

# KNOWLEDGE AND ATTITUDE TOWARDS FAMILY PLANNING

A case study of Shree Tika Vidyashram Secondary School  
Students at Sanepa, in Lalitpur district

A Dissertation Submitted to

Central Department of Population Studies  
Faculty of Humanities and Social Sciences in Partial Fulfillment  
For the Requirement of the Degree of Master of Arts in Population  
Studies

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**LETTER OF RECOMMENDATION**

This is to certify that Nirmala Kumari Bam has worked under my supervision and guidance for the preparation of this dissertation entitled **Knowledge and Attitude towards Family Planning:** (A case study of **Shree Tika Vidyashram Secondary School** students at Sanepa in Lalitpur district), for the Partial Fulfillment of the Requirement for the Degree of Master of Arts in Population Studies. To the best of my knowledge, the study is original and carries useful information in the field of family planning. I therefore, recommend it for the evaluation to the Dissertation Committee.

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**APPROVAL LETTER**

This dissertation entitled **Knowledge and Attitude Towards Family Planning:** (A case study of Shree Tika Vidyashram Secondary School students at Sanepa in Lalitpur district) by Nirmala Kumari Bam has been accepted as partial fulfillment of the requirement for the Degree of Master of Arts in Population Studies.

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## **ACKNOWLEDGEMENTS**

This dissertation is submitted to central department of population studies, faculty of Humanities and social sciences for the partial fulfillment of the degree of Master of Arts in population studies.

It is a difficult task to prepare a dissertation without help of parents, so first of all my deep gratitude goes to my respected parents and family members who always supported me to reach this level.

For the preparation of this paper I extend my deepest gratitude and gratefulness to Dr. Prem Singh Bisht. Who gave me guidance and encouragement to complete dissertation, I would very indebted to my respected Prof. Dr. Bal Kumar K. C., Head of the CDPS, T. U., for providing opportunity, precious knowledge and valuable suggestions for completing this dissertation. I would like to express my thanks goes to Bidhya Shrestha, and to my honorable teachers, librarians of the CDPS for their invaluable time to compute me and my dissertation.

I would like to express my gratitude for their invaluable help to Tag Bahadur Ranamagar, the principal of Shree Tika Vidyashram Secondary School of Lalitpur Sub-Metropolitan City. I would like to express my gratitude also to the Population teacher, Ms Uma Bist, and other teachers of the school specially Mukash, Buddha, Muna and Lalita. Similarly, I would like to thank accountant and students for their providence of true information for data collection of this dissertation.

Last, I would like to express my gratitude to Mr. Binod shah for computer typing and setting. Similarly my thanks go to Desired Engineering Consultancy Pvt. Ltd. printer institute.

**Nirmala Kumari Bam**

June 2007

## ABSTRACT

The research entitled “Knowledge and attitude towards family planning”. (A case study of Shree Tika Vidyashram Secondary school students of Lalitpur Sub Metropolitan City at Sanepa in Lalitpur District) was carried out by using the primary data collected in the field survey. This field survey includes a total 108 students of class 8, 9, and 10. Among them 33 were class 8 by non-random sampling (census) method and 37 students from class 9 and 38 student from class 10. Out of total student, 21 were boys and 12 were girls in class eight likewise 21 were boys and 16 were girls in class nine and in class ten there were 17 boys and 21 girls.

The main objective of this study is to examine the knowledge of family planning to identify the attitudes toward family planning and examine the opinion of secondary level students on use of contraceptives in future.

From the research it was found that majority parents of students were engaged in business (26.9%) and household work (31.9%) majority parents had got education up to primary level only.

It was found that no body was married. 100 percent respondents were unmarried for both sexes.

It was found that about 55.9 percent boys had heard about female sterilization and condom whereas 54.2 percent girls had heard about condom (65.3%) and (59.2%) girls were heard about female sterilization. Similarly, 55percent were heard about pills. The girls were found to have heard periodic abstinence (2.0%), which was traditional method. But the boys were unknown about traditional method. But the girls were ahead of boys in regards to the knowledge of modern methods of family planning.

This study 81.5 percent student was found to have good attitude toward pills while about 48.2 percent supported injectibles. Similarly, 76.6 percent had positive attitude toward condom but 4.6 percent had knowledge about IUD, which was not positive attitude toward IUD method. In open-ended question what is the family planning. Majority 68.5 percent respondents were given reply the family planning is birth control and 0.9 percent said that saving women’s life.

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## ABBREVIATIONS

CDPS	-	Central Department of Population Studies
RH	-	Reproductive Health
FPAN	-	Family Planning Association of Nepal
HMG/N	-	His Majesty Government of Nepal
ICPD	-	International Conference on Population and Development
HIV	-	Human Immune Deficiency Virus
STDS	-	Sexual Transmitted Diseases
AIDS	-	Acquired Immune Deficiency Syndrome
UNFPA	-	United Nations Population Fund
NFP	-	Nepal Family Planning
MCH	-	Maternal Child Health
MOPE	-	Ministry of Population and Environment
UNICEF	-	United Nations Children's Fund
EC	-	Emergency Contraception
IUD	-	Intra Uterine Device
FP	-	Family Planning
ASFR	-	Age Specific Fertility Rate
PSC	-	Primary Health Center
ADRA	-	Adventist Development and Relief Agency
IEC	-	Information Education and Communication
WHO	-	World Health Organization
NDHS	-	Nepal Demographic and Health Survey
UN	-	United Nations
MOH	-	Ministry of Health