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Knowledge attitude and practice of various methods of contraception in women of Western U.P., India

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Abstract

To access the knowledge and attitude of couples towards various methods of contraception Awareness for various methods of contraception is required in order to prevent unintended pregnancy which is one of the major causes of maternal mortality. Awareness and use of modern methods of contraception can avert the no of unintended pregnancy and no of unsafe abortions. The no of unintended pregnancy is currently 10.18 million and no of unintended pregnancy averted by the use of contraceptive is 54 million. No of unsafe abortions averted is 18 million and maternal deaths averted is 23,000. Despite the provision of safe and affordable family planning services, couples are not using any contraception to limit or space their family.

Study Design: This is a Hospital based cross- sectional study done in married women of reproductive age group attending family planning clinic of Dept of obstetrics and Gynaecology from 1st June 2019 to 31st may 2020.

Results: Among the 250 women, 126 (50.4%) had knowledge of various different methods of contraception and 49 (19.6%) women had undergone permanent sterilisation in the past. Majority of women had knowledge of barrier method and emergency contraception but only 60 (24%) had accepted its use. 150 (60%) women had knowledge of intrauterine contraceptive device but only 23 (9.2%) women were willing to use them as long acting reversible contraception. Knowledge of Hormonal contraception (OCP and Injectable contraception) was among 205 women but only accepted by 21(8.4%) women. Though lack of knowledge about various methods of contraception was among 20 (8%) women, the attitude towards the use of contraception was negative as 97 (38.8%) women did not use any method of contraception.

Conclusion: The accurate knowledge about various contraception methods was low. The majority of the participants had moderate awareness and a negative attitude about it. So, there is a need to improve the knowledge and the attitude level of the participants.

Keywords: methods of contraception, emergency contraception, Intrauterine devices, oral contraceptive pills, sterilization, source of information.

Introduction

India population is equivalent to 17.7% of the total world population. At present overpopulation is the major problem in the country, which leads to problems like poverty, illiteracy, decrease in the economic growth, starvation, malnutrition, depletion of natural resources and unemployment. This reflects urgent need of giving importance to regular and emergency contraception. Various methods of regular contraception are: natural methods, barrier methods (male and female condoms), oral contraceptive pills, injectable contraception, implants, and intrauterine device and permanent methods like female and male sterilization.

Use of modern contraceptive methods in India has steadily increased from 37 percent among married women aged 15-49 in 1992-93 to 48 percent in 2015-16. The objective for regular use of contraception is to have the desired number of children with proper spacing of pregnancies.

The Government of India has committed to increasing modern contraceptive use from 47.7 percent to 54.3 percent among married women aged 15-49 by 2020 (FP 2020) [1]. To achieve this goal, India has committed to increase access, choice, and quality of family planning (FP) services by focusing on modern reversible methods. Modern Contraceptive Prevalence Rate is increased to 40.6%. Unmet Need for Modern Contraception in married women is decreased to 18.6% and Demand Satisfied for Modern Contraception in married women in increased to 74.7%. Among married women using a modern contraceptive method, 75 percent use female sterilization, 12 percent use condoms, 9 percent use oral contraceptive pills, 3 percent use IUDs, one percent use male sterilization, and 0.4 percent use injectables.

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In spite of the availability of regular contraception, emergency contraception and medical and surgical termination of pregnancy, there is lack of awareness about them among many women, making them more prone for unintended pregnancy and its complications. The factors responsible are lack of knowledge and education, religious beliefs, fears about contraceptive side effects, opposition from the husband and relatives are other contributory factors. This study aims to provide this information by investigating the awareness, knowledge and perceptions of Women of reproductive age in rural areas of Muzaffarnagar.

Materials and Methods

A community based cross-sectional survey was conducted from 1st June 2019 to 31st May 2020 among women aged between 15 – 49 years. In-person interviews were carried out with attendees of Gynaecology and Obstetrics family planning clinic of Muzaffarnagar medical college. A total of 250 women were interviewed and were counselled regarding the nature and benefits of study and informed written consent was obtained.

Results

Among the 250 women who attended the family planning clinic 16 women came for emergency contraception 236 women came

for advice for family planning. 126 (50.4%) women had cumulative knowledge of barrier methods, oral pills, IUCD and emergency contraceptives whereas 20 women had no knowledge of any methods of contraception.

Table 1: Knowledge of various methods of contraception.

Knowledge of methods of contraception	Percentage
No knowledge	20 (8%)
Barrier methods	215 (86%)
Oral contraceptive pills	165 (66%)
Injectable contraception	40 (16%)
Female sterilisation	77 (30.8%)
Male sterilisation	65 (26%)
Intrauterine contraceptive device	150 (60%)
Emergency contraception	130 (52%)
Cumulative knowledge	126 (50.4%)

Table 2 shows currently 38.8% women are not using any method of contraception, 19.6% women have preferably undergone permanent sterilisation, 17.6% women are using barrier methods while 9.2% accepted intrauterine devices and only 3.2% women are using oral pills.

