

Assessment of family planning knowledge in students of adolescent age group in various schools of Indore city Madhya Pradesh

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Abstract

Introduction: Adolescent population is upcoming youth and they will take the responsibility of family in future. Especially the female of this group faces the problems related with early pregnancy due to lack of knowledge or poor knowledge regarding family planning methods.

Objectives: To assess the awareness regarding family planning in adolescent age group.

Materials and Methods: A cross-sectional study was conducted on school students of adolescent age group with the help of Pre-designed, Pre-tested, Semi-structured questionnaire during the period between 01 April 2015 – 30 March 2016. Permission taken from school principal. Simple random sampling for selection of school and Adolescent boys and girls was adopted. A total of 1492 (970 boys and 522 girls) Adolescent boys and girls were included in the study. The collected data were analyzed with the help of various tools and techniques to draw meaningful inferences and conclusion.

Results: About reasons for not marrying before right age of marriage, responses increases with the age i.e. 63.9%, 77.2% and 88.1% in early, mid and late adolescent's girls respectively $\chi^2 = 8.26$, p-value < 0.001. Knowledge of contraception including emergency contraception out of 970 boys, 41.8% know about the contraception and 58.3% don't have knowledge. Out of Total 522 girls, 25.3% had knowledge about contraceptive measures and 74.7% does not know. Opinion about abortion On comparing girls with boys percentage of students denying the abortion in case of unwanted pregnancy is almost same i.e. 48% in boys and 47.3% in Girls respectively $\chi^2 = 23.98$, p>0.001. Few numbers of girls were aware about the MTP and legal aspects of abortion as compare to boys i.e. 32.3% and 24.7% respectively. $\chi^2 = 10.15$, p<0.01.

Conclusions: Awareness regarding pregnancy is more in girls in comparison to boys while knowledge about emergency contraception is more in boys awareness about right age of marriage is increase with age. It is necessary to give correct knowledge about family planning related matter at correct age to both girls as well as boys

Keywords: Adolescent, Family Planning, Knowledge, School Student.

Introduction

The average age of the first sexual experiences has been gradually decreasing and the condom remains to be the most common method of contraception for adolescents/young adults. The knowledge concerning family is insufficient and frequently inaccurate.¹ Government of India in the national youth policy defines adolescent as 13-19 years age. As per Indian law an adult is one who has completed 18 years and as per Indian majority act. An adolescent is less than 18 years.

Adolescence Age (10-19) as per WHO definition signifies difficult transition period captured in Phrase "No longer children, No yet adult" This period is characterized by physical, emotional and social changes that require understanding and abilities to deal with them formally. Most of the adolescent pass through these stages smoothly but some needs special help.

This adolescent period is further divided by WHO in to early (10-13 years), mid (14-15 years) and late adolescence (16-19 years) based on different health needs and health status of these three groups. Concept of phases is important, as the psychological and social competencies and needs of early adolescence are different from those of mid and late adolescent.^{2,3}

Awareness regarding adolescent health and sexual health in Indian female is poor on an average most adolescent girls have little knowledge of menstruation, sexuality and reproduction.

A study in India in 1998 showed a lack of attention in almost every dimension of their lives particularly sex behavior, Reproductive health including reproductive morbidity, reproductive care and abortion seeking nature especially in rural part of India. While describing the health and social problems among adolescents, Watsa (1986) et al has identified the common ones as frequent accidents, truancy, drug addiction, and abuse of alcohol, juvenile delinquency, and high incidence of STD, TB, early pregnancy and abortions in adolescent girl's etc.⁴

Data on adolescent sexuality and fertility are inadequate particularly in developing countries, however it is well recognized that different patterns of sexual and reproductive behavior are noticed in different settings. In order to solve health problems among adolescents adequately, it is imperative that systematic research be undertaken to generate accurate data on the magnitude of problems with special reference to behavior problems e.g. sexual problems, reproductive health problems, early pregnancy, MTP

etc. With this background it is essential to appraise the reproductive health needs among the adolescents by assessing the sex, sexuality and reproductive health of adolescents in Schools of Indore city (M.P.).

