**ORIGINAL RESEARCH ARTICLE****KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY PLANNING AMONG MARRIED WOMEN OF REPRODUCTIVE AGE IN A VDC OF EASTERN NEPAL**S Uprety ^{1*}, IS Poudel ¹, A Ghimire ¹, M Poudel ², S Bhattaria ¹, DD Baral ¹¹School of Public Health and Community Medicine, BPKIHS, Dharan, Nepal²Department of General practices and Emergency Medicine, BPKIHS, Dharan, Nepal***Correspondence to:** Dr Samyog Uprety, School of Public Health and Community Medicine, BPKIHS, Dharan, Nepal. Email- samyoguprety@gmail.com.**ABSTRACT**

Contraceptive use and fertility rates vary substantially among developing countries. An important factor, which affects the fertility of any population, is Contraceptive. Contraceptive use varies by age. Nepal over the past 15 years show an impressive increase in the use of modern contraceptive methods from 26 percent in 1996 to 43 percent in 2011. Objectives of the is to assess the knowledge, attitude regarding family planning and the practice of contraceptives among the married women of Dhabi VDC of Eastern Nepal. A descriptive cross-sectional observational study was done in Dhabi VDC. Total of 300 married women age 15-49 sample were taken from family planning center situated in Dhabi. Knowledge, attitude and practice on contraceptives were evaluated with the help of a predesigned questionnaire. Descriptive analysis was done by using SPSS 11.5 software to obtain frequencies and percentages. Out of 300 interviewed women, the mean age was 27.94 years, 98% had heard about Family planning method. Radio was the main Source of family planning information. Regarding the usage of contraceptive methods, about 79.3% had ever used and 63.3 had current using some sort of contraception, among the method used Injectables were the commonly used methods About 71% of married women other child in the further. Despite the knowledge of all family planning methods majority of the women used Injectables. Easily accessible and easily to use were the main reasons for choosing Injectables methods.

Key words: Contraception, Current users, Dhabi, Eastern Nepal.**INTRODUCTION**

Family planning services have the potential to improve the quality of the lives of people and also their economic welfare. Increasing population growth is a worldwide problem today and Nepal is no exception. A variety of different methods of contraception are available, which are generally extremely safe compared with the risks associated with pregnancy and childbirth. Not all methods are suitable for everyone. Expanding the number of family planning options available to women is a critical part of increasing contraceptive coverage, decreasing unintended pregnancies and reducing maternal morbidity and mortality around the globe.^{1,2}

Knowledge of contraceptive methods is an important precursor to use. The ability to Spontaneously name or recognize a family planning method when it is

described is a simple test of respondent's knowledge but not necessarily an indication of the extent of knowledge. Nepal's Family planning programme started with the organization of Family Planning Association of Nepal in 1959. In fact, Nepal was one of the first countries of South Asia, where information about family planning was available through a non-governmental programme. Since 1968 Government of Nepal has been actively involved in providing family planning services with the establishment of Nepal Family Planning.³

Data from the four Demographic and Health surveys conducted in Nepal over the past 15 years show that current use of modern contraception has increased from 26 percent in 1996 to 44 percent in 2006 and then declined slightly in 2011. Trends in current use of family planning can be used to monitor and evaluate

the success of family planning programs over time. The increase in the use of modern contraceptives is due mainly to increased use of female sterilization, Injectables, the pill, and condoms between 1996 and 2006. However, as a result of several possible factors, the increase in contraceptive use has not been sustained in the past five years. There has been a decline in the use of female sterilization and Injectables, while the use of male sterilization has increased slightly.

METHODS

This descriptive cross-sectional survey has been carried out from June 2011 to July Dec 2011. The study area was Family planning center of Dhabi VDC of the Sunsari district of Eastern Nepal. Dhabi VDC was chosen purposively as it is one of the teaching districts of the BPKIHS; non-probability convenience sample of 300 Married women of reproductive age 15-49 years was selected for this survey. Predesigned semi-structured questionnaire was used as tool for data collection. Questionnaire was translated in to Nepali at the time of interview.

