

Knowledge and utilization of contraceptives - Still a challenge

Sakthi Narmatha D¹, Priya Somu^{2*}

^{1,2}Assistant Professor, Department of Obstetrics and Gynaecology, Sri Muthukumaran Medical College and Research Institute, Chennai, Tamil Nadu

Email: sanjaiaarudhra@gmail.com, drpriyar@gmail.com

Abstract

Background: Unmet needs of eligible couples remain a major challenge. In order to fulfill the needs proper knowledge about the various contraceptives are more important. Hence this study was conducted to assess the knowledge and utilization of various contraceptive methods among women of reproductive age group females. **Methods:** This cross sectional study was conducted among the reproductive age group female patients attending family welfare clinic in the department of Obstetrics and Gynecology in Sri Muthukumaran Medical College Hospital and Research Institute, Chennai during months of June 2018 to May 2019. A total of 360 patients were included in the study. Data was collected by one to one interview and data analysis was done using SPSS. **Results:** In this study, 88.1% of them were aware about condom as a temporary method of contraception, 77.2% of the participants know about copper T, 81.1% of the participants were aware about oral contraceptive pills. Injectable contraceptives, emergency contraceptives, tubectomy and vasectomy were known to as 31.1%, 17.8%, 95% and 52.5% of the participants, respectively. Also 51.9% of the study population had not used any method of contraceptive methods. **Conclusion:** The result of present study clearly indicate that knowledge about the various contraceptive methods were good but the utilization of the same was not satisfactory, it means there was wide gap seen between knowledge and use of contraception, which need to be addressed.

Key words: contraceptive methods, family welfare clinic, reproductive age group

*Address for Correspondence:

Dr. Priya Somu, Assistant Professor, Department of Obstetrics and Gynaecology, Sri Muthukumaran Medical College and Research Institute, Chennai, Tamil Nadu, INDIA- 600069

Email: drpriyar@gmail.com

Received Date: 13/09/2019 Revised Date: 07/10/2019 Accepted Date: 22/11/2019

DOI: <https://doi.org/10.26611/10121231>

Access this article online

Quick Response Code:



Website:

www.medpulse.in

Accessed Date:

04 December 2019

INTRODUCTION

The national population policy (NPP) 2000¹ aims stabilizing the population by 2045 that is by bringing down the total fertility rate (TFR) to 2.1 by 2010 but, the TFR still continues to be 2.2 as per NFHS-4 data². With various aims and goals Family Welfare Programme in India has taken several dimensions during the past half century and at present it is being implemented as a fully centrally sponsored programme³. India being the second most populous country in the world, it is more important

to assess the potential demand for family welfare services and to rule out the existing deficits in the prevailing programme. Also family planning can reduce maternal mortality by reducing the number of pregnancies, the number of abortions, and the proportion of births at high risk.^{4,5} Although it is much important to know about the knowledge and practice of family planning and various socio demographic factors governing their contraceptive choices in order to determine the unmet need of the population, few studies have been conducted in the recent times which address this issue in this study area. With this background, this study was conducted to assess the knowledge and utilization of various contraceptive methods among women of reproductive age group attending the family welfare clinic in a tertiary care hospital.

OBJECTIVES

To assess the knowledge and utilization of contraceptive methods among the reproductive age group females in an urban area.

MATERIAL AND METHODS

This cross sectional study was conducted among the reproductive age group female patients (15-49 years) attending family welfare clinic in the department of Obstetrics and Gynecology in Sri Muthukumaran Medical College Hospital and Research Institute, Chennai during months of June 2018 to May 2019. Based on the literature⁶, considering the prevalence of awareness about contraceptives as 56%, confidence of 95% and relative precision of 10%, the sample size was calculated as 355 and it was rounded to 360. Hence, a total of 360 patients were included in the study. Patients who were unmarried or underwent permanent sterilization were excluded from the study. The principal investigator explained the purpose of the study to each participant and a written consent was obtained from the participants prior to the commencement of the study. The participants were also informed that their participation was voluntary and that they could withdraw from the interview at any time without consequences. Every effort was made, to be sure that all information collected from the participants, remain confidential. The study was conducted using a questionnaire, covering particulars related to sociodemographic particulars and knowledge and utilization of contraceptives. Data was entered in Microsoft excel and data analysis was done using Statistical Package for Social Sciences (SPSS) version 17.

