

## Impact of group and individual education of family Practice of women

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### Abstract

**Background&Objective:** It is very important to choose a proper teaching training method to stimulate people to improve the quality and standard of their life. A proper family planning practice is one of such methods.

**Materials&Methods:** This study is a semi-experimental research which was carried out during 2004 with the aim of comparing the two ways of either individually or group education on the subsequent results of family planning practice among the sample populations. Sample population all were the women who were referred to the two health centers in Gorgan. 218 women were chosen by simple methods, and were divided in two groups of 109 randomly. The case and control group were trained in group and in individual respectively.

**Results:** After the training was finished the women were asked their method of family planning of their choice. 3-6 months afterward this study was focused on the women's continuation use of their choices. Collected information was recorded using a questionnaire. The results were analyzed using statistical tests such as chi-square in SPSS software.

**Conclusion:** There was not a meaningful difference in the efficacy of either methods in this sample population, therefore it is suggested to use a group training as it is cheaper and the training is possible to be carried out by few health workers.

**Key Words:** Group training- Individual training- Family planning practice