



## “A CROSS SECTIONAL STUDY TO EVALUATE USE OF FAMILY PLANNING METHODS IN AN URBAN SLUM”

### Community Medicine

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### ABSTRACT

Family planning is the hour of need today for developing countries like India, which is the world's second most populated country. Contraception is the key to prevent unwanted pregnancies, for maintaining proper spacing between the births and for family planning. There are different methods of contraception used, with these services being available from Government, Private hospitals and over the counter from medical shops. This study was carried out in an urban slum attached to field practice area of Urban Health Centre of a tertiary hospital and a Government Medical College, Mumbai. 400 participants were included in the study. Proportion of contraceptive usage amongst study participants was found to be 73.5%, with Barrier method being the most common method of contraception (38.1%). The most common reason for not utilizing any contraceptive method was desiring more children 33%.

### KEYWORDS

#### Introduction:

Family planning services have the potential to improve the quality of the lives of people and also their economic welfare. Increasing population growth is a worldwide problem today. A variety of different methods of contraception are available, which are generally extremely safe compared with the risks associated with pregnancy and childbirth. Not all methods are suitable for everyone. Expanding the number of family Planning options available to women is a critical part of increasing contraceptive coverage, decreasing unintended pregnancies and reducing maternal morbidity and mortality around the globe.

Family planning through contraception tries to achieve two main objectives; firstly to have only the desired number of children and secondly to have these children by proper spacing of pregnancies. A lack of knowledge of contraceptive methods or a source of supply, cost and poor accessibility are the barriers that exist in developing countries. Side effects perceived or real are major factors for the abandoning of modern methods Mass media also plays an important role in promotion and acceptability of contraception.

The prevalence of usage of any method of contraception according to World Bank data in India is 54.8%.<sup>1</sup>

Globally 60,00,000 women die annually due to pregnancy related causes, and 75,000 die as a result of unsafe abortions. 99% of these deaths are occurring in developing countries, failure or lack of contraceptive services is the cause of about 2,00,000 of these maternal deaths.<sup>2,3,4</sup>

Contraceptive method choice is an indicator of existing quality of care for women, a wide range of contraceptive options is a sign that programs can meet the diverse needs of women.<sup>5</sup>

A study conducted by S.K. Bhasin et al in a slum of Eastern Delhi showed that amongst the different methods of contraception used, condom was the most common method (33.4%) of contraception followed by Tubectomy (27.3%), oral pill (16.6%) and intrauterine device (15.7%). The most common reason for not utilizing any contraceptive method in their study was wanting more children (38.8%).<sup>6</sup>

This study was thus conducted to evaluate the proportion of women using different contraceptive methods, from where they are procuring these methods and the reasons for not using contraception.

#### Objectives:

- 1) To assess the proportion of contraceptive usage amongst the study participants.
- 2) To evaluate the different contraceptive methods used

- 3) To study the reasons of non-usage of contraception.

#### Methodology:

This study was carried out in an adapted urban slum area of Urban Health Centre of Topiwala National Medical College, Mumbai. Married couples of reproductive age group (female aged 15 to 49 years) were included in the study.

#### Inclusion Criteria:

- 1) Married Couples living together
- 2) Females age 15 to 49 years

#### Exclusion Criteria:

- 1) Patients not willing to participate
- 2) Patients with contraindication for use of any contraceptive methods

The data was obtained after getting written informed consent from the participants, the questionnaire used was a pretested semi-structured questionnaire.

Ethical approval was obtained from college ethics committee.

#### Sample Size Calculation:

According to World Bank data for contraceptive usage (any method) India- 2008, prevalence of contraceptive usage was 54.8%. So,

$$p = 54.8\% = 0.548$$

$$q = 1 - p = 1 - 0.548 = 0.452$$

Considering, absolute error of 5%,  $e = 5\% = 0.05$ ,  
Sample size =

$$n = \frac{4pq}{e^2}$$

$$n = \frac{4 \times 0.548 \times 0.452}{0.05 \times 0.05}$$

$$n = 396.31$$

So, sample size taken for our study is 396.31, rounding it up to 400.

#### Results

- 1) Utilization of Family Planning Services

**Table 1. Contraception Ever Used**

	Frequency	Percentage
Used	294	73.5%
Never Used	106	26.5%
Total	400	100%
Method Used		

Barrier	112	38.1%
Oral Hormonal	91	30.9%
IUCD	44	15.0%
Permanent	41	14.0%
Natural method	6	2.0%
Total	294	100%

Proportion of contraceptive usage amongst study participants was found to be 73.5%.

294 participants (73.5%) were either currently using or had used some method of contraception. Barrier method was the most commonly used by 112 participants (38.1%), followed by Oral hormonal contraceptive pills by 91 (30.9%). Least followed method was Natural method (2%)

**Table 2. Contraception Services Procured From**

	Frequency	Percentage
Government Hospital	183	62.2%
Private Hospital	45	15.3%
Medical Shop	66	22.5%
Total	294	100%

Majority, 183 (62.2%) of the total 294 participants utilizing contraceptives availed them from Government facilities, 45 from Private Hospital (15.3%) while rest of them, 66 (22.5%) were buying the contraceptives from medical shops.

**Table 3. Reasons For not Using Contraception**

Reason	Frequency	Percentage
Desiring Pregnancy	35	33.0%
Family Pressure	29	27.4%
Lack of Awareness	23	21.7%
Others	19	17.9%
Total	106	100%

Desiring Pregnancy with preference for a male child was the major reason in 35 (33.0%) participants for not using any contraception, followed by family pressure in 29 (27.4%) of them.

### Discussion and Conclusion:

Pregnancy if planed at right age, brings good fortune for the mother and the child. This is possible by using contraceptive methods. Knowledge of contraceptives is very essential for its utilization. The purpose of contraception is to limit the family size rather than to space between births in majority of the families.

Study done by Veeramatha C S titled "Reproductive And Child Health Programs in the Urban Slums of Bangalore City a study on Unmet Needs for family welfare services"<sup>7</sup> observed that with regard to current use of contraception it is evident that 49% of the women were not using any method and 51% were using family planning methods, while in the current study, the usage was found to be significantly higher (73.5%). In another similar study by K G Makade et al, the usage was found to be 68.42%.<sup>8</sup>

Study done by K G Makade et al showed that the most common preferred contraceptive method was OC Pills 28.0%, while in our study we found that Barrier method (38.1%) was the most commonly used method.<sup>8</sup>

The reported reasons for not using contraception among nonusers were desire for more children (11%) lack of knowledge about the methods (15%), lack of knowledge about the sources (20%) husband's disapproval (10%) elder's disapproval (10%) already above age (7%) health reasons (8%) religious opposition (5%) etc.<sup>7</sup>

Where as in our study we found that the reasons for not using contraception were predominantly desiring more children (33%), family pressure (27.4%) and lack of awareness (21.7%).

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