



A STUDY ON ASSESSMENT OF UNMET NEED FOR FAMILY PLANNING AMONG MARRIED WOMEN IN A RURAL AREA OF KATIHAR DISTRICT.

Community Medicine

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ABSTRACT

Background: Unintended fertility fuels a rate of population growth that is outpacing the country's effort to meet the social needs of its citizens and achieve national development goals. **Aims & Objectives** (1) To assess the magnitude and composition of unmet need for family planning among married women. (2) To know the reason for unmet need and to develop strategies to address the unmet need for family planning. **Methodology:** The present study was conducted in rural field practice area, Hajipur, of Katihar Medical College during July to December 2023. Therefore taking prevalence 33.8% of family planning in Katihar district, Bihar (NFHS -5), Around 358 married women aged between 18-49 years age group were studied. After getting informed consent a pre tested, pre designed questionnaire was used to assess the knowledge of females regarding contraception. Data was collected and analysed in MS Excel. **Results:** In present study out of 358 married women, 38.57% were using contraceptives, 28.41% were non users of contraceptives, 25.87% were ANC and PNC, and 7.16% were infecund. More number of married women with unmet need was illiterate (76.52%). The main reasons for unmet need were unaware of methods (67.42%), objection to use contraceptives (12.88%). **Conclusion:** The factors associated with unmet need for family planning was poor literacy status of married women, unawareness about methods and desire of family members for more children.

KEYWORDS

INTRODUCTION

Unintended fertility fuels a rate of population growth that is outpacing the country's effort to meet the social needs of its citizens and achieve national development goals.

The quality of life of large population of humanity during the coming century and future size of global population depend on how quickly the world can satisfy the current unmet need for family planning.

Unmet Need For Family Planning Magnitude

	UMN for Spacing			Unmet Need for Limiting			Total Unmet Need For FP		
	Rural	Urban	Total	Rural	Urban	Total	Rural	Urban	Total
Bihar	17.9	12.5	17.3	16.7	12.7	16.2	34.7	25.2	33.5
Katihar	29.5	10.2	28.2	19.0	8.8	18.3	48.6	18.9	46.5

Data Source- Annual Health Survey 2011-12 Fact Sheet Bihar, Vital Statistics Division, Office Of Registrar General & Census Commissioner, India, New Delhi¹

AIMS AND OBJECTIVE

- To assess the magnitude and composition of unmet need for family planning among married women.
- To know the reason for unmet need and to develop strategies to address the unmet need for family planning.

METHODOLOGY

1. Study Setting-

- The present study was conducted in the rural field practice area (Hajipur), Department Of Community Medicine, Katihar Medical College.

2. Study Design- Community based Cross- sectional Study

3. Study Period- July 2023 to December 2023.

1. Study Participants- Married women (15-49 Years)

- The sample size (n) is calculated by using the formula:

$$N = 4pq/L^2 = 358$$

According to NFHS-5, the prevalence of any family planning in Katihar district of Bihar is 33.8%. method in Katihar district of Bihar is 33.8%.

Sampling Procedure

3. Sampling Technique – Systematic random sampling

4. Data Collection – It was done through predesigned and pretested

questionnaire after obtaining consent from the participants.

- The data was collected in a safe environment after maintaining proper rapport with the participants.
- Data was analysed using MS EXCEL

Inclusion Criteria

- Married women who are neither pregnant nor amenorrheic, who either didn't want any more children or wanted to postpone their pregnancy for at least two years but not using contraceptives.
- Married women who were pregnant, whose pregnancy was mistimed or unwanted.

Exclusion Criteria

- Married women (15-49 years) , who were using modern contraceptive methods.
- Married women whose present pregnancy was intended/ wanted.
- Married women who were amenorrheic (postnatal) whose recent birth was intended/ wanted
- Married women who were not using contraceptives, who wished to have children (within 2 years)
- Married women with primary and secondary infertility.
- Married women in whom pregnancy occurred due to contraceptive failure.

