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Original Research Article

## Knowledge attitude and practice of contraception among antenatal care patients

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### ABSTRACT

**Background:** Strategies have been engaged by different governments in improving these indices amongst which is the use of family planning. Hence; authors planned the present study to assess the knowledge, attitude and practice of contraception among antenatal care patients.

**Methods:** A total of 100 patients were enrolled in the present study. With the help of structured anonymous self-administered questionnaire, interviewing of the attendees of the antenatal clinic was done. The questionnaire was framed with aim of obtaining the clinical and demographic details of the subjects. All the data collecting interviews were conducted at the antenatal clinic. The participants were distributed a questionnaire and assistance given to any attendee with literal difficulty in filling the forms. The data obtained were collated in a purpose designed worksheet prepared for this study.

**Results:** 78 percent of the subjects were aware about contraception, while the remaining 22 percent of the subjects were unaware about contraception. Knowledge of subjects about barrier method of contraceptive was present in 78 subjects.

**Conclusions:** Antenatal women appear to have significant knowledge in relation to contraception.

**Keywords:** Antenatal, Attitude, Contraception, Knowledge

### INTRODUCTION

One of the major global concerns is the health of mothers and children. Results from past researches have proved that perinatal, neonatal and under five as well as maternal mortality rates remain high in most developing countries. Strategies have been employed by various governments in improving these indices amongst which is the use of family planning.<sup>1</sup> Despite employing this strategy, the contraceptive prevalence is relatively low in most developing countries with values ranging from 6-14.6%. In relation to the non-utilization of modern contraception, the major obstacles include fear of side effects, poor

quality of services and opposition from family members or influential 10 members of the community.<sup>2</sup> The likelihood of infants dying before their first birth day has been demonstrated to be far greater if the infant was born less than one year after the end of their mothers' last pregnancy than those born after a longer interval.<sup>3</sup> Improved outcome of infants are noted to be better, if the mothers waited for 18 to 23 months, after a full term birth and before conceiving again. This highlights the requirement for contraceptive use immediately after the postpartum time as this period characterizes the beginning of return of fertility in most females. The Antenatal clinic was selected as the present study area as it suggests the best environment within the hospital for

meeting females in the reproductive age group along with providing a forum for dissemination of family planning information, correction of wrong perceptions as well as the opportunities for exchange of ideas between mothers.<sup>4-8</sup> Hence; authors planned the present study to assess the knowledge, attitude and practice of contraception among antenatal care patients.

## METHODS

A total of 100 patients were enrolled in the present study. The study was conducted in the Department of Obstetrics and Gynaecology, RIMS, Raichur. It included assessment of the knowledge, attitude and practice of contraception among antenatal care patients. Ethical approval was obtained from institutional ethical committee and written consent was obtained after explaining in detail the entire research protocol.

### Inclusion criteria

- Pregnant women attending Antenatal clinic.
- Women between the age group of 20 to 40 years.
- Women with negative history of any known systemic illness or co-morbid condition.
- Women with negative history of any hormonal disorder.

With the help of structured anonymous self-administered questionnaire, interviewing of the attendees of the antenatal clinic was done. The questionnaire was framed with aim of obtaining the clinical and demographic details of the subjects. Authors also collected information in relation to the reproductive health data of the subjects, awareness of time of commencement of contraceptive choices, knowledge of different variety of contraceptive techniques, information's source, and explanations about use and none use of contraceptive techniques. All the data collecting interviews were conducted at the antenatal clinic. The participants were distributed a questionnaire and assistance given to any attendee with literal difficulty in filling the forms. The data obtained were collated in a purpose designed worksheet prepared for this study. Data collected were analysed with EPI info 2000 computer software. The results were presented percentages, means, tables and charts.

## RESULTS

In the present study, majority of the subjects were more than 30 years of age approximate 43 subjects were aged between 31-35 year, 38 subjects were older than 35 year of age and it is found in the present study only 2 subjects were less than 25 years of age. Parity was found to be in between one to four in 70 percent of the patients, in 26% it was 0 and in 4% patients=5. It was also found that 8 patients were uneducated, 6 patients had there only primary education,30 till secondary ,54 percent of the subjects were graduates and only 2 were (Table 1).

**Table 1: Demographic and clinical details of the subjects.**

| Parameter                 | Number              |    |
|---------------------------|---------------------|----|
| Age group (years)         | Less than 25        | 2  |
|                           | 26-30               | 17 |
|                           | 31-35               | 43 |
|                           | More than 35        | 38 |
| Parity                    | 0                   | 26 |
|                           | 1-4                 | 70 |
|                           | =5                  | 4  |
| Educational qualification | Uneducated          | 8  |
|                           | Primary education   | 6  |
|                           | Secondary education | 30 |
|                           | Graduate            | 54 |
|                           | Postgraduate        | 2  |

Table 2 shows Awareness of the subjects towards contraception 78 percent of the subjects were aware about contraception, while the remaining 22 percent of the subjects were unaware about contraception whereas 66 subjects and 34 were unaware, 60% subjects aware of benefits of birth spacing whereas 40% were unaware.