Ever use refers to use of a method at any time, with no distinction between past and present use. Current use of contraception is defined as the proportion of women who reported the use of a family planning method at the time of interview.

The questionnaire consisted of information’s about the respondent’s age, education, occupation, knowledge about family planning methods, ever used and current use of family planning methods and source of information. Analysis was done by using SPSS 11.5 software to obtain frequencies and percentages

The study was approved by the Ethical Review Board of the Research Committee of B.P. Koirala Institute of Health Sciences, Dharan, an institution authorized by the Nepal Health Research Council. Inform consent was taken from each individual after informing him or her about the purpose of the study. They were also provided assurance of anonymity and confidentiality of data. Any person who did not agree to participate was excluded from the study. The confidentiality of each respondent was maintained

RESULTS

The demographic characteristics of the study sam-

ple are shown in Table 1. It shows majority of study the population belongs to 25-29 years group; mean age was 27.94 years with SD 6.039. Most of them were Hindu by religion. Nepali Language spoken as a mother tongue was 34.3 % followed by Maithili (26.3%). Illiterate were about 23.7%. Among literate group, most of them had complete primary level of education. By the occupation categories House maker were majority. 77% of study population belongs to below poverty line (<1.25\$ per day) According to figure 1, Majority of the married women of reproductive age had heard about Family planning. Source of information was by radio and friends circle (fig2).

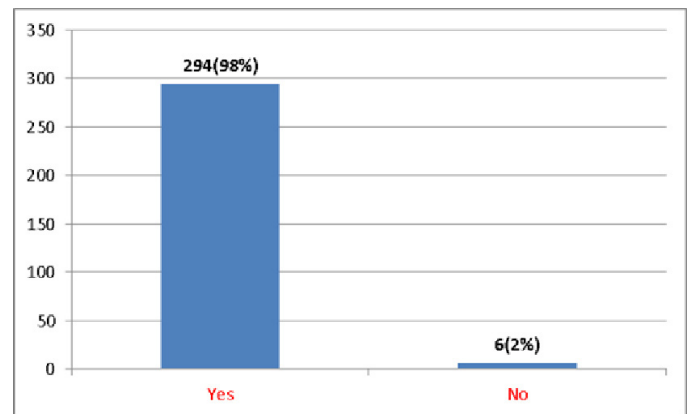


Fig 1: Heard about Family Planning Methods in Study population (N=300)

Table 3 showed that about 80% of the married women reproductive age had had used family planning methods in any period of their life time, Most popular method among the ever used was found to be Injectables (45%) followed by oral pills(18.3%). When inquiring about current contraception method, 63.3% were currently using family planning methods. Depo Porvera (54.7%) followed by Condoms(20.5%) contraception methods .Among the study group who were not current using contraception, when we asked that are they planning to use contraception in future, about 23.7% are willing to stat any type of contraception methods in future life.