RESULTS

In this present study maximum of 51.7% of the participants were between 20-30 years of age group, 42.2% of the participants were between 30-40 years of age. in the age range of less than 20 years 4.7% of the participants were noted and 1.4% of the participants were above 40-45 years of age group. Regarding educational status 20% of the patients have done high school, 42.8% of the patients have completed higher secondary school, 28.6% of the patients were undergraduates and 8.6% of the patients were postgraduates. Among all the study participants 17.5% of the women were employed. Based on Modified Prasad's socio economic status (2019)⁷, 23.3% of the participants belonged to class I SES, 38.6% of them belonged to class II SES, and 19.2% of them were in class III SES. In SES class IV and V 13.1% and 5.8% of the participants were recorded. In this study 56.9% of the women had single child and 38.1% of the women had more than one child. (Table 1)

Table 1: Background characteristics of the study participants

Variables	Frequency (N=360)	Percentage
Age group		
< 20 years	17	4.7
20-30 years	186	51.7
30-40 years	152	42.2
40-45 years	05	1.4
Education		
High school	72	20
Higher secondary school	154	42.8
Under graduate	103	28.6
Post graduate	31	8.6
Occupation		
Employed	63	17.5
House wife	297	82.5
Socio Economic Status [7]		
Class I	84	23.3
Class II	139	38.6
Class III	69	19.2
Class IV	47	13.1
Class V	21	5.8
Married women	360	100
No. of children		
None	18	5
One child	205	56.9
More than one children	137	38.1

Among the patients attending family welfare clinic 88.1% of them were aware about condom as a temporary method of contraception, 77.2% of the participants knows about copper T, 81.1% of the participants were aware about oral contraceptive pills. Regarding injectable and emergency contraceptives was known as temporary method of contraception among 31.1% and 17.8% of the study population, respectively. Knowledge about permanent method of contraception like tubectomy and vasectomy was present among 95% and 52.5% of the participants. (Table 2)

Table 2: Knowledge regarding contraceptive methods

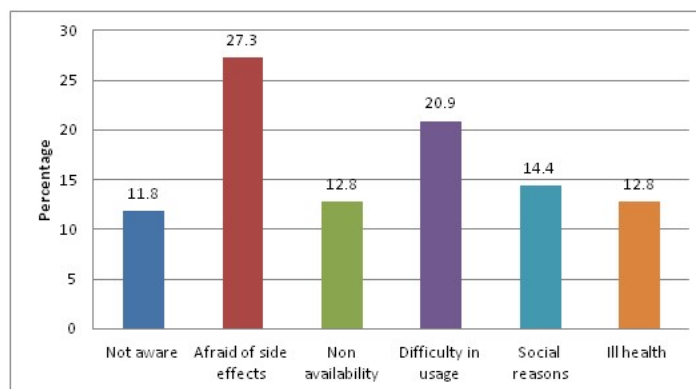
Knowledge components	Frequency	Percentage
Temporary methods		
Condom	317	88.1
Copper T	278	77.2
Oral contraceptive pills	292	81.1
Injectable contraceptives	112	31.1
Emergency contraceptives	64	17.8
Permanent methods		
Tubectomy	342	95
Vasectomy	189	52.5

In this current study 51.9% of the study population had not used any method of contraception while 24.7% of the participants have utilized condom, 13.6% of the participants have used copper T and oral contraceptive pills were utilized by 5.6% of the participants. Injectable contraceptives and Emergency contraceptives were utilized by 3.1% and 1.9% of the study participants. (Table 3)

Table 3: Proportion of participants based on utilization of contraceptive methods

Utilization components	Frequency	Percentage
Condom	89	24.7
Copper T	49	13.6
Oral contraceptive pills	20	5.6
Injectable contraceptives	11	3.1
Emergency contraceptives	7	1.9
Not used any contraceptives	187	51.9

The reason for not using any contraceptive methods was found to be fear of side effects among 27.3% participants, difficulty in using among 20.9% of the participants, social reasons among 14.4% of the participants. Whereas non availability, ill health and unawareness were found to be other reasons for not using any contraceptive methods among 12.8%, 12.8% and 11.8% of the individuals respectively. (Figure 1)