Material and Methods

A cross sectional observational school based study was carried out in higher secondary students of government and private schools of Indore city. Adolescent boys and girls of class IXth to XIIth were taken from 6 schools of Indore city in order to study knowledge about family planning, contraceptives and abortion of adolescent. All the students of class IXth to XIIth were included in study. Six schools Bal Vinay Mandir Government coeducational school, Government Boys Higher Secondary School Sanyogita Ganj, Government Girls Higher Secondary School Agrasen Chauraha, Vidhya Sagar School Private Coeducational Bichauli Mardana, Saint Raffles Girls Higher Secondary School Pipliyahana Road And Saint Paul Boys Boys Higher Secondary School Lala Ram Nagar

Indore selected randomly and Total 1496 students were taken. All the students from class IXth to XIIth were allowed by school administration except few sections from private girls H.S. schools (ST. Raffles). All 1496 adolescent students were taken and subjected to go through the self administered questionnaire. However 4 students of age 20 years were excluded from the sample later on as per WHO age grouping, so total being 1492 as final sample. Thus 970 boys and 522 girls were taken for further study, analysis and discussion. Written informed consent was obtained from the study participants. Data was collected with the help of Pre-designed, Pre-tested, Semi-structured questionnaire during the period between 01 January 2016 – 31 December 2016. The data collected were analyzed were presented in table formats, pie charts and histograms which were obtained using Excel and some using SPSS-22 (Statistical Package for Social Science). Chi square Test was applied and p value was calculated where ever required & considered significant when it is < 0.05.

Results

Table 1: Responses of the Students about reasons for not marrying before right age of marriage (21for Boys and 18 years for Girls)

| Gender | Age group | Reason of not marrying before age of marriage | | | | | Total |
|--------|------------------|-----------------------------------------------|----------------------|------------|--------|-----------|-------|
| | | Not mature physically | Parents do not wants | Don't know | Career | Any other | |
| Boys | Early Adolescent | 62 | 5 | 26 | 0 | 2 | 95 |
| | (10-13 years) | 65.3% | 5.3% | 27.4% | 0% | 2.1% | 100% |
| | Mid Adolescent | 366 | 30 | 96 | 2 | 25 | 519 |
| | (14-15 years) | 70.5% | 5.8% | 18.5% | .4% | 4.8% | 100% |
| | Late Adolescent | 265 | 20 | 54 | 0 | 17 | 356 |
| | (16-19 years) | 74.4% | 5.6% | 15.2% | 0% | 4.8% | 100% |
| | Total | 693 | 55 | 176 | 2 | 44 | 970 |
| | | 71.4% | 5.7% | 18.1% | .2% | 4.5% | 100% |
| Girls | Early Adolescent | 23 | 2 | 10 | 0 | 1 | 36 |
| | (10-13 years) | 63.9% | 5.6% | 27.8% | 0% | 2.8% | 100% |
| | Mid Adolescent | 220 | 11 | 47 | 0 | 7 | 285 |
| | (14-15 years) | 77.2% | 3.9% | 16.5% | 0% | 2.5% | 100% |
| | Late Adolescent | 177 | 4 | 16 | 0 | 4 | 201 |
| | (16-19 years) | 88.1% | 2.0% | 8.0% | 0% | 2.0% | 100% |
| | Total | 420 | 17 | 73 | 0 | 12 | 522 |
| | | 80.5% | 3.3% | 14.0% | 0% | 2.3% | 100% |

