

A Study to Assess The Effectiveness of Planned Health Teaching Program on Knowledge Regarding Methods of Emergency Contraceptive among Primipara Mothers at Selected Area

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ABSTRACT

The study was conducted to evaluate the effectiveness of planned Health teaching program on knowledge regarding contraception among primipara mothers admitted in Primary health centre in selected area at wadivare.

"Material and method: *An evaluative approach with one group pre-test, post-test designs were used from the study. 60 samples were selected using simple purposive sampling method. The present study was conducted in primary health centre wadivarhe. The collected data were analysis using descriptive and inferential statistics. A significant difference between pre-test and post-test knowledge was found ($t=23.09$, $p<0.05$). The study findings showed that the information Health teaching program was effective in improving knowledge of primipara mothers regarding contraception. There was no significant association between the level of knowledge and demographic variables. A study to develop and evaluate the effectiveness of information Health teaching program on Emergency Contraception in terms of knowledge of women and to seek its relationship with selected factors in selected residential area in Wadivarhe. The main objective of the study was to develop an information health teaching program for women on, to evaluate their knowledge before and after the administration of health teaching program to seek relationship between post-test. Knowledge scores and selected factors and to determine the acceptability and utility of the planned health teaching program by the women. Purposive samples technique was used to select the sample of 60 women of selected area. Independent variable was information health teaching program and dependent variable comprised knowledge scores*

and opinion scores of women regarding contraception. A Pre-experimental research approach using the one group pre-test post-test design was adopted for study. The population comprised of 60 primipara mothers. In this one group pre-test and post-test design only one group is observed before and after the manipulation or intervention. A purposive sampling technique was used to select the samples. The study intended to measure the gain of knowledge score of mothers were given planned health teaching program about contraception. Here group in assessed before and after introducing the independent variables. The key variables were knowledge of mothers regarding contraception and health teaching program. The tool was found to be clear understandable. The mother answers the tool in 30-35 minute after conducting the study indicated that all sample had good knowledge scored. There was highly significant association between pre-test and to be significantly associated with pre-test knowledge of mothers like occupation and d post-test knowledge score of mother. A planned health teaching program about contraception, which prepared by investigator, was helpful for imparting care of primipara mothers to increase their level of knowledge about contraception. The study helps to raise awareness among student nurses, nurses and educator, and trained to acquire knowledge and importance of contraception among primipara mothers and the give planned health teaching program at hospitals, the post-natal ward, ante natal ward, female I surgical ward surgical ward, MCH clinic etc.

KEYWORD: *Emergency contraceptive method, Health teaching programme, Primipara mother*

INTRODUCTION

‘Delay The First, Post Pone The Second And Prevent The Third’

Emergency contraception is an important method used to prevent unwanted pregnancy after unprotected sexual intercourse, contraceptive failure, or incorrect use of regular contraceptive methods. It plays a significant role in reducing unintended pregnancies, unsafe abortions, and maternal health complications. Knowledge regarding emergency contraceptive methods among women, especially primipara mothers, is often limited due to lack of awareness, misconceptions, cultural barriers, and inadequate health education. Primipara mothers are

women who have delivered their first baby and may have limited experience and knowledge regarding family planning and contraceptive methods. Proper education about emergency contraception can help them make informed decisions about reproductive health and spacing of pregnancies. Health teaching programs are considered effective tools to improve knowledge, attitude, and practices related to contraception. Emergency contraception is an important component of family planning and reproductive health services. It is used to prevent pregnancy after unprotected sexual intercourse, contraceptive failure, or sexual assault. Methods of emergency contraception mainly include emergency contraceptive pills and intrauterine contraceptive devices like Copper-T. These methods are safe, effective, and useful in reducing unwanted pregnancies when used correctly and within the recommended time. Unwanted pregnancy is a major public health problem that may lead to unsafe abortions, maternal morbidity, psychological stress, and social problems. Lack of awareness, misconceptions, and inadequate knowledge regarding emergency contraceptive methods are common among women, especially primipara mothers. Primipara mothers are often inexperienced in matters related to reproductive health and family planning, making them more vulnerable to unintended pregnancies. Health teaching plays a vital role in improving the knowledge and awareness of mothers regarding emergency contraception. A planned health teaching program helps mothers understand the importance, types, timing, advantages, side effects, and proper use of emergency contraceptive methods. Effective education can encourage responsible reproductive behaviour and improve maternal and child health.

