



## AWARENESS & PRACTICES OF CONTRACEPTIVE METHODS IN RURAL AREA OF AMRAVATI DISTRICT, OF MAHARASHTRA, INDIA.

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### ABSTRACT

**Background:** Family planning services have the potential to improve the quality of lives of the and there economic welfare and use of contraceptive is not even though family planning programme is working since 1952. The objective of study to a) to study the awareness regarding contraceptive method b) Current practices in rural area of Maharashtra.

**Method:** A cross sectional community based study conducted from September 2017 to November 2017. All married women of 20- 40 & above 40 was included in the study.

**Result:** Total 187 Women's were included in the study 105, (56.10%) were in the age group of 26-30 years with maximum no. Most of the women's were educated up to Secondary 87(46.52%) followed by higher secondary 81(43.31). 197(95.72%) were aware about contraceptive methods. Majority of women respondent having knowledge regarding Tubectomy contraceptive method 122 (68.1.00%). Among all female respondents maximum no of female were received information about contraceptive from Anganwadi worker 112 (62.5%). Tubectomy 107(59.2%) followed by oral pills 33 (18.0%) 21 (11.2%) were not sing any method of contraception.

**Conclusion:** majority of the women had good knowledge about family method but still there is need to educate regarding different methods of family planning. IEC should be arranged at primary health center.

**KEYWORDS :** Contraceptive Method, Awareness, Practices

### INTRODUCTION:

India became the pioneer nation in the world to launch a nationwide family planning programme in the year 1952, with an intention to reduce fertility and thereby to stabilize the population growth in the near future, even though India is the second most populous country in the world. In 1977 the programme was renamed as Family Welfare Programme. The Family Welfare Programme has relaxed it is compulsive approaches in the modification of family planning at various nodes so as to make the programme more educational and wholly voluntary. Desired family size and timing of births are two primary objectives that are fulfilled by the family plan-ning through contraception.<sup>1</sup>

Contraceptive use among married women (aged 15- 49 years) was 56.3% in NFHS-3 (an increase of 8.1 percentage points from NFHS-2) while corresponding increase between DLHS-2 & 3 is relatively lesser (from 52.5% to 54.0%)<sup>2</sup> The family planning program in our country has been in place for more than four decades. The permanent methods and limiting the family size has been successful but contraception for spacing is lagging behind<sup>3</sup>. The prevalence of contraceptive use has shown geographic variations. Even within the same geographic area, contraceptive practices may vary among, different communities. Keeping the regional differences in mind, the National Population Policy (2000) recommended decentralized planning and implementation of contraceptive services.<sup>4</sup>. Untended pregnancy pose major challenge to reproductive health of young adults in developing countries like India. The essential aim of family planning is to prevent unwanted pregnancy<sup>12</sup>.

The current study was undertaken to study Knowledge, attitude and practice about family planning among married women in Amravati district of Maharashtra.

**Material and methods :** The present cross sectional study was conducted in Rural Area of village Dhaba Amravati district. The study carried out for the period of three months from September 2017 to November 2017. All the women in the age group 20-45 years were included. House to house survey was done for collection of data. Every house hold in the community was visited by investigator. The information about participants' demography and knowledge

and practice regarding contraception were interview in detail. Verbal & written consent was taken from the respondent before collecting the information. The questionnaire schedule was included information about a) identification data: family information, socioeconomic status b) knowledge, practice source of information about contraception Methods.

**Table No:1 Socio-demographic Characteristics of Respondent**

Age in (Years)	Frequency (%)
20-25	40 (21.40)
26-30	105(56.10)
31-35	17(9.0)
36-40	25(13.36)
40 & Above	00
Total	187
Education	
Illiterate	00
Primary	12(6.41)
Secondary	87(46.52)
Higher Secondary	81(43.31)
Graduate	5(2.67)
Post Graduate	2(1.06)
No Of Living Children	
No child	32(19.10)
One child	18(9.62)
Two child	84(44.90)
Three child	37(19.80)
More than three	16(8.50)
Total	187
Religion	
Hindu	145(77.50)
Muslim	3(1.6)
Buddha	38(20.32)
Sikh	1(0.5)
Other	00
Total	187

Total 187 Women's were included in the study 105, (56.10%) were in the age group of 26-30 years with maximum no. Most of the women's were educated up to Secondary 87(46.52%) followed by

higher secondary 81(43.31). 84 ,(44.90%) females were having two child in addition to this 37(19.80%) having three child. Majority of woman's were belonging to Hindu religion 145(77.50%) followed by Buddha 38 (20.32)

**Table no 2 : Awareness Different Contraceptive Method**

Contraceptive Method	No (%)
Oral pills	9 (5.0%)
Injectable	1 (0.5%)
Copper T	9 (5.2%)
Tubectomy	122 (68.1%)
Condom	38 (21.2%)
Total	179 (100%)

Out of 187 female respondent 197(95.72%) were aware about contraceptive methods. Majority of women respondent having knowledge regarding tubectomy contraceptive method 122 (68.1.00%) followed by condom 38(21.2%) only 1 respondent were aware about injectable contraceptive method.

