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Awareness and acceptance of contraception in postpartum women at tertiary care hospital

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Abstract

Introduction: Contraception is defined as prevention of conception voluntarily through use of various methods like condoms, sexual practices, drugs (progesterone, oral contraceptive pills etc.) surgical procedures. Any method whose purpose is to prevent women becoming pregnant is considered as contraceptive method. The aim of Contraception is to achieve maximum comfort and privacy with minimum cost and side effects. Contraception allows a couple to enjoy physical relation without fear of unwanted pregnancy and to beget child when desired.

Materials and Methods: A cross-sectional questionnaire-based study carried out in the Department of Obstetrics and Gynecology at Government Maternity Hospital, Tirupati. A total of 300 postpartum women were enrolled in the study.

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. 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 IUD and 12% opted for female sterilization.

Conclusion: Awareness of contraception given when pregnant women comes for first antenatal visit. Cafetaria approach according to the women needs.

Keywords: Contraception, long acting reversible contraceptives (LARC), IUD, oral contraceptive pills (OC Pills), Progesterone only pills (POP)

Introduction

Contraception is an important intervention to reduce unwanted pregnancy, closely spaced pregnancies and promote healthy and better living among women^[1]. 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^[2]. Unintended pregnancies continue to account for half of all pregnancies in the United States, primarily due to incorrect or inconsistent use of contraception methods. Long-acting reversible contraception (LARC) methods are safe and highly effective, yet underutilized. Low uptake of LARC may be due to inadequate education, misconceptions, and cultural factors such as race, ethnicity, or religion^[3]. Contraception had also led to improvement of perinatal outcomes by a reduction in the number of babies born premature, low birth-weight or small for their gestational age thereby resulting in a reduction in infant mortality^[4]. The lack of knowledge and awareness as well as false perceptions of healthcare workers could be the contributing factor toward malpractice of contraception in society^[5]. 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

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

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Materials and Methods

This is a cross-sectional questionnaire-based study carried out in the Department of Obstetrics and Gynecology 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.

Results and Analysis

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.

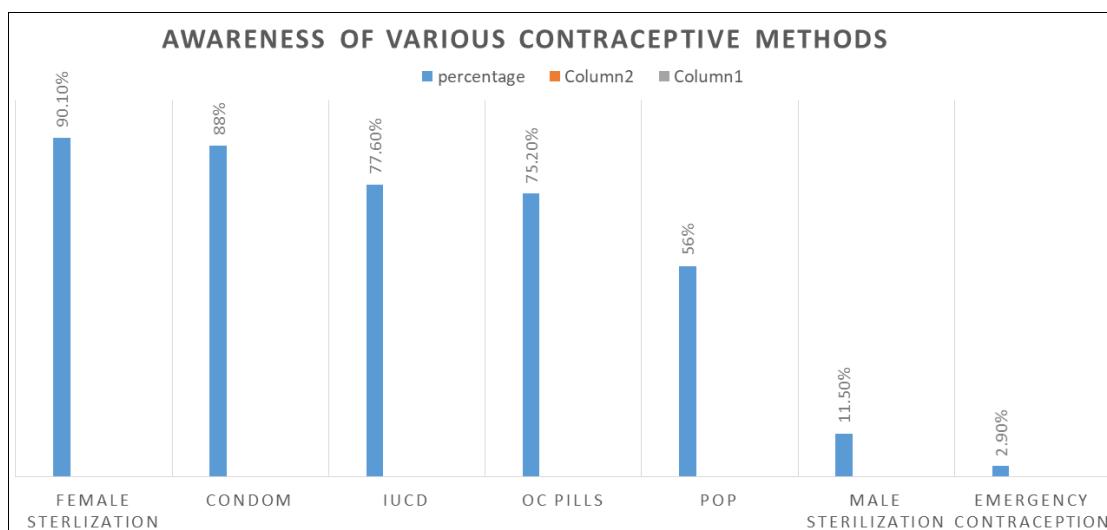


Fig 1: Awareness of various contraceptive methods

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 center in a village to super speciality centers 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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