**Figure 1:** Reasons for not using any contraceptive methods

DISCUSSION

In the present study, 88.1% of them were aware about condom as a temporary method of contraception, 77.2% of the participants know about copper T, 81.1% of the participants were aware about oral contraceptive pills. Regarding injectable and emergency contraceptives was known as temporary method of contraception among 31.1% and 17.8% of the study population. Knowledge about permanent method of contraception like tubectomy and vasectomy was present among 95% and 52.5% of the participants. Prachi *et al*⁸ reported that in their study 95.8% of subjects were aware about the oral contraceptive pills followed by 74.2%, 72%, 67% and 34% were aware about condoms, copper T, tubectomy and vasectomy, respectively. Similarly in another study conducted by Srivastva *et al*⁹ 82% were aware about female sterilization, 50% were aware of vasectomy, and IUCD was the most known (61%) temporary method followed by OC pills (60%) and condoms (50%). In their study 17% were not aware of any form of contraceptive methods. In this current study 51.9% of the study population had not used any method of contraception while 24.7% of the participants have utilized condom, 13.6% of the participants have used copper T, oral contraceptive pills were utilized by 5.6% of the participants. Injectable contraceptives and Emergency contraceptives were utilized by 3.1% and 1.9% of the study participants. Similarly, in the study conducted in Gangtok⁸, 44.6% had never used any contraceptive methods and also in Srivastava *et al*⁹ study 55% were not

used any of the contraceptive methods. Also in Prachi *et al*⁸ study, among the users of contraceptives, 37.9% had taken oral contraceptive pills and 31% had used condoms. Similarly Srivastav *et al*⁹ study reported that 34 % of their study participants had used condoms, 26% used natural methods and only 18% used oral contraceptive pills. In a study conducted by Rao *et al*¹⁰ among the fishermen population in Tamil Nadu reported that almost two-fifths of the respondents had ever used some type of contraception during their married life and sterilization was the most accepted method. Singh *et al*¹¹ in their study reported that 70% of the couples had adopted permanent family planning methods. Tulaghar *et al*¹² reported that in their study the best known method of temporary contraception was depo provera (78.0%) followed by oral contraceptive pills (74.0%) and condom (71.0%) and least known methods were vaginal foam tablets/jelly (34.0%) and natural methods (16.0%). In the present study, the reason for not using any contraceptive methods was found to be fear of side effects among 27.3% participants, difficulty in using among 20.9% of the participants, social reasons among 14.4% of the participants. Whereas non availability, ill health and unawareness were found to be other reasons for not using any contraceptive methods among 12.8%, 12.8% and 11.8% of the individuals respectively. Similarly Gayathri *et al*¹³ reported the proportion of current non-users as 32.9%. They stated the major reasons for their non-use are health related problems (47.01), fear of side effect (29.49%), Compulsion of husband (13.67%), ignorance

(9.4%), opposition by relative (6.41%). Reasons for not using contraception, the most common were, the couple wants to have more children, staying apart, husband's or family opposition etc as reported by Neelu Saluja *et al*¹⁴ and Sajid A *et al*.¹⁵ Lakshmi *et al*¹⁶ observed that majority of their study women, 51.9% followed temporary methods and 32.2% followed permanent methods. Also the study conducted by Gaur *et al*¹⁷ and Giridhar *et al*¹⁸ reported 61% and 39% and 49.5% and 37.6% practice of temporary and permanent respectively. In a study conducted by Sunita *et al*¹⁹ it was observed that inspite of 100% knowledge of contraception, only 48% women were actually using some kind of contraceptive measure. Contraception usage was higher in urban women (62.5%) whereas it was only (38.5%) in rural women. Also, 52% women interviewed were not using any contraceptive method.

CONCLUSION

The result of present study clearly indicate that knowledge about the various contraceptive methods were good but the utilization of the same was not satisfactory, it means there was wide gap seen between knowledge and use of contraception. This shows that there is a need to educate and motivate the couples along with improvement in family planning services to promote the use of contraceptives. Also the key reasons for not using any contraceptive methods should be considered to in future to fulfill the unmet needs of couples.

