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A Study About The Knowledge, Attitude And Practices Of Various Contraceptive Methods Among The Women Of The Reproductive Age Group.

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ABSTRACT

Rapidly increasing population is the economic burden for many developing countries like India. Irrespective of wide availability of various types of contraceptives, the rate of population growth and unplanned pregnancies is still high. Having correct knowledge, attitude and practice about contraceptives is essential for increasing its use and decreasing the population. Hence this study was conducted to assess the knowledge, attitude and practices of various contraceptive methods among women of reproductive age group of Silvassa to generate the local level data on the same. A descriptive cross-sectional study was conducted among 100 females of reproductive age group. Data were collected using a pre-structured questionnaire on knowledge, attitude and practices of various contraceptive methods among the women of the reproductive age group. The study was conducted in the month of September 2023 at Silvassa. Purposive sampling technique was used to select the sample. Data was analyzed by applying appropriate statistical tests. Majority (57%) were of 30-39 years of age, 91% were Hindus, 78% had education of SSC and above, 84% were working women, 98% were married, 97% had children, 97% were aware of the contraceptive methods, most common method known to them was condom (86%), tubectomy (59%) and oral contraceptive pills (57%). 74% women had good knowledge about contraceptive methods, 23% had moderate knowledge and 3% had very poor knowledge about the contraceptive methods. Most common source of information about contraceptive methods for these women was health care workers like ASHA. 74% had favorable attitude, 13% had negative attitude while 13% had neutral attitude for usage of contraceptive methods. 93% of them were practicing either of the contraceptive methods. Knowledge was significantly associated with the attitude while there was no association between knowledge and practice as well as between attitude and practice. The study showed that majority of the females had good knowledge, favorable attitude and high level of practice of contraceptive methods. Knowledge was significantly associated with attitude but not significantly associated with practice. Health care workers play important role in spreading the awareness about contraceptive methods.

Keywords: Knowledge, Attitude, Practice, Contraceptive Methods.

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INTRODUCTION

The world population will likely to increase by 2.5 billion passing from the in 2050 [1]. Rapidly increasing population is the economic burden for many developing countries like India. Unregulated fertility is one of the contributing factors for increasing population. Limiting population growth is necessary to improve living standards and the quality of life of the people [2]. This strategy can be enhanced by using contraceptives by the population. Irrespective of wide availability of various types of contraceptives, the rate of population growth and unplanned pregnancies is still high. Use of contraceptives can prevent at least 25% of all maternal deaths by allowing women to prevent unintended pregnancies and unsafe abortions. It can also protect them from sexually transmitting diseases including HIV [3]. One fifth of the maternal deaths in the world occur in India [4]. Having correct knowledge, attitude and practice about contraceptives is essential for increasing its use and decrease the unmet need of contraception. Hence this study was conducted to assess the knowledge, attitude and practice among women of reproductive age group of Silvasa to generate the local level data on the same.

MATERIALS AND METHODS

A descriptive cross-sectional study was conducted among 100 women in the reproductive age group from a village in Silvasa district of India. Purposive sampling technique was used to select the study population. Data was collected by using a predesigned and structured questionnaire.

The respondents were interviewed and asked about demographic details, questions regarding knowledge, attitude and practice of contraceptive methods. All the ethical considerations were taken before conducting a study.

Objective

To assess the knowledge, attitude, practice on contraceptive methods among the women of the reproductive age group.

RESULTS

This was a cross sectional study conducted among 100 females selected by purposive sampling to assess the knowledge, attitude and practice about contraceptive methods.

99% of the responders were from urban areas and 1 person was from rural areas. 98% of the responders were married. 73% were living in Pakka House. Maximum responders (57%) were from the age group of 30 to 39 years followed by 33% in the age group of 20 to 29 years, 9% in the age group from 40 to 49 years. 91% of the women were Hindu, Regarding the educational status, there were almost equal numbers of responders who were educated up to SSC 26%, HSC 22% & Graduate 23%. 7% of women had done Post graduation. 13 women were between the educational level of six to nine standard. 16% of the women were housewives, 7% did a job, 2% did business, one woman was an ASHA worker. 16% of women had more than 2 children.

