

## Knowledge, attitude, and practices of family planning methods among women of reproductive age attending OPD in tertiary care centre, Lucknow, Uttar Pradesh

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### Abstract

**Introduction:** India, with 1.34 billion people is the second most populated country in the world, while china is on the top with over 1.41 billion people. Total fertility rate of India is 2.2 and the current total fertility rate of U.P is 3.72 which is still lagging behind other states like Kerela, Tamilnadu. Since the inception of program, several knowledge, attitude and practices studies have been conducted.

**Materials and Methods:** A cross sectional descriptive study was done in department of obstetrics and gynaecology, Era's Lucknow medical college, Lucknow, Uttar Pradesh. The study group include 523 married women of reproductive age group attending Gynaecology OPD. The results are presented in frequencies and percentages. Chi-square test is used for comparisons. The p-value<0.05 was considered significant. All the analysis was carried out on SPSS 16.0 version (Chicago, Inc., USA).

**Results:** Among the 523 women of reproductive age group maximum respondents belong to age group 21-30 years (78.77%). Most of the contraceptive non-users belongs to age below 20 years (64.7%) which is statically significant (p value=0.008). among respondents majority were Hindus (64.2%). Majority of respondents belongs to lower class (49%). Among lower class 67% respondents were non-contraceptive users. Among the temporary methods, condom is the well – known method, 78.8% and second most is oral contraceptives 76.1% followed by intrauterine devices (75.5%). Only 9.9% women knew about injectables. 77.8% women had positive attitude towards contraceptive usage and they would like to encourage others also for contraceptive usage.

64.9% women not practicing any family planning methods because of lack of knowledge while 18.7% women not using any contraceptive methods because of fear of side effects.

**Conclusion:** In our study we observed that with increasing educational status and socioeconomic status contraceptive practices is increasing. We need more services to improve women's education and proper family planning counseling to allay the anxiety and fear about contraceptive usage. Also, women should be educated regarding available modern contraceptive methods.

**Keywords:** Family planning, Knowledge, Attitude, Practices.

### Introduction

India, with 1.34 billion people is the second most populated country in the world, while china is on the top with over 1.41 billion people. With the population growth rate at 1.2%, India is predicted to have more than 1.53 billion people by the end of 2030. Total fertility rate of India is 2.2 and the current total fertility rate of U.P is 3.72 which is still lagging behind other states like Kerela, Tamilnadu.<sup>2</sup> One of the most proximate determinants of fertility is effective use of contraceptives. There is clear relationship between total fertility rate and contraceptive prevalence rate contraceptive prevalence is influenced by two factors: demand for fertility regulations and use of contraceptive to meet such demand. The demand will be influenced by socio-economic and cultural factors and perceived costs and benefits of having children and couples would demand contraception, if low fertility rates were considered beneficial, the programmed are supposed to meet this demand.<sup>3</sup> The need of family planning in order to control population explosion lies to avoid unwanted pregnancies, control births, regulate the interval between pregnancies, control the time at which birth occur in relation to the age of the parent, and determine the number of children in the family.<sup>4</sup> The

Government of India launched a family welfare program in 1950 to accelerate the economic and social development by reducing the population growth but this programme has met with only marginal success. This is because people of India being multireligious, multilingual and multiethnic have different level of awareness and acceptance of family planning. So, it is necessary to develop special program which can tackle the family planning of different groups. But before launching a special program, a thorough understanding of sociodemographic variables, knowledge, attitude and practices of family planning is necessary. Thus, with this background, our study was conducted with the objective to assess the knowledge, attitude and practices of different types of family planning method among women of reproductive age group and to find out any correlation between practices of family planning methods and their sociodemographic variables and to identify the reason precluding the practices of contraceptive methods.

### Materials and Methods

A cross sectional descriptive study was done in department of obstetrics and gynaecology, Era's Lucknow medical college, Lucknow, Uttar Pradesh.

The study group include 523 married women of reproductive age group attending Gynaecology OPD. The women are interviewed with predesigned pretested well – structured questionnaire. The dependent variables is awareness, attitude, practices and preference contraceptive methods. Independent variables were age, religion, education level, occupation socioeconomic status, age at marriage, number of pregnancies, number of living children, source of information. The results are presented in frequencies and percentages. Chi-square test is used for comparisons. The p-value<0.05 was considered significant. All the analysis was carried out on SPSS 16.0 version (Chicago, Inc., USA).

