

KNOWING THE UNKNOWN: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING INFERTILITY AMONG ELIGIBLE COUPLES

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ABSTRACT

Parenthood is a dream of every human being. The actual desire for parenting is a step in the direction of creating family. Infertility means the lack of ability to get pregnant after a year of consistent unprotected sexual intercourse. Also it has vast emotional liability on the childless partner, specifically in female, and may cause sadness, suicidal thoughts and mental illness. Purpose of this study was to assess the awareness regarding infertility among eligible couples in selected community at Bangalore. 50 eligible couple were carefully chosen by using non probability sampling method. Structured questionnaire and checklist were made to evaluate the knowledge of eligible couples about infertility. Pre experimental method was used in this study. Design used to gather data was one group pre-test and post-test. Pre-test was conducted using structured questionnaire. Teaching plan was administered by using charts as well as discussion. Post-test was carried out to the same eligible couples by using the same instrument after 7 days. The data has been analysed and interpreted according to the objectives and hypothesis of the study. Paired 't' value of the post test of the eligible couples = 2.01 were found to be significant at $P < 0.05$. There was remarkable variance among the knowledge scores of pre-test and post-test of the eligible couples on infertility after administering structured teaching programme. This indicates that STP on infertility among eligible couples was effective.

KEYWORDS: Eligible couple, Infertility, Structured teaching programme, Depression, Parenthood.

INTRODUCTION

Reproduction is one of the central attributes of a living thing.^[1] For the human species to continue surviving, it is necessary that mature adults are capable of producing next generation to ensure the perpetuity of the species.^[2] If reproduction not occurs, no living being will stay alive on earth. Fertility awareness in the overall people is poor.^[3] Therefore, knowledge regarding infertility will help to reduce some risk factors.^[4] Infertility means that lack of ability to become a mother after one year of unvarying sex without using contraceptives. Fecundity or capability to produce offspring has a positive societal impression whereas; sterility has a negative public value in Indian culture. People will blame couple, who is not capable to bear children in a sensible period of time after marriage. Another reason for so much importance being attached to the social aspect of fertility behaviour is that family name will not be carried forward without a kid.

Infertility is affecting many of the couple in generative age. In the area of reproductive health, unfruitfulness denotes a lack that does not affect the physical integrity of the individual and it is not a life-threatening condition. However, it may adversely affect the development of the individual also leads to stress and fading of the personality.^[5]

The couple who don't have babies is experiencing traumatic state everywhere in the world.^[6] Infertility has become one of the global public health problems, where couple is unable to bear a child, they are not able to conceive and remain childless. If the women is under the age of 35 and not get pregnant after one year of intercourse is called as infertility also women aged 35 to 40 years with inability to conceive after 6 months of unprotected sexual intercourse called infertile. For women above 40 years of age with inability to conceive after 3 months of sexual intercourse also called infertile.^[7]

There are lot of misunderstandings and myths related to infertility in the public. Therefore, people have less knowledge about infertility. For pursuing infertility treatment alternative treatment is considered as the whispered choice. The traditional and religious view about assisted reproductive technologies is uncertain, which has bring about its reduced acceptance.^[8] A main reason for delayed pregnancy and increasing occurrence of subfertility is less awareness about fecundity potential.^[5] With a rising prevalence of infertility among women and men, the problem needs recognition as a public health issue.^[10] Providing empathetic and sound advice about infertility will help to relive these worries helps promote overall health and well-being.^[12]

health center at NR Colony Bangalore was the setting and non-probability sampling technique was chosen to select 50 eligible couples for the study. A Structured questionnaire was helpful to assess the awareness^[9] and checklist was arranged to evaluate the responsiveness of eligible couples about infertility. The data for this study were obtained from 50 eligible couples. Prior to data collection the investigator adapted with the topics and explained the purpose and concealment to them. Pre-test was conducted with the help of structured questionnaire. By using charts teaching programme was delivered and discussed. After one week, post- test was conducted to same eligible couples by using the same instrument. The data has been analyzed by inferential and descriptive statistics like mean and standard deviation. To find the association of level of knowledge regarding infertility Chi-square test was used and comparing of the pre and post- test level of knowledge was done by correlation-coefficient test.

