



A STUDY TO ASSESS THE EFFECTIVENESS OF FOCUSED GROUP EDUCATION ON AWARENESS REGRADING EMERGENCY CONTRACEPTION AND ITS ILL EFFECTS AMONG ADOLESCENT GIRLS IN SELECTED AREAS OF MORADABAD, U.P.

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Abstract: Background of the Study: Adolescent girls have less knowledge on emergency contraception and its ill effects, but it can be increased through focused group education. **Aim:** The main objective was to determine the level of knowledge on emergency contraception and its ill effects. **Method:** Non randomized control group design. Study was conducted in selected areas of Moradabad. Sixty samples were selected using purposive sampling technique. Self-administered questionnaire including demographic Performa and structured knowledge questionnaire was used to assess knowledge regarding emergency contraception and its ill effects. **Results:** The result of the study revealed that in experimental group pre-test, 83.33% sample had inadequate knowledge and 16.67% had adequate knowledge whereas, or the sample in control group pre-test, 76.67% had inadequate knowledge and 23.33% had adequate knowledge. After focused group education post-test score of sample in the experimental group was, 0% had inadequate knowledge and 100% had adequate knowledge, whereas for the sample in control group the post-test score was, 83.33% had inadequate knowledge and 16.67% had adequate knowledge. **Interpretation and Conclusion:** Significant difference reported between pre-test and post-test level of knowledge among adolescent girls of experimental group. There was statistical significant association between the pre-test level of knowledge with their certain demographic characteristics like age, type of family, occupation of mother, domicile area and source of information at 0.05 level of significance. Hence, the present study suggests necessity to spread awareness.

Keywords: Effectiveness, Awareness, Focused group education, Knowledge emergency contraception and Adolescent girls.

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Received on: June 2016

Accepted after revision: June 2017

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Introduction: India being the first country to implement National Family Planning Programme, 1952⁽¹⁾⁽²⁾, yet today counts of unsafe sexual practices and adolescent pregnancies are still reported in great numbers. Association between the current use of low-dose oral contraceptives and cardiovascular

arterial diseases are being debated⁽³⁾ along with the other health ailments affecting almost all the vital organs of the body. Background use of oral contraceptive pill (OCP) has been reported to be associated with stroke⁽⁴⁾, even carrying the risk of myocardial infarction and hypertension⁽⁵⁾⁽⁶⁾. As the hormonal changes occur during puberty therefore focus and emphasis should be laid upon introduction of sex education in secondary school so as to ensure healthy reproductive life later. The increasingly changing trends in the community we live, is due to modernization, urbanization or in other words industrialization have influenced our young generation to a great deal. The attention drawing and rare talked about topics must be taken into account, the awareness of such attention requiring topics must be initiated so as to help the youth in ensuring healthy practices in terms of all the spheres physical, mental, social and spiritual well-being. As the advanced concept of nursing is provision of holistic care and so the adolescent girls remain the most vulnerable population to focus on. To sow the seed of

knowledge from the time hormonal changes begin is the best to reap the healthy results. It is because of the easy availability of the emergency contraceptives and at an affordable rate that the adolescent girls are continuing this practice of taking emergency contraceptives, without identifying their major potential consequences. Purpose of this work is to explore the knowledge, and beliefs of adolescent girls regarding emergency contraception and its ill effects.

Materials and Methods: A Quasi-experimental study was conducted on adolescent girls of selected areas of Moradabad to assess the effectiveness of focused group education on awareness regarding emergency contraception and its ill effects. Purposive sampling was used to obtain sixty (60) samples between the age group thirteen to nineteen years (13-19years). Structured questionnaire including demographic performa was prepared to assess the knowledge during data collection. Permission was obtained from District Magistrate, Moradabad in February, 2016.

