



## KNOWLEDGE ATTITUDE AND PRACTICE OF CONTRACEPTION IN WOMEN OF RURAL POPULATION FOLLOWING DELIVERY IN A TERTIARY CARE HOSPITAL.

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### ABSTRACT

Knowledge attitude and practice of contraception in women of rural population following delivery in a tertiary care hospital. **Objectives:** To assess the knowledge, attitude and an acceptance of women regarding contraception in post-partum women from a rural background. **Methodology:** A cross sectional study was conducted at Symbiosis university hospital and research centre, Pune district amongst the women from a rural population in post-partum period following their delivery. Challenges and Recommendations from the **Results and Analysis:** Improving Education: Comprehensive sexual and reproductive health education tailored to the cultural context of rural areas is essential. This education should address myths and misconceptions while promoting the benefits of contraception. Involving Men: Engaging men in conversations about contraception can help in altering community attitudes and reducing gender-based resistance. Enhancing Healthcare Services: Strengthening the healthcare infrastructure to provide reliable access to a range of contraceptive methods is crucial. This includes training healthcare workers and ensuring a steady supply of contraceptives. Community Engagement: Community leaders and influencers should be involved in awareness campaigns to lend credibility and acceptance to the message. Monitoring and Evaluation: Continuous monitoring and evaluation of contraceptive programs can help in understanding their impact and making necessary adjustments to address specific local needs. By addressing these factors, it is possible to enhance the knowledge, attitudes, and awareness about contraception in rural populations, ultimately leading to better reproductive health outcomes.

### KEYWORDS :

#### INTRODUCTION:

India is one of the most populated countries with the number estimated to be 1.3 billions and we will soon overtake China as the most populous nation. Due to its expeditiously growing population, which puts a tremendous financial burden on the nation, there are constraints on development works. It is estimated that about 121 million unintended pregnancies occur every year globally many of them landing up with termination of pregnancy legally or illegally especially in developing underprivileged countries. Family welfare programme is the most effective way to control the increasing population.

According to WHO, interpregnancy interval should be more than 24 months to reduce potential health risks. Fertility can return shortly after birth within a period of 6 weeks. Postpartum contraception can reduce the risk of unwanted pregnancies, prevent nutritional problems and reduce the rate of mortality and morbidity of both mother and child. It provides an opportunity to plan and space the future pregnancy. Lack of knowledge, awareness and proper medical counselling are thought to be some of common causes for non-acceptance of post-partum contraception.

#### Objectives:

- To assess the knowledge, attitude and an acceptance of women regarding contraception in post-partum women from a rural background.

#### Methodology:

A cross sectional study was conducted at Symbiosis university hospital and research centre, Pune district amongst the women from a rural population in post-partum period following their delivery there. Only those participants were included in the study who were willing to participate after signing an informed consent.

A departmental Ethical committee sanction was obtained for an Observational questionnaire based study with no drug or surgical intervention.

**Sample Size:** 200

**Period of study:** October 2023 to March 2024

The significance was calculated using 2 population based formula. (reference 1)

$$n = Z_{\alpha/2} [p_1(1-p_1) + p_2(1-p_2)] / m^2$$

where  $Z_{\alpha} = 90\%$  is confidence interval

p1 = 86.53% women having knowledge of post-partum contraception.  
p2 = 74.41 % is attitude towards post-partum contraception.

#### Inclusion Criteria

- All the women in the post-partum ward who have delivered at Symbiosis hospital by vaginal route or by a Cesarean-section

#### Exclusion Criteria

- Those who are in immediate recovery period following delivery.
- Those having any delivery related complications like bleeding.
- Those who are not willing to participate in the study.
- Those having communication and language issues.

A preformed questionnaire was provided in both English and the local language and was filled by the patient. The outcome of study was based on the results of the questionnaire i.e. patients answers to the questions.

A confidentiality was maintained for the participants and family members were not allowed to be present.

#### Questionnaire (References No 2,3)

##### Knowledge

- Have you ever heard of contraception?
- Have you ever heard any of the below methods of contraception?
- Are you aware of the efficacy of lactation amenorrhea in avoiding pregnancy?
- Are you aware of the follow up required during the use of contraception?

