



A STUDY OF USAGE OF CONTRACEPTIVES AMONG WOMEN IN REPRODUCTIVE AGE GROUP

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ABSTRACT

Family planning is very important for population stabilization. It also helps to improve the reproductive health of women. Public health development is affected by utilization of family planning methods. Family planning affects the socio economic condition of the country. The objective of the study is to understand the usage of contraceptive among women staying in urban slums. It was observed that women still have reservations in adopting contraceptive methods. The overall use of different contraceptive is very poor. There is need to create awareness about family planning methods through health education and motivate people regarding contraceptive use.

KEYWORDS : family planning, contraceptives, health education

INTRODUCTION

According to the World Health Organization (WHO), family planning is defined as 'the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their birth.' (Family Planning/Contraception Methods, 2020) India launched family planning programme in the year 1952. It is regarded as the first country in the world to launch a family planning programme. Family planning is very important for population stabilization. It also helps to improve the reproductive health of women. Public health development is affected by utilization of family planning methods. One of the most important health intervention is family planning. It also affects the socio economic condition of the country.

OBJECTIVE AND METHODOLOGY

The objective of the study is to understand the usage of contraceptive among women staying in urban slums. The study is done based on primary and secondary data. Primary data was collected from 300 women within the age group 15-45 living in slums of Kolkata. An interview schedule was prepared for collecting data from the respondents. Secondary data was taken from National Family Health Survey (NFHS). A review of articles was done to understand the usage of contraceptive among women in the reproductive age group.

LITERATURE REVIEW

Ewerling et al. tries to establish relationship between woman empowerment and use of contraceptives. Empowerment affects the decision to choose the method of family planning. Mozumdar et al. has observed that quality family planning services creates happy clients. Clients must be made knowledgeable about the various family planning services available. Nagla Madhu highlighted that the choice of contraceptive and the decision to discontinue it must be taken by the women. The medical personnel can only guide them to take decisions. Speizer IS et al. found that education level and wealth has an impact on the decision regarding choice of contraceptives. Ochako, R. et al suggested that there is need to educate people about contraceptive methods and clear their misconceptions.

DISCUSSION

Family planning service is made to see that people can lead a happy family life. There are two types of family planning method – spacing method (pills, condoms, intra uterine device etc.) and permanent method (male/female sterilization). As per the National Family Health Survey (NFHS) the number of people using any method of family planning has increased from 56.3% in NFHS 3 to 66.7 % NFHS 5.

Table 1: Use Of Family Planning Methods

Method of Family Planning	NFHS 5	NFHS 4	NFHS 3
Female Sterilization	37.9	36	37.3
Male Sterilization	0.3	0.3	0.3
IUD	2.1	1.5	1.7
Pill	5.1	4.1	3.1
Condom	9.5	5.6	5.2

Source: NFHS Data

As per the NFHS data, the increase in use of female sterilization method was negligible whereas no change was observed in use of male sterilization method. The use of IUD and pill has increased from NFHS 3 to NFHS 5. The use of condom has increased from 5.2% in NFHS 3 to 9.5% in NFHS 5. The trend suggests that people are accepting condoms as a contraceptive method.

In our study group we find that –

Table 2: Use Of Contraceptive Among Women Residing In Urban Slums

Type of Contraceptive	Yes (%)	No (%)
Female Sterilization	64 (21 %)	236 (79 %)
Male sterilization	0 (0 %)	300 (100 %)
Contraceptive pill	124 (41 %)	176 (59 %)
Condoms	43 (14 %)	257 (86 %)
Female Condom	0 (0 %)	300 (100 %)
Foam Jelly	1 (0.3 %)	299 (99.7 %)
IUD	18 (6 %)	282 (94 %)

The table suggests that people still have reservations in adopting contraceptive methods. Sterilization method is not a widely accepted. None of the families adopted the method of male sterilization because they felt men should not undergo sterilization. It was seen that only 21% women opted for female sterilization. The most widely used method was contraceptive pills since 124 out of 300 women opted for contraceptive pills. 14.3% women opted for condoms which is also pretty low. Awareness of female condom was not found among the study population. Other methods of contraception like foam jelly, IUD etc. were very negligible. It was found that only one woman in the study group experienced the use of foam jelly. It was seen that only 6% women opted for IUD.

CONCLUSION

Health a basic right for every person. Women must be able to take informed decisions regarding their well-being. There is need to create awareness about family planning methods. The overall use of different contraceptive is very poor. There is need to create different health education programme to motivate people regarding contraceptive use.

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