



KAP STUDY ON CONTRACEPTION USE AMONG MARRIED WOMEN IN RURAL BIHAR – A CROSS SECTIONAL STUDY

Dr. Saumya Kumari PGT, Department of Community Medicine, Katihar Medical College
Dr. Purnendu Kumar Singh Professor & HOD, Department of Community Medicine, Katihar Medical College
Dr. Mukesh Nandan Assistant Professor, Department of Community Medicine, Katihar Medical College

ABSTRACT

Uncontrolled growth of population is a potential threat for a developing country like ours; As it depletes the resources which are very limited and it also has harmful impact on maternal health. Despite of this fact, India is still above the replacement level, and the contraception prevalence rate for married females is 56%. The aim and objective of this study is to assess the knowledge and practice of contraceptive use among females of rural background. It is a cross sectional descriptive study which was conducted among 358 married females among age group of 18 to 49 yrs. residing in Rural Field Practice Area (Hajipur, Katihar, Bihar), Katihar Medical College, Katihar between January 23rd, 2024 to March 23rd, 2024. After getting informed consent from the females a pretested and predesigned questionnaire was used to assess the knowledge of females regarding contraception. The questionnaire also focused towards the practice of contraception being adapted by them. Data was collected and analysed in Epi-info. Knowledge about contraceptive methods was studied among 358 married females residing in rural field practice area. I found that majority of my study population i.e, 75% had knowledge about contraception but the practice of contraception was less than 35%.

KEYWORDS : Contraception, KAP, Married Females, Rural, Bihar

INTRODUCTION

World Health Organisation defines Family planning as “A way of thinking and living that is adopted voluntarily, upon basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family group and thus contribute effectively to the social development of the country”.¹ Uncontrolled growth of population is a potential threat for a developing country like ours; As it depletes the resources which are very limited and it also has harmful impact on maternal health.² Despite of this fact, India is still above the replacement level, and the contraception prevalence rate for married females is 56%.³ The utilization of various contraceptive methods also varies in different regions, which can be driven by local belief and practices.⁴ There are around 250 million pregnancies every year. Out of which one third are unintended and around one fifth undergo induced abortion. The unmet need of contraception prevails in around more than 100 million married females. It is estimated that about 68000 pregnant females lose their life due to unsafe abortions. Millions of other females have to face complications of unsafe abortion practices, for example- PIDs, Heavy bleeding etc.⁵ As per MTP ACT, In India abortions are permitted under specific indications since 1971. Despite this, for every legal abortion, around 10-11 illegal abortions take place. There are nearly 20000 females dying annually because of abortion related complications, which can be prevented by creating awareness and encouraging the use of contraception.⁶

Research Methodology

It was a community based cross sectional study conducted at Hajipur Rural Field Practice Area, Katihar Medical College, Bihar. The data was collected by systematic random sampling from married females between 15-49years⁷ of age.

The sample size (n) is calculated by using the formula:⁸

$$n = \frac{4pq}{L^2} = 358$$

According to NFHS-5, the prevalence of any family planning method in Katihar district of Bihar is 33.8%.⁹

It was done through predesigned and pretested questionnaire after obtaining consent from the participants. The data was

collected in a safe environment after maintaining proper rapport with the participants. The interview was conducted after taking proper consent from them or, their family members (in case of females < 18 yrs.)The validity of questionnaire was tested. The individuals were included in the study following the inclusion and exclusion criteria mentioned below.

The data was collected and analysed using epi-info 7.

INCLUSION CRITERIA	EXCLUSION CRITERIA
Married females who are in a stable sexual relationship and had not attained menopause and in between 15-49 yrs. of age. 8	Females who did not give consent for the study.
Females who gave consent for the study.	Females who were not residing in that area for more than one year. ¹⁰
Females who were residing in that area for more than one year. ¹⁰	Females with significant medical history.

RESULTS

Among the study population 41%(n=145) were using contraceptives whereas around 28%(n=101) were not using contraceptives, women in antenatal and prenatal care were 26% (n=94) and women in primary and secondary sterility were 2%(n=8) and 3%(n=10) respectively as shown in figure 1.

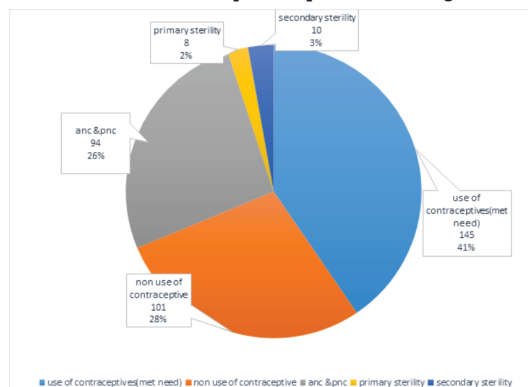


Fig.-1- Distribution Of Married Women According To Fecundity

In the Figure 2 it is shown that the distribution of married females on the basis of their preferred method of contraception (n=145). The most preferred method was hormonal contraception(oral contraception pills) (n=108). As women found it easy to self administer and it was their sole responsibility

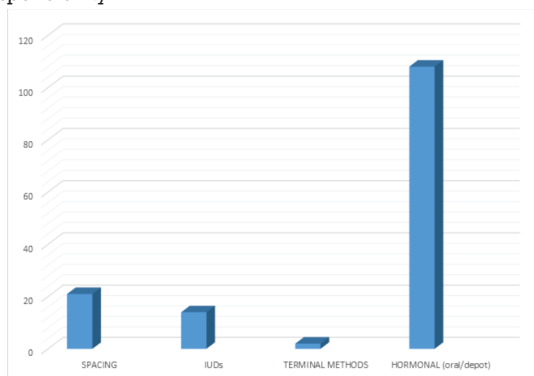


Fig. 2- Distribution Females According To The Type Of Contraceptives Preferred

The results shows a statistically significant association between literacy status and unmet need for family planning. Majority of the females who were illiterate (n=87) were found to be with unmet need for family planning whereas women with basic primary education were without the unmet need for family planning(n= 148).

Table 1 – Association Between Literacy Status And Unmet Need

Types	With UMN	Without UMN	TOTAL
ILLITERATE	87	29	116
PRIMARY	21	148	169
SECONDARY & ABOVE	7	66	73
TOTAL	115	243	358

$\chi^2 = 165.83, P < 0.0001, df=3$

DISCUSSION & CONCLUSION

- Out of 358 females ,145 females were found with met need of contraception, rest were not using any mode of contraception either due to antenatal and postnatal status or due to unmet need of contraception .
- Nearly 35 % of the study population contributed towards unmet need of family planning.
- According to a study done by Bhattathiry et. al.¹¹ the prevalence of unmet need of contraception was 39 %, similar to our study .
- Significant association between educational status , lack of information and unmet need was observed.
- Common reasons for non usage of contraception were lack of knowledge and husband/in -laws disapproval.
- Findings are in accordance with studies conducted at various settings.^{11,12}

LIMITATIONS

- Larger sample sizes needs to be studied
- Even after best efforts to retrieve data from study population , people older than maximum cut off might have been included in in the study.
- Women those who are not sexually active beyond 35-40 yrs. Of age are also included in the study giving a higher number of unmet need.
- The information given by study population might not be completely true .

Ethical Consideration

IEC clearance was sought before conducting the study .

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