnel should be given the responsibility to teach the community people regarding family planning method and teaching should be repeated until they gain knowledge.

- *Nursing Research*

Nurses being a large group in the health care delivery system should take initiative to conduct further research regarding the permanent family planning method provide appropriate information to improve adequate knowledge among adult males. The present study reveals there is adequate knowledge among adult males. So nurse especially those who are working in community should take initiative for conducting research study in the community regarding the permanent family planning method.

- *Nursing Administration*

The study should assist the nursing administrative authorities to initiate and carry out health education program in health care setting to provide knowledge regarding the permanent family planning method. Nursing leaders enhance nursing services through reinforcement of teaching through the readymade video package. Professional interaction between the nurses and the students will help to improve professional standards and creates better image in the community. Nursing personnel can offer opportunity to create awareness among men through health education.

I. Recommendations

In the light of the above findings and personal experience of the investigator the following recommendations are offered

1. Develop and provide information education and communication materials in local language. Promotional materials like posters, leaflets, and brochures should be use too.
2. Mass media campaigns should be promoted to curb unintended pregnancies and promote use of vasectomy services among men of reproductive age groups.
3. Health care provider especially family planning providers should provide adequate information on vasectomy and dispel misunderstanding within the community through health education programs and counselling.
4. Promotion and community level activities should use

satisfied clients as role models for vasectomy to serve as promoters or motivators.

5. Training of community health workers and health extension workers should be strengthened to enhance their capacity so that they pass message to the community.
6. Programmes and workshops should be offered about family planning especially vasectomy which is list used family planning method despite its being safest and highly effective contraception.
7. Vasectomy services have to be expanded to all hospital and health facilities should be able to provide male friendly services
8. Future research should use questionnaires in respondent's local languages to reduce possibility of misunderstanding.

7. Conclusion

The findings of the study revealed that knowledge of adult males regarding the permanent family planning method had good knowledge and 34.5% had average knowledge and 25% had poor knowledge. This study has found that men in the study population had relatively adequate knowledge and positive attitude towards vasectomy. Since knowledge was observed to be significantly associated with individual's attitude towards vasectomy, it is however, imperative that further education and counseling be provided to improve men's knowledge thereby promoting positive attitude towards vasectomy as a method of family planning. Specific strategies should be developed in order to tackle the identified barriers hindering the acceptance of vasectomy among married men.

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