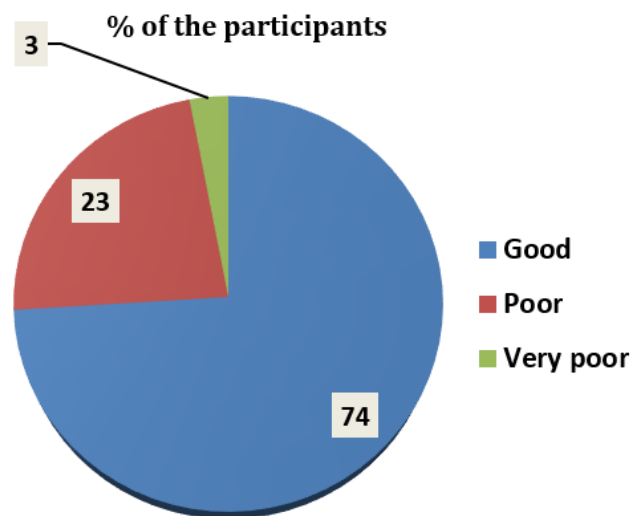
Table 1: Socio-demographic characteristics of the study population.

| Sr. No | Age | No. of participants | % |
|--------|---------------|---------------------|----|
| 1 | 18-19 | 0 | 0 |
| 2 | 20-29 | 33 | 33 |
| 3 | 30-39 | 57 | 57 |
| 4 | 40-49 | 9 | 9 |
| Sr. No | Religion | No. of participants | |
| 1 | Hindu (H) | 91 | 91 |
| 2 | Muslim (M) | 0 | 0 |
| 3 | Cristian (C) | 1 | 1 |
| 4 | others | 8 | 8 |
| Sr. No | Type Of House | No. of participants | |
| 1 | Kacha (K) | 27 | 27 |

| | | | |
|---------------|------------------------|----------------------------|----|
| 2 | Paaka (P) | 73 | 73 |
| Sr. No | Education | No. of participants | |
| 1 | Std 5th & Below | 9 | 9 |
| 2 | Std 6th to 9th | 13 | 13 |
| 3 | SSC | 26 | 26 |
| 4 | HSC | 22 | 22 |
| 5 | Graduate | 23 | 23 |
| 6 | Post Graduate | 7 | 7 |
| Sr. No | Occupation | No. of participants | |
| 1 | Housewife | 16 | 16 |
| 2 | Job | 7 | 7 |
| 3 | Business | 2 | 2 |
| 4 | ASHA | 1 | 1 |
| Sr. No | No. of Children | No. of participants | |
| 1 | 0 | 6 | 6 |
| 2 | 1 | 19 | 19 |
| 3 | 2 | 59 | 59 |
| 4 | 3 | 14 | 14 |
| 5 | 4 | 1 | 1 |
| 6 | 5 | 1 | 1 |

94% of women had children, 6% did not have children, 59% of the women had two children, nineteen women had one child each, fourteen women had three children each & one woman each had four or five children.

Figure 1: Distribution of the participants according to their knowledge level.



Out of total 100 women, 74% women had good knowledge about contraceptive methods, 23% had moderate knowledge and 3% had very poor knowledge about the contraceptive methods.

79% of women were aware of the government supply of condoms, 50% were aware of the supply of oral contraceptive pills by government, 33% of women knew about the supply of intrauterine contraceptive devices & 37% knew about the supply of injectable contraceptives.

59% females reported that the Government provides tubectomy services while 28% females reported vasectomy services. others were not aware of the availability of surgical methods by Government.

Most effective contraceptive according to the participants was condom (61%), oral contraceptive pills (21%), intrauterine contraceptive devices (28%), injectable contraceptives 9%. Tubectomy (20%)

while 5% considered vasectomy to be the most effective method. 24% women knew about the advantage of condom as protective against transmission of sexually transmitted diseases.

