

DOI: <http://dx.doi.org/10.18203/2320-1770.ijrcog20161691>

Research Article

A knowledge, attitude and practice study on awareness and acceptance of contraception in postpartum women in a tertiary care hospital

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Received: 06 April 2016

Revised: 05 May 2016

Accepted: 13 May 2016

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ABSTRACT

Background: India was the first country in the world to launch National Family Planning Programme in 1951. This was first step taken to stabilize population, but still lag behind in limiting family size and practicing contraceptive use. 55 million unintended pregnancies occur every year in developing countries due to no contraception use. 25 million pregnancies occur due to inconsistent or incorrect use of contraception method and contraception failure. The reason for promotion of family planning services to increase inter-pregnancy interval, birth spacing or to delay conception after birth by this method we can achieve optimum maternal and child outcome. This study was conducted to assess knowledge, awareness and acceptance about contraceptive methods during postpartum period.

Methods: A prospective observational questionnaire based study in which 500 postpartum women belongs to 15 to 45 years age group was interviewed with informed verbal consent. This was KAP study regarding socio-demographic profile, awareness and acceptance of contraceptive method in postpartum period or during inter-pregnancy and factors affecting its use.

Results: Statistical analysis of univariate and bivariate data done by using chi-square test and percentage (%). Out of 500 postpartum women, 46% women reported that they did not use any contraceptive method before. There was a significant association between contraceptive use with religion and education status ($p=0.000$, $p=0.042$ respectively). 62% obtained information from health professional (doctor/nurse), 23.8% obtained information from husband 44.4% of postpartum women implied that they would use contraceptive. Barrier method is the most preferred method (40.1%) of contraception.

Conclusions: To improve maternal and child outcome, health professionals should be more focused to encourage effective and high quality contraceptive counseling during antenatal, intrapartum and postpartum period.

Keywords: Contraceptive method, Postpartum counseling, Pregnant women, Family planning programme

INTRODUCTION

Urological injuries which involve damage to the urinary Current population of India is 1.27 billion according to World Population Datasheet 2013, 17.64% growth rate of India in last decade.^{1,2} India is the second most populous country of the world after China.³ In next few decades India will cross China if this growth rate will keep on increase by exponential growth.

Effective contraceptive use during postpartum period can prevent unintended pregnancies and help in birth spacing. Inter pregnancy interval should be more than 24 months according to WHO Guidelines 2005.^{2,4-6} In India prevalence of contraceptive use is 73%, out of which effective methods used in 46% in the age group of 15-49 years.⁷

Family Planning Programme first launched by India in 1952.³ India is the first country in the world to launch family planning programmes. Despite of this fact, India is

still lag behind in limiting family size and practicing contraception. This was first step taken by India to stabilize population. By this programme India yielded excellent results by decreasing total fertility rate. Contraception usage in 1965-2009 increased by 48% and total fertility rate decreased by 5.7% to 2.6%.³

55 million unintended pregnancies occur every year in developing countries due to no contraception use. 25 million pregnancies occur due to inconsistent or incorrect use of contraception method and contraception failure. Maternal mortality rate would significantly decline by 25-30% by consistent and correct usage of contraceptive method by preventing unintended pregnancies.⁸ Evidence shows that short inter-pregnancy interval (<6 months) and increases health risk to mother and newborns and increased maternal morbidity and mortality.

Recent studies shows maternal and infant survival increased by 2-5 times as high, if inter pregnancy level increases. Use of contraceptive method decrease TFR by 2.7% according to national family health survey-3 survey (2005-2006) which corresponds to contraceptive usage (56%) among married women.⁹

METHODS

The present study was a hospital based prospective, observational study. A total of 500 postpartum women (postnatal or post-caesarean) were enrolled for the study and delivered in Department of Obstetrics & Gynaecology at UCMS and GTB Hospital, Delhi, India. 500 postpartum women were interviewed after taking informed verbal consent, on the basis of prestructured questionnaire. Women were counselled regarding need of postpartum contraception according to cafeteria approach by using interpersonal communication.