## Results

Among the 523 women of reproductive age group maximum respondents belong to age group 21-30 years (78.77%). Most of the contraceptive non-users belongs to age below 20 years (64.7%) which is statically significant (p value=0.008). among respondents

majority were Hindus (64.2%). Majority of the women belongs to secondary level education (41%) and the contraceptive usage increases with increasing educational status use of contraception is 78.4% with primary level education, 71.7% with middle, 73.8% with secondary and 69.5% with graduation whereas only 46% contraceptive usage seen among illiterate group. Majority were housewives (93.1%) in this study, percentage of non-users were also high (31.2%) among housewives. Majority of respondents belongs to urban areas (67.3%). Majority of respondents belongs to lower class (49%). Among lower class 67% respondents were non-contraceptive users. With increasing class, contraceptive usage found increased i.e. 100% with upper class. contraceptive usage is highest with women who married before 18 years (90%) and women whose married life was of duration more than 7 years as they completed their family (73.3%). contraceptive use was high (79.5%) among women with children more than 1.

**Table 1: Socio-demographic profile the subjects**

Socio-demographic profile	No. of subjects	User		Non-user		p-value <sup>1</sup>
		No.	%	No.	%	
Age in years						
18-20	17	6	35.3	11	64.7	0.008*
21-25	212	153	72.2	59	27.8	
26-30	200	146	73.0	54	27.0	
>30	94	62	66.0	32	34.0	
Religion						
Hindu	336	238	70.8	98	29.2	0.65
Muslim	187	129	69.0	58	31.0	
Educational level						
Illiterate	50	23	46.0	27	54.0	0.002*
Primary	37	29	78.4	8	21.6	
Middle	127	91	71.7	36	28.3	
Secondary	214	158	73.8	56	26.2	
Graduate+	95	66	69.5	29	30.5	
Occupation						
Housewife	487	335	68.8	152	31.2	0.03*
Unskilled worker	13	11	84.6	2	15.4	
Professional	23	21	91.3	2	8.7	
Habitant						
Rural	171	121	70.8	50	29.2	0.83
Urban	352	246	69.9	106	30.1	
Socioeconomic status						
Upper	02	02	100	00	00	0.001*
Middle	182	117	64.3	65	35.7	
Lower middle	21	13	61.9	8	38.1	
Upper lower	63	28	44.4	35	55.5	
Lower	255	84	32.9	171	67.0	
Age at marriage (years)						
<18	50	45	90.0	5	10.0	0.005*
18-25	460	314	68.3	146	31.7	
>25	13	8	61.5	5	38.5	
Duration of marriage						
≤1	33	17	51.5	16	48.5	0.05
2-4	106	70	66.0	36	34.0	

5-7	148	107	72.3	41	27.7	
>7	236	173	73.3	63	26.7	
No. of pregnancy						0.0001*
0	29	8	27.6	21	72.4	
1	92	61	66.3	31	33.7	
2	162	110	67.9	52	32.1	
≥3	240	188	78.3	52	21.7	
No. of living children						0.0001*
0	73	30	41.1	43	58.9	
1	156	124	79.5	32	20.5	
2	173	123	71.1	50	28.9	
≥3	121	90	74.4	31	25.6	

<sup>1</sup>Chi-square test

Among 523 respondents 490 women were heard about family planning and for 49.3% respondents media is the source of information followed by friends/relatives which is 27.5%. 14.5% women got knowledge about family planning methods from health professionals. Among the temporary methods, condom is the well – known method, 78.8% and second most is oral contraceptives 76.1% followed by intrauterine devices (75.5%). Only 9.9% women knew about injectables. Among permanent methods, 73.8% women had knowledge of female sterilization. According to the most of the women, family planning methods are meant for limitations of birth (38.4%) and 23.7 % meant for spacing of birth while for 3.4% women meant for both limitation and spacing of birth. Among respondents 62% women knew that family planning methods also prevents from STDs, while 5.4% knew it help in improvement of health and 8.6% knew that it protects from cancer. 17.8% women had no idea regarding non-contraceptive benefits of family planning.

