



# REPORT ON IMPACT OF FAMILY PLANNING TRAINING PROGRAM

# Report on Impact of FP Training Program

## Background

Pathfinder International India organised a one-day sensitisation workshop on Family Planning for males and females in four states of India, supported by its corporate partner, Spark Minda Foundation. The workshops were conducted in Uttar Pradesh, Maharashtra, Uttarakhand and Tamil Nadu.

**The focus of the intervention was to create awareness about “Happy and Healthy Family”, and the concept “pregnancy should be by choice and not by chance” during the training.** A total of 654 participants attended the training program at 4 places i.e. 447 women and 207 men; which included married and unmarried in the reproductive age group. The objectives of the training program conducted was as under

- To create awareness of modern family planning methods amongst men and women.
- To ensure accurate and consistent messages on Family Planning.
- To identify and help overcome specific barriers and myths to adopt Family Planning methods.
- To help the community understand the benefits of family planning related to mother and child health, women empowerment, social and economic development of the country, reduction in mortality and morbidity and importance of healthy family.

Subsequently, it was planned to carry out a survey amongst the training attendees to evaluate the performance of the training program on various parameters

## Feedback Analysis

After completion of the training in all the four cities (Greater Noida, Pant Nagar, Pune, Chennai), a feedback questionnaire/indicator was developed by the PII team, to identify the effect of the training.

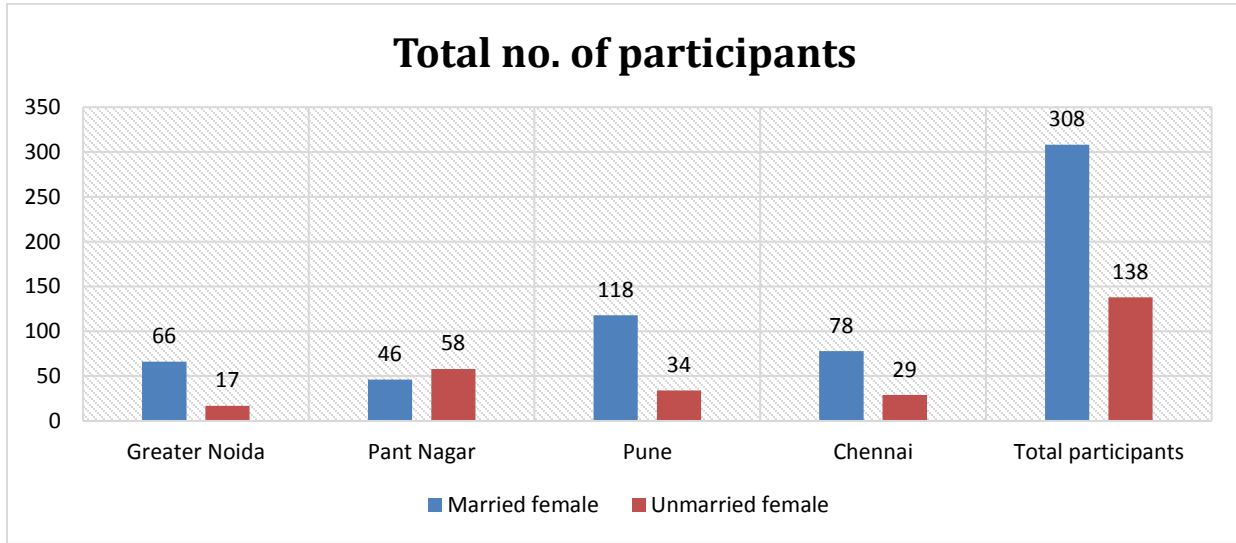
The survey was carried out amongst married and unmarried females who actively contributed their time in training by an Intern from Spark Minda Foundation.

### **Means adopted for survey:**

- One to One (by visiting Door-to-door)
- Feedback in Group
- Through phone calls

