

# ATTITUDE OF RURAL POPULATION TOWARDS FAMILY PLANNING: A COMPARATIVE STUDY

P. SRINIVASULU M.S.W  
URTCO, Hyderabad  
Email - Punnasri09@Gmail.Com

**Abstract:** Family planning is one of the key tools for a family to maintain proper economic status; by practicing this parents can plan a good and healthy welcome to the baby and can plan a better future for the baby. By practicing family planning women can take care of their health and economic well being. This is very useful to the young generation to achieve their academic, professional and family goals in a strategic way without fail. The attitude of women may varies from men regarding family planning, literates attitude may vary from illiterates and finally age factor may be one of the major factor which may influence the attitude towards family planning. Comparing to urban, rural population may have less positive attitude towards family planning due to socio – cultural factors. The present study is intended to find out the attitude of rural population towards family planning based on age, gender and educational status.

**Key Words:** Family Planning, Rural Population, Attitude, Socio –Cultural factors, Health and Economic well being.

## 1. INTRODUCTION:

In general family planning is known as the voluntary pre – pregnancy planning and action of people to delay, achieve a pregnancy or to prevent. In improving and achieving health outcomes of a women and children, family planning is considered as the fundamental step. Family planning process or family planning services include education and counseling, pre – conception care, screening and laboratory tests, and finally family planning methods. Natural family planning, abstinence and all FDA approved methods of fertility control – hormonal contraception and contraceptive supplies such as diaphragms and intrauterine devices are the major forms of family planning.

### Advantages of family planning

The California Department of Health Services Office of Family Planning says about advantages of family planning as – first and foremost one is family planning reduces the number of unplanned pregnancies and abortions among women, by practicing family planning women can choose when the time is right to have a child. It gives women the option to wait until they are finically able to care for a child. By strict practice of family planning a woman can achieve her academic, personal and professional goals without fail. Finally family planning avoids financial burden of unplanned pregnancy.

### Disadvantages of family planning

The other side of the family planning coin we can see the disadvantages of contraception as a result of practicing family planning. Weight gain, headaches, dizziness and nausea are the major side effects of using contraceptives to practice family planning. Heart Stroke, blood clots, blood pressure and ectopic pregnancy are less common side effects but very serious.

Official studies stressed that natural family planning poses no health risks, but comparing to other methods this is least effective one in preventing pregnancy. National Women’s Health Information Centre says out of 100 women who use natural family planning, approximately 25 will become pregnant.

## 2. RESEARCH METHODOLOGY:

### 2.1. Objectives of the Study

- To study the profile of the respondents.
- To study the attitude of rural people towards Family Planning.
- To study the inter relationship between personal variables like age, gender, educational status and rural people attitude towards Family Planning.

### 2.2. Hypotheses

The following hypotheses were formulated based on the objectives

- Higher the age is higher the positive attitude towards family planning

- Men may have positive attitude towards family planning than women.
- Literate people may have positive attitude towards family planning than illiterate respondents.

### 2.3. Research Instrument

The tool used to conduct the present study was scale to measure attitude of rural people towards family planning (Questionnaire). This scale was devised by Uday Pareek. The scale contains 20 statements with five rating points. Likert's summated rating scale was used in constructing the scale.

### 2.4. Research Design

Descriptive Research design was adopted to analyse the results and to interpret.

### 2.5. Sample Size and Scheme

For the purpose of the present study a sample of 60 was taken, 15 women who are literates, 15 women who are illiterates, 15 men who are literates, 15 men who are illiterates. Simple Random Technique was adopted to get the required sample.

### 2.6. Variables

Independent variables: Age, Gender and Educational Status

Dependent variable: Attitude Scale

### 2.7. Data Collection

In order to obtain required data, the researcher approached rural people at Chandur Village in Nalgonda district of Telangana State. Questionnaire method was adopted to collect the data.

### 2.8. Data Analysis & Interpretation

The responses were scored by assigning the values 3, 2 and 1 for Favorable, Undecided and Unfavorable for positive statements and the reverse set of numerical values were assigned to the negative statements.

For the purpose of the interpretation of data certain statistical tests were used. They are percentage, range, quartile deviation, mean median and mode. The Chi-square test was used to find the statistical significance between the independent variables and dependent variable.

## 3. DATA ANALYSIS AND INTREPRETATION:

### 3.1. FREQUENCIES

#### 3.1.1. Age

Age is an important factor in human life. Age is the input for maturity and experience through which knowledge is reflected on the individual's attitudes, perception, motives etc.

Table 1 shows the distribution of respondents according to their age. The age ranges from 21 to 60 years and is divided into three groups based on quartiles (21 to 28 years) at the young age, (29 to 40 years) at the middle age and (41 to 60 years) at the old age.

**Table - 1**  
**Age of The Respondents**

Age	Frequency	Percentage
Young Age (21-28 Years)	20	33.3
Middle Age (29-40 Years)	26	43.4
Old Age (41-60 Years)	14	23.3
<b>Total</b>	<b>60</b>	<b>100.0</b>

Table 1 clearly shows that a large number of respondents (43.4 percent) are in the middle age, respondents with 33.3 percent are in young and few respondents (23.3 percent) are in the old age.

#### 3.1.2. Gender

Gender is an independent variable, which influences human life. Gender consists of two categories having distinct characters to each other. Table 2 shows the distribution of respondents according to their gender.