RESULTS

A total of 500 eligible postpartum women were included in the study. Mean age of postpartum women was 30.5 years. Majority of them (60%) belongs to 25-34 years. Out of them 28.6% were illiterate. Family income of majority of women (59%) was <1000 and most of them (75%) belongs to Delhi. Majority of women (73%) had 2 living issues and most of them (85%) were housewives. The main reasons for non-acceptance of contraceptive use were faith or religion (47.2%) followed by desire of more children (38.8%). Frequency of contraceptive use was highest amongst 25-34 years age group. 84.6% women were not discussed with husband (Table 1).

Contraceptive use was significant more in 25-34 years age group compared to 15-24 years and 35-45 years age group ($p=0.000$) (Figure 1).

There was significant difference in contraceptive use between religions ($p=0.000$) (Figure 2).

There was significant difference between contraceptive use and education status ($p=0.05$) (Fig. 3).

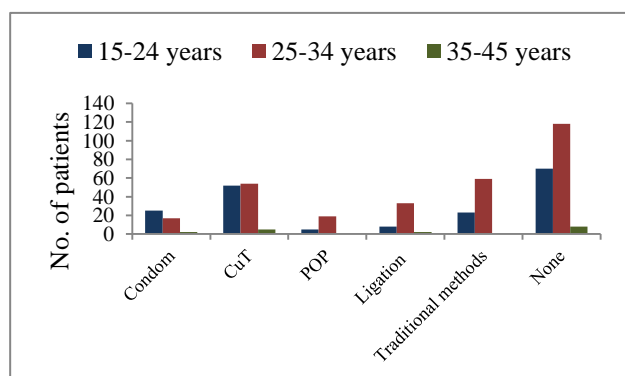
DISCUSSION

In our study 36.6% postpartum women aware and used contraceptive method after previous delivery. 51.6% never used any method of contraceptive. According to NFHS-3 survey 75% women used family planning method.⁹ Shweta et al study shows more than 90% had awareness about contraceptive method According to NFHS-3 data, contraception use prevalence rate among married women who have been used any type of contraceptive method was 55%.^{10,11}

Table 1: Socio-demographic profile of study subjects.

Demographic Profile	No.	Percentage
Resident		
Delhi	375	75
Outside Delhi	125	25
Religion		
Hindu	322	64.4
Muslim	176	35.2
Others	2	0.4
Education		
Illiterate	143	28.6
<8 th standard	213	42
9-12 standard	116	24.8
Graduate or above	28	5.6
Occupation		
Housewife	450	87.5
Working	50	12.5
Family income		
<5000	106	21.2
5000-10000	285	57.0
11000-15000	76	15.2
>15000	33	6.6
Residence		
Urban slum	400	80
Rural	100	20
Family size		
<5	297	59.5
6-10	197	38.3
>10	6	1.2
Parity		
≤3	365	73.0
4-5	134	26.8
≥6	1	0.2
Exclusive breastfeeding		
Yes	489	97.8
No	11	2.2
Postpartum high fertility rate awareness		
Yes	300	60
No	200	40

Postpartum contraceptive awareness		
Yes	183	36.6
No	317	63.4
Partner discussion		
Yes	77	15.4
No	423	84.6
Sexual activity		
<6 week	86	17.2
>6 week	414	82.8
Interpregnancy interval (n=400)		
<3 years	303	75.75
4-6 years	80	20.0
>7 years	17	4.25
Contraceptive use after previous delivery (n=400)		
Yes	150	37.5
No	250	62.5
Contraceptive method use before		
Condom	202	40.4
CuT	14	2.8
POP	16	3.2
Ligation	2	0.4
Traditional methods	37	7.4
None	229	45.8
ANC visit		
Yes	298	58.4
No	202	41.6
Postpartum counselling during ANC visits		
Yes	168	33.6
No	332	66.4
Source of information		
Husband	119	23.8
Doctor/Nurse	310	62
Friend	2	0.4
Pharmacist/Chemist	16	3%
Media	55	11%

