

MALE CONTRACEPTION;

KNOWLEDGE, ATTITUDE AND PRACTICE AMONG MALE POPULATION OF HANSRA BASTI BAHAWALPUR

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ABSTRACT.....Objective: To determine the knowledge and practice regarding male contraceptive methods among married male population of Hansra basti Bahawalpur, Pakistan. **Material and methods:** This observational (Descriptive) cross sectional study was carried out at Hansra Basti Bahawalpur from May 2011, to June 2011. A total of 100 married males were selected by simple random sampling. Data was collected by pre-designed, pre-tested, questionnaire to collect the information from study population. An interview was conducted at respondents' house in local language. Privacy was ensured. **Results:** About 82% have knowledge about any of the male contraceptive methods and out of those 18% were practicing any one of the family planning methods. Condom (Barrier) was most used method (77.7%) followed by the traditional methods i.e abstinence (27.7%) and coitus interruptus (11.11%) where as result regarding vasectomy was nil. Source of knowledge mainly was media (44%) followed by through health professional (30%), wife (25%) and friends (21%). **Conclusion:** In present setting men have good knowledge of male contraceptive methods. However very small number is practicing the contraceptive measures.

Key words: Male contraceptive methods, abstinence, coitus interruptus.

Article Citation

Aziz A, Malik AM, Bukhari IAS, Tahir AR. Male contraception; knowledge, attitude and practice among male population of hansra basti bhawalpur. Professional Med J 2013;20(4): 591-594.

INTRODUCTION

Family planning is defined by WHO as, a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of a country¹. A WHO expert committee has defined five methods in 1975 to evaluate the success of family planning programmes. One of them is the evaluation of knowledge, attitude, motivation and behavior among people. The knowledge and attitude of people towards family planning methods are important determinants in adoption of family planning methods by them².

In Pakistan men play an important role in household decision making process and especially related to family planning because it includes desirable family size, use of family planning methods and many more³? Many studies have been conducted on the dynamics of family planning adoption but the demographic research has focused on the determinants of the contraceptives used by women. The female only approach to explore and promote family planning has

been critically viewed for their exclusion of men, and therefore, in the study at the micro level, attempts have been made to assess men's role, belief, practice, and participation in family planning.

MATERIAL AND METHODS

This cross-sectional study was conducted from May 2011 to June 2011 in Hansra Basti Bahawalpur. Study population consisted of approximately 1000 married males residing in that area and sample size was 100 (10% of the total). To reach the required sample size simple random sampling was done. List of the houses with married males was prepared. Then 100 houses were selected randomly. Data was collected by introducing a predesigned and pretested questionnaire. Questionnaire was designed in such a way as to get more of qualitative information keeping objectives of project in mind. Reasons for study were explained to them. Privacy was ensured. The information collected included knowledge, source of knowledge, method adopted (abstinence, coitus interruptus, condoms, vasectomy). Data thus collected was analyzed, frequencies calculated and presented in tables.

RESULTS

About 82% have knowledge about any of the male contraceptive methods (Table-I).

Traditional		Modern	
Abstinence	Coitus interruptus	Condoms	Vasectomy
11	09	80	79
13.0	11.0	98.0	96.0

Table-I. Knowledge of family planning methods (n=82)

Out of those 18% were practicing any one of the family planning methods. (Table-II)

Traditional		Modern	
Abstinence	Coitus interruptus	Condoms	Vasectomy
05	02	14	0
27.7	11.11	77.7	0

Table-II. Practice of family planning methods

Condom (Barrier) was most used method by 14 (77.7%) followed by the traditional methods i.e. abstinence by 5 (27.7%) and coitus interruptus by 2 (11.11%) where as the practicing of vasectomy was nil. Source of knowledge by media was 44% followed by and 30% health professional, wife 25% and friends 21%. (Table-III)

Source of knowledge	Frequency	%age
Media	44	44.0
Health professional	30	30.0
Wife	25	25.0
Friends	21	21.0

Table-III. Source of knowledge

DISCUSSION

Men can participate in family planning in two ways: by supporting their partner's decisions to use family planning methods or by participating a male method of family planning like condom, withdrawal, or periodic abstinence. The widespread adoption of family planning, in a society, is an integral component of modern development and essential for the integration

of women into social and economic life. The present study aimed to assess the knowledge, and practice of contraceptive methods among the male population to enhance the contraceptive practice in male population in the periurban community in future. Results showed that the overall knowledge about any method of contraception was 82%. Findings are similar to a study reported the prevalence of knowledge 98.2% in men by NFHS-III 2005-064, Patro et al⁵ respectively and also near the findings an Indian study of Takkar et al⁶ which found 100%. But slightly higher than 78.8%, 75%, 73.5% and 95% as reported by Jain et al⁷ Kumar et al⁸, Chandick et al⁹ respectively.

In our study major source of knowledge about Family planning methods was mass media followed by health personnel, wife and friends, i.e 44%, 30%, 25%, and 21% respectively. A review of literature also showed that the sources of information on contraceptive use are journals, friends and television (as rated by males⁶). Similarly the study from rural Nepal also reported as exposure to electronic media is main factor for the use of contraceptive methods¹⁰. Only 18% of the interviewed couples were practicing contraceptive methods. Our finding of 18% contraceptive usage are near the findings (34.9%), in a study by G.aur et al¹¹ in rural muslim area of Haryana and in contrast, the prevalence of contraceptive use was low than the finding of study by Bhasin et al¹².

Couples not practicing contraception (18%) is quite lower as compared to other studies which showed 55%, 44.6%^{13, 14}. Reason for non use of contraceptive may be male dominance, ignorance literacy, lack of female empowerment in decision making.

An Ethiopian study showed that 80.3% of health personnel contributed in providing information regarding contraception, which is opposite to the results¹⁵. In study by Srivastava et al¹⁶, social circle (67.3%) and exposure to family planning message (46.3%) were the main sources of knowledge about

contraception.

Studies have been published indicating that stress is needed to improve the acceptance of Family Planning methods by males through enhancing their knowledge.

But important aspect is enhancing the practice by males which can only be achieved by determination of barriers & then to address those. It will require another study.

CONCLUSION

In this study men's knowledge and participation in the family planning were explored and there was wide disparity between contraceptive knowledge, and practice. The study also highlighted that awareness does not always lead to use of contraceptive. The family planning programs in Pakistan are mainly female oriented, so a lot of educational and motivational activities must be initiated with the equal involvement of men. Mass media, health personnel, and government organizations can play a significant role in increasing the male participation rate in family planning and overcome the knowledge / practice gap.

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Article received on: 13/02/2013
Accepted for Publication: 15/05/2013
Received after proof reading: 21/05/2013

