

# Assessment of knowledge of adolescent girls about contraception methods: A cross sectional study

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## Abstract

**Background: Objectives:** To assess the knowledge of adolescent girls about the contraceptive methods. **Material and Methods:** This was a prospective Clinical Study. Adolescent girls (13-19yrs) attending gynecology & Adolescent Reproductive & Sexual Health (ARSH) OPD of a government general hospital were included in this study. preformed questionnaire was used for history taking. **Results:** Most girls 23.3% aged 18 years, 20% were of 16 years age. 81(67.5%) used cloth during menstrual period. Majority of subjects 55 (47.82%) changed cloth or sanitary pad twice a day. Majority 72(60%) were not having knowledge of contraception, knowledge about OC Pills 46(38.3%) was most common. TV was most common source about their knowledge for contraception. **Conclusions:** Knowledge regarding contraception was poor in this study in adolescent girls but through ARSH clinic at village levels we can improve their knowledge. TV also seems to play a vital role.

**Keywords:** Adolescence, Contraception, Menstrual hygiene

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## INTRODUCTION

An universally accepted definition of adolescence encompassing the various biological, psychological and social facets is yet to be established.<sup>1</sup> Adolescence is transitional period linking childhood to adulthood and involves physical, biological and psychosexual changes in human being. The secondary sexual characters develop as result of hormones like Estrogen, Progesterone and these includes development of breast and growth of pubic and axillary hair in the females. This is followed by Menarche, which is appearance of first menstruation in life.<sup>2,3</sup> The adolescent growth spurt that is development of breast and growth of pubic and axillary hair occur more or less concurrently and take on an average about 3-4

years from beginning to completion with menarche occurring usually in latter half of the period. Large number of late adolescent girl suffer in silence due to reproductive tract infection and sexually transmitted disease is recognized as important health problem in India. Reproductive tract infection causes serious consequence of infertility, ectopic pregnancy, abortion, low birth weight etc.<sup>4-6</sup> Reason for comparative neglect of adolescent girls is that they are generally regarded as being a healthy group. Adolescent themselves and health services often neglect their health thinking that adolescents are healthy group. About 7000 young people (10-24yrs) are infected with HIV daily and about 4.4 million girls between 15 and 19 seek abortion services annually and often carried out in late pregnancy and in dangerous circumstances. About 11% or 29 million of 260 million adolescent girls (15-19yrs) who want to delay or limit child bearing are not using contraceptives. The studies on prevalence of gynecological health morbidities among 15-19yrs Female in urban area and also studies on their awareness about contraception are almost negligible.<sup>6-9</sup> Hence the present study was carried out among 15-19yrs females to assess the knowledge about contraception among them at tertiary care hospital.

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## MATERIAL AND METHODS

This was a prospective Clinical Study. Adolescent girls (13-19yrs) attending gynecology & Adolescent Reproductive & Sexual Health (ARSH) OPD of a government general hospital were included in this study. Cases were selected as per inclusion and exclusion criterias. **Inclusion criteria:** All 13-19 year female patients visiting gynecology OPD & Adolescent Reproductive & sexual health (ARSH) OPD at Government General Hospital. **Exclusion criteria:** 1. Below 13 year & Above 19 year female. 2. MLC cases (Rape & sexual abuse). 3. Teenage pregnancy. 4. Subnormal mental status. These patients were studied and evaluated in details with history, clinical examination, relevant investigation, appropriate management and follow up at Sassoon General Hospital. Detailed

household information was taken in history based on Prasad scale about education, occupation, Income of family. Detailed history of patient was taken for any presenting symptoms & its duration. Menstrual History for age of menarche, previous menstrual cycles for regularity, flow and any history of Dysmenorrhea or menorrhagia was asked using predesigned proforma. Any premenstrual symptoms, other gynecological complaints like white discharge were also noted. Personal History taken for any history of addiction, menstrual hygiene status, assessment of knowledge about contraceptive method shall be noted. Detailed general & systemic examination was done. Investigations Hemoglobin estimation by Sahali's method, Urine routine and Microscopic, USG Pelvis, Hormonal assay (optional) were carried out.

## RESULTS

**Table 1:** Distribution as per maintenance of menstrual hygiene.(n=115)\*

Menstrual hygiene	Total	Percentage
Material used during menstrual period		
Cloth	81	67.5
Sanitary pad	34	28.3
Frequency of changing cloth /Sanitary Pad		
Once a day	25	21.73
Twice a day	55	47.82
Thrice a day	35	30.43

\* 5 subjects did not attain menarche. Out of 115 subjects who attained menarche 81(67.5%) used cloth during menstrual period. Majority of subjects 55 (47.82%) changed cloth or sanitary pad twice a day while lowest number of subjects 25 (21.73%) changed cloth or sanitary pad once a day.

**Table 2:** Distribution of subjects according to knowledge of different methods of Contraception

Knowledge of methods of Contraceptives	No. of cases	Percentage
Condom	32	26.7
OC Pills	46	38.3
Cu-T	11	9.2
Tubectomy	4	3.3

Majority of subjects were having knowledge of OC Pills 46(38.3%) while 32(26.7%) subjects know about Condom, Cu-T 11(9.2%) subjects know about Cu-T, 4(3.3%) subjects were knowing Tubectomy as Contraceptive method.

**Table 3:** Distribution of subjects according to Source-different methods of Contraception

Source for different methods of Contraceptives	No. of cases	Percentage
NA	72	60.0
BK	10	8.3
Radio	8	6.7
TV	30	25.0
Total	120	100.0

**Table 4:** Distribution of subjects according Place of availability OC Pills

Place of availability OC Pills	No. of cases	Percentage
No knowledge	72	60.0
Hospital	48	40.0
Shop	48	40.0
Health worker	30	25.0

**Table 5:** Distribution of subjects according Place of availability OC Pills

Source for availability OC Pills	No. of cases	Percentage
No knowledge	72	60.0
BK	10	8.3
Radio	8	6.7
TV	30	25.0
<b>Total</b>	<b>120</b>	<b>100.0</b>

## DISCUSSION

This was a prospective clinical Study done on adolescent girls aged 13-19yrs who were attending gynecology & Adolescent Reproductive & Sexual Health (ARSH) OPD of a government general hospital were included in this study. Cases were selected as per inclusion and exclusion criterias. In this study Most girls 23.3% aged 18 years, 20% were of 16 years age. 81(67.5%) used cloth during menstrual period. Majority of subjects 55 (47.82%) changed cloth or sanitary pad twice a day. TV was most common source of knowledge of girls in this study with OC pills being most common contraception method known to them. Rajesh Kumar et al<sup>10</sup> (2000) studied behavior regarding reproductive health among 643 unmarried adolescent of aged 15-19 years, of whom 358 were girls in rural area of Himachal Pradesh and observed that 23% girls were aware about contraceptive and various methods of contraception known to them were: 41% girls have heard about condoms, 58% girls were aware about OC Pills and 17% girls were aware about Copper-T. Gupta N et al<sup>11</sup> (2004) studied reproductive health awareness of 8453 school going adolescent (10-19years) of whom 3648 were girls in 22 district located in 14 state through reproductive research center of ICMR and observed that 23.9%. Among 15-19 years girls awareness about contraceptive methods.

## CONCLUSION

Knowledge regarding contraception is important in adolescent girls as they are future working women and should be able to plan their reproductive life better for their own good. Also knowledge help them to prevent STDs which leads to a better life.

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