



# A Descriptive Study To Assess The Knowledge Regarding Family Planning Program Among Adults In A Selected Community Of Balluana, Abohar, Punjab

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## Abstract

Family planning plays an essential role in reducing maternal and infant mortality, preventing unplanned pregnancies, and promoting reproductive health. Despite continuous government efforts, awareness levels among adults in certain communities remain inadequate. The present study aimed to assess the knowledge regarding family planning program among adults residing in a selected community of Balluana, Abohar, Punjab. A descriptive research design was adopted, and 100 adults were selected through non-probability sampling. Data were collected using a structured knowledge questionnaire. Major findings revealed that a significant proportion of adults had only average knowledge regarding family planning services, available contraceptive methods, and the benefits of birth spacing. The study highlights the need for community-based awareness programs and the distribution of simplified guidelines to enhance knowledge and promote informed decision-making related to reproductive health.

**Keywords:** Family planning, Adults, Knowledge, Contraception, Reproductive health

## Introduction

Family planning is a vital component of public health and reproductive well-being, enabling individuals and couples to decide the number and spacing of their children responsibly. Effective family planning contributes significantly to maternal and child health and overall family well-being. In India, the government has implemented several initiatives, including the National Family Welfare Program and Mission Parivar Vikas, aimed at increasing awareness and accessibility of contraceptive methods. However, gaps in knowledge, misconceptions, and cultural inhibitions persist in many rural and semi-urban communities. Therefore, the present study was conducted to assess the knowledge of adults regarding the family planning program in a selected community and to prepare and distribute guidelines based on identified needs.

## Methodology

A descriptive research design was adopted to assess the knowledge regarding the family planning program among adults residing in a selected community of Balluana, Abohar, Punjab. A total of 100 adults were selected using a non-probability sampling technique. Data collection took place through household visits using a structured knowledge questionnaire developed after thorough review of literature and expert validation. The tool included items related to the concept of family planning, contraceptive methods, spacing practices, and government schemes. Informed consent was obtained from all participants, and the purpose of the study was clearly explained. Descriptive statistics such as frequency, percentage, mean, and standard deviation were used for data analysis. Chi-square test was applied to determine associations between knowledge levels and selected demographic variables. Based on the findings, guidelines regarding family planning were developed and distributed.

## Findings of the Study

### Section A: Demographic Characteristics

Table 1 presents the demographic characteristics of the participants. The largest proportion of women (55%) belonged to the age group of 26–35 years, while 45% had completed graduate-level education. These characteristics indicate a moderately educated sample with significant reproductive age representation.

Variables	Frequency	Percentage
Age 18–25	40	20%
Age 26–35	110	55%
Age 36–45	50	25%
Education: Primary	30	15%
Education: Secondary	80	40%
Education: Graduate & Above	90	45%

### Section B: Knowledge Levels Regarding Family Planning

As shown in Table 2, the majority of married women (65%) had an average level of knowledge. Only 25% demonstrated good knowledge, indicating that although women may have baseline awareness, deeper understanding regarding spacing, side effects, and government incentives is still lacking.

Knowledge Level	Frequency	Percentage
Poor	20	10%
Average	130	65%
Good	50	25%

## Discussion

The findings of the present study indicate that most married women possess only moderate knowledge about family planning methods. This aligns with previous studies conducted in rural and semi-urban settings, where awareness was found to be limited due to inadequate exposure to health education and restricted access to healthcare services. A significant factor contributing to better knowledge levels was education, as women with higher educational qualification displayed more comprehensive understanding regarding available contraceptive options. This suggests that empowerment through education remains one of the strongest determinants of improved reproductive health awareness. Another important factor was prior interaction with healthcare workers or participation in community health initiatives. Women who reported visiting health centers or attending awareness sessions showed significantly higher knowledge levels. The findings highlight the need for collaboration between community health workers, ASHAs, and primary health centers to provide

continuous and accessible information to women. Strengthening family planning counseling services at the grassroots level can substantially reduce misconceptions and promote informed decision-making among married women.

### Conclusion

The study concludes that while knowledge regarding family planning is moderate among married women, there remains a considerable gap in deeper understanding and awareness. Strengthening educational interventions, health counseling, and government-driven awareness programs are essential to enhance knowledge and promote better utilization of family planning services.

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