MATERIALS AND METHODS

The research approach was evaluative which selected using pre-experimental method. One group pre and post-test design was implemented for this study. Primary

RESULTS

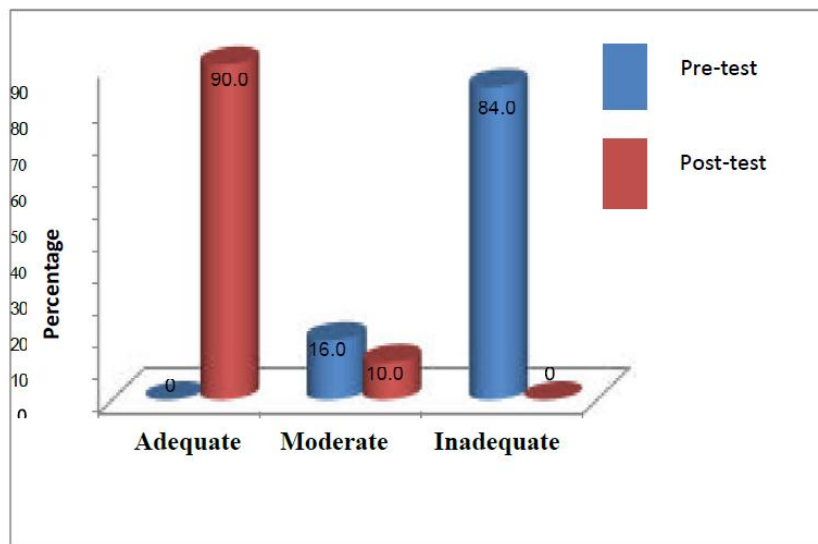


Fig. 1: Frequency and percentage distribution of pre and post- test level of knowledgeamong eligible couples on infertility.

Table Frequency and percentage distribution of pre and post-test knowledge level of eligible couples on infertility.

Knowledge level	Pre-test		Post-test	
	Frequency (n)	%	Frequency (n)	%
Adequate (25-35)	-	-	45	90.0
Moderate (13-23)	8	16.0	5	10.0
Inadequate (0-12)	42	84.0	-	-
Total	40	100%	50	100%

Table showed that the knowledge level on infertility among eligible couples. The result indicated that 42 (84%) of eligible couples had inadequate knowledge, 8 (16%) had moderate knowledge and none of them possess adequate knowledge in the pre- test. In the post test of eligible couples, the respondents 45 (90%) had

adequate knowledge and 5(10%) had moderate knowledge and none of the respondents possess inadequate knowledge.

Table 2: Association of pre-test knowledge on infertility with selected demographic and other variables.

SI No	Demographic variables	Knowledge level		X ²	Table value	p- value
		Below average n (%)	Above average n (%)			
1	Years of married life					
	a. 1-2 years	17	6	1.64	5.99	0.44
	b. 3-4 years	16	7			ns
	c. 5-6 years	4	-			
2	Age at marriage					
	a. 17-18 years	16	4	5.50	5.99	0.06
	b. 19-20 years	10	8			ns
	c. >20 years	11	1			
3	Time of 1st pregnancy					
	a. 1 year	8	-			
	b. 2 years	14	7	3.46	5.99	0.17
	c. 3 years	15	6			ns
4	Educational status of wife			4.07	7.81	0.25
	a. No formal education	10	7			ns
	b. Primary education	16	5			
	c. Higher secondary education	10	1			
	d. Collegiate education	1	0			
5	Educational status of husband					
	a. No formal education	13	8	3.96	7.81	0.26
	b. Primary education	17	4			ns
	c. Higher secondary education	5	-			
	d. Collegiate education	2	1			
6	Occupation of husband					
	a. Agriculture	10	3	2.88	7.81	0.41
	b. Coolie	15	4			ns
	c. Driver	9	6			
	d. Business	3	0			
7	Occupation of wife					
	a. House wife	12	3	3.99	7.81	0.26
	b. Coolie	12	2			ns
	c. Agriculture	9	7			
	d. Others	4	1			
8	Type of marriage					
	a. consanguineous	14	9	3.81	3.84	<0.05
	b. Non consanguineous	23	4			s
9	Use of any contraceptives					
	a. Yes	17	4	0.90	3.84	0.34
	b. No	20	9			ns
10	Type of family					
	1. Nuclear	19	7			0.21
	2. Joint	18	5	3.07	5.99	ns
	3. Extended	-	1			
11	Family monthly income					
	a. Below Rs.2000/-	12	5			0.13
	b. 2001-4000/-	16	8	3.93	5.99	ns
	c. Above 4000/-	9	-			
12	Source of information					
	a. TV/Radio	13	6	2.67	7.81	0.44
	b. Newspaper/Magazines	1	1			ns
	c. Health personnel	18	6			
	d. Friends	5	-			

