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To Evaluate The Effectiveness Of Structured Teaching Programme On Knowledge Of Contraceptive Methods Among College Students Of Selected College Of Bardoli.

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Abstract :

Introduction: Contraception is the intentional prevention of conception through the use of various devices, sexual practices, chemicals, drugs, or surgical procedures. An effective contraception allows a physical relationship without fear of an unwanted pregnancy and ensures freedom to have children when couple desired. With the view with this, the study was conducted to evaluate the effectiveness of structured teaching programme on knowledge of contraceptive methods among college students of selected college of Bardoli.

Methodology: A pre- experimental one group pretest and post-test research design was used. Purposive sampling technique was used to select 100 college students from various colleges fall in inclusion criteria. structured interview schedule with structured knowledge questionnaire was used for data collection. Data analysis was done by using descriptive inferential statistics. **Result:** Effectiveness of structured teaching programme regarding contraceptive methods was assessed by used paired "t" test ($t = 21.38$, $P < 0.05$) which shows significant at 0.05 level. Association was assessed by chi-square test which shows that knowledge was significant with age ($\chi^2 = 6.210$, $P < 0.05$) and course in which they are studying ($\chi^2 = 11.22$, $P < 0.05$) at 0.05 level. **Conclusion:** This study highlights the value of structured educational programs in promoting awareness and knowledge among college students in the domain of contraceptive methods. The findings can inform the development of more targeted and effective educational interventions to further enhance awareness in this critical area.

Key Words: structured teaching programme, contraceptive methods, college students, structured interview schedule

I. Introduction

Contraception is the act of preventing pregnancy. This can be a device, a medication, a procedure or a behaviour. Contraception allows a woman control of her reproductive health and affords the woman the ability to be an active participant in her family planning.

Contraception is defined as the intentional prevention of conception through the use of various devices, sexual practices, chemicals, drugs, or surgical procedures. Thus, any device or act whose purpose is to prevent a

woman from becoming pregnant can be considered as a contraceptive. In any social context effective contraception allows a couple to enjoy a physical relationship without fear of an unwanted pregnancy and ensures enough freedom to have children when desired. The aim is to achieve this with maximum comfort and privacy, at the same time minimum cost and side effects. Some barrier methods, like male and female condoms, also provide twin advantage of protection from sexually transmitted diseases (STDs).

II. Objective of the study:

- To assess the knowledge of college student regarding contraceptive methods before and after structured teaching programme.
- To compare pretest and posttest mean score of knowledge regarding contraceptive methods.
- To find out association of posttest mean score regarding use of contraceptive methods among college students of selected college of bardoli.

III. Materials and Methods :

The research approach and research design adopted for this study is Quantitative approach with pre experimental, one group pre-test post-test research design. The target population of the study was college students selected by purposive sampling technique who fulfils the inclusion criteria. Sample size was 100. Independent variable was structured teaching programme on contraceptive methods and dependent variable was knowledge on contraceptive methods. Data was collected by using Self-administered structured knowledge questionnaire. The data was analyzed by using descriptive and inferential statistics which includes 't' test and Chi- square test.

IV. Result

SECTION-A: ANALYSIS OF SOCIO-DEMOGRAPHIC CHARACTERISTICS OF COLLEGE STUDENTS OF SELECTED COLLEGE OF BARDOLI.

Table 1: Analysis of the socio demographic variables of college students. N=100

Sr. No.	Demographic Data	Frequency N=100	Percentage
1.	Age in years 18-19 Years 20-21 Years 22-23 Years 24- 25 Years	73 26 1 0	73% 26% 1% 0%
2.	Gender Male Female Transgender	66 34 0	66% 34% 0%
3.	Religion Hindu Muslim Christian Other	98 0 1 1	98% 0% 1% 1%
4.	Education (Course) Diploma Arts Engineering Commerce	3 2 71 24	3% 2% 71% 24%
5.	Residential Area		

	Urban	76	76%
	Rural	24	24%
6.	Marital Status		
	Married	2	2%
	Unmarried	98	98%
	Divorced	0	0%
	Widow	0	0%
7.	Sources of Information		
	Social Media	49	49%
	Newspapers	2	2%
	Friends/Relative	32	32%
	Any Other	17	17%

Table-2: Frequency and percentage distribution of college students according to pre-test and post-test level of knowledge regarding contraceptive methods. N=100

Sr. No.	Level of Knowledge	Pre-test Knowledge	Post-test Knowledge
1	Poor Knowledge (<50%)	54 (54%)	0 (0%)
2	Average Knowledge (50-75%)	44 (44%)	69 (69%)
3	Good Knowledge (>75%)	2 (2%)	31 (31%)
Total		100	100

Table-3: Range, Mean, Mean Percentage, Standard and Deviation of college students in Pretest and Posttest level of knowledge regarding contraceptive methods.

