



## **Knowledge, Attitude and Practices about Contraceptive**

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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. Questions regarding factors responsible for non-use of contraception were also asked. All data were analyzed by Epi-info software.

**Results:** Out of 200 women, 122 (61.00%) had knowledge about family planning. 61.00% knew about condom, followed by OCPs & other methods.

**Conclusions:** 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.

**Keyword:** Knowledge, Attitude, Practice, Contraception

### **Introduction**

Now a days fertility rate has come down due to wide spread use of family planning methods, whereas some developing countries like India, Pakistan, the use of contraception is still low because of lack of awareness,

education, religion, cultural, economic and political barrier. Proper counseling for family planning necessary because 27% of women are at risk of unplanned pregnancy.<sup>1-5</sup>

The essential aim of family planning is to prevent the unwanted pregnancies. An unwanted pregnancy may lead to an induced abortion. From the point of view of health, abortion outside the medical setting is one of the most dangerous consequences of unwanted pregnancy.<sup>6</sup> keeping this in mind one cross sectional study was carried out to assess the knowledge, attitude and practices of contraceptives of reproductive females.

### **Material and Methods**

A cross sectional study was conducted on females between 15-45 years. 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

**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.

## Results

A total of 200 married females of reproductive age were enrolled in the study. The study shows, mean age of respondent was  $24.23 \pm 9.36$  years.

Table 1: Knowledge regarding different contraceptive methods

Contraceptive methods	Number	Percentage
Condom	122	61.00%
OCP	120	60.00%
IUCD	103	51.50%
Injectable	13	6.50%
Tubectomy	108	54.00%

Out of 200 women, 122 (61.00%) had knowledge about family planning. 61.00% knew about condom, followed by OCPs & other methods.

Table 2: Knowledge regarding emergency contraceptive methods

Knowledge regarding emergency contraceptive methods	Number	Percentage
Yes	14	7.00%
No	186	93.00%

Only 7.00% Women were aware of emergency contraceptive. 68.00% respondent thought that contraceptives were used to prevent pregnancy and about 12.0% thought that they could be used to prevent infections like AIDS. Only 9.00% thought that they could be used to control birth interval.

## Discussion

Out of 200 women, 122 (61.00%) had knowledge about family planning. 61.00% knew about condom, followed by OCPs & other methods. Ambareen Khanet al<sup>7</sup> mentioned that 81% had awareness regarding any method of contraception. Tuladhar H et al<sup>8</sup> also observed that the

most common source of information on contraception was media (55.5%), and both printed and electronic.

Contraceptive usage in our study was 62.00%. Sunita Ghike<sup>9</sup> also mentioned various for non-use of contraceptive methods. The main reason 59% were pressure from family that is from husband, in-laws, son preference and physical pressure.

Family planning services need to provide a range of quality method that can allow women to either limit or space birth and to fulfill the need of women with differing socio-demographic characteristics. In our study though majority of interviewer women had knowledge about family planning methods but practicing is still low because of lack of education, cultural, religion, economical and political barriers.

## Conclusion

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.

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