**Table 2: Knowledge and awareness regarding family planning methods**

Knowledge and awareness	No. (n=523)	%
<b>Heard about family planning</b>	490	93.7
<b>Source of information</b>		
Media	258	49.3
Friends/Relatives	144	27.5
Health professionals	76	14.5
Others	12	2.3
<b>Contraceptive methods known</b>		
Condom	412	78.8
Oral contraceptive pills	398	76.1
Intrauterine devices	395	75.5
Injectables	52	9.9
Natural methods	308	58.9
Female sterilization	386	73.8
Male sterilization	294	56.2
No idea	45	8.6
<b>Concept regarding family planning</b>		
Limitation of births	201	38.4
Spacing of births	124	23.7
Stopping birth	22	4.2
Limitation of birth and spacing	18	3.4

of birth both		
No idea	125	23.9
<b>Knowledge of non-contraceptive benefits of family planning methods</b>		
Prevention from STD	324	62.0
Improvement of health	28	5.4
Protection against cancer	45	8.6
No idea	93	17.8

Among 523 respondents, 77.8% women had positive attitude towards contraceptive usage and they would like to encourage others also for contraceptive usage. Among 156 present non-contraceptive users 120 (76.9%) women had positive attitude to adopt family planning methods while 36 (23.1%) women still did not want. Among temporary methods, 65% women would like to use condom and 15% women choose OCPs followed by intrauterine devices chosen by 13.3% women. 4.2% women choose female sterilization and 2.5% male sterilization.

**Table 3: Attitude towards use of family planning methods**

<b>Would practice family planning methods or encourage others</b>		
Yes	407	77.8
No	116	22.2
<b>Knowledge and awareness</b>	<b>No.</b>	<b>%</b>
	(n=156)	
<b>Will adopt family planning methods (If not using currently)</b>		
Yes	120	76.9
No	36	23.1
<b>Type of method</b>		
Condom	78	65.0
Oral contraceptive pills	18	15.0
Intrauterine contraceptive device	16	13.3
Injectables	0	0.0
Natural method	0	0.0
Female	5	4.2
Male	3	2.5

Among 523 respondents, 298(57%) women had used contraceptive in past. 66.4% women use condom followed by 17.4% used OCPs followed by 16.1% used IUCDs. 69.8% women choose family planning method

because they are easily available while 62.4% women found it comfortable and easy to use. in 50.3% of women, the choice of method use was decided by husband's choice.

**Barrier to using contraceptive:** 64.9% women not practicing any family planning methods because of lack of knowledge while 18.7% women not using any contraceptive methods because of fear of side effects. 10.7% were not using as they were planning for pregnancy. 3.6% thought it to be against religion and 2.2% had some myths regarding contraceptive usage.

**Table 4: Use of family planning methods in the past**

Used in the past	No. (n=523)	%
Yes	298	57.0
No	225	43.0
<b>Contraceptive used in past</b>	n=298	
Condom	198	66.4
OCPS	52	17.4
IUCDS	48	16.1
Injectables	00	0.0
Female sterilization	00	0.0
Male sterilization	00	0.0
Others	00	0.0
<b>Reason for using them</b>	n=298	
Easily available	208	69.8
Comfortable and easy to use	186	62.4
Inexpensive	12	4.0
Husband's choice	150	50.3
Others	08	2.7
<b>Reasons precluding women to practice contraceptives</b>	n=225	
Lack of knowledge	146	64.9
Unbearable side effects	42	18.7
Against religion	8	3.6
Myths	5	2.2
Desire to have child	24	10.7

#### Statistical analysis

The results are presented in frequencies and percentages. Chi-square test was used for comparisons. The p-value <0.05 was considered significant. All the analysis was carried out on SPSS 16.0 version (Chicago, Inc., USA).

#### Discussion

In our study contraceptive prevalence rate is 57% as compared to 40.7% which is the modern contraceptive prevalence rate of Uttar Pradesh according to national data 2015. A higher rate of 62.9% is also reported in a study conducted at Kanpur. In our study the higher contraceptive usage seen with increasing age and parity. similar results were seen in the study conducted at Kanpur, where 75.3% contraceptive usage was found among age group 21-34 years and 74.7% contraceptive users were of parity >3. Mohanan et al.,<sup>5</sup> also highlighted that acceptors of contraception were of higher age and parity. According

to Park et al, the older the women, the more frequently they were exposed to family planning methods.<sup>6</sup> In our study we found contraceptive usage increases with increase in literacy, 78.4% contraceptive usage was seen in primary educated women and only 46% contraceptive usage was seen in illiterate women. Similar results were found in study conducted at Kanpur, they found 69.6% contraceptive usage in secondary and higher educated women and 62.6% in primary educated women. In other study, Gautam et al found that raise in education status helps in improving acceptance of contraceptive practices.<sup>7</sup> In our study no difference was found in contraceptive usage depending on place of habitat.