Problem Statement:

A study to assess the effectiveness of planned health teaching programme on knowledge regarding methods of emergency contraceptive among primipara mothers at selected area.

Objectivess:

- To assess the pre-test knowledge regarding emergency methods of contraceptive among primipara mothers at selected area.
- To assess the effectiveness of planned health teaching program to regarding emergency contraception method among primipara mothers at selected area.
- To find out an association between selected demographic variable and post-test knowledge score regarding emergency contraceptive methods at selected area.

Hypotheses:

NULL HYPOTHESIS (H0) There will not be a significant in pre-test and post-test

knowledge score regarding the use of emergency contraceptives among primipara mothers after the planned health teaching programme.

RESEARCH HYPOTHESIS (H1) There will be a significant improvement in regarding the use of emergency contraceptives among primipara mothers after the planned health teaching programme.

Research HYPOTHESIS (H2) There will be no significant association between selected demographic variable and post-test level of knowledge regarding the use of emergency contraceptives among primipara mothers after the planned health teaching programme.

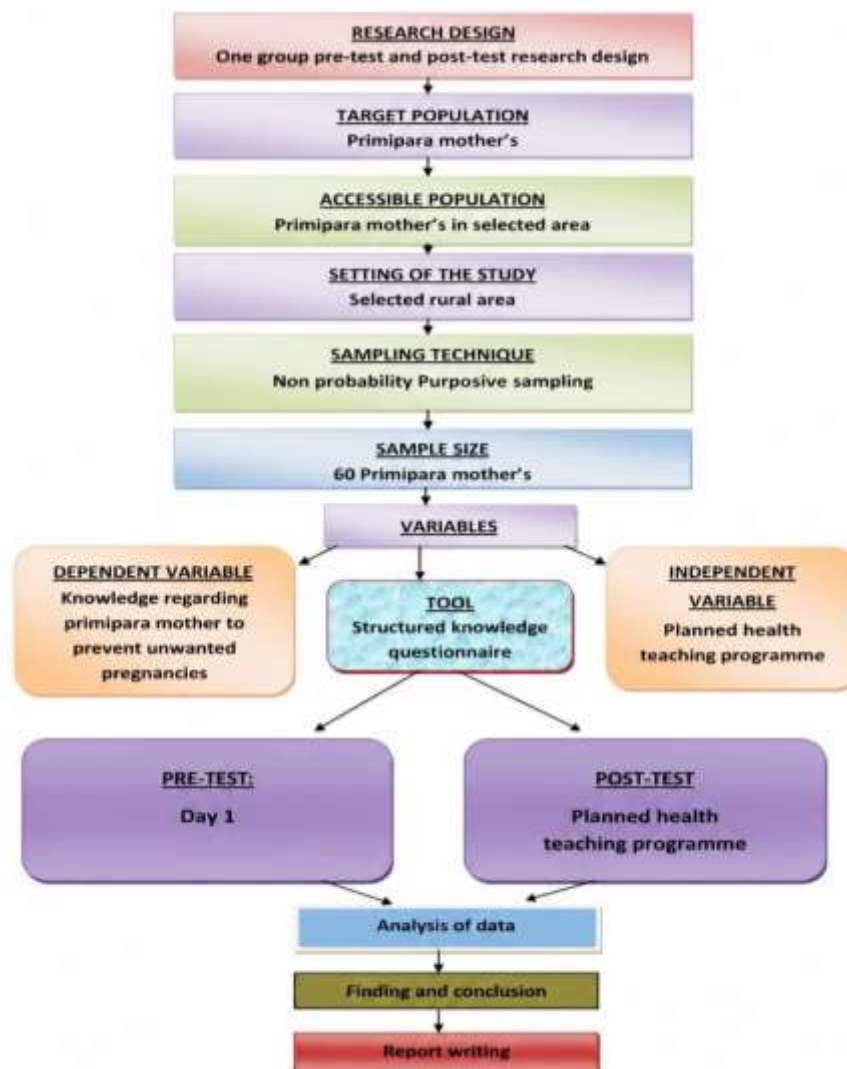


Figure 1: Schematic Presentation of the research designs

Result: Frequency and Percentage distribution of Samples according to their Age, Gender etc.
No: 60

