

Original Article

# Awareness and Pattern of Utilizing Family Planning Methods in Married Women visiting at Janaki Medical College Teaching Hospital

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**ABSTRACT**

**Background and Objectives:** Family planning (FP) means a way of thinking, perceiving and utilizing which is accepted voluntarily upon the bases of attitude, knowledge, and important decisions by couples. This study was done to assess level of awareness and pattern of utilizing family planning methods among married women aged 20 to 45 years of reproductive age visiting at

Janaki Medical College teaching Hospital, Ramdiaya.

**Materials and Methods:** A cross-sectional study was conducted from January 2023 to July 2023 at the department of obstetrics and gynecology of Janaki Medical College and Teaching Hospital, Ramdaiya, Dhanusha, Nepal. One hundred forty three (n=143) women of reproductive age, were interviewed by using a pre-tested semi structured questionnaire. After taking informed written consent, socio-demographic characteristics, knowledge, attitude and pattern of using family planning methods were recorded. The data was analyzed by using SPSS version 21.

**Results:** Majority (55.94%) of respondents were aware about the different contraceptive methods, and 46.85% of the respondents were using contraceptive methods at the time of our study. 16.08% were using oral contraceptives followed by condoms in 13.98%, tubectomy by 9.09%, vasectomy by 3.49%, traditional methods by 2.09%, intrauterine device by 1.39% and injectable by 0.69%. The use of contraceptive methods increased with increasing age, number of living children and level of education.

**Conclusion:** Average number of women were aware about the contraceptive methods but the practice of contraception and utilization of family planning services were low. A gap was found between knowledge and implementation of contraceptive methods in the study population. This shows the need for more informative awareness campaigns for promoting contraceptive utilization.

**Keywords:** Family planning, Knowledge, Practice.

## INTRODUCTION

Family planning (FP) means a way of thinking, perceiving and utilizing, which is adopted voluntarily upon the bases of attitude, knowledge, and genuine decisions by couples [1]. Family planning services have the potential to improve the quality of 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 [2, 3].

Family planning is an acceptable, logical, and an important component of global health and development. It can have a wide range of positive effects to women, their families, the societies and nation as a whole. International Conference on Population and Development (ICPD) Cairo, 1994, and the fourth world conference on women, Beijing, 1995, focused

on women empowerment including reproductive and sexual rights as the fundamental aspects for development [4]. A lack of knowledge of contraceptive methods or a source of supply, cost and poor accessibility are the barriers that exist in developing countries. Side effects perceived or real are major factors for abandoning modern methods. Mass media also plays an important role in promotion and acceptability of contraception [5, 6].

Family planning can help in reducing maternal mortality by decreasing the number of pregnancies, the number of risky abortions, and the proportion of births at high risk. It has been estimated that fulfilling women's need for modern contraceptives would prevent about one quarter to one third of all maternal deaths, saving 140,000 to 150,000 lives annually [7,8]. Knowledge, attitude and practice towards family planning are the basic fundamentals of achieving the goals and targets of family planning of national and international organizations. Regarding the higher use of contraceptives, knowledge and positive attitude towards family planning plays the most important role [9].

Although family planning has proven to reduce maternal fatalities, its implementation is challenging in the majority of low and middle income nations due to social norms, supply shortages, and irregular usage. The majority of women in reproductive age have incomplete or inaccurate knowledge about family planning techniques. Family planning is viewed negatively by women, and some of them have been misled by inaccurate information due ignorance and innocence about the elementary health education and awareness. To the best of our knowledge, no

prior study has been done in Dhanusha district of Madhesh province. Hence, this study intends to fill this gap and create knowledge of awareness and pattern of utilizing family planning methods in married women visiting at Janaki Medical College Teaching Hospital, Ramdaiya, Dhanusha, Nepal

## MATERIALS AND METHODS

This was a descriptive cross-sectional study conducted in Janaki Medical College Teaching Hospital (JMCTH), Ramdaiya, Dhanusha, Nepal among married women. Convenience sampling method was used for the data collection. The sample size was calculated based upon a previous similar type of study [10].

