

Contraception Methods: Acceptance and practices among women attending a tertiary care centre

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ABSTRACT

Contraception Methods: Acceptance and practices among women attending a tertiary care centre

Introduction: India is the world's seventh largest country by area with 2.4% of the world surface .It is the second most populous country in the world and supports 17.5% of the world population. In spite of various methods of contraception, the unplanned pregnancy is high. Most widely used contraceptive method in INDIA is still female sterilization. With this background the study was done to understand the awareness and preferences of women for accepting different methods of family planning who visited the hospital.

Material and Method: It was an observational study which was carried on women of reproductive age group who attended family planning OPD. It was done between April 2018 and June 2018 in the department of obstetrics and Gynaecology, Osmania Medical College Hyderabad. A total of 232 women gave consent to participate in the study. Questions were included regarding awareness of different methods of family planning and reasons for accepting or not accepting certain method.

Discussion : In the study group of 232 women, 219 numbers of women (93.96%) had knowledge regarding any method of contraception. 13 (5.60 %) women were not aware of different methods available for contraception. In this study 74.13 % of women were using a contraceptive at the time of study. Tubal ligation was the most common method for limiting family size which similar to national statistics. 20.03% women accepted PP IUCD while 8.13% women used IUCD for spacing .women were more receptive for usage of contraceptives for spacing if proper counseling was done during antenatal period. OCP was used by only 10.46% of women as there were many misconceptions regarding its side effects. Injectable contraceptive was used by 4.65 % of women which shows that by increasing awareness and educating women about benefits will give women choice in spacing pregnancy. Barrier method was used by 2.9% of couples and 1.74% used natural methods like withdrawal method. Dependence on permanent method of family planning stresses the fact that counseling and motivation of young women regarding interval methods has to be done to improve the acceptance of reversible method of contraception. There was no case of vasectomy Myths and misconception regarding vasectomy should be dealt with proper counseling of both partners.

Conclusion: Despite the socioeconomic progress of the country there is high rate of unmet need for contraception in our country. The acceptance of a contraceptive method by a woman is based not only on her medical and obstetric history but also on her education, occupation, religious and cultural beliefs. Education and occupation of husband, gender preference and family influence the acceptance of family planning method. It is important to counsel the woman and her husband and clarify doubts and myths related to different methods by the health care provider to prevent unplanned pregnancies.

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I. Introduction

India is the world's seventh largest country by area with 2.4% of the world surface .It is the second most populous country in the world and supports 17.5% of the world population. The total number of family planning (FP) acceptors has increased from 6.49 million in 1980-81 to 27.36 million in 1990-91 and 36.63 million in 2000-01. The couple protection rate has quadrupled from 10 per cent in 1971 to 40 per cent in 2010-11. The average annual growth rate of population has declined from 1.95 in 2001 to 1.63 in 2011. During this period, similar pattern for growth rate in population was observed for females (1.99 to 1.68) and for males (1.92 to 1.58)¹. But between 2001 and 2011 census the country grew by 17.7% adding 181.5 million people and it is estimated that by the year 2030 India is going to overtake China in population. In spite of various methods of contraception, the unplanned pregnancy is high. Most widely used contraceptive method in INDIA is still

female sterilization. With this background the study was done to understand the awareness and preferences of women for accepting different methods of family planning who visited the hospital.

II. Material and Method

It was an observational study which was carried on women of reproductive age group who attended family planning OPD. It was done between April 2018 and June 2018 in the department of obstetrics and Gynaecology, Osmania Medical College Hyderabad. A total of 232 women gave consent to participate in the study. Women in the study group were given a set of questionnaire which asked of details regarding age of the woman and her husband, duration of marriage. It also included details of education and occupation of both the partners. Questions were included regarding awareness of different methods of family planning and reasons for accepting or not accepting certain method.

Inclusion criteria

Women in the age group 15- 45 years, who were married

Exclusion criteria

- Unmarried women
- Women not willing to participate in the study
- Women not living with husband due to various reasons
- Women who were taking treatment due to infertility

Statistical analysis

Data was entered and analyzed using computer software Microsoft Excel. The statistical analysis included arithmetic mean, standard error, percentages, Student t test;

III. Result

Table 1: Number of patients having knowledge regarding any method of contraception

Patients attending OPD	Number	Percentage
Having knowledge of any contraceptive method	219	93.96 %
Having no knowledge of any contraceptive method	13	5.60 %

Among the study group of 232 women, 219 numbers of women (93.96%) had knowledge regarding any method of contraception. 13 (5.60%) women were not aware of different methods available for contraception.

Table 2 Awareness regarding different method of contraception

1	Natural method	216	93.10 %
2	Barrier method	191	82.32 %
3	IUCD	181	78.01 %
4	Oral Pills	156	67.24 %
5	Permanent method	197	84.91 %
6	Injectable	18	7.7 0%
7	Implants	1	0.43 %
8	Emergency Contraception	34	14.65 %

Majority of women 93.10 % knew about natural method of contraception. Barrier method was known to 82.32% of women. 78.01% Women were aware of intrauterine contraceptive and 67.24 % women were aware of oral contraceptive pills. Only 7.7% of women knew about usage of injectable contraceptives. Only 1 woman knew about implants. Knowledge of emergency contraceptive was only 14.65%

Table 3: Reason for not accepting any method

S. No.	Reason	Number	Percentage
1	Desire for having more children	13	21.66 %
2	Fear of adverse effect	16	26.66 %
3	Not knowing any method	13	21.66 %
4	Gender preference	14	23.33 %
5	Family influence for having more children	4	6.66 %

Out of 232 women 172 (74.13%) women were using contraceptive methods while 60 women were not using any method.