Table 2: Currently used methods of contraception among married women.

Currently used method of contraception	Percentage
No contraception	97 (38.8%)
Barrier method	44 (17.6%)
Oral contraceptive pills	8 (3.2%)
Injectable contraception	13 (5.2%)
Tubal ligation	49 (19.6%)
Intrauterine contraceptive device	23 (9.2%)
Emergency contraception	16 (6.4%)

Among 250 women attending the family planning clinic 81 women do not prefer any mode of contraception and barrier methods are preferred by 74 women. 49 women have undergone permanent sterilisation and have preferred it in comparison to all methods of contraception. Out of 23 women with intrauterine contraceptive device 13 women have preferred their use whereas 10 women have reported discomfort with use of device. 25 patients preferred the use of hormonal contraceptive including emergency contraception.

Table 3: Preferable method of contraception.

Preferred method of contraception	Percentage
No contraception	81 (32.4%)
Barrier method	74 (29.6%)
Oral contraceptive pills	10 (4%)
Injectable contraception	8 (3.2%)
Tubal ligation	49 (19.6%)
Intrauterine contraceptive device	13 (5.2%)
Emergency contraception	15 (6%)

Source of information of various method of contraception among these women where mainly hospital (33.6%), family and

friends (26%), television (14.4%), internet (10.8%) and newspaper and schools are 8% and 7.2% respectively.

Table 4: Sources of information on methods of contraception.

Source of information	Percentage
Hospital	84(33.6%)
Friends and family	65 (26%)
Television	36 (14.4%)
Internet	27 (10.8%)
Newspapers	20 (8%)
Schools	18 (7.2%)

On interviewing the Husbands of 250 women simultaneously, 4% did not have any knowledge of methods of contraception. 66% men had knowledge of barrier methods and 42.8% men had knowledge of permanent methods of sterilisation. Acceptance for use of various contraception methods after explaining benefits and drawbacks was 34.8% for barrier methods and 21.6% did not agree for use of any method of contraception. 17.2% husband had knowledge for various methods of contraception.

Table 5: Knowledge and acceptance of male partner on various methods of contraception.

	Knowledge of methods of contraception	Acceptance for use of contraceptive methods
No knowledge/acceptance	10 (4%)	54 (21.6%)
Barrier methods	165 (66%)	87 (34.8%)
Hormonal contraceptives (women)	43 (17.2%)	21 (8.4%)
Intrauterine contraceptive devices (women)	57 (22.8%)	23 (9.2%)
Male sterilisation	32 (12.8%)	0

Female sterilisation	75 (30%)	49 (19.6%)
Emergency contraception(women)	63 (25.2%)	16 (6.4%)

Discussion

Recently, The Tenth Five-Year Plan has also aimed at achieving demographic targets by focusing on eligible couples, to achieve their reproductive goals. In spite of the availability of safe and effective contraception, the need for it has not been met, mainly due to the ignorance amongst women, especially in the rural and tribal areas. Despite the availability of MTP, many women in the rural and tribal areas go to unqualified practitioners for unsafe abortions and they face life-threatening complications. There is a lack of awareness amongst many women about the availability of regular contraception and emergency contraception. This makes them more prone to unintended pregnancies and their complications. This study was conducted to assess the knowledge and acceptability of use of various contraception methods and showed that a very high percentage of women (38.8%) had not made use of any contraceptive method, while 66% had knowledge of oral Pills but was used by only 3.2% of the women. 52% of the women had heard of emergency contraception compared to their husbands 25.2% and only 6% had preferred using it in forms of MTP pills. Medical termination of pregnancy can be done by medical and surgical methods. 16 women had requested termination of their pregnancies, and on follow-up had undergone MTP with satisfaction. They had pregnancies due to the failure of contraceptives. Among the family planning seekers, a 9.2% of the women opted for IUDs and only 5.2% were satisfied with the use of IUCD. 19.6% women had already undergone permanent tubal sterilizations and were satisfied with it. In the present study, there is lack of the knowledge of various methods of contraception among the couples of nearby rural areas and this will lead to increase no of unintended pregnancies. Emphasis should be given to proper counselling of married couple and motivation for use of contraception.

Conclusion

The accurate knowledge about various contraception methods was low. The majority of the participants had moderate awareness and a negative attitude about it. So, there is a need to improve the knowledge and the attitude level of the participants. Strategies to promote contraception methods should be developed, and information should be given within the curriculum of the educational institutions. If these factors are addressed through appropriate health education methods, the morbidity and the economic burden could be averted.

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