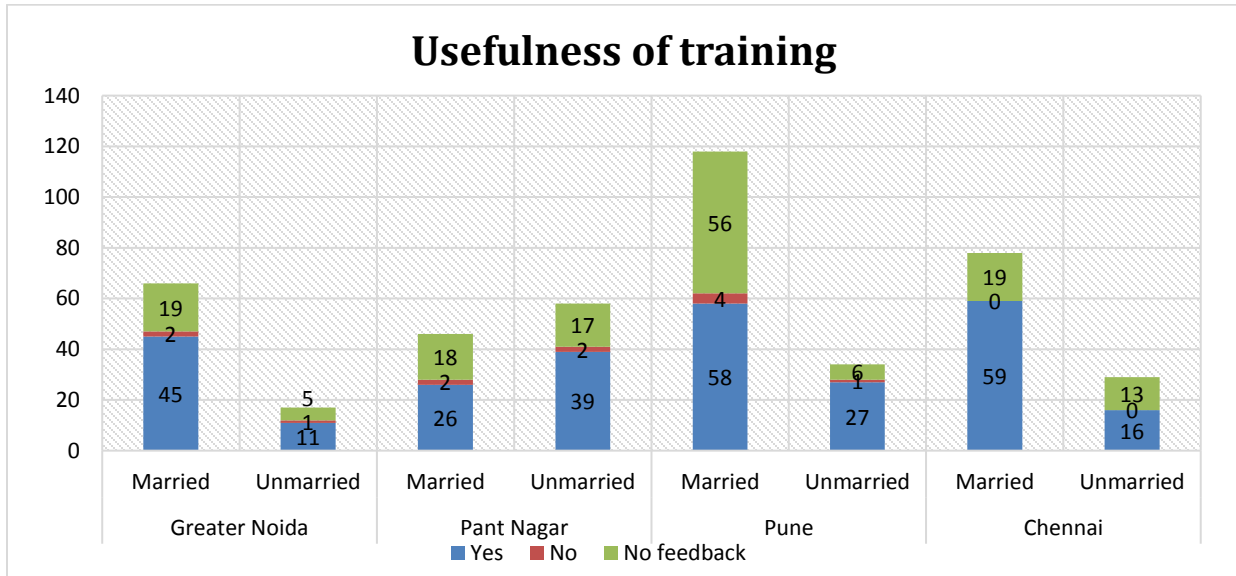
A total of 308 married and 138 unmarried females participated in the survey process from all the four states. The following are the results of the survey represented through various tables

Table 1: Represent the total number of married and unmarried were surveyed for the feedback of the training



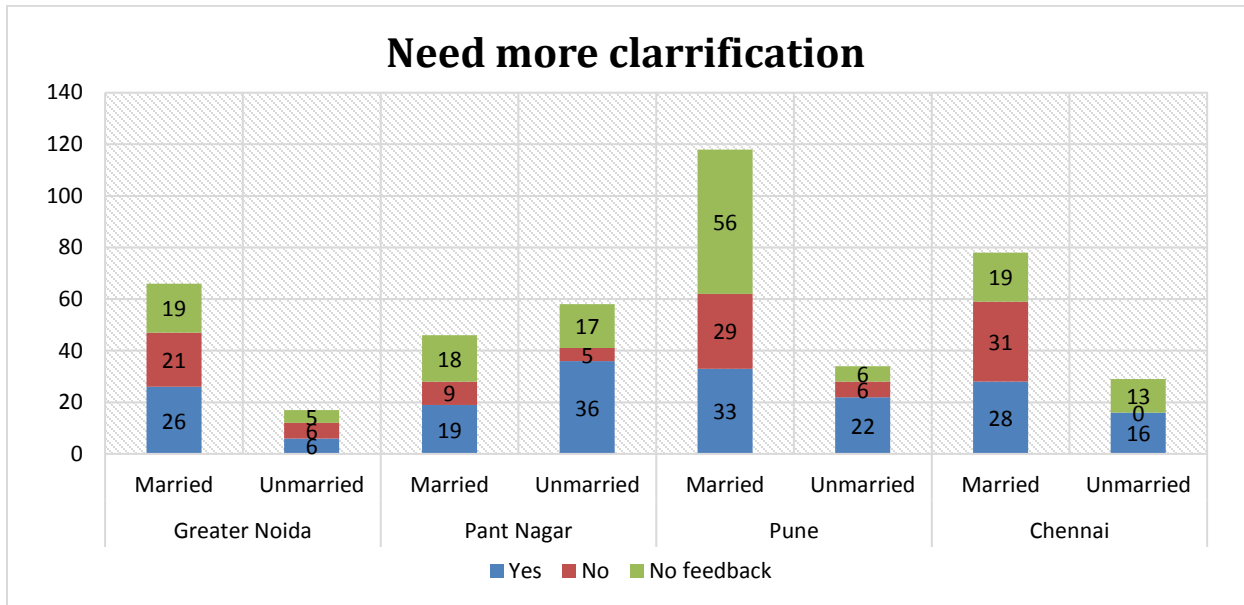
The survey was carried out almost all the participants in all the cities, where training was carried out. 2 married women (Pune – 1, Pant Nagar -1) were not included due to their unavailability.