$\chi^2 = 8.26$, p-value < 0.001

Table 2: Responses of the Student's knowledge about Sexual Intercourse

| Gender | Age group | Opinion About Sexual Intercourse | | | | Total |
|--------|------------------|----------------------------------|--------------|-------|------------|-------|
| | | Pleasure | Reproduction | Both | Don't Know | |
| Boys | Early Adolescent | 3 | 18 | 35 | 39 | 95 |
| | (10-13 years) | 3.2% | 18.9% | 36.8% | 41.1% | 100% |

| | | | | | | |
|-------|------------------|------|-------|-------|-------|------|
| | Mid Adolescent | 30 | 100 | 249 | 140 | 519 |
| | (14-15 years) | 5.8% | 19.3% | 48.0% | 27.0% | 100% |
| | Late Adolescent | 28 | 45 | 211 | 72 | 356 |
| | (16-19 years) | 7.9% | 12.6% | 59.3% | 20.2% | 100% |
| | Total | 61 | 163 | 495 | 251 | 970 |
| | | 6.3% | 16.8% | 51.0% | 25.9% | 100% |
| Girls | Early Adolescent | 3 | 1 | 4 | 28 | 36 |
| | (10-13 years) | 8.3% | 2.8% | 11.1% | 77.8% | 100% |
| | Mid Adolescent | 5 | 52 | 77 | 151 | 285 |
| | (14-15 years) | 1.8% | 18.2% | 27.0% | 53.0% | 100% |
| | Late Adolescent | 5 | 59 | 72 | 65 | 201 |
| | (16-19 years) | 2.5% | 29.4% | 35.8% | 32.3% | 100% |
| | Total | 13 | 112 | 153 | 244 | 522 |
| | | 2.5% | 21.5% | 29.3% | 46.7% | 100% |

$\chi^2 = 95.26$, p-value < 0.001

Responses of the Students about concept of getting Pregnancy after Sexual Intercourse

Responses of student about getting pregnancy after sexual intercourse in the total group boys and girls responses are similar i.e. 59.3% and 59.4% say yes one can get pregnant after sexual intercourse, 13.6%, 12% says No, and 27.1%, 28.5% say they don't know in girls and boys respectively but on further analysis according to age group in early adolescent 52.60% boys says yes, whereas 25% girls say yes. In Mid adolescent 56.8% boys says yes and 54.4% girls say yes. In late adolescent 64.6% and 72.6%, boys and girls say yes respectively.

So, in early adolescent group as compare to girls (25%), boys (52.60%) have correct response as (i.e. about getting pregnancy after sexual intercourse). Knowledge and Concept of mid and late adolescent has changed from 52.60% to 64.4% to 54.4% to 72.6% in mid to late adolescent boys and girls.

Distribution of Responses of student's concept about how Pregnancy Takes Place

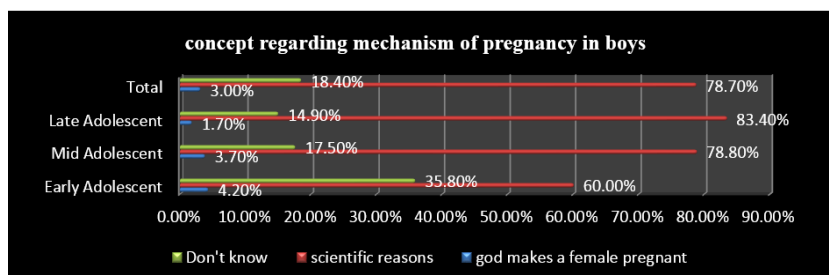


Fig. 1: concept about how Pregnancy Takes Place in boys

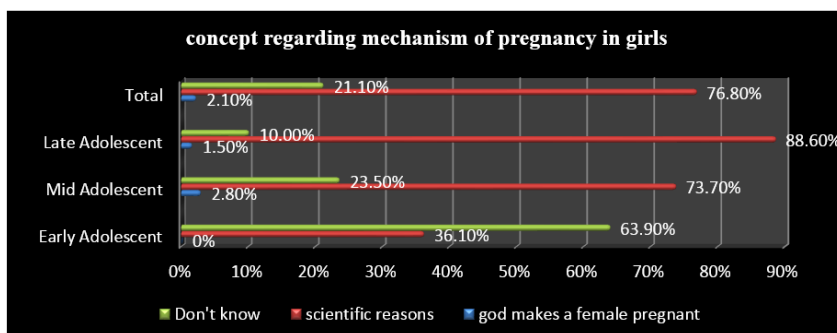


Fig. 2: concepts about how Pregnancy Takes Place in girls

Responses of the Students about Concept Regarding Duration of pregnancy

When students were asked about the duration of pregnancy, Out of 970 boys, 22 (2.3%) says it is 7 months, 838 (86.4%) said 9 months, 7 days (correct duration) 25 (2.6%) says it is 10 months, remaining 85 (8.8%) don't know. The correct knowledge of duration of pregnancy increased with age i.e. 82%, 86.5% and 87.4% is early mid and late

