CONCLUSION

CONCLUSION LIMITATION AND SUGGESTIONS FOR FUTURE RESEARCH

Any study of fertility and adoption of family planning can have three different though overlapping prospective i.e. demographic, sociological and psychological. The present study deals with the third factor as it studies the psychodynamics of F.P effectiveness.

Effectiveness of family planning being the net-out come of the whole process of family planning acceptance and the influence of various socio-psychological various, such as respondent’s age at marriage, total number of living children, effect of gender, region and religion. Therefore the present study is an attempt to understand these variables and their association with effectiveness of family planning program in Indian Context. The study also explores the effect of education and personality factor on family planning effectiveness.

In the present study couples belonging to four major religion of the country (Hindu, Muslim, Sikh, and Christian) were chosen. The results obtained have been thought provoking and full of insight for future policy makers and doctors.

RESULTS

Results are summarized below :-

1. No significant difference in mean age at marriage was found in Hindu, Sikh, and Christian but in Muslims it was found comparatively low in both the groups.
2. Older couples in all four religions are having more children than young couples.

3. The effectiveness of F.P was found to have direct relation with respondent level of education. Results show that males are more educated than females as expected in all religious groups. Most educated is Sikh group, with highest mean score. Muslims females as well as male are found to be less educated than other religious groups.

4. Preference of family planning method by both the groups in all four religions prefers condoms as a temporary method. Natural methods as preferred over permanent contraception like sterilization. In Hindu and Sikh groups the preference for male sterilization is very low, whereas Muslims and Christian give last preference to male as well as female sterilization. The knowledge of modern contraceptives is very little among all religious groups and no difference is observed in younger as well as older groups in preference of contraceptive methods.

5. Percentage of using F.P methods by Hindus in both younger and older group is highest among all four religions. Sikh use contraceptives almost 40% in both the groups, whereas lowest percentage is obtained by Muslims and Christians.

6. Our results indicate that all average values show positive attitude towards F.P irrespective of sex and religion. Hindu males are found to have more positive
attitude towards F.P than Hindu females. Sikh and Christian couples have no gender differences, but shows positive directional attitude. Muslim females of both the groups have more positive attitude than their male counter parts. Results show that there is no effect of age on F.P attitudes.

7. Results are indicative of fact that 27% of male and 21% of females are in favor of small family norms. Only 11% couples undergo any F.P methods. Only 15% male and female are aware of population explosion and they want to publicize small family normal. Rest of them responded they are not doing anything. It is a serious apathetical report by the subjects.

8. Most of the couples belonging to all four religions feel poverty is the main cause of population explosion. Results indicated that females have more preference for boys.

9. Significant differences are found in personality patterns of male and female belonging to four religious. Male belonging to both young and old group are found to be more outgoing, warmhearted, adoptable and easy going. They are more intelligent, bright, tender-minded, sensitive and also shrewd and calculating. On the other hand females scored high on factors E, H, L, O and Q2 then their counter parts. These females of both the groups are assertive, independent, venturesome, socially bold and self
opinionated. High on factor Q2 shows they are also self sufficient, resourceful than their male counterparts. No significant difference is visible on factors C, F, M., Q1, Q3 and Q4.

10. Correlation of life satisfaction and number of children shows that Hindu female’s (young) Christian females and Muslim couples of both the age groups feels that life satisfaction decreases with increase in number of children. They shows highly negative value with (01) significant level. On the other hand older Hindu males and Sikh couples of both the age groups show nearly no correlation between two factors.

11. Observation of results reveals that only Hindu Muslim couples of both the age groups and young Christian couples shows negative correlation between S.E.S and number of children (05) and (.01) significant level. They feel higher the S.E.S lower will be the number of children. Though Sikh couples shows low positive correlation and Christian older couples shows no correlation between two factors.

12. The correlation between F.P acceptance and education is found to be positive in younger group belonging all four religion, though older Hindu males, older Muslim females and Christian couples of both the groups also shows positive relationship between two factors. Rest of them are found to be showing negative value of correlation which has not reached to
the significant level. **It indicates that F.P.A has direct association with respondent’s level of education and the extent of acceptance of F.P is greater among educated people.**

13. The correlations of 16 personality factors with family planning acceptance have following results.

(a) Young couples are of outgoing personality pattern and accepts F.P measures. But older couples with outgoing personality have lower F.P.A and vice versa.