About 70-80% of women with 1 or more than 1 living children were using contraception in comparison to 41.1% by those having no living issues. This result is statically significant with p =0.001. Verma et al had also shown that 77.5% of women with 3 or more living issues were used contraceptive methods as compared to 35% of those having no live issues. Lasse et al had also shown that women with 3 or more living children are more likely to use contraception than if they had 2 or less.<sup>8</sup> In our study higher percentage of awareness of family planning methods were found, 93.7% of women knew about atleast 1 method. In other studies the percent of awareness varied from 93.1% in Kanpur, 94.2% in Sikkim, 94% in Pakistan.

Around 93.7% of the respondents were heard about one or more of the various family planning methods, which is also similar to the results of Gupta et al (62%)<sup>9</sup> and study conducted at Kanpur.<sup>1</sup> in present study, media (49.3%) was found to be most common source of information followed by friends and relatives (27.5%) and health professionals(14.5%). Similar results were found in Kanpur study, Jahan U et al found mass media as main source of information followed by friends and relatives followed by health professionals. Most of the other studies also have stated media to be most common source of awareness whereas in Srivastava et al study, they found 70% had gained knowledge of contraception from friends and relatives and 39% from TV and radio.<sup>10</sup>

Regarding the usage of family planning methods, an important dimension is the type of family planning method used.

Among the temporary methods, condoms (78.8%) was most known method followed by oral contraceptives (76.1%) and IUCDs (75.5%) similar to the study conducted by Jahan U et al where 74.8% subjects know about OCPs, 68.8% about condoms followed by IUCDs (56.6%) and injectables (38.4%). While in Gupta et al study female sterilization (45.6%) was the most chosen method followed by IUCDs (23%) and condoms (22%); the least preference was given to OCPs (9.2%).

In our study 8.6% were not aware of any method of contraception similar results were found in study

conducted by Verma et al where 8.795 women were not aware of any form of contraception.

In permanent methods, our results showed that most of the women (73.8%) had heard about female sterilization as compared to 56.2% about male sterilization. Verma et al also found female sterilization (36.4%) as most known method in comparison to male sterilization i.e 25.3%. In Gupta et al study, they also reported female sterilization as most chosen method (95.6%) and male sterilization (89.6%).<sup>9</sup> This disparity may be because of common belief that reproduction is mainly the function of women and male sterilization causes decrease in sex drive in man.

When participants were interviewed about concept regarding family planning methods. The response obtained were 41.5% for limitation of births, 25.3% for spacing of births, 44% for stopping birth and 25.5% had no idea.

This study revealed 81.02% respondents had knowledge on non contraceptive benefits of family planning methods.

In this study 77.8% women has shown positive attitude towards contraception usage while negative attitude which was supported by a similar study conducted in TEZU village, MANIPAL where majority 60% had positive attitude.

In our study 43% women had not used any type of family planning method as compared to 37.1% in Verma et al's study where as 44.6% had never used any contraceptive method in Khati Binita study conducted in Sikkim in 2005.<sup>11</sup>

In our study 57% women had used atleast one method of contraception condom was most preferred method 66.4% followed by OCP's 17.4% and IUCDs 16.1%. 69.8% women choose at least one contraceptive method because they are easily available.

64.9% women not using any type of contraceptive method because of lack of knowledge, 18.7% had fear of unbearable side effects, 10.7% women had desire to have a child. Similar result were found in Verma et al study, where 32.1% stopped using contraceptive methods due to various reasons lie due to lack of knowledge in 42.4%, side effects in 25.5%, 60.55 desire to have next child.

### Conclusion

In our study we observed that with increasing educational status and socioeconomic status contraceptive practices is increasing. In our study we found that awareness towards the family planning methods are good but contraceptive practices are poor because of lack of knowledge and fear of side effects therefore, we need more services to improve women's education and proper family planning counseling to allay the anxiety and fear about contraceptive usage.

Also, women should be educated regarding available modern contraceptive methods.

Health worker and mass media plays a important role in society to educate the people about different methods of contraception. Moreover family planning clinics should be run daily and strengthen the family planning services which are available at each level of health system.

Thus, this study reveals that educational status and socioeconomic status directly plays an important role in acceptance of family planning.

**Conflict of Interest:** None

Approved by Institutional ethical committee

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