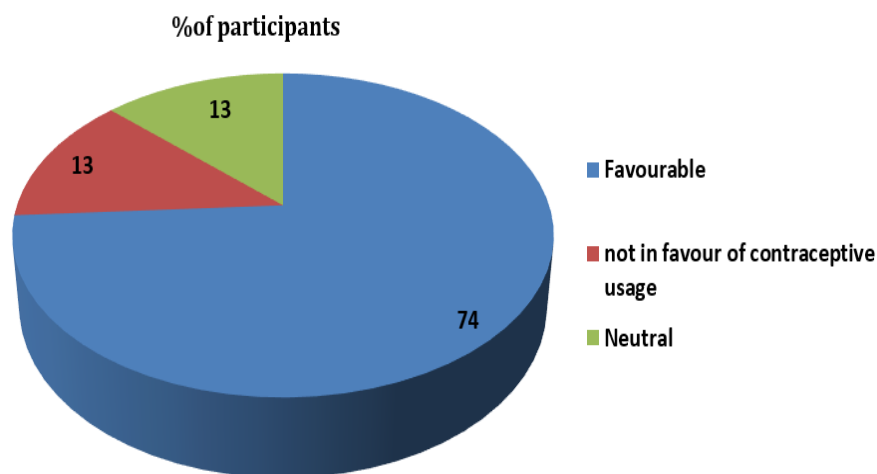
Regarding the time of insertion of the intrauterine contraceptive device, 72% replied after menstruation, 6% replied during menses, 12% replied after vaginal delivery while others did not know the timing of insertion.

Regarding the timing of when to start using oral contraceptive pills, 82% of women replied after menses, 3% replied before menses, one woman replied, at the start of menses, whereas three women replied after intercourse & 1 woman replied - after vaginal delivery. Others did not know when to start using oral contraceptive pills.

When asked whether there is a possibility of preventing pregnancy without the use of any contraceptive methods, 42 % women replied in affirmation whereas 51 women replied it is not possible & four women did not know, whereas one woman did not respond. 72% of women knew natural method of pregnancy. 62% of women knew about safe period as a method of contraception, 1 person answered that abstinence is a natural method of contraception. one of the women knew about the Basal body temperature method, coitus interrupts, and the lactational method of contraception. 71 women believed the two-child family norm, thirteen women opted for only one child for a couple, and 12 women chose three children for a couple. 16% women preferred son over daughters and 67% preferred daughter over son while others were of the opinion that any one either son or daughter can be one of the options.

Regarding the spacing between two children maximum, 40% of women felt it should be five or more years, 21% of women felt it should be three years, 20% women felt it should be two years. Five women felt it should be one year whereas three women felt that it should be 4 years. Seven women were not sure of the number of years of spacing between two children.

Figure 2: Distribution of the participants according to their attitude about contraceptive methods.

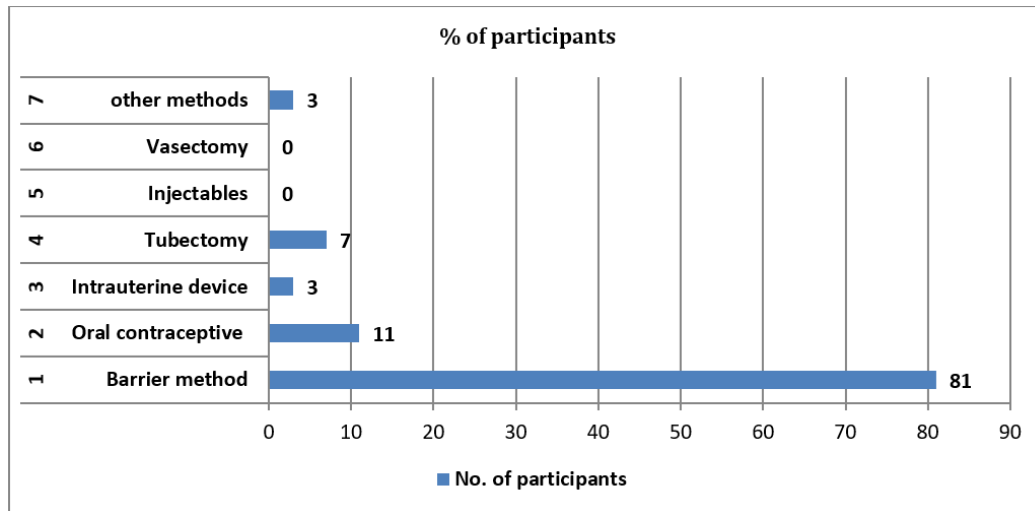


74% had favorable attitude, 13% had negative attitude while 13% had neutral attitude for usage of contraceptive methods.

