

A study of knowledge, attitudes and practices of women regarding contraception

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ABSTRACT

Aim: To evaluate the knowledge, attitude and practice regarding contraception among married women.

Methods: A cross-sectional study was conducted on 300 women in the age group i.e., 15-49 years, attending University College of Medicine & Dentistry, The University of Lahore were interviewed with pre-designed questionnaire. A total of 300 women were interviewed using a questionnaire from July 2016 to June 2017. The proforma included details such as socio-demographic features, questions related to knowledge, attitude and practices (KAP) regarding contraceptive use.

Results: Out of 300 women interviewed, 90.7% had displayed an awareness of family planning methods. Among these women, 76.7% had procured information from family and friends. 14% got their information through mass media. Only 9.3% of women had been counseled in detail by health personnel about the various contraceptive options available. Out of 300 women interviewed, 184 (61.3%) were using contraception. Only 19% women used OC Pills as a contraceptive method.

Conclusions: Family planning and right selection of contraceptives is exceptionally basic. Social insurance suppliers need to guarantee the spread of data with respect to every one of the methods of contraception accessible nowadays. Lasting contraception ought to be supported in the both male and female to guarantee better maternal and kids wellbeing.

Keywords: Attitude, Contraceptives, Knowledge, Practice

INTRODUCTION

Pakistan is one of the world's quickest developing populaces, is a country especially needing preventative counselling¹. Contraceptive guidance is a fundamental segment of good network wellbeing. A perfect preventative should suit a person's close to home, social, and therapeutic needs. Financial elements and training are a portion of the variables that assume a critical job in family arranging acknowledgment. There are around 40 million ladies in India who might want to abstain from getting to be pregnant however are not rehearsing any type of contraception². In Indian situation, females have no job in settling on of conceptive choices. As per NFHS-3, around 30% of the fruitfulness in India was undesirable, demonstrating an immense hole between the interest and supply of family arranging measures and the neglected requirement for the nation all in all is around 13%. The neglected need is high among married women immatured 15-19 years (25% for dispersing and 2% for constraining) and among those matured 20-years (15% for separating and more than 6% for limiting)^{3,4,5}. The present study was intended to investigation of learning and mindfulness with respect to contraception, investigation of preventative practices and investigation of socio-statistic parameters.

METHODS

This is a knowledge based cross-sectional study done in Department of Obstetrics and Gynecology at University College of Medicine & Dentistry, The University of Lahore. An estimate of 300 women in the age range of 15-49 years going to OPD for different reasons were assessed with a

pre-planned proforma. Women qualified for contraception in the age ranging (15-49 years) who went to Gynecological OPD for differing dissensions. Ladies in the age assemble not qualified for contraception. In the wake of taking educated assent, women who satisfied the consideration criteria were met. The survey inspired data with respect to their age, number of kids, learning and wellspring of preventative techniques, honing of family arranging strategies. The demeanor of female towards contraception was surveyed. Patients were questioned to evaluate the learning about oral prophylactic pills, injectables, IUCD, condoms, tubal ligation, vasectomy. The training was characterized by use of preventative strategies by either accomplice. Clear investigation directed to acquire rate.

RESULTS

The mean age of the patients was 26.8±6.5 years (Table 1). The equality dissemination was given in table 2. There were 273 (91%) knew about the idea of contraception and thought about somewhere around one strategy for contraception. Every one of the females knew about Tubal Ligation while just 28% (84 ladies) knew about Vasectomy. what's more, just 188 (62.7%) thought about IUCD. 24% had some data about injectable contraceptives. The wellspring of information was generally through group of friends in 230 ladies (76.7%), through media in 42 ladies (14%) and just 28 ladies (9.3%) got mindfulness through wellbeing faculty (Table 5). Of the 300 ladies met and of the ladies with an information of contraceptives, just (61%) were utilizing brief contraceptives of which, male condoms 99(33%) were the real strategy utilized (Table 6). The majority of the ladies (51%) were utilizing contraceptives for dispersing. 38.7% utilized contraception since they had finished their family (Table 7).

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Table 1: Age distribution

Age (Years)	n	%age
<20	45	15.0
21-30	180	60.0
31-40	70	23.3
>40	5	1.7

Table 2: Parity distribution

Parity	n	%age
Nullipara	25	8.3
Primiparas	177	59.0
Multiparas	98	32.7

Table 3: Educational status

Education	n	%age
Illiterate	58	19.3
Primary	130	43.3
Matric	44	14.7
Intermediate	37	12.3
Graduation	31	10.3

Table 4: Knowledge about contraceptives

Knowledge	n	%age
No knowledge	28	9.3
Tubal ligation	273	91.0
Vasectomy	84	28.0
IUCD	188	62.7
Injectable device	72	24.0

Table 5: Source of knowledge

Source	n	%age
Media	42	14.0
Social circle	230	76.7
Health personnel	28	9.3

Table 6: Contraceptive method being used

Type of contraceptive used	n	%age
Male condom	99	33.0
OCP	57	19.0
IUCD	28	9.3
None	116	38.7

Table 7: Reason for using contraceptive

Reason	n	%age
Completed family	116	38.7
Spacing	153	51.0
Financial problems	31	10.3

DISCUSSION

In present investigation, the greater part of the ladies were from the age gathering of 21-30 years i.e. more youthful patients. The vast majority of these patients as of now had a couple of youngsters. Proof from various little investigations in different parts of the nation demonstrated that deficient learning of prophylactic strategies is an explanation behind not tolerating family arranging.

In present examination 91% of ladies knew about at least one strategies for contraception. In two other, considers the mindfulness rate was 82.8% and 100%^{6,7}. But practically speaking just 61.3% of ladies are utilizing contraception strategies. 38.7% ladies are not utilizing them because of absence of learning or different misguided judgments. Different investigations demonstrated comparable outcomes 52%, 55%, 46% of non-users^{7,8}. Seventeen percent communicated worries about the symptoms as the purpose behind not utilizing them.

Accentuation ought to be made on correspondence and careful guiding to the couples about accessibility, utilize and symptoms of preventative strategies. The significant wellspring of information is group of friends (76.7%) and media in 14%. Comparable outcomes were found in different examinations, 42 and 15% respectively.⁷ Mass media assumes a critical job in advancement and agreeableness of contraception⁹.

The need to publicize through media is to be improved as 62.3% of the ladies met were unskilled and essential. The wellbeing staff, particularly MPHWS (F) and ASHA laborers ought to talk about the need of contraception, particularly dispersing techniques to conquer any hindrance among learning and routine with regards to contraception. There is most likely that we can decrease maternal mortality and bleakness by making more prophylactic mindfulness and dispersing out pregnancies. Data with respect to transitory contraception for adolescents ought to be given at schools and universities to counteract undesirable pregnancies and MTPs.

Advancing injectable contraceptives and PPIUCD addition at Hospitals additionally assume a fundamental job in enhancing maternal wellbeing. Male sterilization mindfulness and acknowledgment should be moved forward.

CONCLUSION

Family planning and right selection of contraceptives is extremely basic. Human services suppliers need to guarantee the spread of data with respect to every one of the methods of contraception accessible nowadays. Inspiration of the guys towards the use of male preventative measures (both transitory and changeless) is fundamental. Permanent contraception ought to be empowered in the both male and female to guarantee better maternal and kid wellbeing.

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