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Original Research Article

Knowledge attitude and practice of contraceptives in married women in a tertiary care

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ABSTRACT

Background: To estimate the knowledge, attitude and practice of contraception among women attending postpartum OPD.

Methods: This cross-sectional study was conducted in Obstetrics and Gynecology outpatient department Government medical college Srinagar. Sample size of 200 patients attending post-partum OPD were taken and questioned using a questionnaire. Questions were asked regarding age, educational status, parity, knowledge, practice of contraceptives and reasons for non-use of contraceptives.

Results: 63% of patients were aware of any contraceptive. Among contraceptives most common known contraceptive was OCP's (62%) followed by female sterilization (52%) and Intrauterine devices (51%). Only 21% were aware of male sterilization. Implants were known to only 5% of patients. Awareness of emergency contraceptives was seen in only 18.5% of patients. Among patients having awareness of contraceptives most common used method was OCP's (73%) followed by barrier, IUD's (48%) and injectable (44%).

Conclusions: The study highlights that awareness does not always lead to the use of contraceptives. A lot of educational and motivational activities and improvement in family planning services are needed to promote the use of contraceptives and reduce the high fertility rate.

Keywords: Awareness, Contraception, Contraceptive, KAP survey

INTRODUCTION

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.¹ To slow down this growth rate, the National Population Policy was national population control programme in 2000, revised by the Government of India in 2015-2024, with the objective of bringing down the total fertility rate to the replacement level by 2024.¹

Of the world population, 75% live in developing countries characterized by high fertility rate, high maternal and infant mortality rate and low life expectancy.²

The world population will likely to increase by 2.5 billion over the next 43 years, passing from the current 6.7 billion to 9.2 billion in 2050.² Birth spacing not only reduce fertility but also improve health of the mother. The leading causes of death among reproductive age women are due to complications arising during pregnancy and child birth.³

Each year approximately 55,000 women die in India due to pregnancy or childbirth-related complications.⁴

In developing countries Couple Protection Rate (CPR) is still very less. According to national family welfare statistics 2011, CPR in India is 40.4%. In Pakistan CPR

was 30% in 2011 while most developed country like USA has 71% CPR for all methods.^{5,6}

Now a day, fertility rate has come down due to wide spread use of family planning methods, whereas some developing countries like India, Pakistan, the use of contraception is still low because of lack of awareness, education, religion, cultural, economic and political barrier.⁷

METHODS

A cross sectional study was conducted from May 2015 to Dec 2015 in Obstetrics and Gynecology outpatient department Government medical college Srinagar. Sample size of 200 patients attending post-partum OPD were taken and questioned using a questionnaire. Married women between the age 15-49 year of age and having the ability to communicate in local language served as inclusion criteria, while unmarried women were excluded due to cultural reasons. The data was collected through interview by trained obstetrics and gynecology registrar. The women interviewed were informed of the study and consent was taken. The participation was on voluntary basis. Interview with each woman lasted for 15-20 minutes. Data was recorded on a predesigned questionnaire. The questionnaire consisted of demographic characteristics including age, marital status, level of education, and employment. Questions were asked regarding previous pregnancies and family planning method used, knowledge about contraceptive methods like condoms, combined oral contraceptive pills (COC), injectable hormones, intrauterine contraceptive device (IUCD), and withdrawal method. The knowledge of permanent method of contraception like tubal ligation and vasectomy was also assessed. The source of knowledge and the women's attitude towards the contraception in the form of motivation, involvement of spouse and/or self and acceptability of contraception were recorded. Questions regarding factors responsible for non-use of contraception were also asked. Descriptive analysis was done and the results were given in percentages. SPSS 20.0 was used to analyze the data.

RESULTS

Table 1: Demographic profile.

Parameter	Number	%
Illiterate	76	38
Middle	68	34
High school	43	21
Graduation	23	11.5
Mean age	28±6.5yrs (21,39)	
Parity		
P1	24	12
P2-P3	89	44.5
>P3	87	43.5

A total of 200 patients attending postpartum OPD were taken for the study and questioned regarding age, parity, educational status, awareness of any contraceptives, attitude towards contraceptives and practice of any method known.

As shown in Table 1, the mean age of patients was 28±6.5yrs. A significant percentage of patients were illiterate (38%) and 34% were middle pass. 21% had passed high school and only 11.5% had pursued graduation. 44.4% patients were having parity between P2-P3 and 43% were >P3 and 12% of patients were primipara.