P (Prevalence of Contraceptives utilization) =73%, Q=1-P=27%, e=7.3

$N = Z^2pq / e^2$  where, N= desired, Z= standard normal deviate; usually set at 1.96 which corresponds to 95% confidence level.

$$N = (1.96)^2 \times 73 \times 27 / (7.3)^2 = 143$$

So, the required sample size for this study was calculated as 143.

Standard proforma was used to collect the information about utilizing family planning methods in married women aged 20-40 years who visited OPD of the department of Obstetrics and Gynecology. The duration of study was 6 months from Jan 2022-July 2022. The married women of age 20 to 40 years utilizing family planning methods, who visited in OPD were included whereas, women above 40 years were excluded. Ethical approval was taken before conducting the study (Ref: 22/2079-080). Data was analyzed by using SPSS.

## RESULTS

Among the respondents (n=143), socio-demographic characteristics of the respondents are shown in table 1. The majority (55.94%) of respondents were aware about the different contraceptive methods as shown in table 2. 46.85% respondents were using contraceptive methods at the time of our study as depicted in table 3 and figure 2. 16.08% were using oral contraceptives followed by the use of condoms by 13.98%, tubectomy by 9.09%, vasectomy by 3.49%, traditional methods by 2.09%, intrauterine device by 1.39% and injectable by 0.69% as shown in table 3 and figure 1. The reason given by most of the respondents (20.97%) for not using any contraceptive method was the desire for a male child as shown in table 4. The use of contraceptive methods increased with increasing age, number of living children and level of education.

## DISCUSSION

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”. The widespread implementation of family planning, in a society, is a vital component of modern development and is essential for the integration of women into social and economic life [11].

In our study, women have good knowledge about at least one method of contraception

(56%). Our finding was higher than the similar study conducted in an African country Ethiopia which showed only 42.3% had good knowledge towards various family

planning methods [12] and a study conducted in Fiji which showed 45.5% of participants had a good level of knowledge about family planning [13].

**Table 1: Socio-demographic characteristics of the respondents (n=143)**

Age in years	Number ( n=143)	Percentage (%)
20-35	120	83.91
36-45	23	16.08
<b>Educational Status</b>		
Middle school	22	15.38
High School	20	13.98
College	40	27.97
University	50	34.93
Illiterate	11	7.69
<b>Employment</b>		
Employed	43	30.06
Non-employed	100	69.93
<b>Economic Status</b>		
High	20	13.98
Medium	100	69.93
Low	23	16.08
<b>Husband's Educational Status</b>		
Middle school	10	6.99
High School	12	8.39
College	77	53.84
University	10	6.99
Illiterate	22	15.38
<b>No. of living children</b>		
0	45	31.46
1	48	33.56
2	23	16.08
3	10	6.99
4 or Greater	17	11.88