Table 2: Represents the feedback on usefulness of training provided by the females.



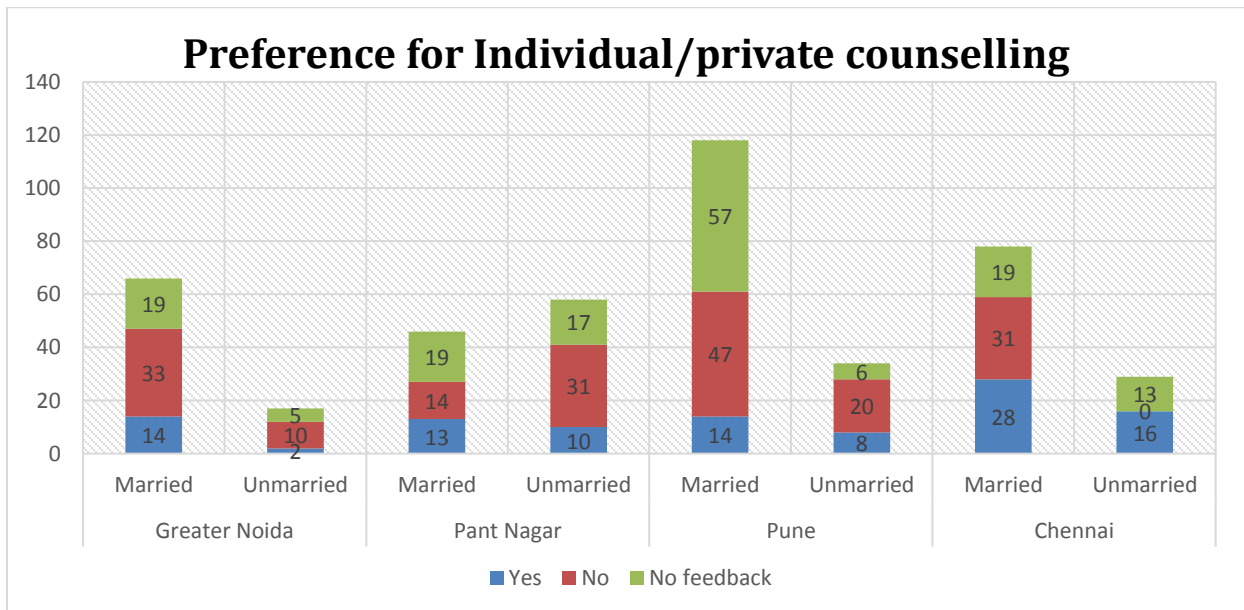
Above table represent the feedback on the usefulness of the training program, where around 63% of the women were satisfied with the content and gained required knowledge on Family Planning. Around 3% women were not convinced or find the training useful for themselves and 34% women were not sure of and not provided any feedback.

Table 3: Represents the feedback on “Need more clarification” or interested in the second round of training.