Table 2: Awareness of contraception.

Parameter	Number	%
Yes	127	63
No	73	36
Method known		
Natural	72/127	36
barrier	66	33
OCP	125	62
Injectable	70	35
IUD	103	51.5
implants	11	5
Female Sterilisation	105	52
Male sterilization	42	21
Emergency contraceptive	37	18.5

As is seen in Table 2, 63% of patients were aware of any contraceptive. Among contraceptives most known contraceptive were Oral Contraceptive pills (62%) followed by female sterilization (52%) and Intrauterine devices (51%). Injectable contraceptives were known to 35% of patients. Only 21% were aware of male sterilization. Implants were known to only 5% of patients. Awareness of emergency contraceptives was seen in only 18.5% of patients.

Table 3: Source of information.

Parameter	Number/127	%
Health centre	56	44
TV/Radio	21	16
Social circle	94	74

As obvious from Table 3, most common source of information was through social circle like friends, relatives etc. 44% of patients gained information about contraceptives through health centre like doctor, nurses, ASHA workers etc. TV/Radio was source of information in 16% of patients. As seen from Table 4, 95% of patients believed that contraceptives can be used for birth spacing.

Attitude towards contraceptives in preventing pregnancy and sexually transmitted infections was seen in 69% and 24% patients respectively.

Table 4: Attitude towards contraceptive use.

Parameter	Number/127	%
Pregnancy prevention	88	69
STD prevention	31	24
Birth spacing	121	95

Table 5: Practice of contraception.

Parameter	Number/127	%
No method	71	55.9
Barrier	61	48
OCP	93	73
Injectable	57	44
IUD	61	48
Implant	0	0
Sterilization (F)	47	37

As shown in Table 5, among 127 patients having any awareness 55.9% of patients had not used any contraceptives in their lifetime.

54.1% of patients had used any contraceptives with some patients having used more than one type of contraceptives.

OCP's were used by 73% of patients, IUD and barrier method by 48% each and injectables by 44%. Female sterilization was done in 37% of patients.

Table 6: Reason for non-practice.

Parameter	Number/127	%
Fear of side effects	47	66
Not available	27	38
Ignorance	33	46
Religious belief	36	50.7
Family pressure	21	29
Cost factor	15	21
Not needed	9	12

Table 6 shows various reasons for non-use of any contraceptives. Most common reasons were fear of side effects (66%) followed by religious belief (50.7%), ignorance (46%), non-availability of contraceptives (38%). Many patients had more than one reasons for non-use of contraceptives.

Percentage more than 100% as many patients had knowledge attitude and practice of more than one method of contraception.

DISCUSSION

This study was conducted in Obstetrics and Gynecology department GMC Srinagar. The aim of this study was to assess the KAP gap of contraception and to assess the unmet need of contraception in patients attending tertiary care.

In present study, a significant percentage of population was illiterate (38%). 34% of patients had passed middle class whereas only 11.5% patients were graduate.

Present study shows that awareness of any contraceptives was seen in 63%. Most known method was OCP's (62%), female sterilization (52%) and intrauterine devices (51.5%). Awareness of emergency contraceptives was only 18.5%. In a study in New Delhi awareness was seen in more than 90% but practice of any method was seen in 59.8% of patients.⁸ Social circle like friends and relatives were main source of information (74%). Health care centers were source of information in 44% of patients.

In our study, non-use of contraceptive is high (55.9%) as compared to that in the study by Young et al⁹ (39%) and by Aneblom et al (33%).¹⁰ Among practicing group most common method used was OCP's (73%) followed by barrier (48%) and injectable (44%). 37% of patients had undergone female sterilization. Most common reason for non-use of contraceptives was fear of side effects (66%) followed by religious belief (50.7%), ignorance (46%) and non-availability (38%).

CONCLUSION

Awareness of contraceptives is low in study subjects. There is a significant contraceptives gap in awareness and practice of contraceptives. The most common reason for non-use being fear of side effects.

Recommendations

Improve female literacy rate. Increase awareness by using sustained efforts to increase awareness and motivation for contraceptive use. This can be brought about by facilitating the access to more information, education and communication with the reproductive age couples, and improved social and welfare services. Regular availability of contraceptives and adequate health care services at the peripheral level.

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

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