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Awareness and acceptance of contraception in postpartum women at government maternity hospital, Tirupati

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Abstract

Introduction: Contraception is an important intervention to decrease unwanted pregnancies and promote healthy and better living among women. As the population continues to rise, there will be overcrowding, a limiting of resources, and the quality of life will decline. India, as the first country in the world, initiated the National Family Planning program in the year 1951 with the objective of “reducing the birth rate to the extent necessary to stabilize the population at a level consistent with requirement of national economy.”

Methodology: It is a cross sectional questionnaire-based study carried out in the Department of Obstetrics and Gynaecology at Government Maternity Hospital, Tirupati. A total of 300 postpartum women were enrolled in the study who are briefed about study. After taking informed consent, they were interviewed based on a predesigned questionnaire they were allowed to choose any method of contraception they like. Their level of awareness, acceptance, and reason for refusal was assessed.

Results: Among 300 women in the study group, more than 80% were in the age group of 15 to 30 years. 51.7% women in urban areas, 48.3% women in rural areas. Majority of the women were Hindus. 89.3% women were literates and majority of them were house wives. Most of the women had only one living issue. It was observed that both were highest in educated working women, urban population. Acceptance was highest in women with 2 to 3 children. Maximum number of women were aware of female sterilization (90.1%), condoms (88%), intra uterine device (77.6%), OC pills (75.2%), POP's (56%). Knowledge regarding emergency contraception was very low (2.9%).

Conclusion: There is still date lack of awareness of contraception in some postpartum women. Regular counselling is a must to all pregnant women from every health care centre in a village to super speciality centres in cities. Information should be provided about various methods of contraception and patient should be able to choose a method of her choice.

Keywords: Contraception, IUCD, Condoms, OC pills, POP

Introduction

Contraception is an important intervention to reduce unwanted pregnancy, closely spaced pregnancies and promote healthy and better living among women. The benefits of family planning have become increasingly recognized worldwide, including improved health, economic, and social outcomes for women and families, as well as public health, economic, and environmental benefits at the population level. This study is to assess the level of adoption of contraception among women who had delivered within 6 months and to identify the different variables that affect postpartum contraception.

Objectives

- To study awareness, acceptance, and preferred method of contraception among postpartum women.
- To identify the reasons for rejection of contraceptive methods.
- To contribute to the development of knowledge in the area of family planning.

Materials and Methods

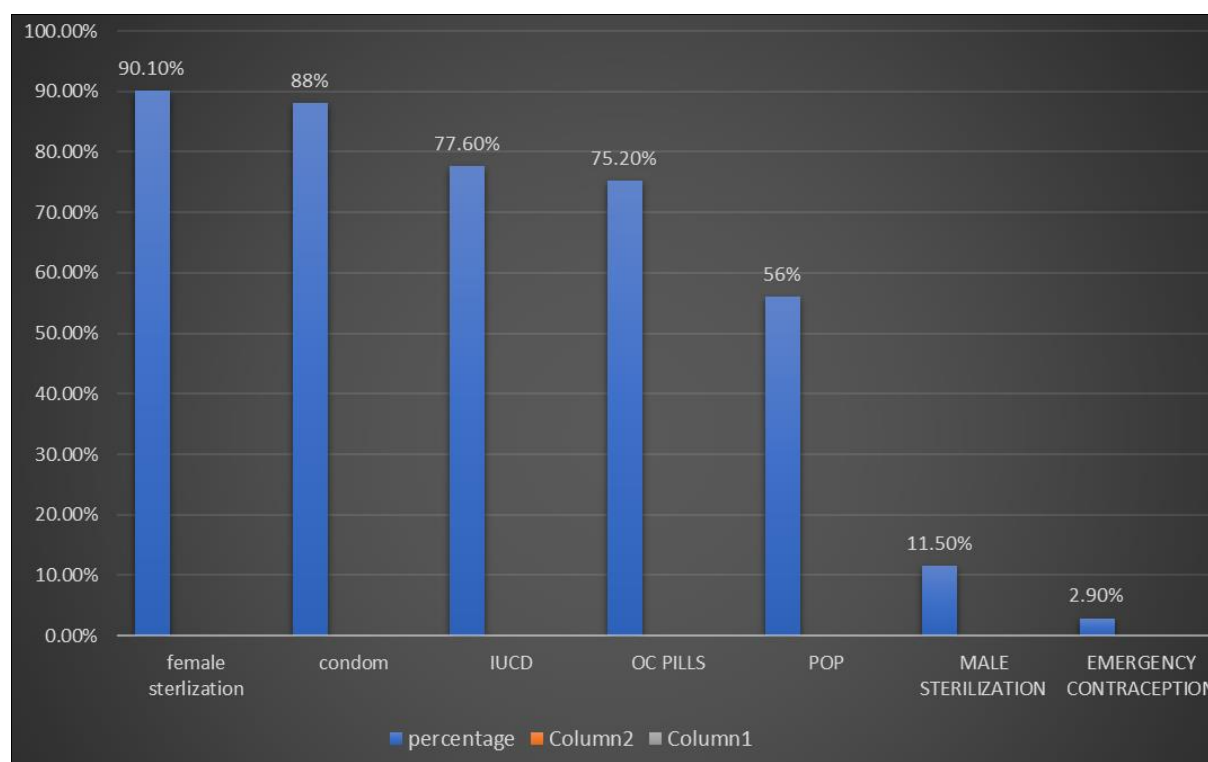
- This is a cross-sectional questionnaire-based study carried out in the Department of Obstetrics and Gynaecology at Government Maternity Hospital, Tirupati.
- A total of 300 postpartum women were enrolled in the study.
- All postpartum women were briefed about the study and their consent was taken
- They were interviewed based on a predesigned questionnaire.
- They were counselled and allowed to choose a method of contraception of their choice. Their level of awareness, acceptance, and reason for refusal was assessed.

