

Effects of Family Planning: A Study

Dr. Sulochana Kumari

Amgola Road, Muzaffarpur, (Bihar) India

Abstract

The birth control behaviour is greatly influenced by various aspects of the cultural environment which is the major preoccupation of anthropologists who have shown interest in family planning behavior. But the whole movement also presents socio-psychological implications. Psychological studies have mostly focused on assessing attitudes towards family planning in relation to factors like personality, motivation and adjustment.

Key Words: Adjustment, Altitude, Family Planning, Pregnancy, Women

The birth control behaviour is greatly influenced by various aspects of the cultural environment which is the major preoccupation of anthropologists who have shown interest in family planning behavior. But the whole movement also presents socio-psychological implications. Psychological studies have mostly focused on assessing attitudes towards family planning in relation to factors like personality, motivation and adjustment. Malhotra and Khan (1962) studies factors favouring acceptance of family planning among women and observed that the reason for not wanting more children were economics difficulties, inability to take care of children, and effects on mother's health due to frequent pregnancies. Jain (1976) found that the increase in the amount of insecurity and anxiety leads to favourable attitude towards family planning. Likewise, some investigators have observed that in India effective birth control is the result of certain levels of motivation (Das Gupta, 1961; Mohan, 1967).

It has been argued that females have more favourable attitude towards Family Planning than their male counterparts, as they have to bear the burden of producing children. In this connection, Pofthenberger (1968) made a survey in rural areas of India and found that 52.8% of women and 38.4% of men had not heard of family planning; 63.3% of women and 52.7% of men were interested in family planning and thus, concluded that women were more interested in family planning than their male counterparts. Agrawal (1961) found that very few females in village are opposed to family planning. In fact 8 out of 203 women said that they object to their family members practicing contraceptives. About 48% females expressed their willingness to learn about family planning.

Objectives:

- (i) To compare working mother's (those who come from joint and those who come from nuclear family) in terms of their attitude towards family planning;

- (ii) To examine the attitudes of sampled subjects towards family planning in relation to their background factors;
- (iii) To ascertain the attitude of sampled subjects towards family planning in relation to their adjustment.

The following workable hypotheses have been formulated for the present purposes.

- (i) Working mothers who come from nuclear family would have more favorable attitude towards family planning as compared with those who come from joint family.
- (ii) It was hypothesized that the high, middle and low score having high and low score on the attitude towards family planning scale would differ in respect of their the following dimensions of adjustment;
 - 1. Home Adjustment
 - 2. Health Adjustment
 - 3. Social Adjustment
 - 4. Emotional Adjustment

Working mothers coming from joint and nuclear family would differ in respect of their attitude towards family planning.

- (iii) It was hypothesized that the high, middle and low scorer on the attitude towards family planning scale would differ in respect of the following traits of personality.
 - 1. Extraversion,
 - 2. Neuroticism,
 - 3. Psychoticism.

The sample consisted of 200 working mothers, out of which 100 were from joint family and the remaining 100 were from nuclear family. Both groups were matched

in terms of their age (age range; 20-35 years), economic status and inhabitation.

The following tests and materials were used:

- 1. Personal Data Schedule (PDS)
- 2. Family Planning Attitude Scale (FPAS)
- 3. Mohsin-Shamshad Adaptation (Hindi) of Bell Adjustment Inventory
- 4. Eysenck Personality Questionnaire

As the study was concerned with attitude of working mothers towards family planning in relation to their background and adjustment, the choice for a method of collecting data was clearly for the questionnaire method. At times it was observed that the questionnaire method suffers from several limitations. Nevertheless, its advantages in the present context outweigh its disadvantages. It is economical in terms of both time and money. It allows for a long coverage and for a comparatively inhibited flow of information (1976).

The collection of data extended over a period of two sessions for both groups of working women (coming from joint family and nuclear family). Subjects were approached personally. In the first session, Personal Data schedule (PDS) and family planning scale (FPAS) were administered. In order to ensure cooperation of the subjects, a workable rapport was established.

Nature of Family: family is considered to be one of the significant variables in the process of socialization Family transmits the qualities which are needed for better adjustment in society. Needless to add traditional family, i.e. the joint family is now disintegrating due to impact of industrialization urbanization and modernization.

Comparison of working mother's Nature of family in terms of their attitude towards family planning

Table 1.1

Groups		Nature of Family		Chi-square	P-value
		Joint	Nuclear	(df = 2)	
Working mother from joint family	High	19	21	57	NS
	Middle	18	15	-	-
	Low	15	12	-	-
Working mother from nuclear family	High	18	20	1.17	NS
	Middle	12	21	-	-
	Low	14	15	-	-

From Table 1.1, it is evident that null hypothesis concerning the two groups, namely working mothers from joint family and working mothers from nuclear family has been retained. In other words the respondents of joint and nuclear families do not differ significantly in terms of their high, middle and low scores on the attitude towards family planning Scale. (Chi-square = .57 and 1.17, dt = 2, p value N.S.). Thus our expectation that working mothers of two family groups would differ significantly in respect of their attitude towards family planning is not fulfilled.

Education: The effect of education in the occupational group of working mother belongs to joint and nuclear family has been examined in relation to the high, middle and low attitude towards family planning. In order to examine the strength of association between different educational levels in terms of up to matric, I.A. to B.A. and above on the one hand attitude towards family planning on the other Chi-square test has been employed. The statistical findings have been summarized in table 1.2.

Table 1.2

Comparison of working mother's education in terms of their attitude towards family planning

Groups		Education			Chi-square	P-value
		Upto Matric	I.A to B.A	Above	(df = 2)	
					-	-
Working	High	10	15	13	1.187	N.S.

mother from joint family	Middle	8	13	13	-	-
	Low	6	14	8	-	-
Working mother from nuclear family	High	4	10	8	-	-
	Middle	7	8	13	-	-
	Low	15	7	18	-	-

It is evident from table 1.2 that the respondents of different educational background do not differ significant in terms of their attitude towards family planning. This observation is true to both groups of working mothers. The obtained chi-square values of 1.187 and 4.391, respectively are not significant even at .05 level of confidence. Thus our expectation that the subjects having better educational background would have more favorable attitude towards family planning than those having poor educational background is not fulfilled.

Conclusion:

Population problem has engulfed the nation. It has attracted the attention of central and state governments as well as social scientists. Both developing and developed nations are concerned with this problem. But it is a vital problem more for a developing nation on account of limited resources and certain priorities on technological development. After independence india has achieved certain goals and endeavored to meet the demands of the common masses in different walks of life. In fulfillment of the basic needs of the common masses, over population is certainly creating hindrance. Thus, we are left with the only solution of family planning.

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