



FAMILY PLANNING ATTITUDE AND PRACTICES AMONG RURAL SOCIAL WELFARE WORKERS IN KASHMIR

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KEYWORDS :

Introduction

Family planning is defined by WHO as "a way of thinking and lining that is adapted voluntarily, upon the basis of knowledge, Attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family group and this effectively contributes to the social development of a country" (1) Over 200 million women in developing countries do not desire pregnancies and they fail to use modern contraceptive methods (2) Programmes to promote family planning in developing countries began in the 1960s, with the number of countries with official policies to support family planning rising from only two in 1960–74 by 1975 and 115 by 1996 (3). India is the second most populous country of the world. The Govt of India launched a family welfare program in 1950's to accelerate the economic and social development by reducing the population growth. But this program has met with only marginal success. This is because people of India being multilingual, multireligious and multiethnic, have different levels of awareness and acceptance of methods of family planning. (4) In the year 2011, the couple protection rate was about 40% for India, which is still far behind to achieve the 60% couple protection rate goal. (5) Modern family planning methods account for the majority of current global contraceptive practices; almost nine out of every ten contraceptive users rely on a modern method. Female sterilization, intra uterine device and oral pills account for more than two-third of all contraceptive practice worldwide. (6)

Methodology

The study conducted was a questionnaire-based, cross sectional study to assess knowledge, attitudes and practice of family planning regarding among Anganwadi workers serving in District Shopian and District Pulwama. The study was carried out between May-August 2016. The study instrument was a self-administered questionnaire that consisted of questions derived from several previously validated questionnaires. The questionnaire consisted of four parts: socio-demographic information; knowledge, attitudes and practice of the participants. Statistical analysis: Data was analysed using SPSS version 23.

RESULTS

Knowledge of family planning: Among all the respondents, majority (82%) had knowledge of family planning method used in preventing pregnancy, 52% had heard about family planning method at the health centre, 32% had heard of condom as family

planning method and 43% did not have any knowledge of the approximate costs of family planning methods. 78% were having knowledge that prevention of unintended pregnancy in HIV positive women is important. 51% mentioned that it minimises the chances of getting a baby HIV and 61% thought that HIV positive women should not have sexual relationships. 59% knew that it is important for HIV positive women to use condoms with other family planning methods, 83% thought that condom may burst and 57% mentioned condom being enough for HIV positive women as a family planning method.

TABLE 1: Demographic characteristics of the study participants

Variables	Frequency N=192 (%)
Age (in years)	
15-19	5(2.6)
20-29	119(62)
30-39	61(31.8)
40-49	7(3.6)
Education	
Middle school complete	99(51.5)
High school/above	93(44.4)
Marital status	
Married	148(77.1)
Unmarried	44(22.9)

Table 1:-All the respondents were females (192) in the age group of 20-29 years (62%) and (77%) were married, all of them were employed working as anganwadi workers, muslim by religion and half of them had completed middle school level education.

Table 2: Knowledge of family planning among study participants

Variable	Frequency (%)
Know the meaning of family planning	106(55.2)
Family planning method used to prevent pregnancy	157(81.8)
Heard of the method from	
Health centre	100(52.08)
From a friend	38(19.8)
At pharmacy	15(7.8)
Radio	10(5.2)
Tv	16(8.3)

Others	13(6.7)
Family planning method heard of	
Pill	68(35.4)
IUCD	30(15.6)
Injection	22(11.4)
Condom	72(37.5)
Approximate costs of family planning methods (in rupees)	
Did not know	80(41.6)
10	60(31.2)
15	15(7.8)
25	30(15.6)
50	7(3.6)
Reason for using family planning methods:	
Having a child when required	49(25.5)
Spacing of birth	59(30.7)
Prevention of unwanted birth	48(25.0)
Prevention of Sexually transmitted disease	36(18.7)

Knowledge of family planning: Among all the respondents, half of the participants knew the meaning of family planning, (82%) had knowledge of family planning method used in preventing pregnancy, 52% had heard about family planning method at the health centre, 38% had heard of condom as family planning method and 42% did not have any knowledge of the approximate costs of family planning methods. 31% gave reason for using family planning methods for spacing of birth.

Table 3: Attitude of family planning among study participants

Variable	Frequency(%)
In past spoken to anyone about family planning	138(71.8)
Spoken to whom	
Health worker	42(21.8)
Husband	88(45.8)
Partner	40(20.8)
Friend	22(11.4)
Ever encouraged anyone from using family planning method	121(63)
Why encouraged	
Reliable	105(54.6)
I use it myself	60(31.2)
others	27(14.06)

Attitude section: About 72% agreed that they have spoken about family planning, 45% talked about family planning to their husband, 63% encouraged others for using family planning methods as majority of them considered them reliable.

Table 4: practice of family planning among study participants

Variable	Frequency (%)
Currently using any method to prevent pregnancy	
No	103(53.6)
Yes	89(46.3)
If no why	
Want a baby	69(35.9)
Already sterilised	55(28.6)
Long a long way from health facility	31(16.1)
Others	37(19.2)
If yes why	
Easy to use	58(30.2)
My spouse accepted it	60(31)
No side effects	70(36.4)
others	4(2.08)
Plan to use family planning method in future	
Yes	147(76.5)
no	45(23.4)

Practice section: Majority of the respondents did not use any method currently for preventing pregnancy as 36% wanted to have a baby. 46% were using family planning method currently as 37%

believed that it has no side effects. 77% planned to use family planning method in future.

DISCUSSION:

This study assessed the knowledge, attitude and practice of family planning among anganwadi workers. Majority of the respondents had good knowledge of family planning. This finding was supported by a study conducted in 2009 on Knowledge and use of contraception among Racha Koyas of Andhra Pradesh, which showed that 81% had a high level of knowledge on different contraceptive methods. (7) which may be explained by advancement of information, education communication and trainings provided to healthcare workers which increases their awareness towards it. We found that participants had better knowledge of using condoms with other family planning methods. The plausible explanation of which may be because they were aware of side effects of other family planning methods. The study showed that participants had positive attitude towards family planning yet only few practiced family planning methods. The main reason for not using family planning was the fear of side effects and husband's will. More intense education and economic advancement will help to change attitudes and norms of birth spacing and family size.

Conclusion

There is a considerable gap in knowledge, attitude and practice regarding health education related to family planning among Anganwadi workers. In order to inculcate the behaviour change with respect Family planning in women in reproductive age attending Anganwadi centres

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