Knowledge was significantly associated with the attitude.

56% women considered condoms to have side effects, 45% women considered that oral contraceptive pills have side effects, 39 women considered intrauterine contraceptive devices to have side effects whereas 26 women considered injectable contraceptives to have side effects. Regarding the surgical methods, seven women considered tubectomy to have side effects, whereas none of the women considered vasectomy to have any side effects.

Figure 3: Distribution of the participants according to the contraceptive methods they have practiced.



When we tried to look into the personal preferences of the individual responders, 81% of women preferred the use of condoms. 11% women preferred oral contraceptive pills. Three women preferred intrauterine contraceptive devices, whereas seven women preferred tubectomy. None of the women had injectable contraceptives and vasectomy as the preferred method of contraception. 93% of them were practicing either of the contraceptive methods. There was no association between knowledge and practice as well as between attitude and practice.

Regarding the choice of permanent contraception method, we found that 36 women would prefer the surgical method of contraception. 72% of them had advised their friend and relatives to use contraceptives.

When asked about who provided information about contraceptive methods, 73% women said that a nurse or ANM or Anganwadi Sevika gave them the information. Eighteen women received information from a doctor or a teacher.

Association of knowledge with the variables, attitude and practice

There was a significant association between educational status (chi square value =45.97, p=0.001) and knowledge. But knowledge was independent of other variables like age, occupation, number of children, religion & source of information.

Knowledge was significantly associated with the attitude (chi square value=16.49, P value=0.0024<0.05) while there was no association between knowledge and practice (chi square value= 3.58, P= 0.167) as well as between attitude and practice (chi square value= 1.7025, P=0.4268).

DISCUSSION

In the present study, majority (74%) had a good level of knowledge while 23 had moderate and 3% had poor knowledge which is similar to the study by Sherpa SZ et al [5], where majority of 92 (67.60%) had moderate knowledge, 20 (14.70%) had high knowledge and 24 (17.60%) had low knowledge on contraceptive methods. A study by Rao PD et al [7] also showed high knowledge in 81% of females . On the contrary, a study conducted by Mahawar et al [6] showed poor contraceptive knowledge among females.

In the present study, majority (74%) had favourable attitude, 13% had negative while 13% had neutral attitude towards contraceptive methods. In a study by Sherpa SZ et al [5] also, a majority 119 (87.5%) had favourable attitude and 17 (12.5%) had unfavourable attitude towards contraceptive methods.

In the present study, 93% had used one of the method of contraceptives at least once while majority 52 (38.23%) had never used contraceptive methods in the study by Sherpa SZ et al [5].

81% had used condoms, 11% used oral contraceptive pills, 3 % women used intrauterine contraceptive devices, whereas 7% women had done tubectomy. None of the women reported either injectable contraceptives or vasectomy as method of contraception. In a study by Sherpa SZ et al [5], a majority 51 (37.5%) preferred OCP, 30 (22.1%) preferred condoms and 22 (16.2%) preferred Injections.

In the present study, there was a significant association between educational status (chi square value =45.97, p=0.001) and knowledge. But knowledge was independent of other variables like age, occupation, number of children, religion & source of information.

Knowledge was significantly associated with the attitude (chi square value=16.49, P value=0.0024<0.05) while there was no association between knowledge and practice (chi square value= 3.58, P= 0.167) as well as between attitude and practice (chi square value= 1.7025, P=0.4268).

A study by Sherpa SZ et al (5) had reported that, there was association between knowledge with educational status (chi square = 47.14, p=0.001), occupation (chi square =15.81, p=0.044), family monthly income (chi square =6.473, p=0.039) and duration of marriage (chi square =6.721, p=0.035). There was no association between attitude and the studied variables.

CONCLUSIONS

The findings show that most of the females have moderate knowledge and favorable attitude on contraceptive methods. Contraceptive method was practiced by the females, among which condom was mostly used and preferred by them. Most of the females were satisfied with the contraceptive method in use. There was a significant association between educational status and knowledge. This emphasizes the importance of education in improving the knowledge of the females on contraceptive methods. Also knowledge was significantly associated with attitude and most common source of knowledge is health care workers.

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