Table: 1

Sr.No	Demographic variables	Samples	
		Frequency	Percentage (%)
1.	Age		
	a. 18 - 22 Yrs	05	08.33
	b. 23 - 27 Yrs	38	63.33
	c. 28 - 32 Yrs	12	20.00
	d. 33 Yrs and above	05	08.33
2	Educational Status of Mother		
	a. No formal	05	08.33
	b. Primary Education	22	36.66
	c. Secondary Education	13	21.66
	d. Higher Education e. Graduate and Above	09 11	15.00 18.33
3.	Occupation of Mother		
	a. Home-maker	25	41.66
	b. Private Employee	04	06.66
	c. Govt..Employee	12	20.00
	d. Daily Wages e. Self-Employed	07 12	11.66 20.00
4	Type of Family		
	a. Nuclear Family	24	40.00
	b. Joint Family	34	56.66
	c. Extended	02	03.33

5.	Delivery Type		
	a. Normal Delivery	08	26.66
	b. Caesarean Section	04	13.33
	c. Assisted Delivery	00	23.33
6.	Pervious Knowledge		
	a. Yes	04	06.66
	b. No	56	93.33

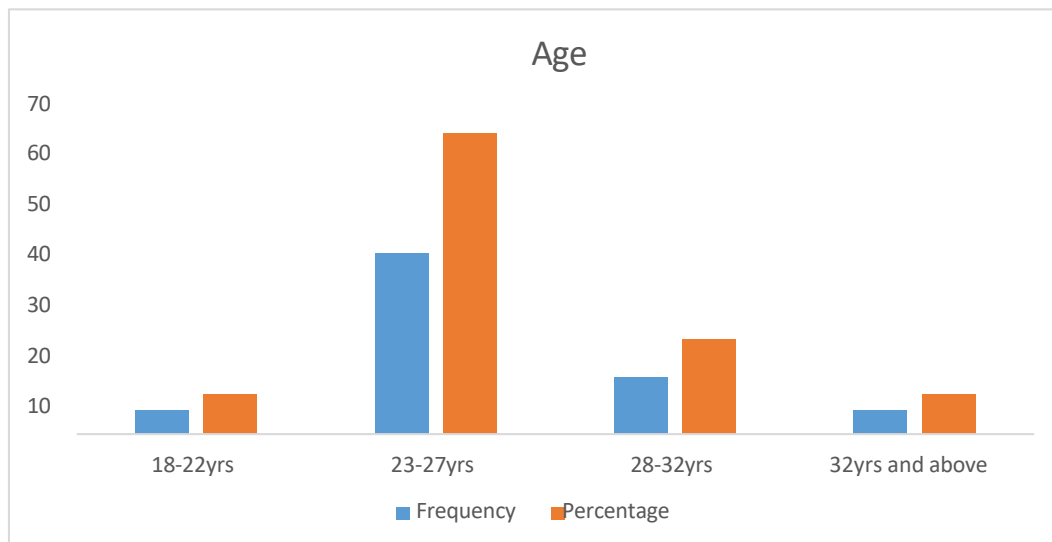


Figure 2: Distribution of Samples according to their Age

The data presented in the Table 1 and Figure 1 shows that, the age of Samples varied from 16 to 33 years and above, Majority samples 38 (63.33 %) reported to be aged between 23 to 27 years old followed by 12 (20 %) reported to be aged between 28 to 32 years old, while 05 (08.33 %) reported to be aged between 16 to 22 years while similar numbers were to be reported to be aged 33 years and above.

