



## FAMILY PLANNING METHODS; KNOWLEDGE, PERCEPTIONS, AND EVER USE OF MODERN FAMILY PLANNING METHODS AMONG CHILDBEARING WOMEN IN TERTIARY CARE HOSPITAL.

**Shaista Rashid<sup>1</sup>, Sumbul Sohail<sup>2</sup>, Tazeen Fatima Munim<sup>3</sup>**

1. FCPS  
Assistant Prof.  
Karachi Medical Dental College.
2. FCPS  
Associate Prof.  
Karachi Medical Dental College.
3. FCPS  
Professor  
Karachi Medical Dental College

**Correspondence Address:**

Dr Shaista Rashid  
Asst Prof.  
Karachi Medical Dental College,  
Gynaec Unit II, Abbasi Shaheed  
Hospital  
drshahkmdc@gmail.com

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**ABSTRACT... Objectives:** To evaluate the knowledge, perception and ever use of modern contraception methods among women of reproductive age. **Study Design:** Cross sectional study. **Place and Duration:** Gynecology and Obstetrics unit II in Abbasi Shaheed Hospital during 1<sup>st</sup> Mar 2015 to 30th Jul 2015. **Method:** This is a prospective study which was carried out at Abbasi Shaheed Hospital. All Female of reproductive age attending Gynecology ward were taken except those not willing to participate. Data was collected by researcher through face to face interview after taking verbal consent in local language. Participants were asked about socio demographic characters including age, parity, education, knowledge, income, perception, its barrier and use of contraception and source of information regarding contraception. A predesigned questionnaire was used to enter data. Data analysis was performed using SPSS Version 20. Results presented in tables. Dependent variables were included knowledge of modern family planning methods, perception, and ever use of modern contraception methods. Regression analysis will be used to identify respondent characteristics that predict ever use of modern contraception methods. **Result:** The mean age of respondents was 27.9 years. Literacy rate: 70.2% had no education. 17.7% had primary education, and higher education was found only in 2.3%. 22.55% had heard about modern contraceptive methods while 77.44% had never heard about it. Amongst users of different modern contraception. 80% had never used any kind of contraceptives, while the most common form of contraception was condoms used by 7.9%. **Conclusion:** Frequency of contraception is low among the target population, both because of low level of awareness, along with a desire for large family not only amongst women but also pressure from husband, mother in law, religious concern.

**Key words:** modern contraceptive methods, knowledge, perception.

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### INTRODUCTION

Global population stands over 6 billion. Uncontrolled population growth hinders national development. Pakistan is the 6<sup>th</sup> populous country with a population of 185 million expecting to reach 335 million in the year 2050.

Over population in Pakistan is the burning problem which is a major cause of poverty, illiteracy, decrease economic growth, malnutrition. An estimated 890,000 induced abortions occur annually survey by population council, 196000 women are treated each year for complications resulting from unsafe abortions.<sup>1</sup>

The Pakistan government has adopted many

progressive family planning policies though the fertility rate of country is still high (4.8). Pakistan has had very slow progress on the contraceptive prevalence rate (CPR) which is 29.6% with use of modern contraceptive methods at only 21%.<sup>2</sup>

Modern contraceptive methods have the potential to reduce unintended pregnancies. Contraceptive methods can either be modern or traditional, Progressive family planning. In developing countries, about 215 million women faces an unmet need for contraceptive they prefer not to become pregnant but are not using any form of contraception.<sup>3</sup> Programmes often recommend modern contraceptive methods due to high failure rate and unscientific nature of traditional

methods.<sup>4</sup> Despite the fact that different modern contraceptives exist worldwide, the problem of unintended pregnancies still exists, which could be due to gap in awareness, and wrong perception towards contraception.<sup>5</sup>

There are multiple barriers to utilization of modern contraception including limited health system capacity, insufficient knowledge, risk perception, and opposition from male partner.<sup>6</sup>

Hence such a study is planned which will be conducted to find out the knowledge, perception and ever use of contraception. The study will help to develop appropriate strategies usage of the method within the family planning programmed and reduce the incidence of unwanted pregnancy and its consequences and thereby increase the contraceptive prevalence rate.

