

Knowledge, Attitude and Practices about Contraceptive among Reproductive Age Group Females

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Abstract

Background: Aim of current study was to assess the knowledge, attitude & practices of contraceptives among married women of reproductive age group.

Methods: A cross sectional study was conducted on females between 15-45 years was included while unmarried females were excluded. The participation was on voluntary basis. Questions regarding factors responsible for non use of contraception were also asked. All data were analyzed by Epi-info software.

Results: Out of 100 women, 61.00% had knowledge about family planning. 61.00% knew about condom, followed by OCPs & other methods. Only 9.00% Women were aware of emergency contraceptive.

Conclusions: Our study highlights that knowledge and awareness doesn't always lead to the use of contraceptives. One needs to understand the level of awareness and practices in the community before implementing the family planning program

Keyword: Attitude, Practice, Contraception, Reproductive age group

Introduction

India was the first country in the world to implement family planning programme in the year 1952. A lot of efforts and resources have gone into the national family welfare programmes but the results are not satisfactory.¹

The extent of acceptance of contraceptive methods still varies within societies and also among different religious groups. The factors responsible are present at the individual, family and community level with their roots embedded in socio economic and cultural practices of Indian society.²

With this background, a study was planned with an objective to determine the knowledge, attitude, practices regarding the contraceptive use among married women of reproductive age group

Material and Methods

Study type: Cross-sectional study

Inclusion criteria: Married women 15-45 yrs age group and willing to participate in the study.

Exclusion criteria: Unmarried, age more than 45 yrs and not willing to participate study.

Method of data collection: The participation was on voluntary basis. Questions regarding factors responsible for nonuse of contraception were also asked. All data were analyzed by Epi-info software.

Results

A total of 100 married females of reproductive age were enrolled in the study. The study shows, mean age of respondent was 26.32 ± 9.02 years.

Table 1: Knowledge regarding different contraceptive methods

Contraceptive methods	Number	Percentage
Condom	61	61.00%
OCP	58	58.00%
IUCD	53	53.00%
Injectable	7	7.00%
Tubectomy	42	42.00%

Out of 100 women, 61.00% had knowledge about family planning. 61.00% knew about condom, followed by OCPs & other methods. Only 9.00% Women were aware of emergency contraceptive.

Contraceptive usage in our study was 61.00%. The gap between awareness and practices are seen to be prevalent across different reasons, where people are aware but reluctant to practices. The most common reason for non-practice of contraception was fear of side effects. Other reasons for non-practice were non access to health facility, preference of male child, religious beliefs, cost, and family pressure. Some respondent also felt that the process of acquiring contraceptive is often embarrassing.

Discussion

61.00% were aware of at least one of family planning methods in our study.

This finding was supported by a study conducted in 2009 on Knowledge and use of contraception among Racha Koyas of Andhra Pradesh, which showed that 81% had a

high level of knowledge on different contraceptive methods.³

The findings are contradicting with the study conducted in 2011 at Bhopal, Madhya Pradesh by Mahawar on contraceptive knowledge, attitude and practice, where results showed poor contraceptive knowledge among females.⁴

Conclusion

Our study highlights that knowledge and awareness doesn't always lead to the use of contraceptives. One needs to understand the level of awareness and practices in the community before implementing the family planning program

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