Knowledge	Max. score	Mean	SD	Mean %
Pre-test	30	14.24	4.57	47%
Post-test	30	27.00	3.26	69%

Table-4: Paired t-test analysis for the significance of pre-test and post-test knowledge contraceptive methods among college students after intervention of structure teaching programme N=100

Knowledge	Max Score	Enhancement score		Paired- t test	P-value
		Mean	SD		
Overall Knowledge	30	6.38	2.98	21.38** S df= 99	P<0.05 Sig.= 0.000

Note: *- denotes significant at 0.05 level at (i.e. P<0.05)

Table-5: Association between knowledge score regarding contraceptive methods among college students with their select demographic variables. N=100

Demographic Data	F	%	Knowledge Level		χ^2 -Value	df	Table Value
			Average	Good			
Age in years							
18-19 Years	73	73%	55	18	6.210 S	2	5.99
20-21 Years	26	26%	13	13			
22-23 Years	1	1%	1	0			
Gender							
Male	66	66%	45	21	0.061 NS	1	3.84
Female	34	34%	24	10			
Religion							
Hindu	98	98%	67	31	0.917 NS	2	5.99
Christian	1	1%	1	0			
Other	1	1%	1	0			
Education (Course)							
Diploma	3	3%	3	0	11.22 S	3	7.81
Arts	2	2%	2	0			
Engineering	71	71%	42	29			
Commerce	24	24%	22	2			
Residential Area							
Urban	76	76%	53	23	0.080 NS	1	3.84
Rural	24	24%	16	8			
Marital Status							
Married	2	2%	1	1	0.344 NS	1	3.84
Unmarried	98	98%	68	1			
Sources of Information							
Social Media	49	49%	33	16	2.32 NS	3	7.81
Newspapers	2	2%	2	0			
Friends/Relatives	32	32%	24	8			
Any other	17	17%	10	7			

Note: S:- Significant at 5% level ($P < 0.05$), NS:- Not significant at 5% level ($P > 0.05$).

Discussion

Section A: Distribution of college students according to their socio demographic variables.

In this study, we evaluate the effectiveness of STP on knowledge of contraceptive methods among college students. Majority of college students (73%) were in the age group of 18 -19 years. Majority of students (66%) were male. Majority of students (98%) were belongs to Hindu religion. Majority of students (71%) were enrolled in engineering.

Majority of students (76%) were resided in urban areas. Majority of the students (98%) were unmarried. Majority of the students (49%) gained their from social media.

These finding were supported by **Dr. P. Muthulakshmi (2016)** and revealed that demographic characteristics of participants were as following: Majority of participants 29 (72.5%) were between 25 – 26 years of age, most of the participants 40 (100%) were Hindu, large number of participants 36 (90%) were get primary education, majority of participants 20(50%) got information from social media.

Section B: Comparison of pretest and post test knowledge regarding contraceptive methods among college students.

A researcher found that the pre-test and post-test level of knowledge regarding contraceptive methods in the pre-test 54 (54.0 %) of college students had poor knowledge, 44 (44.0 %) had a average knowledge and only 02 (2%) had good knowledge. After intervention of structured teaching programme in the post-test 0 (0%) none of them of college students had poor knowledge, 69 (69.0%) had average knowledge and 31 (31%) had good knowledge.

These finding were supported by **Dr. P. Muthulakshmi(2016)** and revealed that level of knowledge in pre test 64% of participants had poor knowledge, 30% participants had average knowledge and 6% participants had good knowledge. After intervention, level of knowledge in post test 20% participants had poor knowledge, 56% participants had average knowledge and 24% participants had good knowledge.

Section C: Comparison of mean knowledge score of pre test and post test of college students.

A researcher found that mean score was 6.38 , standard deviation was 2.98 and paired t test value was 21.38, dF= 99 was found to be significant 0.05 level.

These finding were supported by **Dr. P. Muthulakshmi(2016)** and revealed that mean of pretest was 6.45 and mean of post test was 24.5. 't' value was 37.0 with the level of significant =0.05.

Section D: Association between post test knowledge score and demographic variables.

A researcher found that demographic variables were accounted for determining the association with knowledge score, out of which age in years and educational course demographic variables were found significant associated at p value less than 0.05 with knowledge score.

These finding were supported by **Dr. P. Muthulakshmi(2016)** and revealed that demographic variables were accounted for determining the association with knowledge score, out of which educational status demographic variables was found significant associated at p value less than 0.05 with knowledge score.

Conclusion

The research findings indicate that the structured teaching program was highly effective in improving college students' knowledge regarding contraceptive methods. Significant improvements in knowledge levels were observed, with the program leading to a shift from poor to average and good knowledge among the students.

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