

A Study to Assess the Effectiveness of Health Care Package in Terms of Knowledge, Attitude and Practice on Management of Infertility Among Infertile Women of Selected Hospitals of M.P.

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Abstract—Introduction: - Every human being has a right to the enjoyment of the highest attainable standard of physical and mental health. Individuals and couples have the right to decide the number, timing and spacing of their children. Addressing infertility is therefore an important part of realizing the right of individuals and couples to found a family. Infertility and unexpected pregnancies are frequent occurrences. Many couples dream of having children. However, they might not consider concerns related to infertility and rising age while planning a pregnancy. Fertility plays a vital role in a woman's life. In our tradition, fertility is the most important part of marital life. With the fast progression in reproductive medicine and the experiences gained through infertility management, a wider range of treatment options have become available to infertile couples. **Need Of the Study:** - Infertility is a common clinical problem. It affects 13% to 15% of couples worldwide. The prevalence varies widely, being less in developed countries and more in developing countries where limited resources for investigation and treatment are available. In addition, infertility is considered also a public problem. It does not affect the couples' life only, but it also affects the healthcare services and social environment. The feelings experienced by the infertile couples include depression, grief, guilt, shame, and inadequacy with social isolation. Today, many patients do not receive the recommended medical care that based on the best available evidence. As there is surplus medical information every day that cannot be cached by healthcare providers, clinical guidelines created to endorse *up-to-date* evidence-based practice to improve patients' outcome. **Objectives Of the Study:** - 1. To assess the pre and posttest knowledge regarding management of infertility

among infertile women.2. To assess the pre and posttest attitude regarding management of infertility among infertile women.3. To assess the pre and posttest practice regarding management of infertility among infertile women.4. To assess the effectiveness of health care package on knowledge, practice and attitude regarding management of infertility among infertile women. 5. To find-out the co relation between knowledge, attitude and practice regarding management of infertility among infertile women.6. To find out the association between pretest knowledge, attitude and practice score with selected demographic variable. **Methodology:** - The researcher adopted a quantitative evaluative research approach were one group pretest and posttest research design were used. A total of 300 infertile women were selected who underwent inclusion criteria to participate in this study. The tool section was categorized on four parts includes demographic variable, structured teaching questionnaire, practice score and attitude scale. A health care package was prepared to impart knowledge and improve attitude and practice among the infertility

Index Terms—Infertile women, health care package, management of infertility.

I. DESCRIPTION ABOUT DEMOGRAPHIC CHARACTERISTICS

In the present study, the socio-demographic data revealed that,

- It was described that majority of 189 (63%) comes belongs to 26-35 years, followed by 76(25.4%) were in age group between 15-25 years and lastly, 35(11.7%) were in age group between 36-45 years.
- It was identified that 114(38%) completed in higher and higher secondary education, followed by 92 (30.6%) had done diploma. Further on, 58(19.3%) had done education primary and secondary level. Lastly, 36(12%) were in graduation and post-graduation.
- The researcher described most of the samples, 124(41.4%) were having income between 50001-15000Rs. It was noted that 84(28.0%) had earning above 30000Rs. Relatively, 64(21.3%) were having income between 15001-30000 and at the end 28(9.3%) were having income below 5000Rs.
- The researcher found that approximately 208(69.3%) belongs to Hindu religion, further on, 56(18.7%) were found to be Muslims. Additionally, 21(7%) found to be Christian and remaining 15(5%) follows other religion.
- The analysis found that 148(49.3%) lives in the rural area, 117(39.0%) were in urban area and lastly ,35(11.7%) lives in the semi-urban area.
- The investigator estimated that as per the type of family, it was seen that third –fourth of the samples, 145(48.3%) belongs to the joint family, 78(26%) were in nuclear family and remaining 77(25.7%) resides in the extended family.
- The researcher mentioned that 279(93%), involved in non-consanguineous and remaining found to be consanguineous. This showed the samples were aware about the consequences of consanguineous marriage.
- The investigator reported that among 300 samples, 145(48.4%) found to be common homemaker, followed by 89(29.6%) were engaged in private job, 38(12.7%) were government employee and remaining 28(9.3%) were businessman.