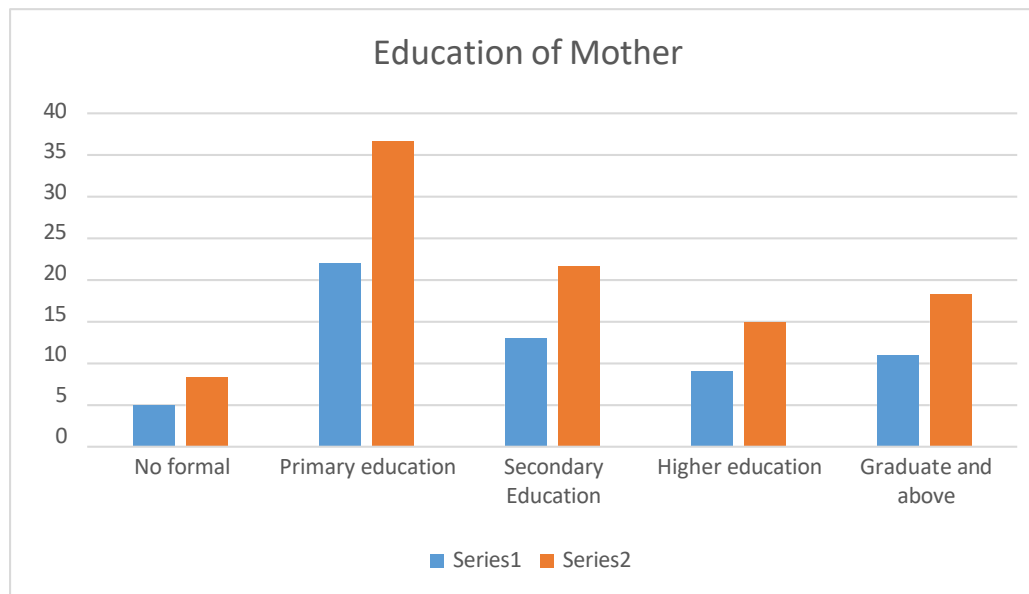


Figure 3: Distribution of Samples according to their Educational Qualification of Mother

The data presented in the Table.no-01 and Figure.no-02 reveals distribution of samples according to their Educational status of Mother, Majority of the samples 22(36.66 %) had Primary education followed by 13 (21.66%) reported secondary education while 11 (18.33 %) reported Graduate and above as their educational qualification and the least 05 (08.33 %) reported they had No formal education.

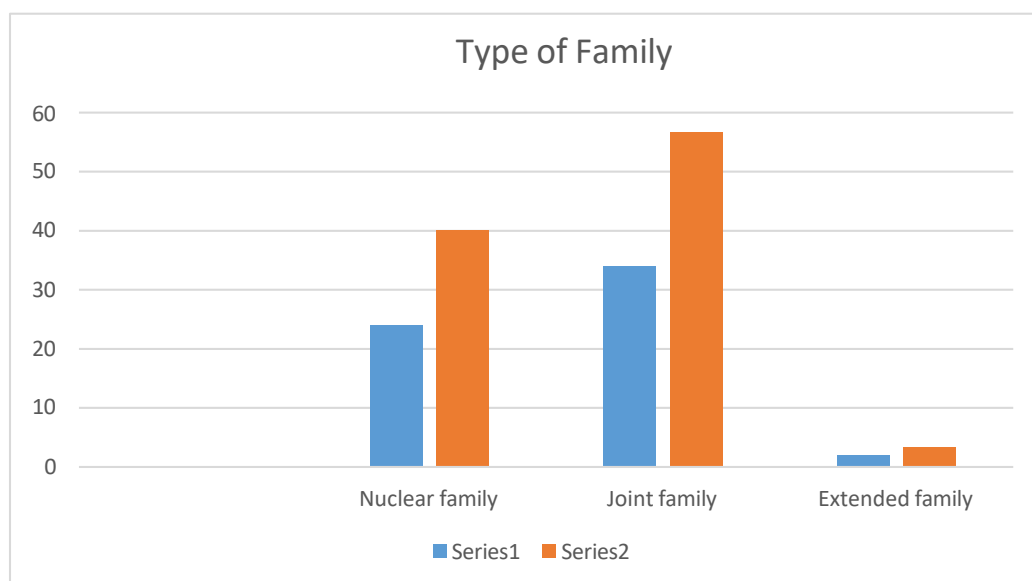


Figure 4: Distribution of Samples according to their Type of Family

The data presented in the table.no-01 and Figure.no-03 shows, the distribution of samples according to their Type of Family, Majority of the samples i.e., 34 (56.66%) reported to belong to Joint family followed by 24(40%) reported to belong to Nuclear family and the least 02 (03.33%) belonged to extended family.