adolescent boys. In Girls out of 522, 18 (3.4%) says it is 7 month, 458 (87.7%) said it is 9 month 7 days (correct answer), 16 (3.1 %) says it is 10 month and 30 (5.7%) don't know the duration. In Girls also the correct knowledge of duration of pregnancy increased with age i.e. 80.6%, 85.6% and 92 % in early, mid and late adolescent respectively. So most of the students know the correct duration of pregnancy $\chi^2 = 6.13$, p-value < 0.02 which is found to be significant

Responses of the Students about Opinion for Abortion

In response to the question regarding opinion of students about unwanted abortion out of 970 boys 330 (34%) says it is right to undergo abortion if pregnancy is unwanted, 467 (48.1%) denied and 173 (17.8%) do not have any opinion. In girls out of 522, 131 (25.1%) says it is right to undergo abortion if pregnancy is unwanted, 247 (47.3%) denied and rest of girls 144 (27.6%) does not have any opinion. On comparing girls with boys percentage of students denying the abortion in case of unwanted pregnancy is almost same i.e. 48% in boys and 47.3% in Girls respectively. Thus it seems to have scope for spreading awareness of need of MTP in case of unwanted pregnancy $\chi^2 = 23.98$, p>0.001, which is significant.

Table 3: Responses of the Students about Knowledge of legal permission for abortion (MTP) in India for unwanted pregnancy

| Gender | Age group | Knowledge of legal permission for abortion in India for (MTP) unwanted pregnancy | | | Total |
|--------|------------------|----------------------------------------------------------------------------------|-------|------------|-------|
| | | Yes | No | Don't know | |
| Boys | Early Adolescent | 26 | 45 | 24 | 95 |
| | (10-13 years) | 27.4% | 47.4% | 25.3% | 100% |
| | Mid Adolescent | 167 | 209 | 143 | 519 |
| | (14-15 years) | 32.2% | 40.3% | 27.6% | 100% |
| | Late Adolescent | 120 | 169 | 67 | 356 |
| | (16-19 years) | 33.7% | 47.5% | 18.8% | 100% |
| Girls | Total | 313 | 423 | 234 | 970 |
| | | 32.3% | 43.6% | 24.1% | 100% |
| | Early Adolescent | 13 | 23 | 0 | 36 |
| | (10-13 years) | 36.1% | 63.9% | 0% | 100% |
| | Mid Adolescent | 54 | 144 | 87 | 285 |
| | (14-15 years) | 18.9% | 50.5% | 30.5% | 100% |
| Girls | Late Adolescent | 62 | 75 | 64 | 201 |
| | (16-19 years) | 30.8% | 37.3% | 31.8% | 100% |
| | Total | 129 | 242 | 151 | 522 |
| | | 24.7% | 46.4% | 28.9% | 100% |

$\chi^2 = 10.15$, p<0.01

Table 4: Responses of the Students about concept regarding number of children one should have