**Table 2: Knowledge about different types of contraceptive methods (n=143).**

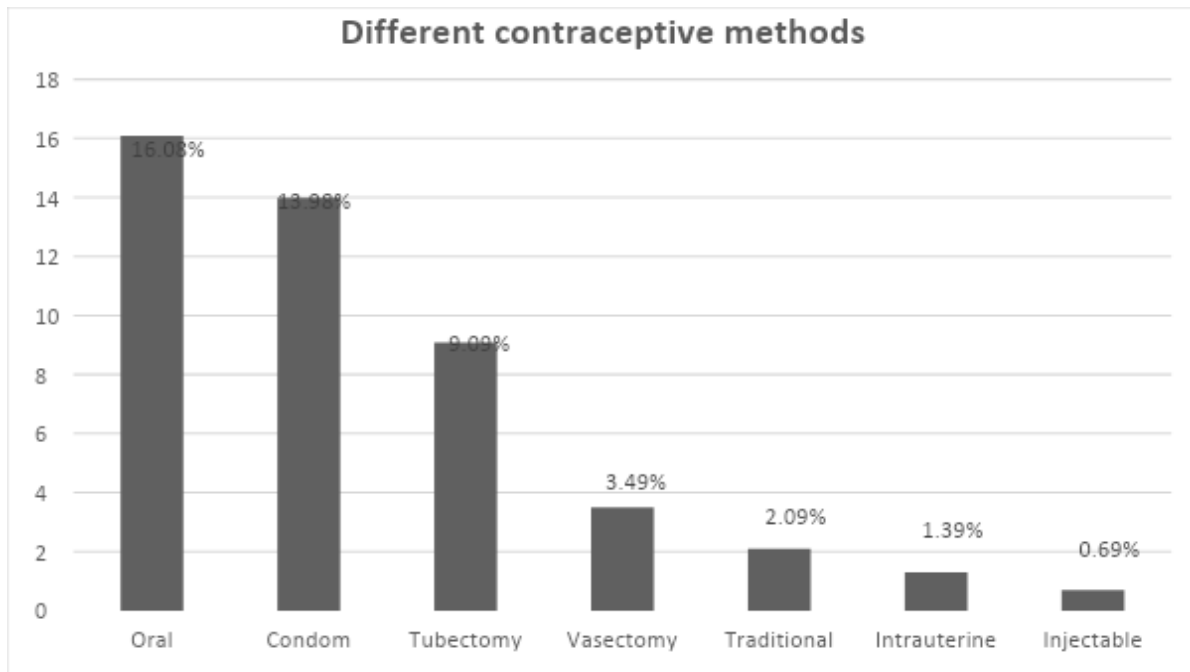
Knowledge about any contraceptive method	Number(n= 14)	Percentage
Yes	80	55.94
No	63	44.05
Oral contraceptive pills	35	24.47
Male condom	21	14.68
Tubectomy (Female sterilization)	11	7.69
Vasectomy (Male sterilization)	12	8.39
Intra-uterine device	13	9.09
Traditional methods	20	13.98
Emergency contraception	15	10.48
Injectables	16	11.18

**Table 3: Distribution of respondents according to current use of any contraceptive method**

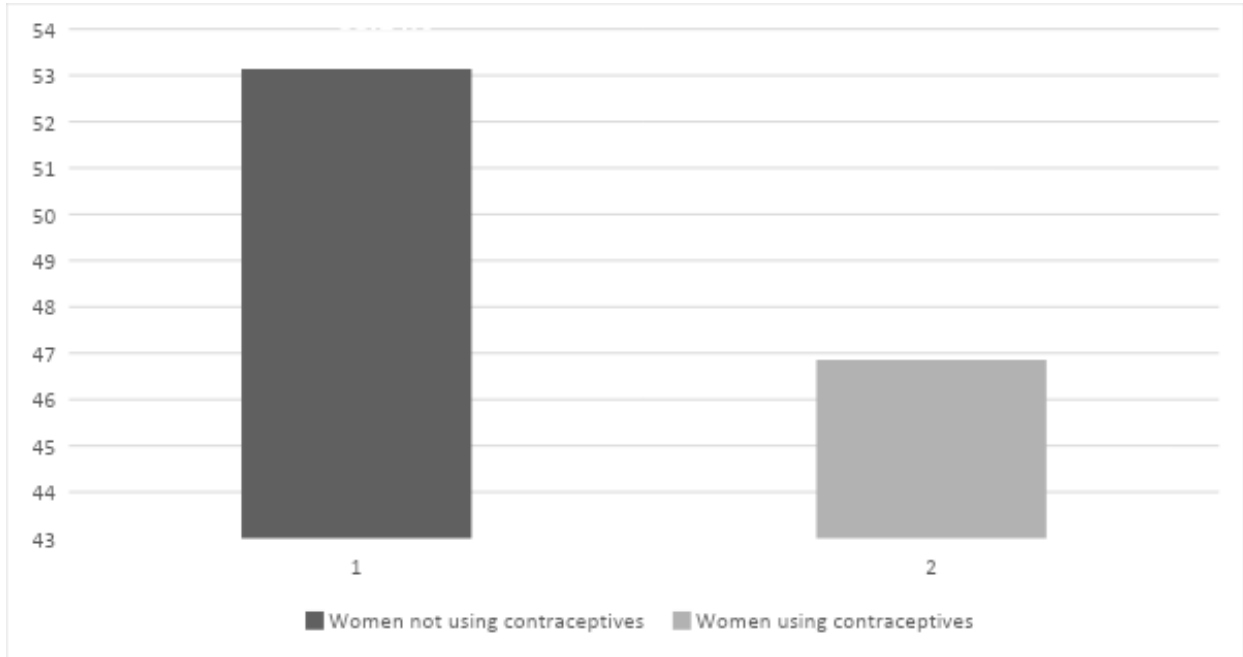
Currently using any contraceptive method	Number (n=143)	Percentage (%)
Yes	67	46.85
No	76	53.14
<b>Type of contraceptive method currently using (n=67)</b>		
Oral contraceptives	23	16.08
Condom	20	13.98
Tubectomy (Female sterilization)	13	9.09
Vasectomy (Male sterilization)	05	3.49
Intrauterine device	02	1.39
Traditional methods	03	2.09
Injectable	01	0.69