**Table 2**  
**Gender of The Respondents**

Gender	Frequency	Percentage
Male	30	50.0
Female	30	50.0
<b>Total</b>	<b>60</b>	<b>100.0</b>

Table 2 clearly shows that the respondents are selected from genders in equal proportion. The total number of respondents is 60, which includes 30 respondents from men and 30 respondents from women.

### 3.1.3. Educational Status

Educational status is an independent variable, which influences an attitude. It shows knowledge and maturity of each individual. The attitude towards family planning may be different based on the educational status.

**Table - 3**

**Educational Status Of The Respondents**

Educational Status	Frequency	Percentage
Literate	30	50.0
Illiterate	30	50.0
Total	60	100.0

Table 3 clearly shows that the respondents are selected from both literate and illiterate in equal proportion. The total number of respondents is 60, which includes 30 respondents from literate and 30 respondents from illiterate.

### 3.1.4. Attitude Towards Family Planning

Attitude is a dependent variable, which is based on each individual. According to the independent variables the attitude towards family planning is different from each individual.

**Table - 4**

**Rural People Attitude Towards Family Planning**

Attitude Towards Family Planning	Frequency	Percentage
Negative	16	26.7
Undecided	31	51.7
Positive	13	21.6
Total	60	100.

Table 4 clearly shows that a majority respondents (51.7 per cent) have undecided attitude towards family planning, respondents with 26.7 per cent have negative attitude towards family planning and respondents with 21.6 per cent have positive attitude towards family planning.

## 3.2. CROSS TABULATIONS

### 3.2.1. Age And Attitude Towards Family Planning

Age is an important factor in human life. Age is the input for maturity and experience through which knowledge is reflected on the individual's attitudes, perception, motives etc. according to the age and maturity of an individual, their attitude towards family planning may differ. The association between age and attitude towards family planning has been shown in Table 5.

**Table - 5**

**Age And Attitude Towards Family Planning**

Age	Attitude Towards Family Planning			Total
	Negative	Undecided	Positive	
Young Age (21-28 Years)	2 10.0%	12 60.0%	6 30.0%	20 100.0%
Middle Age (29-40 Years)	8 30.7%	13 50.0%	5 19.3%	26 100.0%
Old Age (41-60 Years)	6 42.8%	6 42.8%	2 14.4%	14 100.0%
Total	16 26.7%	31 51.6%	13 21.7%	60 100.0%

Chi-Square = 5.181      df =4      p=0.269

Table 5 clearly shows that young age respondents (30.0 percent) have more positive attitude towards family planning than old age respondents (14.4 percent). The Chi-square results show that the association between age and attitude towards family planning is insignificant.

### 3.2.2. Gender And Attitude Towards Family Planning

Gender is an independent variable, which influences human life. Gender consists of two categories having distinct characters to each other. The group with which they involve may differ in their attitude. The association between gender and attitude towards family planning has been shown in table 6.

**Table - 6**

**Gender And Attitude Towards Family Planning**

Gender	Attitude Towards Family Planning			Total
	Negative	Undecided	Positive	

Female	11 36.7%	15 50.0%	4 13.3%	30 100.0%
Male	5 16.7%	16 53.3%	9 30.0%	30 100.0%
Total	16 26.7%	31 51.6%	13 21.7%	60 100.0%

Chi-Square = 4.205      df =2      p=0.122

Table 6 clearly shows that male respondents (30.0 percent) have more positive attitude towards family planning than female respondents (13.3 percent). The Chi-square results show that the association between gender and attitude towards family planning is insignificant.

### 3.2.3. Educational Status And Attitude Towards Family Planning

Educational status is an independent variable, which influences an attitude. It shows knowledge and maturity of each individual. The attitude towards family planning may be different based on the educational status. The association between educational status and attitude towards family planning has been shown in table 7.

**Table - 7**  
**Educational Status And Attitude Towards Family Planning**

Educational Status	Attitude Towards Family Planning			Total
	Negative	Undecided	Positive	
Literate	2 6.7%	18 60.0%	10 33.3%	30 100.0%
Illiterate	14 46.7%	13 43.3%	3 10.0%	30 100.0%
Total	16 26.7%	31 51.6%	13 21.7%	60 100.0%

Chi-Square = 13.576      df =2      p=0.001

Table 7 clearly shows that the literate respondents (33.3 percent) have more positive attitude towards family planning than illiterate respondents (10.0 percent). The Chi-square results show that the association between educational status and attitude towards family planning is significant.

## 4. MAJOR FINDINGS:

- A large number of respondents are in the middle age.
- A large number of respondents have undecided attitude towards family planning.
- Young age respondents have more positive attitude towards family planning.
- Male respondents have more positive attitude towards family planning.
- Literate respondents have more positive attitude towards family planning.

### 4.1. Chi – Square Results

- There is no association between age and attitude towards family planning
- There is no association between gender and attitude towards family planning
- The association between educational status and attitude towards family planning found to be significant.

## 5. CONCLUSION:

After reviewing the results the researcher found that the young generation is having positive attitude towards family planning. The youngsters have awareness on the advantages of family planning and by practicing family planning a couple can go for better economic strategies for their children. Comparing to women, men are having more positive attitude towards family planning, reason might be that in rural areas men are considered as the family head and they have the responsibility to earn and feed the family. They know the worst side effects of unexpected child birth in a family and its impact on the economic status of the family. Finally educated respondents are more positive towards family planning due the knowledge what they have acquired through education on leading an economically comfortable life. The present generation youth has a very good planning of their life and practicing proper economic strategies.

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