



ORIGINAL RESEARCH PAPER

A STUDY ON THE KNOWLEDGE ABOUT THE CONTRACEPTIVE MEASURES AND ATTITUDE TOWARDS THE AVAILABILITY OF OVER THE COUNTER (OTC) ORAL PILLS(OCs) AND USAGE IN KANNUR DISTRICT, KERALA STATE, INDIA

Nursing

KEY WORDS:

Contraceptives, methods, consumption, attitude, unintended pregnancy

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ABSTRACT

This study aim to fill the knowledge gap by providing scientific information about the contraceptive measures prevailed and the preference among methods and attitude towards over the counter(OTC) availability of the Oral pills(OCs). The study was conducted at kottayam district in Kerala State. The number of respondents was 42 aged from 17 yrs to 38 yrs of old. 30 female and 12 male who are all educated 12th standard to PG. Respondents from different religion caste and different socioeconomic level could be included. They were having general information about the contraceptives and usage. Respondent's awareness was incomplete about the usage and its side effects if any. Because it is not scheduled in the awareness programs in the school, college level in the Kerala State. The needy clients may have get some information with some methods by the health personals. 42 respondents were answered questionnaire that has four part, demographic profile, knowledge about contraceptives, side effects and attitude towards the usage. 100% of the respondents have heard about contraceptive measures, though inadequate information regarding all the measures and methods. In the knowledge part 100% respondents have reported that they know about condom and vasectomy. The data shows only 7(16%) of the respondents have the information about Norplant. Regarding oral pill, combination of estrogens and progesterone 12 (48.57%) has the information. Though 100% respondents know about oral pills with progesterone what is it and its usage. Seeing their attitude regarding the availability of the contraceptive pills Over the Counter (OTC) without a screening and prescription 100% respondents opined that it should be availed through OTC.

INTRODUCTION

Birth control is a method of taking decision which is chosen either voluntarily or by force or influence. Most often time it is the will of the couples according to suggestions or advice of the physicians. Some time it is influenced by the family members, or friends. It is estimated that annually 80 million women all over the world have unintended pregnancy and out of that 45 million would end up to the abortion half a million women worldwide died because of the complications of the pregnancy every year and also cause disability in 120 million women, (Belfield T, 2009). High rate of unintended pregnancy exists despite the fact that most of the women are at risk of unwanted pregnancies use contraceptives (Whittaker AK, et al 2009). Most of the unintended pregnancy occur when using contraceptive methods be discontinued or be used non continuously or inappropriate, (Glasier A, shield WC, 2006). So the responsibility of the community and Government is to impart scientific information's regarding the various methods of contraceptives, its usage and side effects. Both the combined and progesterone only pills are highly effective with perfect use with a failure rate (rate at which women become pregnant while using the contraceptive less than 1%). However the failure rate with typical use is 9%, which accounts for inconsistent incorrect use. The pill was the first FDA approved contraceptive in the US, and is still in the most commonly used form. It is true that adequate information regarding the measures and usage of contraceptives will enable people to avoid unintended pregnancy.

Need & importance

Estimated 15.6 million abortions (14.1 million-17.30 million occurred in India in 2015. The abortion rate was 47.0 abortions (42.2-52.1) per 1000 women aged 15-49 years. 12.7 million (81%) abortions were medication abortions rate of 144.7 pregnancies/1000 women aged 15-49 yrs. 70.1 unintended pregnancies /1000 women aged 15-49 years. Abortion accounted for 1/3 rd of all pregnancies and nearly half of pregnancies were unintended (susheela sing et al 2018)

Objectives

This study aim to fill the knowledge gap by providing scientific information about the contraceptive measures prevailed and the preference among methods and attitude

towards over the counter (OTC) availability of the Oral pills (Ocs).

METHOD

Researcher prepared a questionnaire and standardised by the help of scientific facts. It has 3 part, included 24 questions to find out the demography, knowledge about contraceptives, and attitude towards the availability of Oral Pills Over The Counter (OTC). Questionnaire is administered among respondents at different places and situations and have collected for scoring. Randomized samples were collected, Respondents are aged 17-38 years the survey was purely non-invasive, non-interactive and did not induce any type of inhibition.

Analysis

Knowledge was defined as the state of awareness of contraceptive methods, any specific types and the source of contraceptives, included 10 questions. Using contraceptive in an appropriate way successfully is related with women knowledge about the methods and also it is influenced by cultural attitudes personal attitudes, availability of health care centres nearby and confidentiality of the consultation.

Table 1 knowledge about Contraceptives

Sl.No	Contraceptive measures	Yes	No
1	Heard about	42 100%	0
2	Vasectomy what is it	42 100%	0
3	Tubectomy What is it	18 42.85%	24 57.14%
4	Cervical cap what is it	5 11.90%	37 88.09%
5	Condom What is it	42 100%	0
6	Suppositories What is it	31 73.80%	11 26.19
7	Vaginal foams what is it	12 28.57	30 71.42%
8	Norplant What is it	7 16.66%	35 83.33%

9	Oral pill(combination) What is it	12 48.57%	30 71.42
10	Oral pill Progesterone only What is it	42 100%	0

Table shows 100% of the respondents have heard about contraceptives. 2nd items is whether the respondents have knowledge about vasectomy, all the respondents have knowledge about what is it. Regarding tubectomy 18 (42.85%) respondents only have information about what is it.