| Gender | Age group | How many child one should have | | | | Total |
|--------|------------------|--------------------------------|------|------|------------|-------|
| | | 1-2 | 2-3 | >3 | don't know | |
| Boys | Early Adolescent | 79 | 8 | | 8 | 95 |
| | (10-13 years) | 83.2% | 8.4% | | 8.4% | 100% |
| | Mid Adolescent | 294 | 30 | 11 | 21 | 356 |
| | (14-15 years) | 82.6% | 8.4% | 3.1% | 5.9% | 100% |
| | Late Adolescent | 440 | 49 | 12 | 18 | 519 |
| | (16-19 years) | 84.8% | 9.4% | 2.3% | 3.5% | 100% |
| Girls | Total | 813 | 87 | 23 | 47 | 970 |
| | | 83.8% | 9.0% | 2.4% | 4.8% | 100% |
| | Early Adolescent | 30 | 1 | 1 | 4 | 36 |
| | (10-13 years) | 83.3% | 2.8% | 2.8% | 11.1% | 100% |
| | Mid Adolescent | 189 | 7 | | 5 | 201 |
| | (14-15 years) | 94.0% | 3.5% | | 2.5% | 100% |
| Girls | Late Adolescent | 257 | 8 | 3 | 17 | 285 |
| | (16-19 years) | 90.2% | 2.8% | 1.1% | 6.0% | 100% |
| | Total | 476 | 16 | 4 | 26 | 522 |
| | | 91.2% | 3.1% | .8% | 5.0% | 100% |

$\chi^2 = 24.11$, p-value < 0.001

Responses of the Students about Concept Regarding Spacing between Children

When students were asked about spacing between children out of 970 boys 110 (11.3%) says it is one year, 648 (66.8%) said the ideal gap between two pregnancies is 3-4 years, 69 (7.1%) says it is more than 5 years, 143 (14.7%) don't know.

In girls out of 522, 43 (8.2%) says it is one year, 347 (66.5%) says the gap between two pregnancy is 3-4 years, 58 (11.1%) says it more than 5 years, remaining 74 (14.2%) don't know.

In comparison to boys, girl's, are of almost same percentage responding for the ideal spacing as 3-4 years i.e. 66.8% in boys and 66.5% in girls. As compare to girls (11.1%), boys (7.1%) are less in numbers who had concept of spacing of 1 year, whereas girls are more who had concept of spacing more 5 years as compare to boys. $\chi^2 = 9.63$, p-value < 0.025, which is significant.

Table 5: Responses of the Students about options including emergency contraception available to prevent pregnancy

| Gender | Age group | Options available including emergency to prevent pregnancy | | | | | Total |
|--------|------------------|------------------------------------------------------------|-------|-------|-------|-------|-------|
| | | Yes | | | | No | |
| | | Condom | Pills | Other | Total | | |
| Boys | Early Adolescent | 23 | 0 | 0 | 23 | 72 | 95 |
| | (10-13 years) | 24.2% | 0% | 0% | 24.2% | 75.8% | 100% |
| | Mid Adolescent | 216 | 0 | 1 | 216 | 303 | 519 |
| | (14-15 years) | 41.6% | 0% | 0.2% | 41.6% | 58.4% | 100% |
| | Late Adolescent | 166 | 0 | 0 | 166 | 190 | 356 |
| | (16-19 years) | 46.6% | 0% | 0% | 46.6% | 53.4% | 100% |
| | Total | 405 | 0 | 1 | 405 | 565 | 970 |
| | | 41.7% | 0% | 1.0% | 41.8% | 58.3% | 100% |
| Girls | Early Adolescent | 0 | 2 | 0 | 2 | 34 | 36 |
| | (10-13 years) | 0% | 5.6% | 0% | 5.6% | 94.4% | 100% |
| | Mid Adolescent | 37 | 19 | 8 | 60 | 225 | 285 |
| | (14-15 years) | 12.9% | 6.6% | 2.8% | 21.1% | 79% | 100% |
| | Late Adolescent | 68 | 8 | 1 | 70 | 131 | 201 |
| | (16-19 years) | 33.8% | 3.9% | 0.5% | 34.8% | 65.2% | 100% |
| | Total | 105 | 29 | 9 | 132 | 390 | 522 |
| | | 20.1% | 5.5% | 1.7% | 25.3% | 74.7% | 100% |