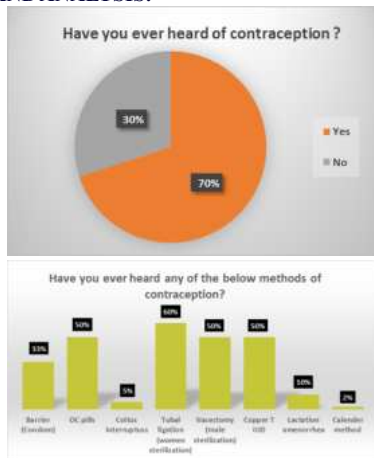
##### Attitude

- To delay pregnancy do I need to use contraception?
- Will you be using contraception in post-partum?
- I am going to discuss the selection of contraceptive method with?

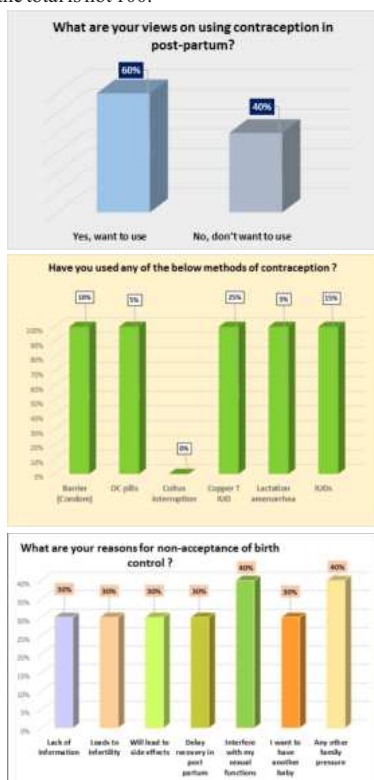
##### Practice:

- Have you used any of the below methods of contraception?
- Will you be using any of the methods of contraception in post-partum?
- What are your reasons for acceptance of birth control?
- What are your reasons for non-acceptance of birth control? (reference 4)

**RESULTS AND ANALYSIS:**



Percentage of knowledge and awareness about different methods in those who had heard about contraception. Since more than 1 method was known, the total is not 100.



Percentage of reasons for Non acceptance (more than one reason was quoted by many)

**DISCUSSION:**

Contraception is a crucial component of reproductive health, yet knowledge, attitudes, and awareness about it can vary significantly, especially in rural populations. Various factors such as cultural beliefs, educational levels, availability of healthcare services, and socioeconomic status influence these aspects. Here's a comprehensive look at the knowledge, attitudes, and practices about contraception in rural populations:

**Knowledge**

**1. General Awareness:**

Awareness of contraception methods in rural areas is often limited compared to urban settings.

**2. Types of Contraception:**

Knowledge about modern contraceptive methods (e.g., implants, injectables) tends to be lower.

**3. Sources of Information:**

The primary sources of information are usually healthcare workers, community health initiatives, media and a word of mouth.

**Attitudes and Practice:**

**1. Cultural and Religious Beliefs:**

In rural areas, cultural and religious beliefs strongly influence attitudes towards contraception. Some communities may view contraceptive use as taboo or against religious principles, leading to resistance or reluctance to use these methods.

**2. Gender Dynamics:**

Attitudes towards contraception are also shaped by gender roles. Men might have a significant say in whether contraceptives are used, and there may be societal pressure on women to bear more children, affecting their contraceptive choices.

**3. Health Concerns:**

Misconceptions about the side effects and health implications of contraceptives can lead to negative attitudes. Fear of infertility and other health myths can deter individuals from using contraception.

**Challenges and Recommendations:**

**1. Improving Education:**

Comprehensive sexual and reproductive health education tailored to the cultural context of rural areas is essential. This education should address myths and misconceptions while promoting the benefits of contraception.

**2. Involving Men:**

Engaging men in conversations about contraception can help in altering community attitudes and reducing gender-based resistance.

**3. Enhancing Healthcare Services:**

Strengthening the healthcare infrastructure to provide reliable access to a range of contraceptive methods is crucial. This includes training healthcare workers and ensuring a steady supply of contraceptives.

**4. Community Engagement:**

Community leaders and influencers should be involved in awareness campaigns to lend credibility and acceptance to the message.

**5. Monitoring and Evaluation:**

Continuous monitoring and evaluation of contraceptive programs can help in understanding their impact and making necessary adjustments to address specific local needs.

By addressing these factors, it is possible to enhance the knowledge, attitudes, and awareness about contraception in rural populations, ultimately leading to better reproductive health outcomes.

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