



A Study To Assess The Knowledge, Attitude And Practice of Contraception Among Women in A Urban Slum of District Srinagar, Jammu And Kashmir

KEYWORDS

Family planning, Contraception, knowledge

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ABSTRACT

The study has been done with the objective to assess the knowledge, attitude and practice among women of reproductive age group. A cross sectional study was conducted in urban slum of Aabidal area of block Hazratbal of district Srinagar. The study was done for a period of two months from September to October 2012. Interview was conducted using pretested semi-structured questionnaire. The respondent included 200 married women in the reproductive age group of 15-49 years. Data was analyzed using SPSS and expressed in percentages. Mean age of the women was 32.4 years with standard deviation of 5.96. 91% had ever heard about contraception. Most (53%) of them had an idea that contraception limit family size while only 2% knew both the advantages. Majority (56%) were using contraception for spacing purpose among current user. 36% were using contraception for atleast 6 months to one year. The common method known were natural method (40%) and female sterilization. 54% were non user and 22.5% had ever used contraception. Reason for discontinuation was desire for more children (36%) and fear of side effects (32%). 30% were desirous of using contraception in future among non-user. Regarding attitude, 46% approve of using contraception and 75% felt that couples should know about family planning. Most of them (74.5%) favour natural method as the best method to prevent pregnancy.

Introduction:-

India is the second most populous country of the world. According to census 2011, the population estimate is around 1.21 billion. Family planning programme has been established since 1952 to address the various issues relating to ever increasing population of India. One of the main goals of National Health Mission is to bring down the Total Fertility Rate to 2. This can be achieved by proper implementation of the guidelines relating to family planning. Organizations such as WHO and UNICEF have strongly advocated family planning as one of the essential primary health care services. Success of any programme depends on proper utilization of the services and by providing timely information to the beneficiaries. Knowledge, attitude and practice gap (KAP) was recognized as rationale for investment in family planning programme. Knowledge and practice of contraceptive indicators are used by national and international organizations to assess family planning. With this notion, the present study has been undertaken in an urban slum of district Srinagar to assess the knowledge, attitude and practice among women of reproductive age group. The study will provide a feedback for acceptability of contraception in future, promote mother and child health and reduce the number of unplanned and unwanted pregnancies within local context.

Methodology:-

A cross sectional study was conducted in urban slum of Aabidal area of block Hazratbal of district Srinagar. Hazratbal block is the field practice area of community medicine, Government Medical College, Srinagar. It comprises of 12 sub-centres and 5 PHCs. Among all the sub-centres, two sub-centres, namely Aabidal and Nandpora constitute slum population of the city. Aabidal caters the highest population among all the subcentre areas about 5360 approximately as per the survey of 2011. So it was selected purposively for the study. The area is divided into four major mohal-

las namely Moti mohalla, Roni mohalla, Latti Mohalla and Kani kuch. In order to have equal representation of all the zones, women from all the four zones were selected. From each zone, all the women in reproductive age group were line listed from survey register and every even number women were interviewed till the desired sample size was obtained. So fifty women were selected from each zone. The study was conducted for a period of two months from September to October, 2012.

Interview was conducted using pretested semi-structured questionnaire. Informed consent was taken as per the study protocol. Information was obtained about demographic characteristics, knowledge, Attitude and Practice (KAP) regarding contraception. The respondent included married women in the reproductive age group of 15-49 years. A sample size of 200 was taken as per the Guideline by K. Kaliyaperumal et al.³ Data was analyzed using SPSS and expressed in percentages.

Results And Discussion:-

Mean age of the women was 32.4 years with standard deviation of 5.96. Mean age at first pregnancy comes out to be 24.30 and standard deviation of 7.28. Of all the respondents only 10% were literate. Most of the women belong to lower middle and upper lower group as per Kuppuswamy scale 2012⁴. 40% of the women had three pregnancies. In 10% of the women who were currently pregnant, 60% were intended pregnancy while 30% and 10% had mistimed and unwanted pregnancy respectively. The reasons for mistimed and unwanted pregnancy were mainly due to lack of awareness about contraception. P. Jayarani Reddy⁵ in his study found that one third of the pregnancy was undesired or unplanned.

Table 1 shows the knowledge ,source of information and perception regarding contraception of the women .91% had ever heard about contraception.99.3% of the women had heard about contraceptives in a study conducted by Vong Sreytouch in Combodia. ⁶The source of information being media in 40% followed by friends and relatives in 30 % women.The results of present study is in accordance with study by Priyanka Mahawar et al ⁷ where Television was the main source of knowledge in 88 % of women. while as per the findings of Naseem Aftab shah et al,⁸ 48.5 % got information through health workers and only 6% through media. All the women who had heard about contraception were knowing atleast one method.Similarly study by H Tuladar etal reveal that 93 % of the respondent were aware about at least one method of family planning.⁹ The common method known were natural method and female sterilization. The least method constitute injectables. while the results of Vasunundhara Sharma found 98.8% of the respondents to be aware about female sterilization and condom.¹⁰ on probing about the uses of contraception,most (53 %) of them thought that contraception limit family size while only 2% knew both the advantages.Women perceived contraception for limiting family size and reducing expenditure in a survey conducted in lucknow.

