



RESEARCH ARTICLE

ASSESS THE PRACTICE OF TEMPORARY CONTRACEPTIVE METHODS AMONG REPRODUCTIVE AGE GROUP OF WOMEN IN TERTIARY CARE HOSPITAL AT NELLORE

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ABSTRACT

Population explosion is a major problem in India and also second most country in the world. Population grows in this manner India will become the most populous country in another few years and also have the more than 248 billion reproductive age girls. For combating this problem India has implemented many family planning methods. The extent of acceptance of contraceptive methods still varies within and between societies and also among different castes and religion groups. The present study was carried out with the aim to assess the practice regarding temporary contraceptive methods. 30 reproductive age (15-45 years) group women selected by using randomized technique and data obtained after getting informed consent by interview method and data documented. Statistical analysis performed. The finding explored that out of 30 subjects majority of the women 27(90%) were not practicing any temporary contraceptive measures, 2(7%) women were practicing occasionally and 1(3%) women practicing regular temporary contraceptive measures. Education of the subjects will play an important role in the practices of temporary contraceptives methods. The present study concluded that furthermore education to the public is necessary for improving the practice of temporary contraceptive methods and also emphasizing the positive uses of contraception.

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INTRODUCTION

Population explosion has been India's major problem since Independence. It is a major obstacle to the overall progress of the nation. A little over a billion people reside in 29 states and 6 union territories of India. If the population grows in this rate (2.72/1000), India will become the most populous country in another few years. The best method for tackle this problem is implementation of family planning methods (Government of India, 2000). Currently India's annual population growth rate is 1.74%. India is the second most populous country in the world, contributing about 20% of births worldwide. Among the population one- third are under 15 years and 50% are of reproductive age (Bhasin and Nag Sampa, 1986). "Family planning doesn't mean limiting the family only, but it has manifold advantages (Shaws, ?). Repeated pregnancies increase the risk of maternal and infant mortality. These risks increase with the parity and age of mother. A method or a system which allows intercourse and yet prevents conception is called a contraceptive method (Park, 2007; Anitha et al., 2013; Bhawana Sharma et al., 2005; Das and Dekha, 1982; Dabral and Malik, 2004). 'An eligible couple' refers to a currently married couple where the wife is in a reproductive age which is generally assumed to lie between the ages of 15-45 years

The current realization that socio-economic development and well being of a society can be affected by astronomical increase in population has led to the establishment of family planning programme (Das and Dekha, 1982). Family planning is a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decision by individuals and couples in order to promote the health and welfare of the family group and thus contribute effectively to the social development of a country (India country health profile, 2003; Deb, 2010; Kavitha et al., 2012; DLHS, 2012; Saluja et al., 2011; Giridhar et al., 2010). A close association between family planning knowledge, attitude and behavior was observed by Bhawana Sharma, (2001) which indicated that proper awareness of adequate source of information exercised positive impact on developing favorable attitude which motivated females to adopt family planning behavior (Strycoss, 1970; David Shapiro et al., 1994). Family planning through contraception tries to achieve two main objectives; firstly, to have only the desired number of children and secondly, to have these children by proper spacing of pregnancies (International Journal of Reproduction, 2013).

MATERIALS AND METHODS

This cross sectional descriptive study was carried out to assess the practice regarding temporary contraceptive methods among

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reproductive age group of women. After obtaining ethical clearance, 30 married women of reproductive age (15-45 years) have been selected by using randomized technique, the study carried out in gynecology out-patient department at Narayana medical college and hospital. The data collected from sample by using interview method and documented. Statistical analysis was performed.

Inclusion criteria

Married women in the age group of 15 to 45 years, interested to participate in the study and available at the time of data collection.

Exclusion criteria

Married women does not know telugu.

Demographic variables are take-in to consideration in this study are age, education, parity, knowledge about family planning, adverse effects, on contraceptive benefits, previous and current use of family planning methods and source of information.

Statistical analysis

The Data was analyzed on the basis of the objectives of the study using descriptive and inferential statistics. The plan for data analysis is as follows: Demographic variables are to be analyzed in terms of frequencies and percentages. Practice score about the temporary contraceptive methods represented by using, median, mode and standard deviation. Chi square test was used to determine the association between the demographic variables and practice among the study group in regards to temporary contraceptive methods. Score of one and zero were awarded respectively to each correct and wrong answer.

RESULTS

Section -I

Socio- demographic data

The demographic variables data explain (table -1) that out of 30 subjects on the basis of age 25 (83.3%) women's are belongs to age group of 15-30 years, 5(16.6%) were 30-45 years, on the basis of education majority of the women 11 (36.6%) were illiterate, 5 (16.6%) women with primary education, 9(30%) were secondary and intermediate and, 5(16.6%) were degree and above, on the basis of occupation 10(33.3%) women are employed and 20(66.6%) were unemployed, on the basis of religion most of the women 15(50%) belongs to Hindu religion. 8 (27%) were Christian, and 7(23%) women's were Islam religion. The values of mean, median, mode, standard deviation on level of practices regarding temporary contraceptive methods are depicted as 1.43, 1, 1.86 and 2.06.

Section -II

Level of practice of temporary contraceptive methods among reproductive age group women

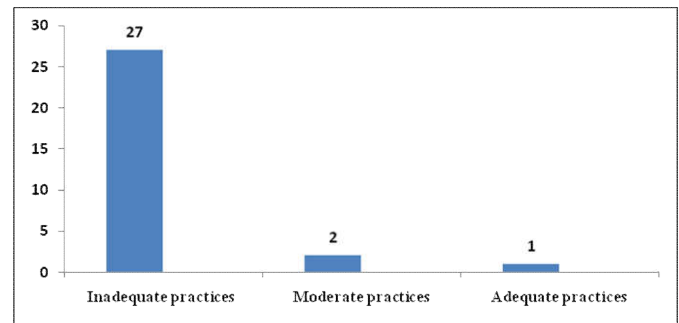


Fig. 1. Frequency distribution of Level of practice among reproductive age women

Section -III

Association between awareness and practice of temporary contraceptive methods and demographic variables

There is no significant association found between the demographic variables and test scores of practice regarding temporary contraceptive methods among reproductive age group women except education.

DISCUSSION

Population explosion is a big problem of India, as well as in all developing countries. In order to control the population growth government has started to train the medical personnel and health workers for implementing strict family planning strategies. In general Family planning basically refers to the practices that help the individuals or couples to avoid unwanted births, to regulate the interval between pregnancies, controls the time at which birth occurs in relation to the age of parents and determines the number of children in the family. However there are lot of disbeliefs regarding family planning methods among reproductive age group hence the present study was carried out with the aim to assess the practices of temporary contraceptive methods (Reddy Rajesh *et al.*, 2003). We assessed the association between the level of practice regarding temporary contraceptives and demographic variables among reproductive age women. The results revealed that there is no association except education. These association findings revealed that education was playing an important role among reproductive age group women in practicing the temporary contraceptive methods. Similar findings were found in study conducted by Giridhar *et al* they identified that Educational level of women appears to be one of the significant factors having a positive association with adoption of family planning methods (Giridhar *et al.*, 2010).

Conclusion

This study assessed practice levels regarding temporary family planning methods among the married reproductive age group of women. Findings revealed that Majority of the women in our study had inadequate levels of practice and also education of women were influencing the level of practices regarding the temporary contraceptive measures

Limitations of the study

Sample size is limited to 30, and hence cannot draw the definitive results .studies with large sample can be conducted for better generalization of findings.

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