



CONTRACEPTIVE AWARENESS AMONG FEMALES

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ABSTRACT

Objective: This observational study was done to assess awareness regarding family planning methods and the practice of contraceptives among women at a tertiary care centre. **Materials and Methods:** A cross sectional study was done at civil hospital of the Ahmedabad regarding the use of contraception methods used by different women attending the OPD during the period of July 2019 to December 2019 Their knowledge, source of knowledge and practice of contraceptives were evaluated with the help of a predesigned questionnaire . Results were expressed as percentages. **Results:** Out of women interviewed majority of women (49.2%) were between 22-25 years of age. women. Regarding the usage of contraceptive, Barrier method (condoms) was in practice by 47%, pills in 12%, Cu T users were 24% and 9% were using MTP for contraception. 5% of women had undergone tubal ligation. It was noted that awareness about pills and Copper was good, but their practices were very low. There were multiple reasons for non use like fear of side effects, no support from the husbands, low fertility, inhibition to ask about the contraceptives. **Conclusion:** There is need for strong motivation of couples through media and health personnel to achieve effective use of contraceptives, specially for Cu T and oral pills.

KEYWORDS :

INTRODUCTION

The most important problem that India is facing now is the uncontrolled growth of population. In spite of availability of a wide range of contraceptives, mass media campaigns and IEC programs for family planning, population control still remains a distant dream to achieve. Though the permanent methods have been successful in our country the spacing methods lag behind and unwanted unplanned pregnancies continue to be high. India was one of the pioneers to start family welfare program which was started in 1950s. In spite of that, it is the second most populous country in the world and the rate of population growth is a matter of concern for its growth and development. 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. Understanding the contraceptive needs & practices of particular community is important to help policy makers design various policies. The present study was undertaken in patients attending gynecology OPD to know the awareness level and practices regarding contraceptive usage.

Aim:

To assess awareness regarding family planning methods and the practice of contraceptives among women at a tertiary care centre.

Study Place:

This study was conducted in Department of Obstetrics and Gynaecology, Civil Hospital, B. J. Medical College, Ahmedabad.

Study Duration: July 2019 to December 2019

Method of study:

A cross sectional study was done at civil hospital of the Ahmedabad regarding the use of contraception methods used by different women attending the OPD during the period of July 2019 to December 2019 Their knowledge, source of knowledge and practice of contraceptives were evaluated with the help of a predesigned questionnaire. Results were expressed as percentages. Total number of patient that were used different method of contraception were 3062.

RESULTS :

Table 1: Demographic characteristic of the study group

Characteristic	No. of females	%
Age in years		
18-21	462	16
22-25	1000	32
26-30	700	22
31-35	500	16
35	400	14
Parity		
0	300	9.8
1	462	15.2
2	700	22.0
3	600	19.5
4	1000	32.6

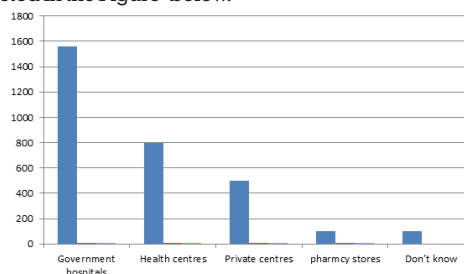
In this study of 3062 patients the maximum number of the patients of the age group 22-25 years and maximum parity was 4.

Knowledge of contraceptives and various contraceptive methods

The awareness regarding contraception and various contraceptive methods like condom, IUCD, Injectables, Hormonal pills, and emergency contraception, were assessed.

Knowledge regarding procurement of contraceptive devices

The women were assessed regarding their knowledge on procurement of temporary contraceptive devices. The sources being Government hospitals, Health centers, Private health institutions, Medical shop and pharmacy. The responses are depicted in the Figure below.



Source of information

The source of information of the women was assessed and their sources being media, husband, family and health personnel.

Table 2: Source of information about contraceptive measures.

Source of information	Frequency numbers	percentage
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Medias	1200	39.1%
Husband	900	29.3%
Family/friends	670	21.8%
Health personnel	800	26.1%
Others	180	5.6%

The total will not be equal to 3062 as the sample can have multiple answers.