Table No. 1: Percentage Distribution of samples according to their demographic characteristics

N = 60

DEMOGRAPHIC CHARACTERISTICS		Experimental group		Control group	
		Frequency	%	Frequency	%
Age	13-14 years	10	33.33%	6	20%
	15-16 years	7	23.34%	9	30%
	17-18 years	9	30%	10	33.33%
	19 years	4	13.33%	5	16.67%
Number of Siblings	No	4	13.33%	4	13.33%
	1	11	36.67%	14	46.67%
	2	15	50%	12	40%
	More than 2	0	0%	0	0%
Types of family	Nuclear	11	36.67%	16	53.33%
	Joint	19	63.33%	14	46.67%
Occupation of Mother	Housewife	18	60%	21	70%
	Employed	8	26.67%	4	13.33%
	Business	4	13.33%	5	16.67%
	Daily-wages	0	0%	0	0%
Occupation of Father	Not working	0	0%	0	0%
	Employed	26	86.67%	28	93.33%

	Business	4	13.33%	2	6.67%
	Daily-wages	0	0%	0	0%
Family Income	<10,000 Rupees per month	0	0%	0	0%
	10,001-15,000 Rupees per month	0	0%	0%	10%
	15,001-20,000 Rupees per month	7	23.33%	11	36.67%
	>20,001 Rupees per month	23	76.67%	16	53.33%
Domicile Area	Rural	12	40%	8	26.67%
	Urban	18	60%	22	73.33%
Source of Information	Mass media	12	40%	15	50%
	Internet	6	20%	7	23.33%
	Friends	12	40%	8	26.67%
	Family	0	0%	0	0%
Any substance abuse	Yes	0	0%	0	0%
	No	30	100%	30	100%
Any emotional problem	Yes	0	0%	0	0%
	No	30	100%	30	100%

Table No. 2: Frequency as well as percentage distribution of adolescent girls according to their Pre-test and Post-test level of knowledge experimental and control group.

Level of knowledge	Range	Experimental group				Control group			
		Pre-test		Post-Test		Pre-test		Post-Test	
		F	%	F	%	F	%	F	%
Inadequate	0-10	25	83.33%	0	0%	23	76.67%	25	83.33%
Adequate	11-20	5	16.67%	30	100%	7	23.33%	5	16.67%

Table No. 3: Chi-square test showing association of pre-test knowledge score and selected demographic characteristics.

