

Effects of group counseling program with women on Knowledge, Attitude, and Practice (KAP) of their husbands regarding family Planning in Zahedan health centers in 2002

Najafi F., (M.S.)¹, Ghofrani Poor F., (Ph.D.)², Rakhshani F., (Ph.D.)³, Kazemnejad A., (Ph.D.)⁴.

1-Instructor, Department of Society Health, Faculty of Nursing, Zahedan University of Medical Science, Zahedan, Iran.

2-Assistant Professor, Department of Society health, Faculty of Medicin, Tarbiat Modares University.

3-Assistant Professor, Department of Public health, Faculty of health, Zahedan University of Medical Science.

4-Associated, Professor, Department of Static, Faculty of Medicin, Tarbiat Modares University.

Abstract

Male involvement is one of the main factors in good performance of family planning programs, and interspouse communication appears to be a precondition for its success. A quasi-experimental study (before and after counseling) was conducted in Zahedan in 2002, to investigate the effect of group-counseling with women on KAP of their husbands concerning family planning. Forty four women with two or more children who had not used contraception were selected by non-probability sampling from 3 health centers. After completing a questionnaire asked from women and their husbands and determining their educational needs, women in 5 groups, 8 members, each participated 3 Counseling sessions. The program was evaluated one month after intervention (by a questionnaire and a checklist). T-Paired Test showed that mean scores of knowledge and attitude of women and their husbands before and after intervention were significantly different ($P < 0.0001$). After intervention, 43% of cases selected one of the contraceptive methods ($P < 0.00001$). Findings showed that we can improve the KAP of husbands regarding family planning by appropriate counseling of women.

Keywords: Group counseling, Knowledge-Attitude-Practice, and Family planning.

Corresponding address: Najafi F., Dep. of Social Nursing Faculty of Nursing, Zahedan University of Medical Science, Azadi St., Zahedan, Iran.

Email: n_Fereshteh2001@yahoo.com