## METHOD

This is a Hospital based cross sectional study which was carried out at Abbasi Shaheed Hospital in gynae unit II. Abbasi Shaheed Hospital is a tertiary care hospital catering to lower middle and poor population. The study period was from 1<sup>st</sup> Mar 2015 to 30th Jul 2015. All Female of reproductive age attending gynecology ward were taken except those not willing to participate. Data was collected by researcher through face to face interview after taking verbal consent in local language. A predesigned questionnaire was used to enter data. The questionnaire had two sections. The first section consisted of questions regarding socio demographic characters including age, parity, education, knowledge, income, and use of contraception and source of information regarding contraception while the second section contained question regarding perceptions, its barrier, and ever use of modern contraception methods. Data was analyzed using SPSS Version 20. Results presented in tables. Dependent variables were included knowledge of modern family planning methods, perception, and ever use of modern contraception methods. Odd ratios were estimated to find the strength of relationship between age, parity, education, and awareness, while chi square test was applied to check the significance of proportion of contraception used

with significant  $p$ -value  $> 0.05$ .

## RESULT

In this study 430 women were interviewed. The average age of respondents was 27.9 years. Literacy rate: 70.2% had no education. 17.7% had primary education, and higher education was found only in 2.3%. There were 19.1% primigravida, 30.7% were second gravida and 50.23% had more than two children (Table-I).

Amongst users of different modern contraception. 80% had never used any kind of contraceptives, while the most common form of contraception was condoms used by 7.9%. Oral contraceptive pills were used by only 3.3%, perception was that it causes weight gain and menstrual problems. Injection form was used by 4.2% only and intrauterine contraceptive device was used by only 1.9% (Table-I). Only 22.55% had heard about modern contraceptive methods while 77.44% had never heard about it (Table-II). Source of information among respondents received from family members and pharmacy.

As shown in Table 3, about 64.65% women consider family planning as an important issue. But only 18.60% women considered it comfortable and 24.41% safe. About half of women thought that both partners should be involved in the decision making. Life style, living in joint family system religious beliefs and fear of failure of contraception are main barrier to use modern contraceptive methods.

The use of modern contraceptive family planning method was common between 20-29 years of age ( $p > 0.000$ ), in multi parous ( $p > 0.000$ ), having secondary education ( $p > 0.000$ ), and more common among having awareness about contraception (Table-IV).

## DISCUSSION

Family planning program was launched in Pakistan in 1960. Family planning services are provided to the people by the National program of Maternal Neonatal and Child health, the National program for family planning.

S. No	Characteristic	Number	%
1	Age(years)		
	≥ 19	12	02.79
	20-29	315	73.25
	30-39	170	39.53
	40-49	10	02.32
2	Education		
	illiterate	302	70.20
	Primary	76	17.70
	secondary	40	09.30
	higher	10	02.30
3	Parity		
	1	82	19.10
	2	132	30.70
	>2	216	50.23
4	Use of contraception		
	Nothing	344	80.00
	Condom	34	07.90
	Contraceptive pills	14	03.30
	Injection	18	04.20
	Intra uterine contraceptive device	08	01.90
Emergency Contraception	12	02.80	

**Table-I. Characteristics of women (n=430)**

S. No	Family planning	No	%
1	Male condom	88	20.46
2	Vasectomy	-	-
3	Injections	25	05.81
4	Contraceptive pills	58	13.48
5	Intra uterine contraceptive device	35	08.13
6	Emergency Contraception	12	02.79
7	Female Condom	-	-
8	Spermicidal	-	-
9	Diaphragm	-	-
10	Norplant	1	00.23
11	Tubal ligation	10	02.30