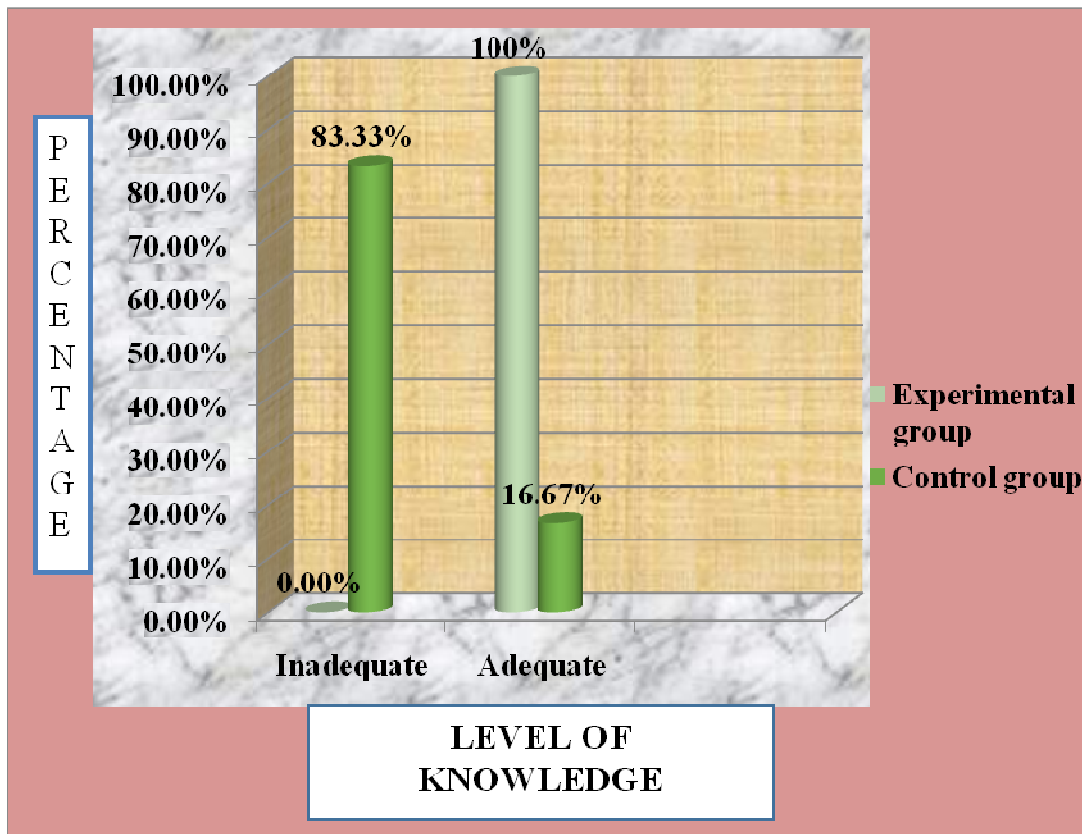
N=30

S.No.	Demographic characteristics	Level of Knowledge		χ^2	Df	Level Of Significance	Table Value	Inference
		Inadequate	Adequate					
1	Age:			12.12	3	P<0.05	7.82	S
	a) 13-14 years	16	0					
	b) 15-16 years	14	2					
	c) 17-18 years	14	5					
	d) 19 years	4	5					
2	Number of siblings:	8	0	6	3	P>0.05	7.82	NS
	a) No	22	3					
	b) 1	18	9					

	c) 2 d) >2	0	0					
3	Type of family: a) Nuclear b) Joint	25 13	12 10	5.23	1	P<0.05	3.84	S
4	Occupation of mother: a) Housewife b) Employed c) Business d) Dailywages	34 11 3 0	5 1 6 0	14.51	3	P<0.05	7.82	S
5	Occupation of father: a) Not working b) Employed c) Business d) Daily-wages	0 44 3 0	0 10 3 0	3.13	3	P>0.05	7.82	NS
6	Family Income: a) <10,000 b) 10,001-15,000 c) 15,001-20,000 d) >20,000	0 3 17 28	0 0 1 11	4.71	3	P>0.05	7.82	NS
7	Domicile area: a) Rural b) Urban	20 28	0 12	7.5	1	P<0.05	3.84	S
8	Source of Information: a) Massmedia b) Internet c) Friends d) Family	27 2 19 0	0 11 1 0	43.37	3	P<0.05	7.82	S
9	Any substance abuse: a) Yes b) No	0 50	0 10	0	1	P>0.05	3.84	NS
10	Any emotional problem: a) Yes b) No	0 50	0 10	0	1	P>0.05	3.84	NS

Df=Degree of freedom
S=Significant

Table value of χ^2 at 5% level
NS=Not significant



Bar diagram representing post-test level of knowledge in the experimental group and control group.

Results and Discussion: Collected data was analysed by using descriptive and inferential statistics. The result of the study revealed that in experimental group pre-test, 83.33% sample had inadequate knowledge and 16.67% had adequate knowledge whereas, or the sample in control group pre-test, 76.67% had inadequate knowledge and 23.33% had adequate knowledge. After focused group education post-test score of sample in the experimental group was, 0% had inadequate knowledge and 100% had adequate knowledge, whereas for the sample in control group the post-test score was, 83.33% had inadequate knowledge and 16.67% had adequate knowledge

In this study, on completion of data analysis of the study it was found that in experimental group the mean post-test knowledge score was 14.36 which was higher than the mean pre-test knowledge score which was 6.8. Similarly, if

we see control group, the mean post-test knowledge score was 7.6 and pre-test score was 7.73. Likewise, on comparison of experimental group with the control group, the post-test knowledge score was 14.36 in the experimental group and 7.6 in the control group. The mean difference of 6.76 was obtained and the calculated 't' value was 11.26 with degree of freedom of 58 which was significant at 0.05 level. **The results show that focused group education is effective in increasing the level of knowledge regarding emergency contraception and its ill effects among adolescent girls.**

A cross-sectional study was conducted regarding awareness of Emergency Contraceptives among female college students in Chandigarh, India. This study was conducted among college-going undergraduate and graduate female students of Punjab University, Chandigarh. Systematic random sampling was

used to select the respondents. Of the 1,017 college students included in the study, 507 (49.9%) knew about different contraceptive methods. Maximum awareness was regarding oral contraceptive pills (239, 47.1%). Only 74 (7.3%) had knowledge of emergency contraceptive (ECP). Out of it, 10 (14.7%) students were aware of the correct time of its use and side effects of ECP were known to 48 (88.9%) respondents.⁽⁷⁾ **Results rule out and demanded awareness of ECP was fairly low among females especially in terms of its correct usage, timing and its side effects.**

Acknowledgement: I would like to thank all the study participants for their co-operation and support during the study.

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