

Knowledge, Attitude and Practices of Contraception in Rural area of Chhattisgarh

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ABSTRACT

Background: In recent years, the need for knowledge, attitude and practices (KAP) studies to understand the factors determining the fertility and family planning acceptance and practices by particular communities has been felt, so that more specific knowledge can be gained about factors determining family planning acceptance by particular communities, which can then be used for developing suitable program for them.

Objectives: To study the knowledge, attitude and practices related to contraceptive methods.

Materials and Methods: A community based cross sectional study was conducted among 1000 women in the reproductive age group in the rural area of Chhattisgarh. Data was collected in the pre designed study questionnaire. Analysis was done by using proportions.

Results: Female sterilization was the most widely known method of contraception (98%) followed by male sterilization (95%). Mass media (television, newspapers) was the most common source of information about contraceptive methods (70.5%) followed by information from health personnel (55%). Contraceptive advice was accepted by 91% of the candidates. Most common reason for not using contraception was want of more children followed by religious reasons.

Conclusion: Knowledge of primary methods of contraception was good compared to the modern methods. Mass media (television, newspapers) is found to be playing a significant role in spreading awareness among rural population. 91% of the rural women were practicing the contraceptives.

Keywords: Contraceptive knowledge, attitude, sterilization, oral contraceptive

INTRODUCTION

Family planning is defined by WHO as "a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of a country".^[1]

India is the second most populous country of the world. The Government of India launched a family welfare program to accelerate the economic and social development by reducing the population growth. But this program has met with only marginal success. This is because people of India being multi linguistic, multi religious and multiethnic, have different levels of

awareness and acceptance of methods of family planning. It is thus, necessary to develop special program to tackle the needs of different groups. But before launching a special program, a thorough understanding of the differentials and determinants of fertility and mortality is essential. In recent years, the need for such studies to understand the factors determining the fertility and family planning acceptance and practices by particular communities has been felt, so that more specific knowledge can be gained about factors determining family planning acceptance by particular communities, which can then be used for developing suitable program for them.^[2]

An important factor, which affects the fertility of any population, is Contraceptive prevalence rate (CPR)

defined as the percentage of married women, aged 15-49 years, using modern and traditional methods of contraception.^[3] Hence present study was undertaken to study the knowledge, attitude and practices of contraception in rural area of Chhattisgarh.

MATERIALS AND METHODS

Study area

The present study was carried out in rural areas of Chhattisgarh.

Type of study

Community based randomized study.

Study period

Duration of study was from December 2013 to December 2014.

Study population

Currently married women in the age group of 15-49 years of age i.e. fertile period were included.

Sample size

Study was conducted on 1000 women.

Methodology

Institutional Ethics Committee Permission was obtained. The study was planned to be conducted in the rural areas of Durg District, Chhattisgarh. All women in the reproductive age group of 15 – 49 years of age group in the nearby villages were identified. They were contacted and explained about the study. Informed consent was obtained from them. Data was collected using pre designed study questionnaire.

Information was obtained on knowledge about contraceptive methods, source of information of knowledge, practices related to use of various contraceptive methods and reasons for not using the contraceptive methods. Questions were asked for knowledge of contraceptive methods like whether they were aware about the family planning or not. Further, they were asked about the various types of contraceptives like barrier methods, intra uterine devices, oral pills, emergency contraception and permanent methods of sterilization. No leading questions were asked.

They were asked to name the contraceptive methods they know. In case of source of information, i.e. the source from where they came to know about the contraceptive method, leading questions were asked. This included whether they obtained information on contraceptive methods from mass media like television, print media or from health personnel or from any relative.

Next category question was practice of contraceptive acceptance which included currently whether they are practicing any of the contraceptive method or not. Next question was regarding the reasons for not using the contraceptive like fear of side effects, non cooperation by

husband, religious grounds etc.

Data analysis: Data was analyzed using proportions.