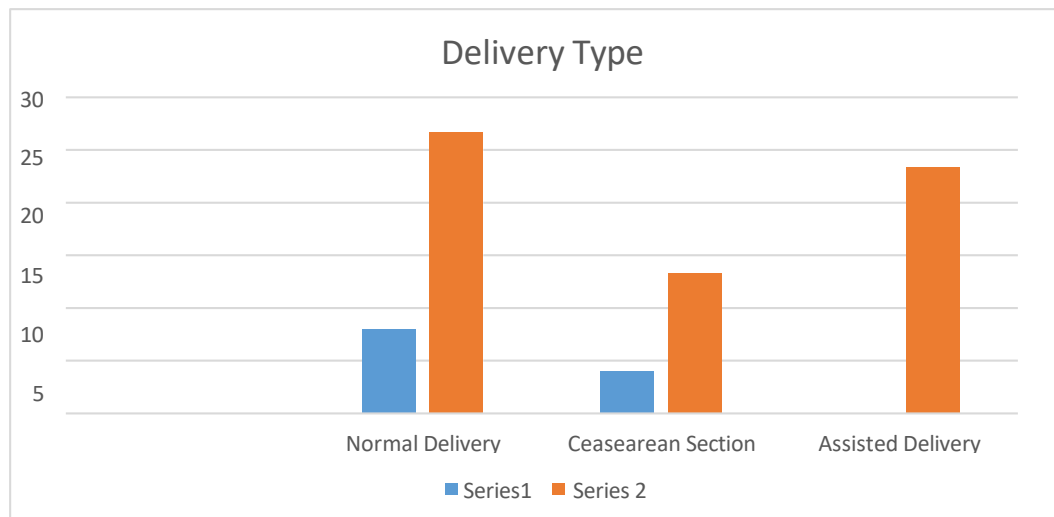


Figure 5: Distribution of Samples according to their Delivery Type

The data presented in the Table.no-01 and Figure.no-04 shows the distribution of samples according to their Delivery Type, majority of the sample 52 (86.66 %) reported Caesarean section as their mode of delivery followed by 05 (08.33 %) reported Normal Delivery as their mode of delivery type and the least 03 (05 %) reported Assisted delivery as their mode of delivery.