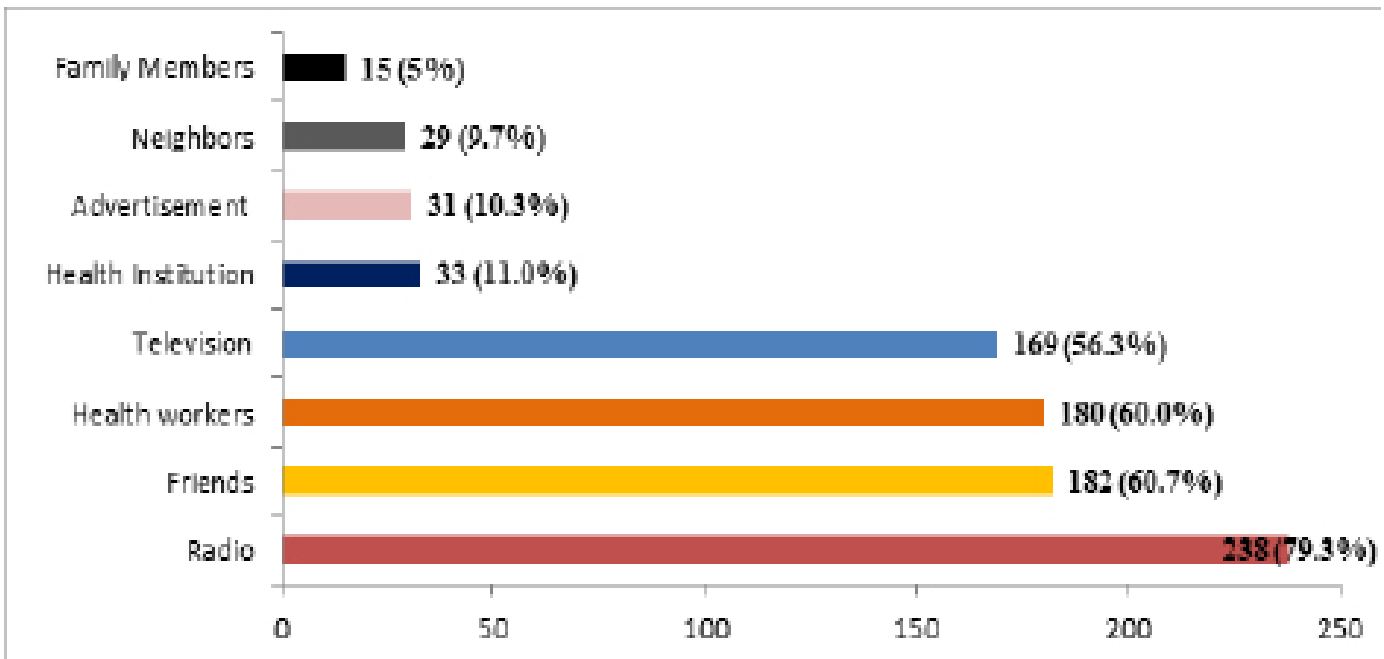
We try to examine, among the married women of reproductive health who were currently using contraception methods by age categories (Table: 4) Contraceptive use varies by age. Use is lower among younger women and among older women than among those at intermediate ages. Most of the

common modern contraception practices were Injectables, most the study population belongs to 25-29 years group who are currently practicing modern methods (45.7%).It is found that with growing age 40 years and above the practices of contraception is less common.

Table 1: Socio-demographic characteristics of study population (N=300)

Characteristics	Freq.	%	Characteristics	Freq.	%
1. Age group (Years)			4. Language spoken		
15-19	4	1.3	Nepali	103	34.3
20-24	71	23.7	Maithili	79	26.3
25-29	129	43.0	Tharu	27	9.0
30-34	46	15.3	Rai/Limbu	58	19.3
35-39	26	8.7	Rajbanshi	11	3.7
40-44	20	6.7	Others	22	7.3
45 and above	4	1.3	5. Education status		
2. Religion			Illiterate	71	23.7
Hindu	250	83.3	Primary	165	55.0
Islam	35	11.7	Secondary and above	64	21.3
Kirat	12	4.0	6. Occupation		
Others	3	1.0	Agriculture	21	7.0
3. Ethnicity			Labor	18	6.0
Brahmin	27	9.0	Business	17	5.7
Chhetri	47	15.7	Service	10	3.3
Tharu	59	19.7	Housemaker	234	78.0
Muslim	36	12.0	7. Income		
Hill Janjati	18	6.0	<\$1.25/day	232	77.4
Terai origin caste and Adivasi	73	24.3	>\$1.25/day	68	22.6
Dalit	40	13.3			

Table 2: Source of information about family planning methods among married women of reproductive age of study population*



*% ≠ 100 because of multiple responses

Table 3: Family planning user among of married women of reproductive age of study population (N=300)