$\chi^2 = 39.93$, p-value < 0.001

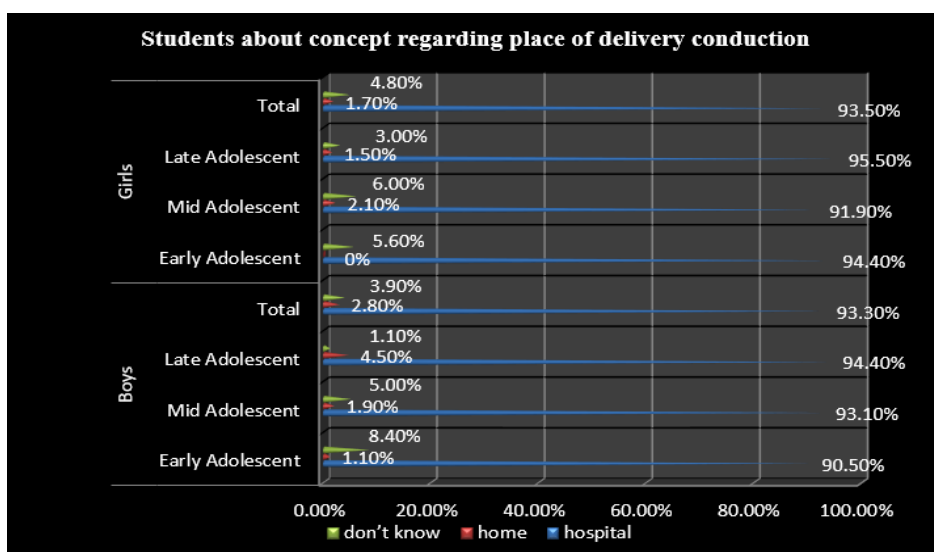


Fig. 3: Responses of the Students about concept regarding place of delivery conduction

Discussion

In present study, students were asked about that why one should not marry before the age of marriage out of 970 boys, the responses were 693 (71.4%) says that girls and boys are not matured physically and take the responsibility of family, 55 (5.71%) says because of parents don't want and 4.5 % had given other options like career, rest 176 (18.1%) responded as don't know .On further analysis percentage of boys knowing correct reasons of not marrying before the recommended age of marriage had increased with age i.e. 65.3%, 70.5% and 74.4% in early, mid and late adolescent respectively.

In girls out of 522, girls 420 (80.5%) had given correct reason i.e. girls and boys are not mature and prepare to take responsibility 17 (3.3%) says it is parent's wish and 12 (2.3%) had given some other reason i.e. carrier and rest i.e. 73 (14%) do not know .On further analysis percentage of girls knowing correct responses increases with the age i.e. 63.9%, 77.2% and 88.1% in early, mid and late adolescents girls respectively. $\chi^2 = 8.26$, p-value < 0.001 which is found to be significant. Similarly in the study by Jejeebhoy, 1998 et al⁵ early marriage found that despite laws that specify the legal age of marriage for girls as 18 years, cultural pressures often force parents to marry off their daughters at a younger age. In 1996, an average of 38% of girls aged 15–19 were married. Pattanaik D, et al⁶ 2000 in their study All the girls were aware that there is a law regarding legal age of marriage but only 165 (65%) of them knew the correct legal age.

In the study by Sunder lal et al⁷ 1992 Most of the age girls (71.9) percent) and boys 67.4 percent) were of the view that the marriageable age of girls should be around 18 to 19 years and 60.5% of girls and 65.9% of boys suggested the age at marriage for boys around 21-22 years. Rajgopal S, sandhya Barge et al⁽⁸⁾ 1998 Majority of the boys and girls knew that the legal age at marriage is 21 years for boys (66 percent) and 18 years for girls (81 percent) which are in line with present study.

When asked about why sexual intercourse is needed out of 970 boys, 61 (6.3%) say pleasure, 163 (16.8%) say reproduction, and 495 (51.4%) says it is for both pleasure and reproduction, 251 (25.9%) don't know about the reasons. Out of 95 in early adolescent boys 3.2% says it is for pleasure, 18.9% for reproduction 36.81% both, 41.1% don't know. In mid adolescent out of 519 boys 5.8% says it is pleasure 19.3% reproduction, 48% say both and 27% says don't know. In late adolescent out of 356 boys 7.5% say it is pleasure, 12.6% says as reproduction, 59.3% as both and 20.2% as don't know. In girls out of total 522, 13 (2.5%) say it is pleasure, 112 (21.5%) say as reproduction 153 (29.3%) both and rest 46.7% don't know. Among 36 in early adolescent 8.3% say pleasure, 28% reproduction, 11.1% both and 7.8% don't know. In mid adolescent out of 285, 1.8% says it is pleasure, 18.2% as reproduction 27% as both and 53% don't