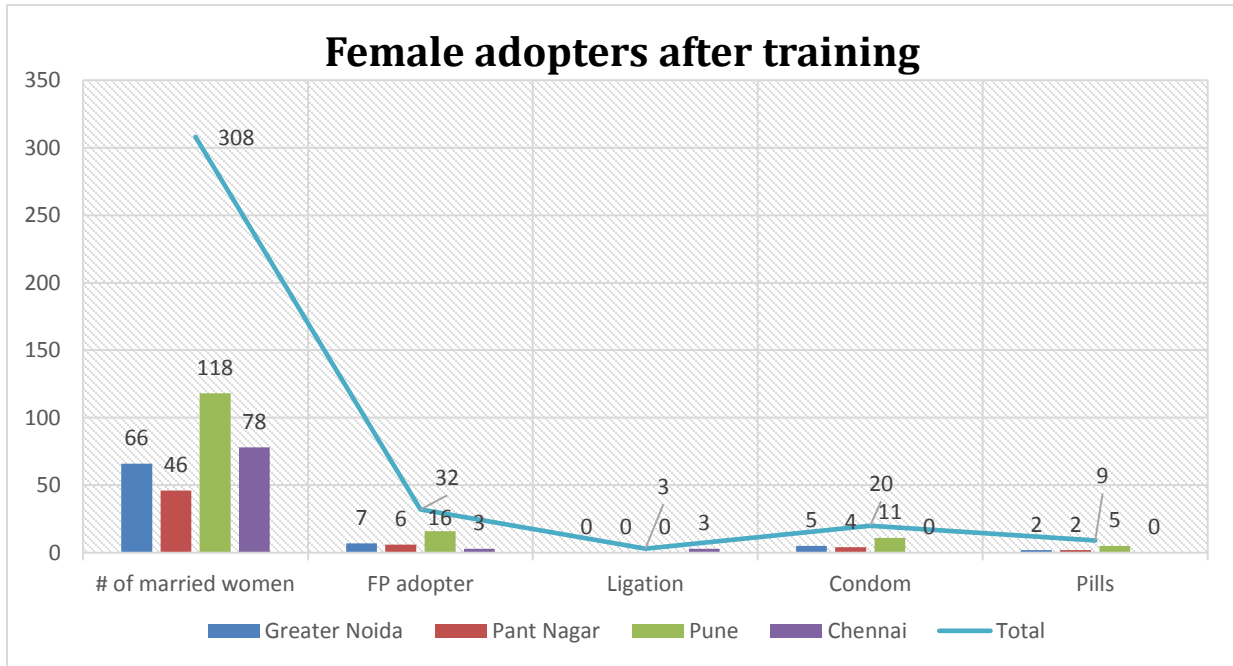
Above table represents, the participants interest for second round of discussion, to know more about family planning, may be specific to their need. In respond to the question, 42% women showed interest to discuss FP further, 24% women doesn't have further queries and 34% women were not provided any feedback.

Table 4: Represents the feedback on “Preference for individual/private counselling” provided by the females.



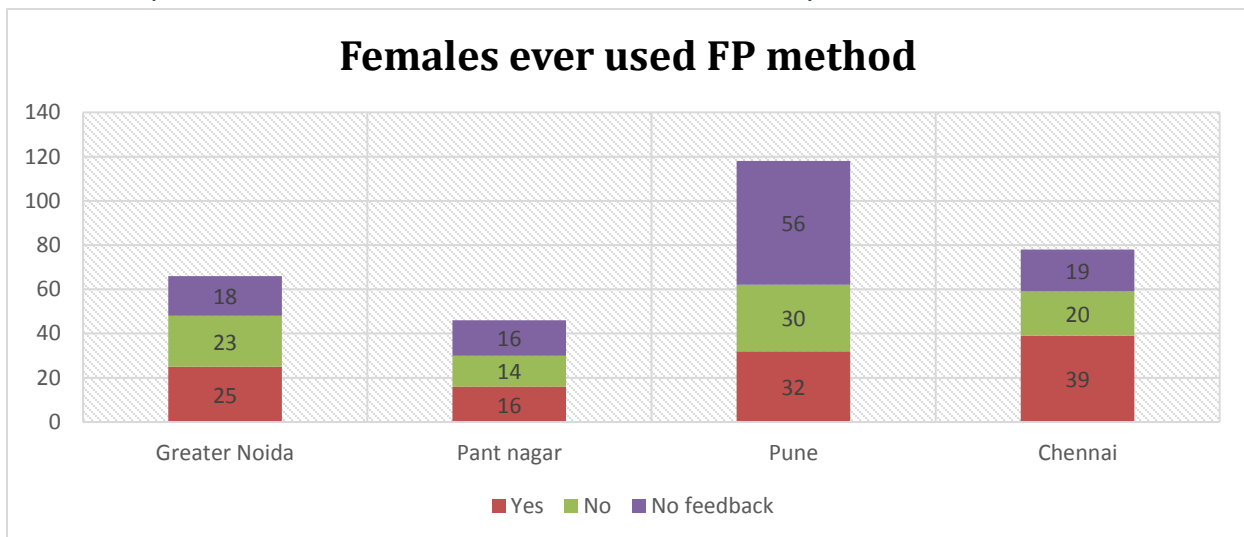
Above table represents, participants interest to get the private and personalized counselling, where 23% women came forward for individual counselling, 42% women were not comfortable in getting the individual counselling, 35% women didn't respond or gave her feedback.