**Table 4: Distribution of respondents according to reasons for not using any method of contraception (n=76)**

Reasons	Number	Percentage (%)
Desire for a male child	30	20.97
No Permission from husband	08	5.59
Desire for more children	10	6.99
Fear of side effects	03	2.09
Pregnant	11	7.69
Breast feeding	05	3.49
Husband away	09	6.29



**Figure 1: Distribution of respondents according to current use of different types of contraceptive methods (n=67)**



**Figure 2: Comparisons of respondents using and not using contraceptives in the study population (n=143)**

In our study, oral contraceptive pills (16.8%) was the most well-known method followed by condoms (13.98%). Similar results were seen in other developing countries and demographic surveys of Nepal [14, 15]. In our study 9.09% had adopted tubectomy as a permanent sterilization method. According to a study conducted by Das NP and Shah U in urban areas of Baroda, the maximum was 48.8% of the respondents who adopted female sterilization which seemed very high compared to our study [16].

Rizvi A et al. in their study done in urban parts of Lucknow showed similar results as ours and proclaimed that female sterilization (tubectomy) was the most common contraceptive method (16.7%) used by the respondents [17]. We also found that women who have a good level of education were

practicing family planning more than those who were uneducated or had a low level of education were 86.27% and 13.73% respectively. This finding was similar to a study done in Jimma, Ethiopia [18]. In our study association of educational status of the respondents with knowledge of contraception was found to be statistically significant. Similar association was seen in a study done in Qatar [19].

In contrast, the proportion of family planning methods utilization of this study is higher than the studies undertaken in Bahirdar [20]. Finally, our study showed that Family Planning has been considered as an effective way to improve health of the mother and infant and enables them to decide freely and logically the number and spacing of their children. Those participants with favorable attitudes were practicing better than those

who had an unfavorable attitude. Better knowledge and a positive attitude for specific activities are the key factors to start behaving and maintaining it continuously. Family Planning has been considered as an important way to enhance the health of the mother and infant and allows them to decide freely and logically the number and spacing of their children.

## CONCLUSION

This study reveals that knowledge and attitude of married women towards contraceptive methods were low in married women visiting at Janaki Medical College and Teaching Hospital, Ramdaiya, Dhanusha, Nepal. Thus, educational awareness plays a very important role in acceptance of contraceptive methods by proper motivation, counseling and improving facilities. Attempts must be made to inject a sense of proper awareness by imparting education based on family planning.

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## ***Author's Contribution***

*Concept, design, supervision, funding, materials, data collection and processing, analysis and interpretation, literature review, writing- SD; PPD; Analysis, interpretation, literature review, writing- SD, RS, LC;*

*Analysis, interpretation, literature review, writing, review—SD, LC, PPD; Analysis, interpretation, literature review, writing, review-SD, RS, LC, PPD. All the Authors have equally contributed to this Research.*

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