**Table 2: Awareness of the subjects.**

| Awareness   | Aware (No. of subjects) | Unaware (No. of subjects) |
|---|-------------------------|---------------------------|
| Aware of contraception                                  | 78                      | 22                        |
| Aware about need of limiting child birth/ birth spacing | 66                      | 34                        |
| Aware of benefits of birth spacing                      | 60                      | 40                        |

Table 3 demonstrates knowledge of subjects about types of contraceptive methods, 78% subject given response to using contraceptive barrier and 64% combined with oral contraceptive pills, 2% patients not given any response on barrier and 3% patients not given response on oral contraceptive pills.

**Table 3: Knowledge of subjects about types of contraceptive methods.**

| Parameter                         | Yes (No. of subjects) | No (No. of subjects) | No response (No. of subjects) |
|-----------------------------------|-----------------------|----------------------|-------------------------------|
| Barrier                           | 78                    | 20                   | 2                             |
| Combined oral contraceptive pills | 64                    | 33                   | 3                             |

## DISCUSSION

Contraception is defined as the prevention of conception or impregnation by methods other than abstinence from coitus. Various methods of contraceptives exist, each with its own advantages and disadvantages. An ideal

contraceptive should be completely effective, reversible, convenient, simple, cheap, acceptable and safe. Studies in developing countries have shown low frequencies of contraceptive use despite the high level of awareness.<sup>6</sup> Hence; authors planned the present study to assess the knowledge, attitude and practice of contraception among antenatal care patients.

In the present study, authors observed that 78 percent of the subjects were aware about contraception, while the remaining 22 percent of the subjects were unaware about contraception. Allagoa DO et al determined the knowledge, attitude and practice of contraception among antenatal clinic attendees in the University of Port Harcourt Teaching Hospital. A total of 300 questionnaires were administered and 253 were retrieved. Majority of the respondents 234 (92.5%) were aware of contraceptive usage. 38.7% of respondents had knowledge of the use of Lactation amenorrhoea method as a form of contraception. Amongst 26.5% of attendees who had used a contraceptive option previously the condom was the commonest contraceptive used.<sup>7,8</sup> The antenatal Clinic was the source of contraceptive knowledge in 79% of the respondents. The commonest reason for use of contraceptive method was for child spacing while the fear of complication was the commonest cause of none use. The contraceptive awareness amongst women attending antenatal clinic was high without corresponding increase in usage of available methods.<sup>1</sup>

Busery S et al and Rahman A et al assessed the knowledge, attitude and practice of emergency contraceptive use among graduating female students of College of Health and Medical Sciences (CHMS), Haramaya University (HU). Institutional based cross-sectional study was conducted from April 1-April 30, 2015. The calculated sample size of 130 was evenly stratified to each department graduating female students. Simple random sampling was then employed to collect data from each stratum using self-administered questionnaire. One hundred twenty-five have heard of EC. The common sources of information were teachers in class 50, health institutions 45 and mass media 15. Coming to the attitude of the respondents towards ECs, 78 agreed and 31 strongly agreed that ECs prevent unwanted pregnancy after unprotected sex. Fifty-five agreed to use EC in the future. Regarding the actual practice, from 59 students who had sexual intercourse, only 36 used oral post coital pills. The awareness of the students towards ECs was found to be appreciable. However, as health and medical science college students, the practice of EC was not as such promising.<sup>9,10</sup> Utoo BT et al determined the knowledge, attitude and use of family planning methods among women attending antenatal clinic in Jos; factors that militates against use of contraceptive methods and their contraceptive intentions following the index pregnancy. This was a cross-sectional study involving 420 women who attended the antenatal clinic. The respondents were interviewed by the use of

structured interviewer administered questionnaire. Knowledge and acceptability of family planning methods were high, while modern family planning methods use was 44.0%. More women 39.3% were aware of oral contraceptive pills. Common methods used were male condom (59.5%), oral contraceptive pills (47.0%) and injectables (27.1%) among others. Most of the women (60.0%) received their family planning information in the hospital. Seventy five percent of the women agreed that both husband and wife should jointly decide for a family planning method. Sixty eight percent of women would like to use contraceptive methods after delivery of the index pregnancy. The desire for more children accounted for 36.5% among those that refused use of contraceptive method after delivery. Despite the high educational status, knowledge and acceptability of family planning methods observed in their study, the practice of these methods is still relatively low. More targeted and well-organized educational campaigns are needed to improve this trend.<sup>11</sup> Olamijulo JA et al examined the sociodemographic data of antenatal clinic attendees at the Lagos University Teaching Hospital (LUTH), their knowledge about contraceptive methods, previous contraceptive practice and anticipated pattern of post-partum contraceptive uptake. Sixty women, in their study, stopped using contraceptive because they wanted to get pregnant. Sixty-eight women planned to use contraceptives after delivery and the male condom was the most preferred method of post-partum contraception. There is no statistical association between age, religion, parity and educational attainment and desire for post-partum contraception. Antenatal women in LUTH appeared quite knowledgeable about contraception but majority had no plan for contraceptive use post-delivery.<sup>11-13</sup>

## CONCLUSION

From the above results, the authors conclude that antenatal women appear to have significant knowledge in relation to contraception. However; future studies are recommended.

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

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