Table 5: Represents the Female adopters of Family Planning methods after training



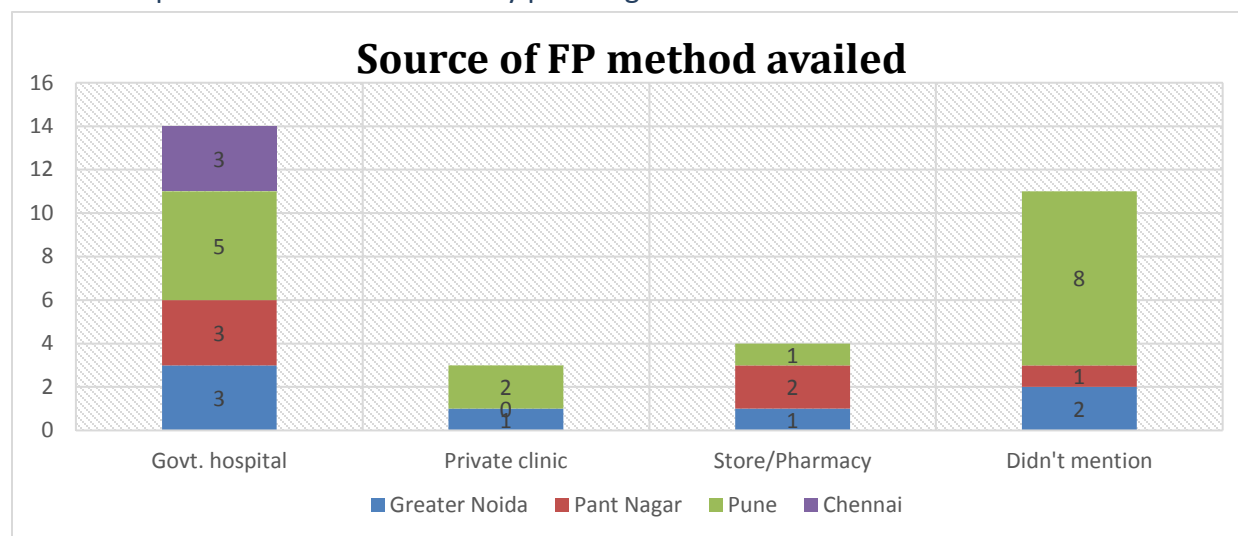
Above table represents the adoption of FP method because of FP training. Out of 308 married women, 174 women were using FP methods at the time of training program (39 were already ligated). Rest 269 were asked, whether they opted any family planning method for the first time after the training. In the feedback, 12% women (\*calculated out of 269 as 39 were already ligated) accepted that they are new adopters of family planning methods. So, it can be stated that, training program resulting additional 12% user of FP methods.

Table 7: Represents the number of females who ever used any FP method.



Above table represents women ever used family planning method, 37% women used any of the FP method, 28% women accepted that they have never used any of the FP method and 35% have not shared any feedback.

Table 6: Represents the Place of Family planning service availed.



Above table represents the source for the family planning method availed, most of the user visited government facilities for the same.

#### Other Feedback:

- Women were aware of the family planning methods but didn't had clarity on what to choose, when to choose and what can be the effects of the non-adoption of FP methods.
- Women who are current user of family planning methods are majorly using condoms or pills, due to limited knowledge.
- Few of married/unmarried women were not comfortable to provide any feedback on training due to shyness.
- Unmarried women gave positive feedback of the training, but not comfortable to go for private or individual counselling.
- In Pune, mostly women had myths and conception about family planning and they consider FP as not safe/unsuccessful.
- In Tamil Nadu, unmarried females were very active and wanted to gain more knowledge on FP.

#### Conclusion

Based on the feedback from the participants, it is evident that training on Family Planning result in adoption of FP methods and clarity of thoughts amongst the participants around Myths and Misconceptions. Based on the overall feedback, the following is suggested

- **Plan for pending two sessions** – It is suggested to organize pending two sessions at **Pant Nagar** and **Greater Noida**, as the no of participant from these areas are lesser, but the need for the sensitization on Family Planning is high.
- **Tracking of women adopted Family Planning methods**– It is important to follow-up of the women adopted FP methods after the training program. It will help the women to continue with the method, even if she has various queries or clarification during the continuation of the method.
- **Community Intervention on PFP** - The need for family planning during the post-partum period is high, evidence from various studies indicates that adoption of PFP leads to improved maternal health

(reduced maternal morbidity and mortality) and child health (reduced infant and under-five mortality) outcomes. PFP has an important role to play in strategies to reduce the unmet need for contraception.

So, it is suggested to carry-out a community intervention which can focus on counselling of the eligible couples (Both Male and Female) on Family Planning, focusing on the **Postpartum Family Planning (PFP)**. The Postpartum family planning component, for first time mothers can be the key to promote spacing between children (tracking the mother from the third trimester till the child is 1 year old).