know. In late adolescent out of 201 girls 2.5% say pleasure, 29.4% say reproduction, 35.8% as both and 32.3% as don't know. $\chi^2 = 95.26$, p-value < 0.001 which is found to be highly significant.

These findings are in line with the study by Francis et al.⁽⁹⁾ 1994 in which Most boys (63%) and a few girls (37%) sexual intercourse is for their pleasure and reproduction both. though that students of their age have experience of sexual intercourse.

Responses of student about getting pregnancy after sexual intercourse in the total group boys and girls responses are similar i.e. 59.3% and 59.4% say yes one can get pregnant after sexual intercourse, 13.6%, 12% says No, and 27.1%, 28.5% say they don't know in girls and boys respectively but on further analysis according to age group in early adolescent 52.60% boys says yes, whereas 25% girls say yes. In Mid adolescent 56.8% boys says yes and 54.4% girls say yes. In late adolescent 64.6% and 72.6%, boys and girls say yes respectively. So, in early adolescent group as compare to girls (25%), boys (52.60%) have correct response as (i.e. about getting pregnancy after sexual intercourse). Knowledge and Concept of mid and late adolescent has changed from 52.60% to 64.4% to 54.4% to 72.6% in mid to late adolescent boys and girls. $\chi^2 = .867$, p < 1, which is not significant. This is also stated by Chhabra S¹⁴ 1992 in his prospective study of school girls about their knowledge of menstruation, reproductive physiology, and birth control methods showed that 75.1% of girls lacked that knowledge (87.6% of rural girls, as compared to 62.6% of urban girls).

When students were asked about the duration of pregnancy. Out of 970 boys, 22 (2.3%) says it is 7 months, 838 (86.4%) said 9 months, 7 days (correct duration) 25 (2.6%) says it is 10 months, remaining 85 (8.8%) don't know. The correct knowledge of duration of pregnancy increased with age i.e. 82%, 86.5% and 87.4% is early mid and late adolescent boys. In Girls out of 522, 18 (3.4%) says it is 7 month, 458 (87.7%) said it is 9 month 7 days (correct answer), 16 (3.1 %) says it is 10 month and 30 (5.7%) don't know the duration. In Girls also the correct knowledge of duration of pregnancy increased with age i.e. 80.6%, 85.6% and 92 % in early, mid and late adolescent respectively. So most of the students know the correct duration of pregnancy. $\chi^2 = 6.13$, p-value < 0.02 which is found to be significant, similar findings were obtained by Singh M.M. et al⁽¹⁰⁾ on 130 girls' students. Knowledge about normal duration of pregnancy and need for extra food during pregnancy was poor.

In responses to the Question about number of children one should have, out of 970 boys, 813 (83.8%) gives the ideal number as 1-2, 87 (9%) says 2-3, while 23 (2.4%) more than 3 children, rest of them 48 (4.8%) don't know. In girls out of 522, 476 (91.2%) had gives the ideal number of children i.e. 1-2, 16 (3.1%) 2-3 child 4 (8 %) more than 3 children remaining of them

26 (5%) don't know. Most of the students (adolescent) in all the age group have correct concept of ideal number of children (family size) of 1-2 children. $\chi^2 = 24.11$, p-value < 0.001 which is found to be highly significant

Pattanaik D et al⁶ 2000 in their study found that 214 (84.3%) girls were aware of the small family norm, only 19 (8.8%) knew the exact norm. A preferred family size of two or less was reported by 151 (59.2%). Preference for a son was reported by 233 (91.7%). Sunder lal et al⁷ has described the opinions of both girls and boys about age at marriage and MCH and family planning activities. 64.9% girls and 66.6% of boys favored a 2- children family norm with nearly two-third of them desiring to have a 3 years interval between the first and the second child.