Characteristics	Freq.	%
1.Ever Used family planning methods		
No	62	20.7
Yes	238	79.3
Injection Depo Provera	135	45.0
Pills tablets	55	18.3
Condoms	28	9.3
Mini Lab	19	6.3
IUD	1	0.3

Characteristics	Freq.	%
2.Currently using family planning methods		
No	110	36.7
<i>i)If not using currently, planning to use family planning methods in future</i>		
Yes	71	23.7
No	39	13.0
Yes	190	63.3
Injection Depo Provera	104	54.7
Pills Tablets	36	18.9
Condoms	39	20.5
Mini lab	8	4.2
IUD	3	1.5

Table 4: Age categories and current family planning g users (n=190)

Age categories	Current Family planning users					Total
	Injectables Depo Provera	Pills Tablet	Condoms	Mini lab	IUD	
15-19	0	1	0	0	0	1(0.5%)
20-24	24	10	1	2	0	37(19.4 %)
25-29	54	20	8	4	1	87(45.7%)
30-34	20	4	7	2	2	35(18.4%)
35-39	6	0	13	0	0	19(10.0%)
40-44	0	1	10	0	0	11(5.7%)
Total	104(54.7%)	36(18.9%)	39(20.5%)	8(4.2%)	3(1.5%)	190(100%)

DISCUSSION

Knowledge, attitudes toward family planning and contraceptive use are the most fundamental indicators that are used by different national and international organizations to assess the success of family planning programs. Regarding the level of contraceptive use, knowledge has an effect on the women to practice family planning more than others who have lack of the knowledge.⁵

The highest proportion of ever married women of reproductive age group (EMWRA) with 43 % was found in 25-29 years age group. The median age of the study population was 26 years with standard deviation 6.065. More than 83.3 % of women are from Hindu religion, followed by Islam (11.7 %). Distribution of study population by ethnicity shows, that the Tharu caste was highest (19.7 %), 34.3 % spoken in Nepali language. Most of the women in study population were engaged in House maker (78%), were literate Education, for the most part, operates indirectly through the various channels—namely, through the supply of and demands for children, as well as through the costs of regulation. In our study about 23.7% of the study population of Dhabi was illiterate and 76% were literate.

The corresponding findings from NDHS 2011⁴ shows 16.4% belonged to 25- 29 age groups. Demography health survey 2006⁶ shows about 85% were Hindu, 9% were Buddhist, 4% Muslim, and only 12-14% of women belong to Tharu. In another study in Khotang⁷ showed that, the mean age of the responded was 25 ±6.1 and 64% were literate and 35% was illiterate, slight blow than our study.

Acceptance of family planning largely depends on knowledge and awareness of family planning methods. Knowledge of contraception methods is an important precursor to use, Ever use refers to use of a methods at any time, with no distinction between past and present use. Current use is defined as the proportion of women who reported the use of a family planning methods at the of interview 66 .In our study, about 98.5 % of the women had heard about family planning methods. Almost 80% had used family planning methods in any period of their life time. Most popular method among the ever used was found to be Injectables (Depo porvera). About 63.6% of study populations were currently using family planning methods and mostly are using Depo porvera contraception methods. According to NDHS 2011⁴, sixty eight percent of currently married women used a method of contraception in any time of their life time, among which 65% had used modern method. Nearly one in two currently married women (48%) is using a method of family planning among which 44 % is using modern family planning method. The data of Dhabi was slightly better than the national data on contraceptives use. Study done in Tanzania Africa⁸ also showed similar finding of our study.

As our study found that most common contraception methods used by married women of reproductive age were Injectables (Depo porvera), most the respondents expressed that, it was easy to uses and most of their circle friends were using it According to our study , about 45% of age 25-29 years were currently using any short of contraception methods.

In study Giri S et al⁹ found that, Injectables (Depo porvera) is a good method of contraception for women who desire a long-term, reversible contraceptive method. It assures women of privacy, and is easy to follow up. Study done in Ilam¹⁰ among the family planning service users also showed that the family 30 % were belongs to age group 20-24 years and 28% in age 25-29 years group.

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