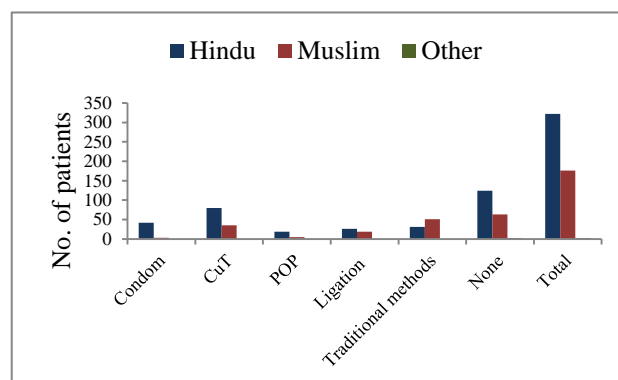


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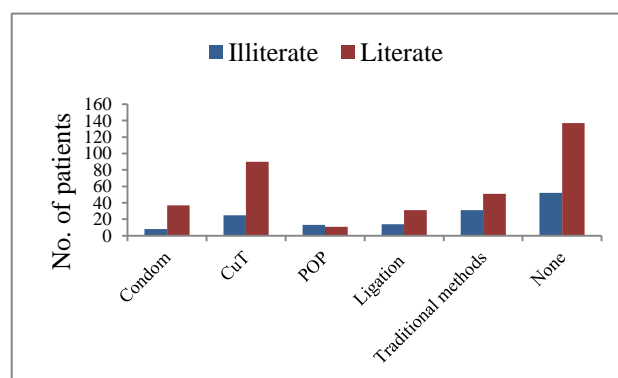
Figure 1: Contraceptive use in various age groups.

In our study, 40% women preferred barrier method, 46% preferred no contraceptive method and 7.4% preferred traditional method.

According to DHS (2008-2009) prevalence of use of traditional contraceptive method was 12.7%. In our study, POP use was 3.2%. According to USNAID, use of injectable contraceptive was 2.7%, least accepted method because it is not available in government supply.



P=0.000

Figure 2: Religion and contraceptive use.

P=0.05

Figure 3: Education and contraceptive use.

Majority of women convinced to use PPIUCD and barrier methods may be because of free government supply and better reliability, no need of daily use required. Women with ≥ 3 living issues were counselled for terminal method like ligation either by laparoscopy or interval tubal ligation or mini-laparotomy.

Even after counselling, 46% women did not prefer to use any suggested contraceptive methods. Majority of women were rigid to not to use any contraceptive method. 7.4% women used traditional method like safe period, abstinence, coitus interrupts. The main reasons for non-acceptance were religious belief or faith followed by desire for more children. 84.6% females did not discuss about contraceptive method with husband. This is reflecting less spousal communication. If spousal communication increases will probable increase use of contraceptive method.

Study done by Shweta et al 45% women discussed with partner.¹² Husband was playing important role in

contraceptive method acceptance. Therefore there is need of counselling of couples. A study done by Rajni et al shows male dominance is quite common in rural India, where contraception is considered wife duty toward their husbands. Now trend is changed women wanted non-dependence on husband and wants contraception according to their convenience.¹³ By this method rapidly increasing population of India may not bring down or limit the family size but will decrease the population burden significantly or stabilize population. Media help in awareness about family planning services by using (IEC) information, education and communication campaign.^{14,15}

60% women had awareness about postpartum high fertility rate. 36.6% women had awareness or positive attitude about postpartum contraceptive use. About 49% women had inter pregnancy interval of 2-3 years whereas 11% women had interval of <1 year between two children.

In our study 36.6% postpartum women ever used any contraceptive method and 51.6% never used any method of contraception. 58.4% women had regular ANC visit, out of them only 33.6% patients had postpartum counselling during ANC visit.

There was significant difference between contraceptive use and education status ($p=0.05$). Contraceptive use was higher in literate women. There was significant difference in contraceptive use between religions ($p=0.000$). Contraceptive acceptance increases with age, educational status, family income. The study shows significant rise in contraceptive use after postpartum counselling (36→46%). A study done by Medina et al shows similar results (33%).¹⁶

CONCLUSION

To improve maternal and child outcome, health professionals should be more focused to encourage effective and high quality contraceptive counselling during antenatal, intrapartum and postpartum period.

Funding: No funding sources

Conflict of interest: None declared

Ethical approval: The study was approved by the Institutional Ethics Committee

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Cite this article as: Singh A, Meena P, Radhakrishnan G, Rutela M. A knowledge, attitude and practice study on awareness and acceptance of contraception in postpartum women in a tertiary care hospital. Int J Reprod Contracept Obstet Gynecol 2016;5:1921-4.