A Study to Assess the Unmet Need for Family Planning and its Determinants Among Married Women in Urban areas of Kalaburagi District of Karnataka, India

Deepak Jamadar	Sujatha Inginshetty
Research Scholar, Dept. of Statistics, Gulbarga University, Kalaburagi.	Professor, Dept. of Statistics, Gulbarga University, Kalaburagi.

ABSTRACT Population as a human resource is vital for development of a nation. However beyond a desirable level, growth of population is likely to work as a deterrent to the socio-economic development of a country. Hence there is a need for controlling population growth through control of conception rather than prevention of conception. Unmet need is a powerful concept for designing family planning program and has important implication for future population growth. The present study was conducted to find the magnitude of unmet need for family planning and to study the association between unmet need for family planning and its determinants, among married women in urban areas of Kalaburagi district of Karnataka state, India. A cross sectional study was carried out by taking 600 married women in the reproductive age group. The unmet need for family planning was found to be 34.67%. Unmet need for family planning is highest (49.32%) among women belonging to 40-49 years age group. Religion, education of women and family income were significantly associated with unmet need for family planning. Unmet need is highest (44.44%) among the women having more than two living children. Common reasons for unmet need for family planning were lack of awareness about family planning methods, to get child soon, religious reasons and fear of side effects. 36.50% of the respondents acquired knowledge about contraceptives from their relatives.

1. INTRODUCTION

Population as a human resource is vital for development of a nation, combined with material resources and money, population represents the wealth of nations. However beyond a desirable level, growth of population is likely to work as a deterrent to the socio-economic development of a country. At present India's population is second to that of China. According to UN projections India's population will reach 1.53 billion by year 2050 and will be the highest population in the world [3]. This rising population has effect on socio-economic development. Hence there is a need for controlling population growth through control of conception rather than prevention of conception. Unmet need is a powerful concept for designing family planning program and has important implication for future population growth. This concept is usually applied to married women for limiting the number of children. The concepts of unmet need for family planning are related to the women who are sexually active and do not want child and not using any method of contraception. These women are considered to have unmet need for contraception [1]. According to NFHS-3 survey 2005-06[2], the unmet need for family planning is 13% in India and 9.6% for Karnataka. 76 million women in developing countries still experience unintended pregnancies in each year [5] and 19 million resorts to unsafe abortions [6]. Therefore the objective of the study is to observe the magnitude of unmet need for family planning in urban areas of Kalaburagi district and also to find out the determinants of unmet need for family planning and to study the association between the determinants and unmet need for family planning among married women in the reproductive age group of 15-49 years.

2. Materials and Methods

The present study was carried on married women of reproductive age group (15-49years) in urban areas of Kalaburagi district, Karnataka State, India. Total number of study participants was 600 and these women were interviewed through house to house survey after obtaining informed consent. A pre-designed, pre-tested questionnaire was used to collect the information. The data was collected regarding socio-demographic factors, namely age of the respondent, religion, education, occupation and number of living children. The subjects were also interviewed about their knowledge of contraceptive methods. The data collected was analyzed by using SPSS software to test the association between the determinants and unmet need for family planning of married women.

3. Results and discussion

In the present study, total unmet need for family planning was found in 208(34.67%) women out of 600 study participants.

Table 3.1: Distribution of married women according to unmet need for family planning by age group

Age groups	Unmet need	%	Met need	%	Total	Chi-square	p-value
15-20yrs	19	45.24	23	54.76	42	28.5010	0.0001*
21-30yrs	83	25.30	245	74.70	328		
31-40yrs	70	44.59	87	55.41	157		
41-49yrs	36	49.32	37	50.68	73		
Total	208	34.67	392	65.33	600		

*p<0.05

Table 3.1 shows that, unmet need for family planning is maximum among women in the age group of 41-49 years (49.32%) and minimum among women belonging to 21-30 years (25.30%). The association between categories of unmet need for family planning and age of the respondents is statistically significant.

Figure 3.1: Distribution of study respondents according to met and unmet need for family planning
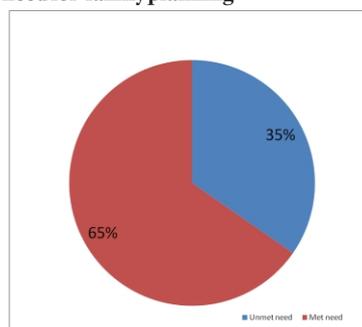
Table 3.2: Distribution of women with unmet need for family planning according to socio - demographic factors.