Table2. Attitude of the respondents to the availability of contraceptives over the counter (OTC)

Sl. no		Exploration	Respondents 17yrs-24 yrs	Respondents 25 yrs -38 yrs	Total numbers	
		Respondents Numbers	yes	Respondents Numbers	yes	N0
1	Should be available without a Screening	18	Yes 100%	24	Yes 100%	0
2	Should be available without a Prescription	18 100%	Yes 100%	24	Yes 100%	0
3	Do not face any embarrassment from the pharmacist	18 100%	yes	24	Yes 100%	0
4	Availability in the school and colleges – wending machines	18 100%	yes	24	16 66.66%	8 33.33 %
5	Privacy and its confidentiality should be kept	18 100%	yes	24	100%	0

Table 2. The first enquiry is whether oral pills should be make available over the counter (OTC) without any screening, 100% respondents 17 – 24 yrs old opined that it should be available without a screening. The second group who are all aged between 25- to 38 years also agreed with. And again the first group (100%). Both groups opined that it should be make available without a prescription. The third query is to explore the respondent's attitude and their need, both group said they should not face any embarrassment from the pharmacy counter. Then the researcher explored the desire and need of the installation of a wending machine which eject out condom and oral pills as and when they required. Amazingly all the youngsters aged between 17-24 years old answered they want it. But in the second group respondent's acceptance is 16(66.67%). The final question is regarding with the privacy and its confidentiality of the access to all things.

Table3. Percentage of respondents who have had sex

Respondents	count	Had sex	Not	Total	X2	P value
18-24 yrs	% within level	7 43.8%	9 56.3%	16 100%	17.41	.000*
25-38yrs	% within level	24 100%	0 0.0%	24 100%		

Table 4. is the percentage of respondents who have had sexual contact. The data shows among the first group (17 -24 yrs) 43.8% have had sexual contact and among the second group (25-38 yrs) all the respondents have had sexual contact. Chi-square is 17.41 and the 'p' value is .000 is significant at 1% level.

level		Used contraceptives				Total		
		NA	Oral pills	Other method	Used condom			
18 to 24	count	8	4	4	0	16	X2	P value
	% within level	50.0%	25.0%	25.0%	0.0%		11.1	.011
24 to 38	count	2	11	6	5	24		
	% within level	8.3%	45.8%	25.0%	20.8%			
Total	count	10	15	10	5	40		
	% Within level	25.0%	37.5%	25%	12.5%	100 %		

When coming to female condom that is cervical cap, Only 5(11.90%) have the knowledge. Though 100% have known what is condom and its usage. Regarding suppositories 31(73.80%) know what is it. Even though regarding vaginal foams Only 12(28.57%) know what is it. The data shows only 7(16%) of the respondents have information about Norplant. Regarding oral pill, combination of estrogens and progesterone 12 (48.57%) have the information. Though oral pill progesterone only 100% respondents know what is it and its' usage.

Table 5. shows the percentage of respondents who used different contraceptive methods. Among the first group (18-24yrs) 25% of respondents used oral pills, and another 25% adopted other methods. And from the second group 45.8% have oral pills and 25% adopted other methods. And respondents who used condom is 20.8%. Data shows the result of chi square is 11.1 and their value of 'p' is .011, which is significant at .05 level.

RESULT

100% of the respondents have heard about contraceptive measures, though inadequate information regarding all the measures and methods. In the knowledge part 100% respondents have reported that they know about condom and vasectomy. The data shows only 7(16%) of the respondents have the information about Norplant. Regarding oral pill, combination of estrogens and progesterone 12 (48.57%) have the information. Though 100% respondents know about oral pills with progesterone what is it and its' usage. Seeing attitude regarding the availability of the contraceptive pills Over the Counter (OTC) without a screening and prescription all the respondents have emphasised that it should be made available. Only their need is the privacy and confidentiality.

CONCLUSION

Now days the pills have very low dose of estrogens and progesterone. The hormonal dose which was taken daily in 1960 was equal to dose of one week of today's pills (Belfield) Knowledge perceived acceptability and benefits of contraceptive use were nearly universal. Trying to terminate a pregnancy was common and a clear indicator of unintended pregnancies. Using contraceptive in an appropriate way successfully is related with her knowledge about the methods and also it is influenced by cultural attitudes, personal attitudes, availability of health care centres nearby and its confidentiality. However there are some attitudes and trends in human being such as superstition, delusions and prejudices which would be identified based on distantness from the reality because attitudes and trends frequently counterpart social measures and analyzing the cause of difference between beliefs and facts is of high priority (Ramachandran L, Dharmalingam T, 2006).

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