



# ASSESSMENT OF KNOWLEDGE, ATTITUDES AND PRACTICES OF FAMILY PLANNING AMONGST MARRIED WOMEN IN THE REPRODUCTIVE AGE GROUP IN AMBALA AND PANCHKULA DISTRICTS OF HARYANA.



Shivika Chugh

(Summer Training at SIHFW Haryana, Panchkula)

## OBJECTIVES

- To find out the knowledge regarding family planning .
- To identify the attitudes towards discussion and information about sexual health and family planning methods.
- To explore the contraceptive practices

## METHODOLOGY

- Sample size :100 Married women in the reproductive age group(15-49)
- Selected healthcare facilities (District hospitals, CHC's, PHC's, Sub-centers, and Anganwadis), village households and some HRG (High Risk Group) sites like Brick Kilns
- Study Duration : Two months (6<sup>th</sup> April - 29<sup>th</sup> June) where data collection was done over a period of 3 weeks.
- Face to face interview using a semi-structured questionnaire
- Pre-testing was done on 10 respondents
- Data analysis done using Microsoft Excel .

**Study topic selection**  
**Literature review**  
**Synopsis**  
**Designing of the questionnaire**  
**Pretesting of the questionnaire**

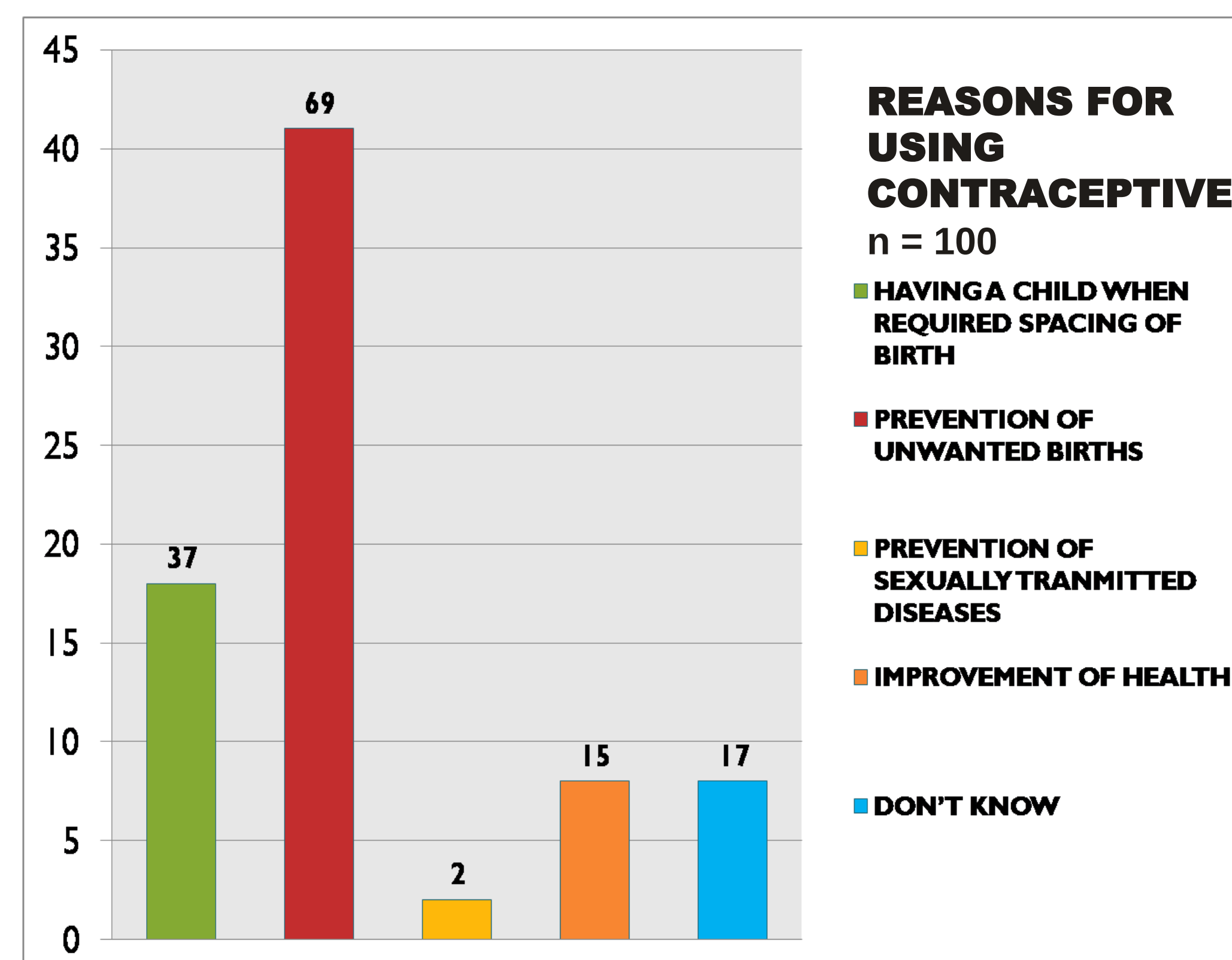
Deputy civil surgeons of the two districts were contacted.  
MO's at the selected CHC's and PHC's contacted who let ANM's and ASHA's guide me through the households for data collection.