ACKNOWLEDGEMENT

I would like to thank all, who has guided me by extending their knowledge and experience right from the inception to the completion of the work. Also, I would like to acknowledge all the staffs, for their support during the study period. Last but not least I am thankful to my study participants, without whom, this study would not have been possible.

REFERENCES

1. Government of India. National population policy- 2000. Available at <http://planningcommission.nic.in>. Accessed 5 December 2012.
2. Rchiips.org. (2019). National Family Health Survey 4. [online] Available at: <http://rchiips.org/nfhs/pdf/NFHS4/India.pdf> [Accessed 27 Oct. 2019].
3. National Family Welfare Programme. <http://pbhealth.gov.in/pdf/FW.pdf>
4. Levine R, Langer A, Birdsall N, Matheny G, Wright, M, Bayer A. Contraception. In: Jamison DT, Breman, JG, Measham AR, *et al.*, eds. Disease Control. Priorities in Developing Countries. New York: Oxford University Press;

- 2006:1075–1090. Available at: www.dcp2.org/pubs/DCP/57/FullText.
5. Lule E, Singh S, Chowdhury SA. Fertility Regulation Behaviors and Their Costs: Contraception and Unintended Pregnancies in Africa and Eastern Europe and Central Asia. HNP Publication, World Bank: Washington DC, USA . December 2007
6. Prateek SS, Saurabh RS. Contraceptive practices adopted by women attending an urban health centre. African health sciences. 2012;12(4):416-21.
7. Pandey VK, Aggarwal P, Kakkar R. Modified BG Prasad Socio-economic Classification, Update-2019. Indian Journal of Community Health. 2019 Mar 31;31(1):150-2.
8. Prachi R, Das GS, Ankur B, Shipra J, Binita K. A study of knowledge, attitude and practice of family planning among the women of reproductive age group in Sikkim. Religion. 2008;35(44years):34.
9. Srivastava R, Srivastava D K, Jina R *et al*. Contraceptive knowledge attitude and practice (KAP) survey J Obstet Gynecol India 2005;55:546-50.
10. Rao, GR. Moulasha K, Surrender S. Knowledge attitude and practice of family planning among fishermen in Family Nadu Family Welfare. September 1993;93:50-4.
11. Singh RKN, Ibetomb Devi, Bidhumukhidevi *et al*. Acceptability o contraceptive methods among Urban eligible couples of Imphal, Manipur. Indian J Com Med 2004;29:130-7.
12. Tuladhar H, Marahatta R. Awareness and practice of family planning methods in women attending gyne OPD at Nepal Medical College Teaching Hospital. Nepal med coll J. 2008 Sep 1;10(3):184-91.
13. Bandhi G, Bhawnani D, Verma N, Soni GP. Assessment of contraceptive knowledge and practices among reproductive age group of women in urban slums of Raipur city, Chhattisgarh, India. Natl J Community Med. 2014;5(4):349-54.
14. Saluja N, Sharma S, Choudhary S, Gaur DR. Contraceptive knowledge, Attitude and Practices Among Eligible Couples of Rural Haryana. Internet J Health 2011; 12: [1].
15. Sajid A, Malik S. Knowledge Attitude and Practice of contraception among multiparous women at Lady Aitchison hospital, Lahore. Annals of KEMU. 2010; 16:266-8.
16. Lakshmi Manjeera M, Neetha SR. Contraceptive practices among reproductive age group of women in Justice KS Hegde Medical College Hospital, Mangalore. Int J Reprod Contracept Obstet Gynecol. 2013 Mar;2(1):39-46.
17. Gaur DR, Goel MK, Goel M. Contraceptive practices and related factors among females in predominantly Muslim area of North India. Internet J World Health Societal Politics. 2008;5[1].
18. Giridhar S, Chaudhary A, Gill P, Soni RK, Sachar R. Contraceptive practices and related factors among married women in a rural area of Ludhiana. Internet J Health 2010;12[1].
19. T H Sunita *et al*. KAP of Contraception among women attending a tertiary care hospital in India. International Journal of Reproduction, Contraception, Obstetrics and Gynecology. 2013; 2(2):172-176.

Source of Support: None Declared
Conflict of Interest: None Declared