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Table 1: Awareness, Earlier Use and Acceptance

Sociodemographic Profile	No. Of Cases (300)	Awareness (198)	Earlier Use (68)	Acceptance (178)
Age Group				
15-20	62(20.66%)	38(61.2%)	2(3.22%)	42(67.4%)
21-25	166(55.33%)	118(71%)	46(27%)	112(68%)
26-30	54(18%)	36(66.66%)	18(33.33%)	18(33.33%)
31-35	15(5%)	5(33.33%)	2(13.33%)	6(40%)
36-40	3(1%)	1(33.33%)	0(0%)	0(0%)
Area				
Rural	145(48.3%)	86(59.31%)	28(19.31%)	73(50.34%)
Urban	155(51.7%)	112(72.25%)	40(25.8%)	105(67.74%)
Religion				
Hindu	198(66%)	166(83.83%)	52(26.26%)	152(76.76%)
Muslim	74(24.66%)	20(27.02%)	6(8.10%)	21(28.37%)
Others	28(9.34%)	12(42.85%)	10(35.71%)	5(17.85%)
Education Status				
Literate	268(89.33%)	172(64.17%)	64(23.88%)	166(61.94%)
Illiterate	32(10.67%)	6(18.75%)	4(12.5%)	12(37.5%)
Occupation				
House wife	238(79.33%)	136(57.14%)	42(15.67%)	137(51.11%)
Working	62(20.67%)	62(100%)	26(41.93%)	41(66.12%)
Parity				
1	181(60.3%)	118(65.19%)	19(10.4%)	108(59.6%)
2	89(29.6%)	61(68.5%)	36(70.7%)	56(62.1%)
3	22(7.3%)	15(72.72%)	12(54.5%)	15(72.72%)
>3	8(2.6%)	6(75%)	1(12.5%)	6(75%)

- Among 300 women in the study group, more than 80% were in the age group of 15 to 30 years. 51.7% women in urban areas, 48.3% women in rural areas. Majority of the women were Hindus. 89.3% women were literates and majority of them were house wives. Most of the women had only one living issue.
- Above table shows that awareness and acceptance were higher in the age group 20-25 years. It was observed that both were highest in educated working women, urban population. Acceptance was highest in women with 2 to 3 children. Maximum number of women were aware of female sterilization (90.1%), condoms (88%), intra uterine device (77.6%), OC pills (75.2%), POP's (56%). Knowledge regarding emergency contraception was very low (2.9%).
- In our study at present 48% of postpartum women were using IUCD and 12% opted for female sterilization. The main reason given by the women for non-acceptance was lack of knowledge and fear of side effects.

**Fig 1:** Awareness of various contraceptive methods

Conclusion

- After giving information about various family planning methods, women were asked for their own choice, and maximum number of women preferred IUCD as their first choice followed by female sterilization.
- Regular counselling is a must to all pregnant women from every health care centre in a village to super speciality centres in cities. There is need to strengthen the family planning services. So there is a need to observe more closely the role of family planning policies and health care providers in effectively generating motivation and knowledge among Indian women to use contraceptives in postpartum period.

Conflict of Interest

Not available

Financial Support

Not available

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