A varied sample comprising of 100 women from the facilities, sub-centre, anganwadis , households and one HRG site(brick kiln) was covered.  
The distances to the sub-centers and households were travelled with the health workers on foot.

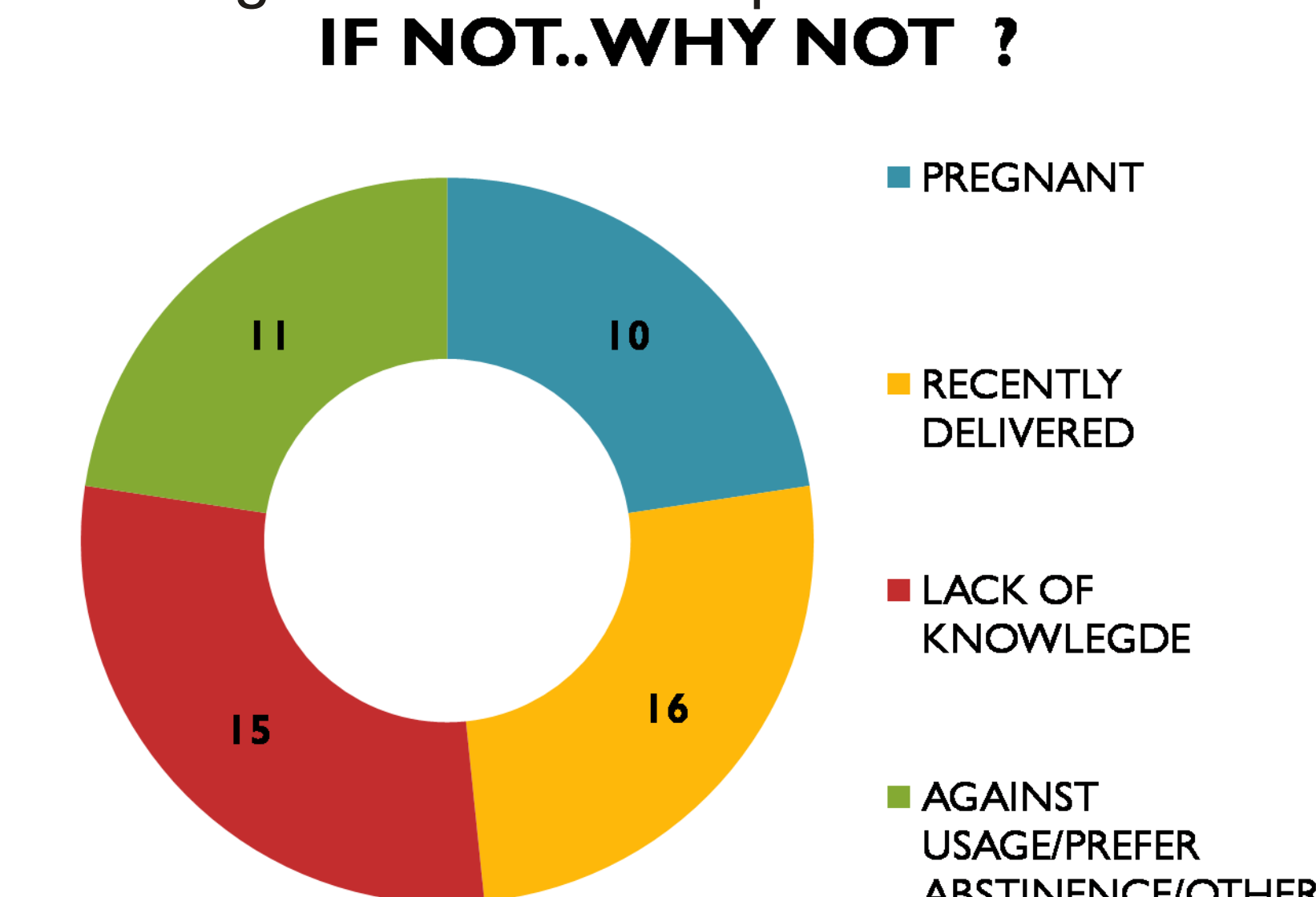
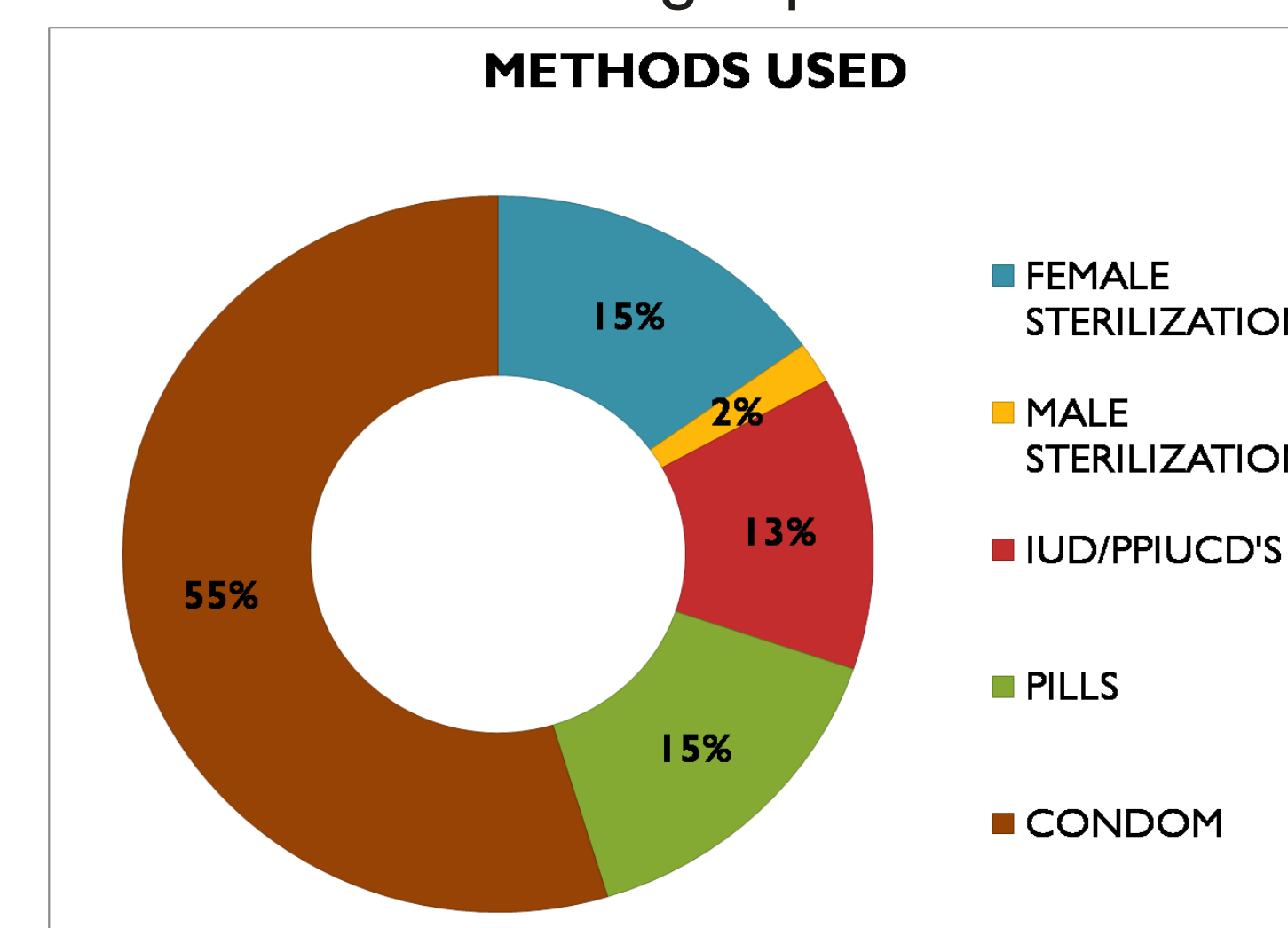
A lack of motivation amongst some health workers noticed since they had not received payments since months  
A lot of work they do was not recorded and was missing in their appraisals.

29% women had never heard of family planning and 28% women were unaware about contraceptive measures.

- 46% women had never used any contraceptive measure
- Major source of information was health personnel (ASHA workers, ANM's, Doctors)
- Major source of availability as known to the respondents was government hospitals followed by health centers such as Anganwadis
- 55% women said the ideal birth spacing should be at least 3-4 years.
- 80% women agree that pregnancy should be properly planned and not allow it to happen on its own



- 93% respondents said their husbands and society had a positive attitude towards use of family planning measures.
- 33% women had either undergone sterilization or placed an IUCD/PPIUCD
- there are still misconceptions about the use of modern contraceptive measures which have led to abstinence being a preferred method in a large number of respondents. .



## RECOMMENDATIONS

- Knowledge about family planning was still lacking in about 29% women. Hence, it needs more attention because
- ASHA workers and ANM's need to be more vigilant and motivated,
- The men in the house should also be sensitized about the issue and informed about the various methods that they can resort to because husband's role and support is vital and communication between husband and wife about desired family size is essential for effective family planning.

Knowledge/  
Beliefs

Attitude

Practices