Distribution Of Married Women According To Fecundity.

Fecundity	No	%
Fecund (332)		
User of contraceptive (Met Need)	138	38.57
Non-user of Contraceptive	101	28.41
ANC & PNC	93	25.87
Infecund (26)		
Primary Sterility	8	2.08
Secondary Sterility	18	5.08
Total	358	100.00

Married Women With UMN

S/No	Married Women	No.	%	Total (No.)	Total (%)
1	Fecund with UMN Spacing	26	6.00	83	19.17
2	ANC with UMN spacing	45	10.39		
3	PNC with UMN spacing	12	2.77		
4	Fecund with UMN Limiting	24	5.54	49	11.32
5	ANC with UMN Limiting	14	3.23		
6	PNC with UMN Limiting	11	2.54		
7	Total			132	30.49

Association Between Literacy Status of Women and UMN

Table 1 –Association Between Literacy Status and Unmet Need

Literacy Rate	With UMN		Without UMN		Total	
Illiterate	87	75.65	29	11.93	116	32.40
Primary	21	18.26	148	60.91	169	47.21
Secondary & above	7	6.09	66	27.16	73	20.39
Total	115	100.00	243	100.00	358	100.00

$\chi^2 = 144.88$, $df = 2$, $p < 0.0001$

Association Between Religion of Women and UMN

Religion	With UMN		Without UMN		Total	
	No.	%	No.	%	No	%
Hindu	4	3.38	21	8.75	25	6.98
Muslim	113	95.72	212	88.3	325	90.78
Other	1	0.90	7	2.92	8	2.24
Total	118	100	240	100	358	100

$\chi^2 = 5.25$, $df = 2$, $p > .05$

Reason for UMN Among Women

Reason	With UMN		Without UMN		Total	
	No.	%	No.	%	No	%
Unaware	80	67.79	122	50.8	202	56.6
Objection to use	15	12.7	49	20.4	64	17.8
Came to know Recently	17	14.44	54	22.6	71	19.8
Desire of more child by Family Members	4	3.38	10	4.12	14	3.9
Fear of side Effects	2	1.69	05	2.08	07	1.9
Total	118	100	240	100	358	100

$\chi^2 = 9.46$, $df = 4$, $p < .05$

Reason for UMN Among Women

Reason	With UMN		Without UMN		Total	
	No.	%	No.	%	No	%
Unaware	80	67.79	122	50.8	202	56.6
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CONCLUSION AND DISCUSSION

- Out of 358 females, 145 females were found with met need of contraception, rest were not using any mode of contraception either due to antenatal and postnatal status or due to unmet need of contraception.
- A study done by Malini M. Bhattachary³, in Tamilnadu, the prevalence of unmet need was 39%, similar to our study.

There was significant association between educational status and UMN. These findings are in accordance with those of various other studies conducted elsewhere^{4,5}

- Our study found that the commonest reason for non-usage of contraceptive methods was lack of knowledge (37.5%) followed by in-laws disapproval (12.19%).
- Patel et al⁸ in their study found that lack of knowledge (55%) and ignorance (25%) as the common reasons.
- Wasnik et al⁹ had also reported similar findings.

Recommendations

- A missed opportunity in family planning.
- Role of health care workers.
- Involvement of family members in family welfare programme.
- Improvement of knowledge, attitude and practice of contraceptives among women.

By improving the literacy status of women

Limitations Of Study

- Religion was not represented equally in our study as 95.45% of participants were Muslim and 4.55 % others, hence could not comment on association between religion and UMN.
- Recall bias could have some impact while assessing past use of contraceptives.

- Operational definition of unmet need has its own ambiguity. Especially those who are not sexually active beyond 35-40 years and are relatively not fecund would influence the unmet need towards the higher side. In fact, for them, there is no need for FP, especially in the Indian context

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