Table 3 : regarding the choice of contraceptive method

METHOD \ MONTH	NSV	TUBAL LIGATION	COPPER T	MTP	OC PILLS	NIRODH
JULY	1	41	160	23	56	760
AUGUST	0	44	139	29	100	600
SEPTEMBER	0	49	92	39	33	0
OCTOBER	0	36	117	25	31	25
NOVEMBER	0	43	132	29	46	40
DECEMBER	0	64	125	37	100	44
TOTAL	1	277	765	182	368	1469
PERCENTAGE	0.032%	9%	24%	5.9%	12%	47%

In this study it was observed that out of 3062 patients 0.032% patients used the method of no scalpel vasectomy, 9% patients used tubal ligation as a method of contraception ,24% patients used the Copper T ,5.9% patients used MTP,12% patients used OC Pills, Nirodh was used by 47% of the patients.

Table 4: Various reasons for nonuse of contraceptive methods Reason No. of females % (n= 100)

Reasons for non use of contraception	Number of patients	percentage
1. not aware	40	40%
2. not favoured by husband	20	20%
3. fear of side effects	22	22%
4. desire of son	8	8%
5. inhibition to ask	10	10%

It is evident from this study that inspite of high awareness, practice of modern contraceptives is very low in our population.

Constant motivation by healthcare workers, alleviating fear of side effects and myths, and counseling of husbands are very important to improve the contraceptive use among population.

Table 5: Sample classified based on their education.

Education level	Frequency numbers	Percentage
Primary education	1400	45.7%
Secondary education	690	22.5%
High school	540	17.6%
Graduate and above	162	5.2%
No formal education	270	8.8%

Thus, we understand that 91% of the women in the sample were literate. 22.5% of the women had secondary level education.

Table 6: Sample classified based on their religion.

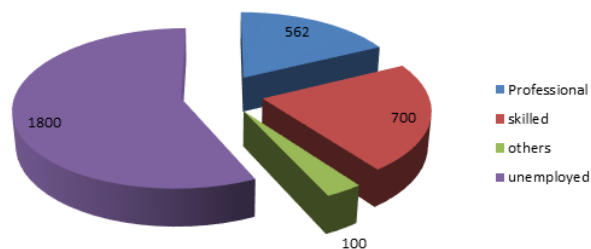
Religion	Frequency numbers	percentage
Hindu	1890	61.7%
Christians	720	23.5%
muslims	300	9.7%
others	152	4.9%

Thus, it is understood that the majority of respondents were Hindus and only 9.7% were Muslims.

Occupational status

The occupational status of the women was enquired. The various occupational levels were professional, skilled worker,

unemployed and others. The occupational status of the women is as depicted in Figure below.



Thus, it is clear that 58.7% of the women in the community were unemployed and 18.3% of the women had occupation of professional level.

DISCUSSION

This is a cross sectional study that was conducted to assess the awareness of temporary contraceptive methods among women within the reproductive age group of the community. The results obtained from the study show that:

- 100% of the women were familiar with one or more contraceptive method.
- More than 50% of the sample saw government hospitals as a source for procurement of contraceptives followed by private health institution, medical shop and health centre.
- Among spacing methods, awareness about condoms (47%) and copper T (24%) was higher as compared to other measures.
- 3% of the women did not know the place to acquire them

Conclusion

The results from this study shows that

- 100% of the sample population is aware of at least one method of contraception
- More than 80% of women were aware about atleast one of the temporary contraceptives, Condom (47%), IUCD (24%) and hormonal pills (12%%)
- 91% of the women were literate.
- 3% of the women did not know where to procure contraceptives.
- Health personnel were the source of information about contraceptives for nearly half of the women (48%).

Thus we conclude that in our study population the high level of awareness needs to be translated to knowledge by proper and detailed counseling. The fear of side effects of the contraceptive methods specially for Cu T and oral pills, and negative attitude of husbands and their approval turned out to be the most important factors affecting their use.

The success of family planning programs can only be achieved by increasing the awareness of various contraceptives available. It is important for contraceptive information providers to have sound knowledge of various methods of contraception and their proper usage to remove fears about contraception.

Proper and detailed counseling about the methods and doing away with the myths and involving husbands in these sessions would be important strategies to improve the effective use of spacing contraception in eligible couple.

The difficulty to access the contraceptive provider limits the usage of contraceptives. Hence, it is necessary that supplies of contraceptives are accessible, available and affordable to the general public with ease.

To improve awareness, PHC's may expand their coverage / health care facilities to peripheral areas. The government may also utilize the media to increase the awareness of contraceptive to adopt proper family planning methods.

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