(b) Results prove older and intelligent couples go more for F.P.A.

(c) The correlation of F.P.A and factor shows interesting results that **lower the emotionality level higher will be the F.P.A.**

(d) Assertiveness is found to be positively correlated with F.P.A in both younger and older groups.

(e) On correlations of factor F and F.P.A, Muslim couples with happy go lucky personality traits go more for F.P.A and have smaller families.

(f) Shy Hindu and Muslim couples accepts more F.P measures where as younger Sikh and Christian couples are venturesome and socially bold so the acceptance of F.P is more in them.
(g) Tough minded persons go for small families.

(h) Factor is found possibly associated with F.P.A and results indicate that trusting and adoptable persons go for small family.

(j) Male and female with high scores on imaginative trait are positively correlated to F.P.A significantly.

(k) Shrewd and calculating male and female belonging to all four religious go more for F.P.A.

(l) Experimenting male/female go more for F.P.A irrespective of religion.

(m) Mixed results of correlation between factor Q2 and F.P.A shows Group-Dependent Hindu and Christian male/female of both the age groups go more for family planning whereas self sufficient Muslim and Sikh male/female accepts more F.P measures.

(n) Male/female with disciplined and controlled personality traits accepts F.P irrespective of age and religion.

(o) The interesting finding indicates that relaxed Hindu and Christian Male/Females accept F.P. Where as tensed young Sikh and Muslim couples go more for smaller families and accepts more family planning.
14. Regional effect is being observed in couples of all four religions. Results show that contraceptive use is appreciably higher in urban areas than in rural areas of Doon valley as expected. Most preferred contraceptive by rural and urban male and female is condoms and the use and knowledge of emergency contraceptive is lowest.

IMPLICATION OF THE STUDY

These findings of the present study have the following strategic implications for the effectiveness of the F.P programmes in India and Asian countries.

1. Though not denying the economic and technological development in bringing out a spontaneous decline in the fertility level of the couples, yet it may be asserted that the F.P programmes can be made more popular and effective through focusing on psychological measures which encourage the acceptance of small family size and help in changing attitude and benefits towards F.P programmes.

2. The values attached to son’s preference should be made to change as the special target of emphasis both in policies and program.

3. Planners should adopt a more rational approach regarding F.P, making it more qualitative rather than merely expanding it quantitatively by making it target oriented. More emphasis, therefore, should be laid on educational and motivational aspect of F.P program
so that individual couples accept F.P as their personal necessity and a way of life and not as constraint imposed by government.

VARIFICATION OF HYPOTHESIS

In the present study following hypothesis are formulated and tested –

**HO1**: Both younger and older group have been found to have similar attitudes towards family planning. So our results supported the hypothesis (HO1) that there will be no significant difference towards family planning attitudes and practice.

**HO2**: Our results are indicative of fact that all means show positive attitude towards Family planning irrespective of sex and religion so our hypothesis (HO2) is verified by results.

**HO3**: From table 5.1.7 it was found that there is hardly any difference in younger and older couples on preference of family planning method in four religions. So our Hypothesis (HO3) is accepted.

**HO4**: Both male and female subjects found to have similar preference of family planning method in four religious. Results in table 5.18 support our hypothesis (HO4)

**Hy05**: There is not much difference between mean age at marriage of Hindu, Sikh and Christian males and females but in Muslims mean age at marriage is found
to be competitively low in both the groups. So Hy 05 is supported our results that there will be differential patterns of age at marriage between and with in religious groups.

**Hy 06**: Our results depicts that Muslims have more number of children as compared to other religious groups. So Hy 06 is supported by our results.

**Hy 07**: Results of *data table* shows that except Hindu females, older Muslim males, older couples of Sikh and younger Christian female, rest of the males and females show positive correlations between F.P.A and education Hy 07 is supported.