Socio- demographic factors	Unmet need	%	Met need	%	Total(%)	Chi-square	p-value
Religion							
Hindu	165	34.23	317	65.77	482(80.3)	17.6	0.000*
Muslim	34	41.46	48	58.54	82(13.7)		
Others	9	25.00	0	0.00	36(6.0)		
Education							
Illiterates	136	53.33	119	46.67	255(42.5)	68.2	0.000*

Literates	72	20.86	273	79.13	345(57.5)		
Occupation							
Unemployed	0	0.00	1	0.00	1(0.16)	0.531	0.4660
Employed	208	34.66	391	65.33	599(99.83)		
Family Income							
<= Rs.10000	186	36.68	321	63.31	507(84.5)	5.89	0.015*
> Rs. 10000	22	23.65	71	76.34	93(15.5)		
Type of family							
Nuclear family	191	34.98	355	65.02	546(91)	0.266	0.606
Joint family	17	31.48	37	68.52	54(9)		

*p<0.05

Table 3.2 shows the association between unmet need for family planning with various socio-demographic and socio-economic factors. Highly significant association (P<0.05) was observed between religion, education, family income and categories of unmet need. However there was no significant association found between occupation, type of family and unmet need for family planning.

Table 3.3: Distribution of women with unmet need for family planning by number of living children.

| Number of living children	Unmet need	%	Met need	%	Total	Chi-square	p-value
<=2	92	27.13	247	72.86	339	19.5	0.000*
>2	116	44.44	145	55.55	261		
Total	208	34.67	392	65.33	600		

*p<0.05

Table 3.3 From the above table we observed that unmet need for family planning is maximum (44.44%) among the women who have more than 2 children as compared to women having 2 or less than 2 children (27.13%). The association between unmet need for family planning and number of living children is found to be statistically significant.

Table 3.4: Distribution of women according to reasons for unmet need (Multiple responses)

Reasons for unmet need	No. (%)
Not knowing about family planning methods	138(23%)
Don't like to use	39(7%)
To get child soon	82(14%)
Afraid of side effects	67(11%)
Elders not allowing	82(14%)
Religious	43(7%)
Any other	55(9%)

The most common reason for unmet need for family planning was observed to be lack of information about family planning methods. Table 3.4 shows that, maximum number of women (23%) did not know about family planning methods. Opposition from family members (14%) and want of child (14%) were the other common reasons for not using family planning methods.

Figure 3.2: Distribution of women according to reasons for unmet need for family planning
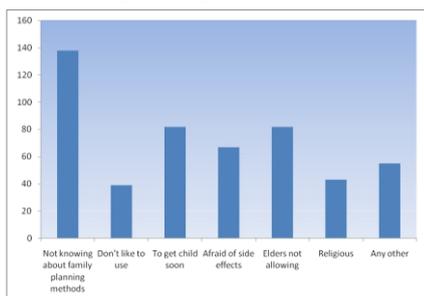

Table 3.5: Distribution of women according to knowledge about family planning by whom (Multiple responses)

Source of information	No. (%)
Friends	39(6.50%)
Relatives	219(36.50%)
Health Persons	115(19.17%)
Media	54(9.00%)
Any other	49(8.17%)

The present study showed that majority of the respondents(36.50%) acquired knowledge about family planning methods from their relatives. Other common source of information about contraceptives is health workers (19.17%). Ray Karmarkar et al[4] in their study also found that majority of the participants (79%) acquired contraceptive knowledge from their relatives and friends. In a study from south-east Nigeria[1] health workers (65.9%) were mentioned as the common source of information about family planning methods.

Figure 3.3: Distribution of women according to knowledge about family planning by whom (Multiple responses)
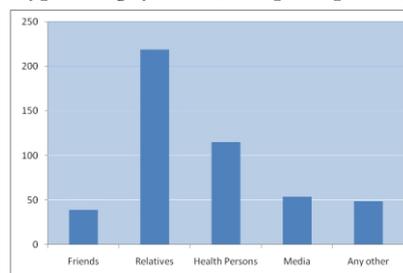
4. CONCLUSION

In this paper an attempt is made to examine the proportion of women who are exposed to the risk of unwanted pregnancy but are not practicing contraception. The unmet need for family planning among married women in the reproductive age group of 15-49 years is 34.67% which is high when compared to NFHS-3 survey reports i.e., 13% in India and 9.16% for Karnataka state. Age of the respondents, education, family income and number of children are the important determinants of unmet need for family planning. The most common reason for unmet need is the lack of knowledge about contraception methods. Therefore continue awareness of contraceptive methods with regards to different methods should be made to motivate them to accept contraceptive methods for improving contraceptive prevalence rate.

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