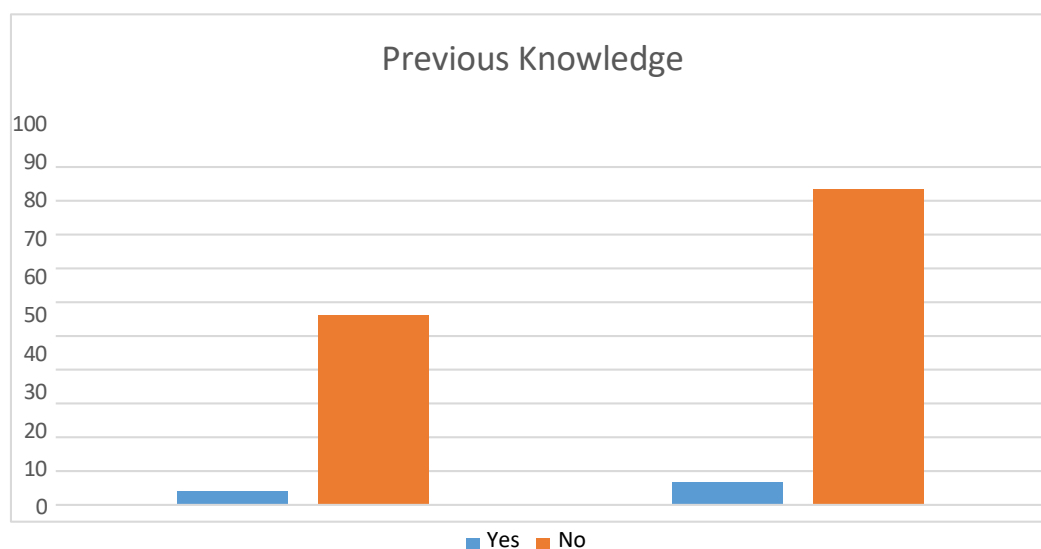


Figure 6: Distribution of samples according to their Previous Knowledge

The data presented in the Table.no-01 and Figure.no-05, shows the distribution of samples according to their Previous Knowledge, Majority of the samples, 56 (93.33 %) reported of not having any previous knowledge while 04 (06.66 %) reported of having previous knowledge.

Description of Mean Knowledge scores before and after Interventions among samples from selected areas.

The mean Knowledge scores obtained from the Primipara mothers before and after Planned teaching programme and was tabulated to a master sheet. Mean, standard deviation, median and range of Knowledge scores among samples were computed. The findings were presented in the **Mean, Standard Deviation, Median, and Range of Primipara mothers Knowledge scores. n= 60**

Table: 2

Group	Pre-Test				Post-Test			
Variable	Mean	SD	Median	Range	Mean	SD	Median	Range
Knowledge Scores of Samples	14.86	±3.17	15	05 -24	19.95	±03.45	16	08 – 20

The data presented in Table 2 shows the knowledge scores of Samples, in case of Knowledge scores, during Pre-test the scores ranged from **05-24** with Mean **14.86**, Median **15** with Standard deviation **±03.17**, after Post-Test the knowledge scores ranged from **08 –20** with Mean **19.95**, Median **16** and Standard deviation was **±03.45**.

Comparison of the Levels of knowledge scores among Samples before and After Intervention. In order find the levels of Knowledge among Primipara mothers from selected areas, the data is collected and tabulated below. **Frequency, percentage distribution of Samples according to levels of Knowledge. n=60**

Table: 3

Groups	In-Adequate Knowledge	Adequate Knowledge	Good Knowledge
	f (%)	f (%)	f (%)
Pre-Test	31 (51.66 %)	27 (45 %)	02 (03.33 %)
Post-Test	0 (0 %)	41 (68.33 %)	19 (31.66 %)

The data presented in the table - 03 shows that the levels of Knowledge during Pre-Test and Post-Test among Samples. During Pre-Test, majority **31 (51.66 %)** had **In-adequate knowledge** followed by **27 (45 %)** had **Adequate Knowledge** while **02 (03.33 %)** had **Good Knowledge** among Primipara mothers from selected areas.

During Post-Test, majority **41 (68.33 %)** had **Adequate Knowledge** followed by **19 (31.66 %)** had **Good Knowledge** while no samples reported in Inadequate knowledge among Primipara mothers from selected areas.

Section 2: Inferential Statistics

a) Findings related to the effect of Planned Teaching programme on Knowledge levels among Primipara mothers from selected areas.

In order to find the significant difference in Knowledge scores among Primipara mothers before and after Planned teaching programme on Knowledge, Paired t-test was computed, the findings are as follows. The following Hypotheses was stated.

H1: There will be significant difference between the mean pre-test knowledge scores and mean post-test knowledge scores among primipara mothers.

Table: 4

Planned Teaching programme	Mean	Std.Deviation	Std.Error Mean	‘t’	df	P-Value
Pre-test – Post-Test on Knowledge of Samples	05.08	±03.23	0.4180	12.160	59	0.000

‘t’ (299) = 1.671, P<0.05

The data presented in table.no-04 shows the impact of Planned teaching programme on Knowledge among Samples, the Mean score was **05.08** with standard deviation **±03.230** and standard error mean of **0.4180**, paired t-test was computed in order to find significant difference in mean scores before and after intervention, the calculated ‘t’ was **12.160** which was higher than the table value ($t(59) = 1.671$) and the P-value was lower than 0.05 indicating Planned teaching programme was successful in improving the Knowledge among the samples. Hence Research Hypothesis is accepted and null hypothesis is rejected.

b). Findings related to association between the levels of Knowledge and selected demographic variables of samples among Primipara mothers from selected areas.

