



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 10, Issue, 10, pp.74706-74707, October, 2018

DOI: <https://doi.org/10.24941/ijcr.32785.10.2018>

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

A SURVEY ON USE OF METHOD AND KNOWLEDGE OF CONTRACEPTIVE METHOD AMONG MARRIED REPRODUCTIVE FEMALES

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ARTICLE INFO

Article History:

Received 24th July, 2018

Received in revised form

14th August, 2018

Accepted 19th September, 2018

Published online 31st October, 2018

Key Words:

Gynaecology and Obstetrics.

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Citation: Dr. Sabha Malik, Dr. Saba Musharaf, Dr. Fidah Mohamad and Dr. Mohd. Abass. 2018. "A survey on use of method and knowledge of contraceptive method among married reproductive females", *International Journal of Current Research*, 10, (10), 74706-74707.

ABSTRACT

Objective: To assess knowledge, attitude and practices of contraceptive method among married reproductive females. **Material and methods:** The present study was conducted in tertiary hospital in kashmir from october 2017 to october 2018. Total 500 married females in reproductive age were enrolled in study. **Result:** In study 100% females had knowledge of permanent method of contraception and among temporary method condom followed by IUCD were most popular. The most common source of information was media. The most common reason for non use of contraceptive method was family pressure. **Conclusion:** Efforts should be made to educate the public about the safety and convenience of modern, long term, reversible methods of contraception among both in health care professional and public.

INTRODUCTION

In this modern era where women have reached space on one side she is still fighting for her rights, that is health. Studies from various part of developing countries reveal that though the knowledge of contraception is present actual women using contraception was very low and use of contraception method also varies in various countries and is probably related to local belief. Globally, population has doubled since 1968 and grown by almost 40 percent since reaching 5 billion in 1987, an event that led to the first world population day. Growth will continue at least until mid-century despite dramatic declines in the average number of children per woman, according to UN population division (UNFPA, 2011). Unfortunately 215 million women do not have access to family planning information and services. The United Nations Population Fund and Guttmacher Institute estimate that meeting the needs of these 215 million women who lack reproductive health care and effective contraception could each year prevent 53 million unwanted pregnancies, 24 million induced abortions and 1.6 million infant deaths (UNFPA, 2009). India is the second most populous country in the world having a rapidly growing population which is currently increasing at the rate of 16 million each year (Sunita, 2013).

Therefore, family planning and birth control are the main goals of governments worldwide for population growth control and appropriate contraceptive use is a measure to reach these goals. UNFPA promotes a holistic approach to reproductive health care, two important factors includes universal access to accurate information and sensitive counseling of family planning methods. For information, appropriate training, proportion with people assessed needs is essential. The starting point of any educational program is to determine the educational needs and developing educational programs are subject to measurement and recognition requirements. It is expected through enriched family planning education to women, be stronger bridge of families with the community health system. Rigorous training of family planning methods to choose an appropriate contraceptive method, correct use, continuation of method prevents unintended pregnancy and unsafe abortion and finally leads to improving maternal and newborn health and community health. Therefore, present study was aimed to assess women knowledge about contraception methods.

Aims and objectives: To assess knowledge, attitude and practices of contraceptive among married reproductive couple.

MATERIALS AND METHOD

Present study was descriptive cross sectional survey conducted over a period of 1 year (October 2017 to October 2018).

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The samples included 500 women in Kashmir. By using simple random method samples were selected and assessed with an interview form. The women interviewed were informed of the study and consent was taken. Married women of reproductive age were taken into study.

RESULT

A total of 500 married women of reproductive age were enrolled in the study. In the present study, most subjects were belonging to age group of 22-25 years (33.6%) followed by 26-30 (22.4%). In our study, more subjects were illiterate (66%) and among literate larger percentage had primary school education (13.6%). Srivastva *et al.*, 2014 had most of the study subjects with high school and intermediate school education (Srivastav *et al.*, 2014). In our study, the most common source of knowledge was media TV and radio (76.4%) followed by neighbour and relative (42.4%). Srivastva *et al.*, 2014 found majority of cases had information from TV and radio. Tuladhar H *et al.*, 2008 also observed that the most common source of information on contraception was media (55.5%), both printed and electronic (Tuladhar *et al.*, 2008). In our study, there was 100% knowledge of permanent method of contraception and among temporary method condom was most popular (70.4%) followed by IUCD (58.4%). Khan A *et al.*, 2011 mentioned that 81% had awareness regarding any method of contraception. The best known method for contraception was condoms (88.78%) followed by IUCD (77.07%) and OCP (72.19%) (Khan *et al.*, 2011). Srivastva *et al.*, 2014 mentioned 71.22% were aware of at least one of family planning method (Srivastav *et al.*, 2014).

Table 1. Age distribution

Age (years)	Number (percentage)
18-21	92(18.4%)
22-25	168(33.6%)
26-30	112(22.4%)
30-35	48(9.6%)
>35	80(16%)

Table 2. Distribution on the basis of education status

Education status	Number
Literate	170(34%)
Primary	68(13.6%)
Middle to high school	45(9%)
College	23(4.6%)
Graduate	34(6.8%)
Illiterate	330(66%)

Table 3. Distribution of cases on the basis of source of knowledge

Source of knowledge	Number
Media TV and radio	382(76.4%)
ANM/ Health worker	96(19.2%)
Hospital /Doctor	58(11.6%)
Neighbour/Relative	212(42.4%)

Table 4. Distribution of cases on the basis of knowledge and practice

Method	K	P
Permanent	100%	
Temporary		
Cu T	292 (58.4%)	92(18.4%)
Condom	352(70.4%)	112(22.4 %)
Oral pill	138(27.6%)	20(4%)
Injectables	44 (8.8%)	33(6.6%)
Safe period	30(6%)	29 (5.8%)

Table 5. Distribution of cases on the basis of reason for non- use of contraceptive method

Reason of non-use	Number
Family pressure	130(26%)
Fear, Myth	42(8.4%)
Think children are God's will	34(6.8%)
Think MTP as solution	61(12.2%)

There was a large gap in knowledge and practice, the most common cause for non-practice being family pressure (26%) followed by subjects who think MTP as solution (12,2%). In Srivastva *et al.*, 2014 study found most common reason for non practice of contraception, was fear of side effects ². Other reasons were non access to health facility, preference of male child, religious beliefs, cost, and family pressure. Ghike S *et al.*, 2010 also mentioned various reasons for non use of contraception. The main reason being family pressure (59%) that is from husband, in laws, son preference and physical pressure (Ghike *et al.*, 2010).

Conclusion

There is need for aggressive advocacy about female reproductive health and dissemination of information on family planning methods among the reproductive females. The main reason for non use of contraception was family pressure, which can be overcome by education of females and support from family. In achieving this goal health workers has main role to alleviate fear of females and their family.

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