**Table-II. Awareness of use of family planning by women.**

S. No	Perception	No	%
1	Family planning is important	278	64.65
2	Felt comfortable with contraceptives	80	18.60
3	Consider contraceptives effective	72	16.74
4	Consider contraceptives safe	105	24.41
5	Both partners should be decision maker for use of contraception	206	47.90

**Table-III. Perception of modern contraceptives among women**

S. No	Variables	Modern family planning method user	Modern family planning Method non user	OR	95%C.I	P-value
1	Age(years)			0.257	0.203to0.325	0.000
	≤19	0	19			
	20-29	52	263			
	30-39	35	135			
	40-49	01	9			
2	Parity			0.181	0.139to0.235	0.000
	1	9	73			
	2	28	104			
3	Education			0.232	0.182to0.295	0.000
	Illiterate	20	262			
	Primary	18	76			
	Secondary	39	21			
	Higher	7	10			
4	Awareness			0.187	0.145to0.243	0.000
	Yes	68	20			
	No	18	326			

**Table-IV. Association of age, parity, education and awareness to modern contraceptives method use.**

The Ministry of population welfare and NGO'S despite all the efforts made to increase in uptake of contraceptive method the contraceptive prevalence rate has hardly changed over the last decade. Information on women's knowledge on contraceptive methods provided an idea of awareness of contraception in the population and indicated the success of information, education and communication program.

In one study general awareness about modern contraception was very low 201 (46.7%) out of 430 had no knowledge and 229 (53.3%) women had heard about it from some family members or pharmacist, none of the participant had heard from the media or health professionals indicating a lack of discussion with the patients or advertisement on the media. A study in Kohat found 56.1% of the responders had some knowledge about modern contraception<sup>8</sup>. Another survey was done in on women of reproductive age group of ages 19-40 years to check their knowledge regarding contraceptive use 83% had never heard about any modern contraceptive methods.<sup>6</sup>

Lack of education could be a contributing factor on an average each year of girls' education has been found to reduce fertility rates by 0.3-0.5 children women.<sup>15</sup>

In our study only 10 (2.3%) had high school education while 76(17.7%) had only primary and 40 (9.3%) had secondary education while a study done in West Africa women showed 48% awareness amongst educated women while 15% of uneducated women had no knowledge.<sup>6</sup> Another study done in Faisalabad shows that 62.2% women were illiterate.<sup>8</sup> While in our study 70.2% women are illiterate and only 17.7% had primary education. So there is an urgent need to educate the women. It is important that family planning programs may need to shift their focus on increasing the uptake of contraceptives among the poor population. It is important that educational efforts should be focused educational efforts should be focused on training of health care providers and lady health visitors to impart correct knowledge to women about effective use

of different contraception methods.<sup>10</sup> In our study among user of contraceptives 20% had used different modern methods of contraception, while most common form was condom used by 7.9%. A study done in Kohat showed 30.8% were using contraception and condom in only 3.6%, the commonest form was traditional method (5.9%).<sup>8</sup>

Although most women considered Family Planning an important issue, they were not using because of their perceptions of barriers. Almost half thought Family Planning is in effective, and indicated safety concerns. Also many women do not feel comfortable to use modern methods of contraception and had some side effects in addition to these perception, some family influence especially husband not allowed touse modern contraception. These perceptions decline the use of Family Planning as reported in other study.<sup>6</sup>

## CONCLUSION

Government should inculcate supportive policies, provision of trained workforce including family physicians, lady health visitors. Service delivery is a key to achieving success towards access of modern contraception. A good health system is one that ensures both easy availability and easy access Mass media communication campaigns can raise awareness of the benefits of modern contraception responsible parenthood and reach out religious and community leaders. Collaboration between private and public sectors is needed to ensure both supply and service should be available at grass root level.

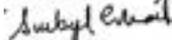
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### AUTHORSHIP AND CONTRIBUTION DECLARATION

Sr. #	Author-s Full Name	Contribution to the paper	Author=s Signature
1	Shaista Rashid	Principal investigator	
2	Sumbul Sohail	Principal investigator	
3	Tazeen Fatima Munim	Co investigator	