**Hy 08**: Sikh couples of both the groups have been found to be most educated as compared to couples of other religious groups. It is evident in our results that they have more positive attitude towards F.P Hy 08 is verified.

**Hy 09**: Result shows that males are more educated than females therefore Hy 09 is verified.

**Hy 10**: There is a significant difference in literacy rate amongst all four religious groups. Our results are verified Hy 10.

**Hy 11**: The observation of results reveals that except Christian couples, Hindus, Muslim, Sikh religions accept that higher S.E.S will lead to lesser number of children. Our Hy 11 supported and verified.
**Hy 12**: Males and females belonging to all four religions are found to be different on adoption of F.P methods. Hy 12 is verified.

**Hy 13**: Significant differences are found in personality pattern of males and females of all four religion groups. Hy 13 is verified from our results.

**Hy 14**: It has been found that older Hindu females, Muslim couples of both the age groups and older Christian female accepts that life satisfaction decreases with increase in number of children. We have mixed results. Hy 14 is partially ascertained.

**Hy 15**: Our results proved that Hindu Couples give more preference to boys as compared to other religious groups Hy 15 is hence verified.

**Hy 16**: Muslim and Christian couples of both the age groups responded that religion plays a significant role in acceptance of F.P Hy 16 is verified.

**Hy 17**: In all four religious groups was found that intelligent couples go more for F.P acceptance. Hy 17 is verified.

**Hy 18**: Hy 18 is partially verified as older couples of all religious group and younger Muslim couples have shy personality pattern and accepts more F.P methods. Where as young Sikh and Christian couples have venturesome personality and accepts F.P methods. We have mixed results in our study.
**Hy 19**: Most of the couples belonging to all four religious groups scored low in factor Q2 i.e. they are group dependent and have more acceptance of F.P our results rejects the Hy 19 that self-sufficient people opt for F.P methods.

**Hy 20**: Regional effect is being observed on the use of contraceptive. So Hy 20 is verified.

**Hy 21**: Older Muslim couples have more number of children as compared to other religious groups. Hy 21 is partially verified.

**Hy 22**: Nirodh (Condom) is most used F.P. method in population - irrespective of region, religion, Education and SES. Hy 22 is verified.

**Hy 23**: Sterilization is least preferred contraceptive irrespective of region, religion, Education and SES. Hy 23 is verified.
LIMITATIONS OF THE STUDY –

A research is a continuous process hardly any research is perfect in all respect. The present research was also done under certain limitations and difficulties. They might have influenced the findings of the study in certain ways. An idea about them will help in understanding the results properly and also in formulating future research proposal in the area.

The main difficulty faced while conducting the study was that some of the subjects were illiterate. So it was necessary to read and explain each and every question to get right responses. So interview method was practically used to obtain reliable data.

One of the limitations of the present study is that our sample is only from Doon valley. A similar study can be conducted by drawing samples from other cities.

In the present study the sample consisted only 200 couples belonging to four major religions of the country. A larger sample can be collected for further verifications of the conclusions drawn here.

Due to the shortage of time many important variable were not interpreted sufficiently. Despite these shortcomings the present study is a pioneer attempt to pave path and opens many windows and avenues for further study in this field.

SUGGESTIONS FOR THE FUTURE RESEARCH-

In the present research work number of significant variables like type of family structure, Inter spouse communication, status of women in family can be included and
needed in-depth study. Family planning question can be shortened. The S.E.S of the family needed more attention in Indian context. Further more psychological studies on gender effect can be done

**MERITS OF THE STUDY**

The present research endeavor is unique in its objective, research design, problem and tools.

The data collection on illiterate and semiliterate couples is extremely tough and researcher labors and hard work is commendable.

The study is first of its kind in nature, scope and application. Results are very sensitive and interesting leading to various far-reaching consequences for policy changes at all levels of governance of women health.

Women are now motivated to go for F.P more than men.

Men of present sample too deserve a meritorious place; they have dedicated time, given response and full cooperation.

It is a success of selfless team work of women health.

This is an innovative work of research. No Indian psychologist has worked on family planning effectiveness.