Table 2 and 3 shows the contraceptive practice among the respondents.Majority about 54% were non user and 22.5% had ever used contraception.In contradiction to the present study ,60% were ever user and 40% were non user as per the results of Naseem Aftab shah et al.⁸Natural method was the most common (32 %) adopted method in the past followed by barrier method(30 %) in our study. Reason for discontinuation was desire for more children(36%) and fear of side effects (32%).61.04 % of women stopped using contraception to plan next pregnancy and 38.96% due to fear of complications as per the findings of D.W. Belcher et L. ¹¹Majority (56%) were using contraception for spacing purpose among current user. Common temporary method were natural method 40% followed by condom (16 %) .Contrary to the findings of our study,IUCD (85%) was the most frequently method used as per the results of Najla Nour Talji.¹²36% were using contraception for atleast 6 months to one year. 33% had undergone sterilization for more than 2 years.Services were accessible for most of the women and had to travel not more than half an hour. About 60% of the women had to travel less than 2km in a study conducted by Naseem Aftab.⁸30% were desirous of using contraception in future among non- user . Regarding attitude component, 46% approve of using contraception and 75% felt that couples should know about family planning. Findings by Najla Nour Thalji showed positive attitude by 67.4% with approval by husband .¹² Most of them(74.5%) thought natural method as the best. The reason may be due to inadequate knowledge and misconception regarding modern methods.Health workers at the grassroot level can emphasize and motivate the beneficiaries from time to time by educating them. 55% discuss family planning method with others and 53.5 % of husband approve of using contraception in future.

Limitation:- The study has been confined to knowledge, attitude and practice of a single subcentre area .Further study on broader scale is needed to understand the utilization and awareness of family planning services among

different sections of the society.

Table 1:Awareness and source of information among studied woman.

Variables	Number (n)	Percentage (%)
Ever heard about contraception		
Yes	182	91
No	18	9
Source of Information about family planning n=167		
Health worker	42	23
Media(radio,television,newspaper)	80	40
Friends,relatives	60	30
Know at least two Methods		
Yes	155	85
No	27	15
Methods known		
Pill	110	55
IUCD	118	59
Injectables	5	2.5
Condom	130	65
Female sterilization	150	75
Male sterilization	110	55
Natural method(withdrawl,abstinence)	155	78
Advantage of contraception		
To avoid unwanted pregnancy	84	46
To limit family size	95	53
Both of the above	3	2

Table 2: Contraceptive practices among woman in the past.

Variables	Number(n)	Percentage (%)
Contraceptive practice		
Current user	45	
Ever user	47	
Non user	108	
Ever user(n= 47)		
	10	21
Methods used in past Pill	3	6
IUCD Injectables Condom	0	0
Female sterilization Natural method(withdrawl,abstinence)	14	30
	5	11
	15	32

Reason for using contraception in past		
For spacing	42	89
To limit family size	5	11
Decision to use contraception	0	0
Self	35	74
Husband	12	26
Joint decision		
Reason for discontinuation of use		
Due to fear of side effects	15	32
Fear of getting infertile	10	21
Medical reasons	0	21
Desire for more children	17	0
Others(refusal from husband,in-laws)	10	36
		21

contraception use in future		
Yes	60	30
No	95	48
Do not know	45	23
Preferred method in future (n= 60)		
Pill	7	12
IUCD	0	0
Injectables	7	0
Condom	10	12
Female sterilization		17
Male sterilization	0	0
Natural method(withdrawl,abstinence)	12	20
Not decided	22	37

Table 3: Contraception practice among current user.

Current user(n= 45)	Number (n)	Percentage(%)
Purpose		
For birth spacing	25	56
For limiting birth	20	44
Methods used currently		11
Pill	5	0
IUCD	0	0
Injectables	0	0
Condom	7	16
Female sterilization	15	33
Male sterilization	0	0
Natural method(withdrawl,abstinence)	18	40
Duration of using the contraception		
< 6 months	16	36
6 months- 1 year	5	11
2 year	7	16
>2 year	2	4
Did tubectomy	15	33
Time taken get the services(Accessibility)		
<30 min	17	38
30 min – 1 hour	28	62

Variables	(n)	Number	Percentage (%)
Approve of using contraception			
Yes		92	46
No		108	54
Couples should know about family planning			
Yes		151	75.5
No		49	24.5
What do you think is the best way to prevent pregnancy			
Use modern methods		32	16
Use natural methods		149	74.5
Don't know.		19	9.5
Discuss about family planning with others			
Yes	110		55
No	90		45
Husbands attitude towards contraceptive methods		107	53.5
Approve		93	46.5
Disapprove			

Table 4: Attitude towards contraception

Conclusion and Recommendation: our study found misconception and lack of knowledge regarding contraception. Natural method and Sterilization was more popular among them. However, percentage of current user was very low in spite of favourable attitude of women. There is a need to create awareness among women regarding all the methods available at subcentre, during field visit and during village health nutrition day. Women needs to be motivated through health workers and ASHA. Basket of contraception services should be made available at the subcentre itself keeping in view the inaccessible location of the area. IEC material and hoarding needs to be displayed in local language at village

level. Influential people from the area can be involved to make contraception more acceptable.

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