To find out the association between the level of Knowledge and selected personal variables, age, Educational status etc. the findings of the study is tabulated below, the following Hypotheses is stated.

H2: There is significant association between pre-test levels of Knowledge with selected demographic variables among Primipara mothers.

Table: 5 Chi-Square test for association of study findings with selected demographic Variables

Demographic Variables	Levels of Knowledge			df	Chi - Value	Significance
	Inadequate Knowledge	Adequate Knowledge	Good Knowledge			
1. Age				6	04.774	NS
a. 18 - 22 Yrs	03	02	00			
b. 23 - 27 Yrs	16	20	02			
c. 28- 32 Yrs	08	04	00			
d. 33 yrs and above	04	01	00			
2. Educational Status				08	05.997	NS
a. No Formal Education	04	01	00			
b. Primary Education	09	12	01			
c. Secondary Education	05	07	01			
d. Higher Education	06	03	00			
e. Graduate and Above	07	04	00			
3. Occupation of Mother				8	03.220	NS
a. Home-Maker	02	02	00			
b. Private Employee	12	12	01			
c. Govt.Employee	07	05	00			
d. Daily Wages	05	02	00			
e. Self-Employed	05	06	01			

4. Family Type				4	02.951	NS
a. Nuclear Family	15	09	00			
b. Joint Family	15	17	02			
c. Extended	01	01	00			
5. Delivery Type				4	0.918	NS
a. Normal Delivery	04	03	01			
b. Caesarean section	02	02	00			
c. Assisted Delivery	02	05	00			
6. Previous Knowledge				2	0.975	NS
a. Yes	00	01	01			
b. No	01	00	00			

The Data presented Table 5 shows that the obtained Chi- values were lower than the table at 0.05 levels of significance, hence none of the demographic variables were found to have significantly associated with their levels of knowledge among samples from selected areas, Hence Null hypotheses is accepted and Research Hypotheses is rejected.

CONCLUSION

The present study was conducted to assess the effectiveness of a Planned Teaching Programme on knowledge regarding Emergency contraceptives among 60 postnatal mothers from selected areas. The findings revealed that a majority of the mothers, 38 (63.33%), were in the age group of 23–27 years, 22 (36.66%) had primary education, 34 (56.66%) belonged to joint families. Furthermore, 52 (86.66%) mothers had undergone caesarean section delivery, while 56 (93.33%) mothers reported having no previous knowledge regarding Emergency Contraceptives, indicating the need for educational intervention. The pre-test assessment showed that the knowledge scores ranged from 5 to 24, with a mean score of 14.86 ± 3.17 . After the Planned Teaching Programme, the mean knowledge score increased to 19.95 ± 3.45 , showing a mean gain of 5.08 points. With regard to the levels of knowledge, during the pre-test, 31 (51.66%) mothers had inadequate knowledge, 27 (45%) had adequate knowledge, and only 2 (3.33%) had good knowledge regarding Kangaroo Mother Care. Following the intervention, none of the mothers remained in the inadequate knowledge

category, while 41 (68.33%) had adequate knowledge and 19 (31.66%) had good knowledge. These findings indicate a substantial improvement in the knowledge levels of primipara mothers after the educational programme. The effectiveness of the intervention was statistically established through paired t-test analysis. The calculated t-value for knowledge ($t = 12.160$) was found to be greater than the table value of 1.671 at the 0.05 level of significance. Hence, the difference between pre-test and post-test scores was statistically significant, confirming that the Planned Teaching Programme effectively improved both knowledge regarding Emergency contraceptives among primipara mothers. The study also found no significant association between the levels of knowledge and selected demographic variables, indicating that the effectiveness of the Planned Teaching Programme was independent of factors such as age, educational status, type of family, type of delivery, and previous knowledge.

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