



Knowledge and Practices regarding Contraceptive use among Married Reproductive aged Females: A cross sectional study

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ABSTRACT

Introduction: modern contraceptive use remains an important public health intervention and a cost effective strategy to reduce maternal mortality, avert unintended pregnancies and to control population explosion, especially in developing countries.

Aims and objectives: to assess the knowledge and practices regarding contraceptive use among married reproductive aged females.

Methodology: A cross sectional study was conducted for a period of 3 months from November 2020 to January 2021 among married females of reproductive age group. Data was collected using pre designed and semi structured questionnaire consisting of questions on knowledge, attitude and behaviour.

Results: A total of 211 females were interviewed. Out of the total, 42.1% belonged to the age group 30-40 years. 87.2% had knowledge about the contraceptive's use and their main source of information was their social circle. On further analysis of data among women who had used contraception, it was found that condom (33.1%) was the most frequently used method of spacing the pregnancies.

Conclusion: Knowledge and practice regarding contraceptive use was found to be satisfactory among the study participants. Still, Emphasis should be made on communication and good counseling to the women giving correct information about availability, source, side effects of contraceptive methods.

Keywords: Reproductive age group, contraceptives, knowledge, practice

INTRODUCTION

India was the first country in the world to launch a family planning programme in 1952, with the objective of "reducing birth rate and to stabilise the population". Family planning became an important tool to reduce maternal and child mortality.¹ According to WHO, family planning is defined as "a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decisions by individuals and couples, in order to promote the health and welfare of family group and thus contribute effectively to the social development of a country." In 2015, India reported 15.6 million of abortions at the rate of 47.0 abortions per 1000

women aged between 15-49 years which is one third of total pregnancies. The high rate of abortion follows a high number of unintended pregnancies. The rate of unintended pregnancies was 70.1 per 1000 women aged 15-49 years almost half the pregnancy that were reported during that period.² In spite of the constant efforts by the government, unmet need of contraception (12.8% in 2006 WHO report) is still there.^{3,4} There are many social factors, taboos, myths and ignorance which is responsible for underutilization of contraceptive services. This leads to many unwanted pregnancies causing maternal morbidity and mortality. Use of effective

contraception is one of primary strategy to prevent maternal mortality & morbidity by decreasing unwanted pregnancies & abortions.⁵ This study was conducted to assess the knowledge and practices among females of reproductive age groups .

Methodology

A cross sectional study was conducted for a period of 3 months from November 2020 to January 2021 in urban health training centre of Government Medical College Kathua. Married females between 15-45 years served as inclusion criteria, while unmarried females and those not willing to participate in the study were excluded. The women interviewed were informed about the purpose of the study and informed consent was taken. The participation was on voluntary basis. Data was collected using pre designed and semi structured questionnaire consisting of questions on knowledge and practices regarding contraceptive use . Privacy of each and every participant was ensured. Data was entered in the MS-Excel and analysis was done using number and percentages.

Results:

A total of 211 females were interviewed. Out of the total, 42.1% belonged to the age group 30-40 years and 32.2% were of age group 40-50 years. Among the respondents, 27.4% had parity of 3, while 6% had parity of 4. 19.9% of the study participants had their education up to secondary level and 34.1% were graduate and postgraduate (Table 1)

Of the 211 women interviewed, 87.2% had knowledge about the contraceptive's use and their main source of information was their social circle. 78.6% of the participants knew about the use of the emergency oral pill. More than half of the study participants (51.6%) were aware of the known side effects of the contraceptives. (Table 2)

Overall the percentage of women who had never used any contraception in their life was 17.06 %. On further analysis of data among women who had used contraception, it was found that condom (33.1%) was the most frequently used method of spacing the pregnancies, followed by contraceptive pills (27.4%) and sterilization (11.8%) (Table 3)

Table 1: socio demographic details of the study participants

S.no	variable	n (%)
1	Age groups	
	20-30	54 (25.5)
	30-40	89 (42.1)
	40- 50	68 (32.2)
2	Religion	
	Hindu	147 (69.6)
	Sikh	34 (20.8)
	Muslim	20 (9.4)
	Others	10 (4.7)
3	Parity	
	Para 1	56(26.5)
	Para 2	83 (39.3)
	Para 3	58 (27.4)

	Para 4	14 (6)
4	Education level	
	Illiterate	17 (8.5)
	primary	20(9.4)
	middle	24(11.3)
	high school	36(17.06)
	high secondary	42(19.9)
	graduate and above	72(34.1)

Table 2: Awareness regarding contraception among study participants

S.no	Variable	n (%)
1.	Heard about contraceptives	
	Yes	184(87.2)
	No	27 (12.7)
2.	Known methods of contraception	
	Condoms	187 (88.6)
	OCP	184 (87.2)
	IUCD	46 (21.8)
	Injectables	29 (13.7)
	sterilization	98 (46.4)
3	Awareness about emergency contraceptives	
	Yes	166 (78.6)
	No	45 (21.3)
4	Knowledge about known side effects of contraceptives	
	Yes	109 (51.6)
	No	102 (48.3)

5	Source of knowledge	
	Social circle	65 (30.8)
	Family	36 (17.06)
	Media	56 (26.5)
	Internet	28 (13.2)
	Health personnel	26 (12.3)

Table 3: Contraceptive practice among study participants

S.no	Variable	n (%)
1	Not practiced any method	36(17.06)
2	Barrier (Condom)	70 (33.1)
3	Oral contraceptive pills	58 (27.4)
4	IUCD	16 (7.5)
5	Injectable	6 (2.8)
6	Sterilization	25 (11.8)

Discussion

The last few years have witnessed a contraceptive revolution, that is, man is trying to interfere with the ovulation cycle. A total of 211 females were interviewed. In the present study 42.1% of the women belonged to 30-40 years of age group and 83% of them were found to be literate. In a study conducted by Srivastava et al, though the literacy rate among them was found to be very low i.e. 53.4%.⁶ In another study, from a rural area from Dakshina Kannada, Mohanan et al, reported 52.4% of the women using contraceptives were in the 15-34 years age group.⁷ While in a similar study by Prachi et al,

in Sikkim, 92.3% of the women were found to be below 34 years of age.⁸ Present study brings out that 82.9% women had used contraceptives in their life time. On further analysis, it was found that condoms (33.1%) were the most frequently used method of spacing the pregnancies, followed by contraceptive pills (27.4%). Barrier methods (condoms) is a highly effective method of contraception, if they are used correctly. Nayak et al, in their study in Karnataka found that 18% of the women used pills, 41% used Cu-T, 27% had tubectomy done, 59% used condoms, 10% used injectable hormones while 3% used emergency contraception.⁹ Similar findings have also

been reported by Tizta et al and Pegu et al, in their studies at Ethiopia and Meghalaya, respectively.^{10,11}

Conclusion:

Knowledge and practice regarding contraceptive use was found to be satisfactory among the study participants. Still, Emphasis should be made on communication and good counseling to the women giving correct information about availability, source, side effects of contraceptive methods.

Limitation of the study:

Present study had the limitations which are inherent to cross sectional studies as these studies cannot be used to analyse behaviour over a prolonged period of time

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