RESULTS

Female sterilization was the most widely known method of contraception (98%) followed by male sterilization (95%). Knowledge of modern methods of spacing was less known. (Table1)

Table 1: Knowledge about various contraceptive methods in studied group

Contraceptive	No.	Percent
Female sterilization	980	98
Male sterilization	950	95
Oral contraceptive	800	80
Injectable contraceptive	550	55
IUCD	800	80
Barrier method. Condom	900	90
Periodic abstinence	200	20

Table 2: Source of information about contraception

Source	No.	Percent
Mass Media (television, newspapers)	705	70.5
Health personnel	550	55
Husband	380	38
Family members	400	40

Table 3: Contraceptive acceptance by community

	No.	Percent
Yes	910	91
No	90	9

Table 4: Reasons for not using contraceptive

Reason	No.	Percent
Want more children	280	28
Religious reason	160	16
Currently pregnant	120	12
Newly married	110	11
Not acceptable to husband	80	8
Fear of side effects	150	15
Indifferent attitude of health personnel	60	6

Mass media like television, newspaper was the most common source of information about contraceptive methods (70.5%) followed by information from health personnel (55%) then by family members including husband (38-40%). (Table 2)

Contraceptive advice was accepted by 91% of the candidates; while 9% directly refused. (Table 3)

Most common reason for not using contraception was want of more children followed by religious reasons. Fear of side effects whether the contraceptive methods are harmful to the life was one of the important reasons. (Table 4)

DISCUSSION

A community based cross sectional study was carried out in the rural areas of Durg District, Chhattisgarh on 1000 women of reproductive age group to assess knowledge, attitude and practices related to contraceptive methods.

We found that knowledge of primary contraceptive methods was very well among the study subjects i.e. knowledge regarding use of sterilization and condoms. But newer methods knowledge was comparatively less. Similar findings were reported by Prachi R et al [2], Mustafa R et al [3], Kansal A et al [4], and Hayat H et al [5].

Balaiah D et al [6] in their study pointed out that the use of spacing contraceptive methods was significantly higher among those couples where the men desired one or two children (OR=4.3), had knowledge of five or more contraceptive methods (OR=1.9) and discussed with their wives obtaining family planning information (OR=3.2), spacing (OR=2.7) and permanent (OR=2) contraceptive methods. Chopra S et al [7] reported that overall awareness about contraceptive methods was 52.7%. Among them 46.1% were aware about intra uterine devices, 43.2% about oral pills, and 50% knew about methods of sterilization.

Knowledge of emergency contraceptive methods was low i.e. 13.8% which corresponds with the present study. Bandhi G et al [8] and Laxmi MM et al [9] found a very high rate of awareness i.e. 91.56% and 95.2% respectively which corresponds with the present study. Just like our study, Takkar N et al [10] found a low rate of awareness of 11.2% related to emergency contraception.

In the present study we found that the major source of information on contraceptive methods was mass media (like television, print media) in 70% of cases and health personnel in 55% of cases. This is in agreement with other studies [2, 3, 5] who also found that mass media was the major source of information for women. Takkar N et al [10] found that print and electronic media was the major

source of information (57.7%) for their study population. Chandhick N et al [11] observed in their study that hospitals were the major source of information i.e. primary health centres in 31.5%, other hospitals in 42.1%, and sub centres in 7.5% of cases.

The contraceptive acceptance by the community was seen in 91% of cases in the present study. Kansal A et al [4] found that 61.8% women were not using any method of contraception in their study. Various studies have reported varying rates of contraceptive acceptance or use ranging from 31.7% [7], 53.02% [8], 87.2% [9], 81.1% [10], 45.2% [11], 62.9% [12], 48.63% [13], 49.86% [14].

This variation in the use or acceptance of contraceptive use can be attributed to the place of study like urban/rural, education level of the population studied, social and cultural differences present in the study areas of different authors. Compared to all these, the acceptance rate has been found to be very high i.e. 91% in the present study.

Reasons for not accepting the contraceptives were studied. It was found that desire for more children was the most common reason cited in 28% of cases by the study participants. This was followed by reasons like on religious grounds (16%), fear of side effects (15%), current pregnancy (12%), being newly married (11%) etc. Prachi R et al [2] in their study also found similar results.

Lack of knowledge was the most important barrier in the use of contraceptive methods in 40% of cases as reported by Mustafa R et al [3]. Kansal A et al [4] have stated reasons like lack of knowledge in 96%, for want of child in 21.5% and religious ground in 9% as reasons for not practicing contraception. Mohanan P et al [15] also found that people were not ready to accept the contraceptive methods on religious grounds.

CONCLUSION

Knowledge of primary methods of contraception was good compared to the modern methods. Mass media is found to be playing a significant role in spreading awareness among rural population. 91% of the rural women were practicing the contraceptives.

CONFLICT OF INTEREST

The authors declared no conflict of interest.

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