21.66 % women wanted to have more children. 6.66% women were satisfied with their family size but their family members wanted them to have more children. 23.33 % women had strong preference for male child.

26.66 % women had fear of adverse effect with usage of contraceptive method. Out of 60 women not using any contraception 13 (21.66%) women were not aware of any contraceptive method.

Table 4: Reasons for using contraception

Number of children	63	36.62%
Spacing	88	51.16%
Medical reasons	17	9.88%
Financial circumstance	4	2.32%

36.62% women had 2 or more children. 51.16% of women used contraception for spacing their next pregnancy. 9.88% of women had medical reason or obstetric reason .only 2.32 % women were using contraception due to economic reasons.

Table 5 : Acceptance of different method of contraception

Contraception Method	Number	Percentage
Tubal ligation	88	51.16%
PP IUCD	36	20.93%
IUCD	14	8.13%
INJECTABLES	8	4.65%
OC Pills	18	10.46%
Barrier method	5	2.90%
Natural method	3	1.74%
Vasectomy	nil	Nil
Emergency contraception	12	6.97%

Most women preferred limiting family size but awareness regarding different method was not there. Tubal ligation was the most common method for limiting family size.20.03% women accepted PP IUCD while 8.13% women used IUCD for spacing .OC Pills were used by 10.46% women. Barrier method was used by 2.9% of couples and 1.74% used natural methods. Emergency contraception was used by 6.97% of women when other methods failed.

IV. Discussion

In the study group of 232 women, 219 numbers of women (93.96%) had knowledge regarding any method of contraception. 13 (5.60 %) women were not aware of different methods available for contraception which was similar to study done by Kiran G Makade et al² in which 87.7% of women were aware of at least one method of contraception.

Majority of women 93.10%, new about natural method of contraception although they were not aware of high failure rate associated with it. Barrier method was known to 82.32% of women. They were not aware of added advantage of prevention of sexually transmitted disease by use of condom. 78.01% Women were aware of intrauterine contraceptive and 67.24 % women were aware of oral contraceptive pills but had many misconceptions regarding its usage. Only 7.7% of women knew about usage of injectable contraceptives. There is a need of increasing awareness about injectable contraceptives as it gives protection for 3 months with single injection. Only 1 woman knew about implants. There is need to increase awareness regarding injections and implants for birth spacing. Knowledge of emergency contraceptive was only 14.65%. Increase in awareness about emergency contraception will prevent unplanned pregnancy)

Out of women who were not using any contraception 21.66% of women wanted to have more children. 6.66 % women were satisfied with their family size but their family members wanted them to have more children. 23.33 % women had strong preference for male child which shows the cultural and social bias towards male child which can be reduced by education and empowerment of women. 26.66 % women had fear of adverse effect with usage of contraceptive method which needs to be addressed to remove myths related to usage of contraceptives. 21.66 % were not aware of any contraceptive method where not only health care worker, but also mass media can play an important role. In study done by Sujata K. Murarkar and Rajesh lakde et al³the reasons for non acceptance in majority of women were desire of more children by 25.85% and fear of side effects by 16.34%.

36.62% Women having 2 or more children were using contraception for limiting family size. Acceptance for permanent method was more in women who had at least one male child. 51.16% of women used contraception for spacing their next pregnancy. 9.88% of women had medical reason like hypertension, heart disease etc or obstetric reason previous 2 or more cesarean section, previous pregnancy complicated by placenta praevia only 2.32 % women were using contraception due to economic reasons

In this study 74.13 % of women were using a contraceptive at the time of study. Tubal ligation was the most common method for limiting family size which similar to national statistics. 20.03% women accepted PP IUCD while 8.13% women used IUCD for spacing .women were more receptive for usage of contraceptives for spacing if proper counseling was done during antenatal period. OCP was used by 10.46% of women as there were many misconception regarding its side effects. Injectable contraceptive was used by 4.65 % of women which shows that by increasing awareness and educating women about benefits will give women choice in spacing pregnancy. Barrier method was used by 2.9% of couples and 1.74% used natural methods like withdrawal method. Emergency contraception was used by 6.97% of women when other methods failed. In a similar study done by Nisha Mandolai et al ⁴ the most popular methods known by respondents were the tubectomy, condom, pill, IUCD and injection, which accounted for 93 %, 91%, 54%, 38% & 11% respectively. Only 1% of respondents used traditional methods, such as abstinence and withdrawal .Female sterilizations is still one of the most accepted methods when the family size is complete. In a study done in Kerala more than 90% of women preferred tubal occlusion when their family size was complete. The most reported reason for preference to tubal occlusion was the perception of its safety, surety and its acceptability in the society⁵. Dependence on permanent method of family planning stresses the fact that counseling and motivation of young women regarding interval methods has to be done to improve the acceptance of reversible method of contraception. There was no case of vasectomy stressing the fact that myths and misconception regarding vasectomy should be dealt with proper counseling of both partners.

V. Conclusion

Despite the socioeconomic progress of the country there is high rate of unmet need for contraception in our country. The acceptance of a contraceptive method by a woman is based not only on her medical and obstetric history but also on her education, occupation, religious and cultural beliefs. Education and occupation of husband, gender preference and family influence the acceptance of family planning method. It is important to counsel the woman and her husband and clarify doubts and myths related to different methods by the health care provider to prevent unplanned pregnancies.

Keywords – Family planning, Contraceptive practices, Awareness, Reproductive age group

Abbreviation- IUCD- Intra uterine contraceptive device, PP IUCD – post placental intra uterine contraceptive device, OC Pills- Oral contraceptive pills.

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