When students were asked about spacing between children out of 970 boys 110 (11.3%) says it is one year, 648 (66.8%) said the ideal gap between two pregnancies is 3-4 years, 69 (7.1%) says it is more than 5 years, 143 (14.7%) don't know. In girls out of 522, 43 (8.2%) says it is one year, 347 (66.5%) says the gap between two pregnancy is 3-4 years, 58 (11.1%) says it more than 5 years, remaining 74 (14.2%) don't know. In comparison to boys, girl's, are of almost same percentage responding for the ideal spacing as 3-4 years i.e. 66.8% in boys and 66.5% in girls. As compare to girls (11.1%), boys (7.1%) are less in numbers who had concept of spacing of 1 year, whereas girls are more who had concept of spacing more 5 years as compare to boys. $\chi^2 = 9.63$, p-value < 0.025, which is significant. Sunder lal et al⁷ 1992 has described the opinions of both girls and boys about age at marriage and MCH and family planning activities., two-third of them desiring to have a 3 years interval between the first and the second child.

When students were asked about knowledge of contraception including emergency contraception out of 970 boys, 405 (41.8%) know about the contraception and 565 (58.3%) don't have knowledge. Those who have had knowledge about it all responded condom as the contraceptive option and only one boy of mid adolescent age group had given other option also (Copper T). No one has mentioned the pills or any other emergency contraception.

Out of Total 522 girls, 132 (25.3%) had knowledge about contraceptive measures and 390 (74.7%) does not know. Those who know about contraceptive measures, 5.6% students of early adolescent had replied pill as the option. In mid adolescent 12.9% had said condom, 6.6% pills and 2.8% as other options. In late adolescent 33.8% girls had given condom, 3.9% as pills and 0.5% as other options (cu-T, Barrier method, and injection as contraceptive).

Knowledge of contraceptive is very poor in the adolescents 58.3% boys and 74.7% girls were not aware contraceptive options. $\chi^2 = 39.93$, p-value < 0.001, which is significant. Similar study by Diane Kittredge¹¹

2005 found that adolescents (70%) had heard of family planning practices, of the adolescents who knew about it, most (>90%) knew about the pill. The proportion of girls who knew about condoms was low (35%). The proportion of boys who knew about injectables was even lower. Although most adolescents hold a positive view about using family planning methods by the married adolescents. Study by Mohammad Reza Mohammadi et al.¹² 2005 shows that almost three-quarters (72%) of participants were aware of condoms, although more than half (53%) had never seen one. In general, respondents were more likely to be aware of contraceptive methods appropriate for youth, such as condoms and oral contraceptives (58%), than of methods such as the IUD (22%) and the injectable (14%). Still, 53% and 41% were aware of female and male sterilization, respectively. Familiarity was low for other methods, including emergency contraception (16%), withdrawal (14%), jelly or foam (13%) and the implant (12%). Thirteen percent of adolescents were not familiar with any contraceptive method.

Gupta, S.D., et al.¹³ 1998 in his study found that there is a lack of knowledge and awareness among adolescents about health issues and problems. Only one-half of the adolescents were aware of various family planning methods, and young people's knowledge about spacing methods, such as through the use of intrauterine devices (IUDs) or oral contraceptive pills, was very low. Gupta N et al,¹⁴ in Sep 2004, found that only 19.8% of adolescents were aware of at least one method of contraception. Another study by Aggrawal O, et al,¹⁵ Delhi, in 2004 in a Study on sexuality of medical college students in India amongst 500 students, found that Knowledge regarding sexual intercourse, masturbation, contraception, and sexually transmitted diseases was satisfactory among 70%, 74.8%, 83.5%, and 92.6% of the respondents, respectively.

Conclusion

Awareness regarding pregnancy is more in girls in comparison to boys while knowledge about emergency contraception is more in boys awareness about right age of marriage is increase with age. It is necessary to give correct knowledge about family planning related matter at correct age to both girls as well as boys

Declaration

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