- The researcher remarked that 189(63%) had no habit of physical activities and remaining 111(37%) were engaged in physical activities.
- Out of 300 samples, it was estimated that among 169(56.3%) samples had duration within one year of regular, unprotected intercourse. Further on, 131(43.7%) had infertility issues, after one year of regular of unprotected intercourse.
- The researcher observed that reason for infertility and it has been depicted that 211(70.3%) found the reason due to female infertility and rest 89(29.7%) had male related infertility issues.
- The researcher illustrated that, 146(48.7%), most had the PCOS related problems, followed by 36(12.0%) had thyroid issues. It was also estimated that 28(9.3%) had obesity as one complication, 01(0.3%) faced cancer disease and 89(29.7%) reported they had no co-morbidities.
- The study revealed that 222(74%) had no history, 74(24.7%) verbalizes they do not know about this. 03(1%) reported they had maternal familial issues and 01(0.4%) had paternal history of infertility.
- It was identified that most of the samples, 146(48.7%) had average knowledge regarding management of infertility, followed by 144(48%) had poor knowledge. Relatively, 08(2.7%) had good knowledge and lastly, 02(0.6%). But, after intervention 178(59.3%) were in good category, followed by 64(21.3%) were in average category, 47(15.7%) were in excellent category. It was also reported that 11(3.7%) were found to be in poor category.
- The data analysis stated that out of 300, 121(40.3%) had positive attitude and remaining 179(59.7%) had negative attitude score towards management of the infertility before intervention. Relatively, post attitude score most of the samples, 214(71.3%) had positive attitude and remaining 86(29.7%) had negative attitude towards management of infertility.

It was observed that among 184(61.3%) had poor practice. It was followed by 104(34.7%) had average score and remaining 12(04%) had good level of practice. It was analyzed by the researcher that, almost half of the samples, 134(44.7%) had shifted to average practice followed by 114(38%) had good knowledge and remaining 52(17.3%) remains in the poor category.

Thus, overall, it can be depicted that health care was effective among the infertile women regarding management of infertility.

Therefore, from above conclusion it can be stated that

- RH₁ – There will be significant difference between pre-test and post- test knowledge regarding management of infertility among infertile women at the level of $p \leq 0.05$, is being accepted.
- RH₂ – There will be significant difference between pre-test and post- test attitude regarding management of infertility among infertile women at the level of $p \leq 0.05$, is being accepted.
- RH₃ – There will be significant difference between pre-test and post- test practice regarding management of infertility among infertile women at the level of $p \leq 0.05$, is being accepted.
- RH₄ – There will be significant co-relation between pre-test knowledge, attitude and practice regarding management of infertility among infertile women at the level of $p \leq 0.05$, is being accepted.
- RH₅ – There will be a significant association of pre-test knowledge regarding management of infertility among infertile women at the level of $p \leq 0.05$, is being accepted.

- RH₆ – There will be a significant association of pre-test attitude regarding management of infertility among infertile women at the level of $p \leq 0.05$, is partially accepted.
- RH₇ – There will be a significant association of pre-test practice regarding management of infertility among infertile women at the level of $p \leq 0.05$, is being partially accepted.

II. RESULTS

It was identified that most of the samples after intervention 178(59.3%) were in good category, followed by 64(21.3%) were in average category, 47(15.7%) were in excellent category. It was also reported that 11(3.7%) were found to be in poor category. Relatively, post attitude score most of the samples, 214(71.3%) had positive attitude and remaining 86(29.7%) had negative attitude towards management of infertility. It was analyzed by the researcher that, almost half of the samples, 134(44.7%) had shifted to average practice followed by 114(38%) had good knowledge and remaining 52(17.3%) remains in the poor category.

III. INTERPRETATION AND CONCLUSION

The data analysis showed that the pre-test knowledge score means and S.D score found to be 7.89 ± 2.84 and the posttest knowledge score 19.56 ± 4.12 . The mean difference found to be 11.67 at degree of freedom, 299. The “t” value found to be 36.54 which is greater than the tab. Value 2.0, thus clearly shows the effectiveness of health care package found to be seen among the infertile women. Thus, overall, it can be depicted that health care was effective among the infertile women regarding management of infertility.