Association of pre-test knowledge on infertility with selected demographic and othervariables.

Chi-square test = $p < 0.05$ significant, $p > 0.05$ not significant.

The table illustrates that association of pre-test score

of knowledge with selected variables like type of marriage. Calculated chi square value was more than the table score. It indicated the level knowledge among eligible couples regarding infertility depend only on type of marriage.

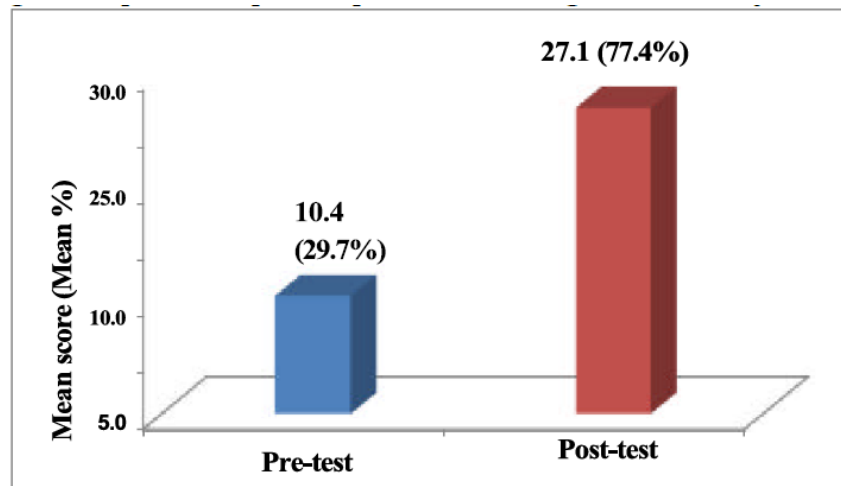


Fig: 2 Comparison of pre and post-test knowledge scores of subjects.

Table 3: Comparison of pre and post-test knowledge scores of subject.

Test	Mean	SD	Mean %	Mean Enhancement	T value	P value
Pre-test	10.4	2.1	29.7	47.7%	30.74	<0.05
Post-test	27.1	2.6	77.4			

Comparison of pre and post-test knowledge scores of subject

Post test score (77.4%) which was significantly larger than the pre- test score (29.7%). The variance in the mean enhancement score was (47.7%). paired test value of post- test was significant at $p < 0.05$. Thus findings discovered that STP on knowledge regarding infertility was efficient.

DISCUSSION

Paired 't' value of the post- test among eligible couples $t = 2.01$ were find to be significant at $P < 0.05$. Therefore research H1 is accepted i.e., there is positive variance between pre and post- test knowledge value of the eligible couples on infertility after administering structured teaching programme. This indicates that STP on infertility among eligible couples was effective. Chi-square test was applied to find the association among knowledge level and selected demographic variables. Only type of marriage is found to be significant in pre-test at $P < 0.05$ level, therefore research H2 is accepted. The present study was found as effective to investigate the knowledge about fertility in order to upgrade the level of knowledge and attitudes of eligible couples.

CONCLUSION

The conclusions, of this study shown that mean value of post-test was 77.4% ,which was significantly higher than

the score of pre-test(29.7%),the mean enhancement score difference was observed as 47.7%. Further paired 't' value of the post- test in eligible couples were find to be significant at ($P < 0.05$). There is substantial variance between pre and post- test knowledge [11] among eligible couples on infertility after administering STP. Therefore the results revealed that STP on knowledge about infertility is an effective teaching strategy as shown by statistical results.

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