

“Weather primipara mothers are aware about birth spacing methods?”

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ABSTRACT

Background: Birth spacing is defined as the time interval between two births. India has average birth spacing of 24 months, i.e. for two years, despite wide knowledge of contraception. Objective of present study was to assess the knowledge, and attitude, regarding birth spacing methods. **Material and Methods:** The research approach for this study was a quantitative research approach with non-experimental descriptive research design where 60 primipara postnatal mothers recruited for study with the Convenient sampling technique. In this study, structured questionnaire, questions regarding birth spacing was used as a tool for assessing the knowledge level of mothers. **Result:** The data was analysed by descriptive statistics. the findings shows that most of the mothers (43%) had inadequate knowledge, (40%) had adequate knowledge, and (17%) had moderate knowledge, (77%) had moderate attitude regarding birth spacing methods, (16.3%) had adequate attitude, (6.7%) had inadequate attitude towards birth spacing methods. **Conclusion:** The knowledge level among postnatal mothers regarding birth spacing, majority of all primi mothers had inadequate level of knowledge and should promote awareness regarding birth spacing among primi post natal mothers.

Keywords: Primi mother, Postnatal, Birth spacing.

INTRODUCTION

“Delay the first, postpone the second and prevent the third¹”. Birth spacing is defined by World Health Organization (WHO) as “a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude and responsible decisions by individuals and couples in order to promote health and welfare of family groups and thus contribute effectively to the social development of a country, planning of parenthood is an important and most significant aspect of it.² The 24 -month rest period is called “birth spacing”

When the time between pregnancies is less than 24 months, her body may not be ready to have a healthy baby.³ Research has shown that there are a number of issues which are more likely to occur when a women is pregnant again within a year of giving birth.⁴ These issues include an increased risk of low birth rate ⁵, small gestational age, preterm birth, infant death,⁶ and labour issues such as uterine rupture.⁷ maintain the standard of living for becoming healthy mothers who can deliver healthy baby.⁸ Healthy mother and healthy baby.⁹ Stabilize population.¹⁰ Birth spacing is defined as the time interval between two

births. India has average birth spacing of 24 months, i.e. two years, despite wide knowledge of contraception.^{11, 12} there is an increased risk of having a poor birth outcome (such as a premature birth or a low birth weight baby).¹³ Pregnancies that occur in the first year postpartum are more likely to have adverse outcomes for the mother and baby; therefore the extended postpartum period is a critical period for addressing unmet need for family planning. Birth spacing should be discussed during the third trimester of pregnancy, after birth, and in the immediate postpartum period with all women who have recently given birth, their husbands and families.¹⁴

Material and Methods: In present study quantitative research approach with descriptive design was used in this study. The setting of the study was postnatal ward of a tertiary care hospitals. The total samples were 60 primipara mothers which were selected by using Non probability purposive sampling technique. The tool included details like socio demographic detailed questions related to knowledge, attitude and regarding birth spacing methods questions for assessing knowledge.

FINDINGS:

Regarding Socio Demographic Details:

The highest percentage 85% of primipara mothers were in the age group of 20-25 years and lowest (15%) were in the age group of 26-35. Majority, 80% of primipara mothers were educated below 10th standard, 17% primipara mothers were completed their 12th and only 3% were graduated., 96% belongs to Hindu religion and 4% of primipara mothers belongs to the Muslim religion family. Regarding occupation, 80% House wife, 12% were doing Other Profession, 4% are health staff and 4% were private employ. Discussing on family monthly income, Only 3% primipara mother were having family income < 5000 and 3% of having range between 5000-10000, and Majority 94% primipara were having family income > 10,000 per month. Majority of them are using internet as a source of information. Regarding family planning method to be adopted around 35% primipara uses condom as a family planning and least 3% use pills as a method of contraception.

Frequency and percentage of level of Knowledge of primipara mothers regarding birth spacing method.

n =60

Knowledge level	Frequency	Percentage
Inadequate Knowledge > 33%	26	43%

Moderately Adequate- 34-66%	24	40%
Adequate Knowledge < 67%	10	17%
Total	60	100%

Above data depicted that 43% Primi para mother have Inadequate Knowledge, 40% of them have Moderately Adequate Knowledge and only 17% have Adequate regarding birth spacing method.

Frequency and percentage of level of attitude of primipara mothers regarding birth spacing method.

n =60

Attitude level	Frequency	Percentage
Inadequate attitude (< 15%)	4	6.7%
Moderate attitude (16-30%)	46	77%
Adequate attitude (>31%)	10	16.3%
Total	60	100%

Above data depicted that the 77% primipara mother has Moderate attitude, 16.3% have adequate attitude and 6.7% inadequate attitude regarding birth spacing method.

DISCUSSION

Present study findings shows that, majority of the samples are having Inadequate Knowledge and Moderate attitude. By providing different kinds of teaching sessions we can improve their knowledge level and build their positive attitude. Health care personnel must be aware about maternal care and counselling, so especially nurses to be effective and efficient members of team who can deliver their counselling session on general basis,. Efforts are being put in to by international council of nurses and national nurses association in making policy decision, procuring, allocation of resources and developing various courses in midwives.

Like this same need is raised by many Indian studies regarding importance of making aware on family planning specially to primipostnatal women. Lack of access to family planning services is also a major factor for increasing population.¹⁵ Strategies for encouraging family planning include using the term “Child Spacing” because it empowers the couple, and can be defined as benefitting the mother and the child.¹⁶ Counselling of a

women and especially new mothers is an important step to help women meet family-planning needs. Since couple's decisions about birth spacing are influenced by their individual situations and desires, and not just by the health benefits,¹⁷ new messages that inform couples that 3-5 year birth intervals are optimal need to be sensitive to their preferences. Further scientific studies can help to spread awareness among the reproductive age women regarding family planning method.¹⁸

Conclusion

Every primi post natal mother should know the importance of birth spacing is an essential factor in reproduction life to promote health and wellbeing of mother and child. Our results showed knowledge of birth spacing methods among primi mothers shows, 43% Primi para mother have Inadequate Knowledge, 40% of them have Moderately Adequate Knowledge and only 17% have Adequate regarding birth spacing method.

Ethical approval

Since the study involved human subjects, a formal ethical approval received from institutional ethical committee.

Conflict of Interest

The author declares that they have no conflicts of interest.

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