



ASSESSING KNOWLEDGE ATTITUDE AND PRACTICES ABOUT CONTRACEPTION AMONG MARRIED WOMEN

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INTRODUCTION

Family planning refers to the planning of when to have children and the use of birth control. It allows individuals and couples to anticipate and have their desired number of children, and to achieve healthy spacing and timing of their births. Family planning is achieved through use of contraceptive methods. Other techniques commonly used include:

- sexuality education,
- prevention and management of sexually transmitted infections
- pre-conception counseling and management and
- Infertility management.

OBJECTIVE

To assess knowledge, attitude and practices About contraception among married women in the reproductive age group in Sub divisional Hospital, Danapur, Patna

METHODOLOGY

Inclusion criteria: All currently married women who are in a stable sexual relationship and had not attained menopause yet.

Exclusion criteria:

- Patients who refused to take part in the study.
- Widow women
- Women who have attained menopause.

Study design: Cross-sectional study.

Study setting: Study has been conducted in Sub – divisional Hospital, Danapur, Patna

Study Duration: 2 months.

Study participants: Married women of reproductive age-group (15-49 years)

Sample size: The study was conducted with 30 married women of reproductive age.

Sampling: Convenience sampling.

Study Tool: In Depth Interview with structured questionnaire. **Data collection:** I have approached the community through Hospital manager and Family planning counsellor. In depth interview was conducted with 30 currently married women.

Ethical Consideration: Verbally informed consent was taken from all respondents who were enrolled in the study. Respondents were interviewed according to a detailed pre- structured questionnaire in which included demographic details like age, educational status, area of residence, along with years of marriage, number of children, unwanted pregnancy and knowledge about various contraception methods, the knowledge, attitude and practices of contraception usage and reasons for not practicing contraceptive. Analysis of data was done. A total of 30 women were interviewed who had come to the health care facility for unrelated reasons.

TABLE -1	n(%)
<i>Age (years)</i>	
<20	3(10)
20-24	11(36.6)
25-29	8(26.6)
30-34	3(10)
35-39	3(10)
>40	2(6.6)
<i>Last Education level</i>	
Illiterate	7(23.3)
Up to 5 th Class	5(16.6)
Up to 8 th Class	6(20)
10 th Passed	5(16.6)
12 th Passed	4(13.3)
Graduate	3(10)
<i>Occupation</i>	
Housewife	24 (80)
Working woman	3 (10)
Health worker	3 (10)
Any other	
<i>Religion</i>	
Hindu	29(96.6)
Muslim	1(3.3)
Any other	
<i>Marital Status</i>	
Single	
Married	30 (100)
Divorced	
<i>Age at marriage (years)</i>	
<15	1 (3.3)
15-19	23 (76.6)
20-24	6 (20)
25-29	
<i>Number of Pregnancy</i>	29 (96.6)
<i>Number of Children living</i>	28 (93.3)

TABLE -2	n (%)
<i>Heard about family planning</i>	30 (100)
<i>Methods of contraception known* (n=30)</i>	
Condom	27 (90)
Pills	26 (86.6)
Injection	21 (70)
IUCD	28 (93.3)
Tubectomy	28 (93.3)
Vasectomy	26 (86.6)
<i>Source of availability of the contraception*(n=30)</i>	
Primary Health Centre	19(63.3)
Hospital	14(46.6)
Pharmacies	4 (13.3)
Doctor	5 (16.6)
Others	1 (3.3)
<i>Source of contraceptive information*(n=30)</i>	
TV	29 (96.6)
Radio	9 (30)
Newspaper	11 (36.6)
Family	12 (40)
Friends	8 (26.6)
Health Professional	4 (13.3)
<i>Contraceptive measures not interfere Breastfeeding*(n=30)</i>	
Sterilization	2 (6.6)
IUCD	3(10)
Injecting 3 months (progestin)	11(36.6)
Mini pill	9(30)
Condom	3(10)
Do not know	6(10)
*Multiple responses were allowed.	

	n(%)
<i>Use of contraception to control birth interval</i>	22(73.3)
<i>Feels difficulty to get information about contraception</i>	3(10)
<i>Feels difficulty to access contraceptive services</i>	1(3.3)
<i>Willing to use the contraception after postpartum</i>	30 (100)
<i>Use of contraception is beneficial</i>	30 (100)
<i>Would encourage practice of contraception to family</i>	30 (100)
<i>Discussion about methods of contraception* (n=30)</i>	
Husband	24(80)
Health professional	6(20)
Family	7(23.3)
Friends	3(10)
Others	
*Multiple responses were allowed	

TABLE -4	n (%)
<i>History of using contraception</i>	15(50)
<i>Willing to use contraception in the future(n=30)</i>	27(90)
<i>Contraception in the past used*(n=15)</i>	
Pill	3(10)
Condom	7(23.3)
Injection	1(3.33)
IUCD	8(26.6)
No answer	
<i>Reasons for using contraception*(n=27)</i>	
Improvement of maternal and child health	30(100)
Spacing birth	
Prevention of unwanted pregnancy	18(60)
Prevention of sexually transmitted infection	
Socioeconomic	16(53.3)
Recommend by health workers	7(23.3)
<i>Influencing factors for choosing contraceptive method* (n=30)</i>	
Cheap	
Minimal side-effects	
Looking at advertisement	1(3.3)
Approval by husband	26(86.6)
Suggestion from family/ friends	3(10)
<i>Contraception used after post partum</i>	
Pills	1(3.3)
Condoms	1(3.3)
Injection	1(3.3)
Calender	
IUCD	16(53.3)
Sterilization	7(23.3)
Not decided	4(13.3)
<i>Reasons for not wanting to use contraception*(n=30)</i>	
Still want to have a child	20(66.6)
Lack of information regarding contraception	6(20)
Prohibited by family	6(20)
Prohibited by husband	2(6.6)
Husband has used contraception	5(16.6)
Husband works far away	2(6.6)
Having used natural contraception	
*Multiple responses were allowed	

RESULTS

- In this study, all 30 respondents (100%) had heard about contraception and three most popular methods were IUCD (93.3%), Tubectomy (93.33%) and Condom (90%).
- Most of the respondents who had heard about contraception obtained information from Television (96.6%) followed by family members (40%).
- Most respondents answered primary health centers (63.3%) as place to access contraceptive services. Therefore, primary health care providers have major duty to improve women knowledge of family planning.
- In this study, women have positive attitude towards contraception, whereas all respondents i.e.100% agreed that use of contraception is beneficial. Also, among 73.3% of them stated that contraception can be used to control birth interval.
- Another positive attitude was seen as all 30 respondents mentioned that they would like to use contraception after labor. This would necessarily encourage women to practice family planning using contraceptive methods.
- Although 100% respondents reported knowledge of at least one method of contraception, contraceptive usage in this study is only 50%. The most common reason for not using contraception was desire to have a child (66.6%). Other reasons for not approving contraception were lack of information regarding contraception (20%) and opposition by family (20%) and husband (6.6%). In this study, husband (80%) is the most popular persons to whom they discuss the method of contraception .
- The factor which influencing the choice of contraceptive methods was approval from husband (86.6%).

SUGGESTIONS

- There is a need to involve men into the family planning program as the data shows that maximum women choice were influenced by their husband approval.
- Television plays an important role in spreading awareness about the use of contraceptives among women.
- Capacity building of primary health care providers should be done because women receives services related to contraception from them.