**Table no 3 : Source of Knowledge**

Television	15 (8.0%)
News paper	02 (1.0%)
Anganwadi worker	112 (62.5%)
Friends	02 (1.0%)
Doctor	15(8.0%)
Asha	28 (15.5%)
Multiple	5(2.0%)
Total	179(100%)

Among all female respondents maximum no of female were received information about contraceptive from Anganwadi worker 112(62.5%) followed by Asha and Television.

**Table No 4 Contraceptive practice by respondent**

Name of contraceptive	Number (%)
Oral pills	33(18.0%)
Copper T	19 (10.6%)
Injection	00
Tubectomy	106( 59.2%)
Emergency Pills	00
Condom	00
Not using any method	21 (11.2%)
Total	179 (100%)

Out of all different methods of contraception commonly practicing was Tubectomy 107(59.2%) followed by oral pills 33 (18.0%) 21 (11.2%) were not using any method of contraception.

**Discussion :**

In India still fertility rate are higher in comparison to developed countries<sup>8</sup>. In India knowledge of contraception is universal but there is existence wide gap between knowledge and acceptance<sup>9</sup>. In India government is providing facilities for temporary as well as permanent method of contraception free of cost through various media and after hospital delivery ,but still acceptance is quite less<sup>5</sup>.

Jayshree J Upadhyay et. al<sup>5</sup>. reported Maximum (43.5%) women from 26-30 years of age group . Sunita Ghike, Sulbha Joshi, A Bhalerao, A Kawthalkar<sup>13</sup> reported most of the respondent were from 22-25 years of age(46.91%).The present study observed that Majority (56.10%) of women were between 26-30 years. In the present study majority had education up to Secondary level (46.52%) however Anjali Singh , K. K. Singh and Prashant Verma. reported quite lower (34.9%) Secondary level in selected city of Utter Pradesh this could be due to geographic variation. Majority of respondent were Hindu (77.50%) similar (78.5%) finding was also reported by Anjali Singh , K. K. Singh and Prashant Verma in Utter Pradesh. Uruju Jahan, Kavita Verma, Shruti Gupta, Renu Gupta, Simmi Mahour,Neha Kirti et.al<sup>6</sup>. reported (35.9%),(36.5%),(17.5%) Jyotsna Sharma, Gowri

Dorairajan, Palanivel Chinnakali<sup>3</sup> and Jayshree J. Upadhye, Jayant V. Upadhye<sup>5</sup> however the present study reveal very high percentage of two child norm (44.90%) this contrast finding may be due to geographical variation.

In present study 197(95.72%) women respondent were aware about contraceptive methods. The study conducted by Jayshree J. Upadhye, Jayant V. Upadhye<sup>5</sup> reported 92.5% awareness in Nagpur Maharashtra, Uruju Jahan, Kavita Verma, Shruti Gupta, Renu Gupta, Simmi Mahour,Neha Kirti et.al<sup>6</sup>. reported 91.1% in Tartary Care Hospital in Utter Pradesh, our study shows similar quite similar to above findings.

I. The study conducted by Jyotsna Sharma, Gowari Dorairajan Palanivel Chinnakali<sup>3</sup> report that Most popular source of information was social network friends relative neighbor . Rajani Dhingra , Sarika Manhas, Nidhi Kohali, Asiya Mushtaq<sup>7</sup> also reported Mass media especially television (39%) was one of the most important source of information for contraceptive method but in our study we found that Anganwadi worker(62.5%) followed by Asha 28 (15.5%) was main source of information this may be due to this is a rural based study these two worker are available at first contact with the population.

The present study commonest method of contraception was tubectomy (59.2%) followed by oral pills (18%). A study conducted by Rema V Nair, Vishnu G Ashok, Prashant V Solanke<sup>10</sup> reported 26% of respondent were practice sterilization method<sup>11</sup> in rural area of Tamilnadu. Bhabani Pegu, Bhanu Pratap Singh Gour, Nalini Sharma, Ahanthem Santa Singh<sup>11</sup> reported only 10.5% respondent undergone for Tubectomy.

Uruju Jahan, Kavita Verma, Shruti Gupta, Renu Gupta, Simmi Mahour,Neha Kirti et.al<sup>6</sup>. reported that Female sterilization 33.9%. in present study we have found Tubectomy practicing with highest number the reason Permanent method and easy method with high success rate.

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