

Knowledge of Contraception among Indigenous Peoples of Manipur Coming for Abortion in a Tertiary Hospital

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Abstract: Knowledge of contraception among indigenous peoples of Manipur coming for abortion in a Tertiary Hospital.

Methods: This is a cross sectional study conducted in Obstetrics and Gynaecology Department of Regional Institute of Medical Sciences, Imphal, Manipur from July 2015 to December 2015. 100 patients were included in the study. Their knowledge attitude and practice of various methods of contraceptive methods were asked in detail.

Results: Only 5% among all the women were adolescents. Maximum number of women were in the age group 31 to 35 (36%). Abortion seeking trend increases with parity till second parity then it shows a declining trend. 78% of women were having knowledge of various contraceptive methods. Most common contraceptive methods were pills (78%), cuT (75%) and condoms (65%). Most popularly used methods were pills (28%), condom (25%) and natural methods (12%).

Conclusion: Despite having knowledge of contraception many women are not using any of the available contraceptive methods. More efforts are needed to motivate these women in the reproductive age group to avoid unwanted pregnancies by using any of the contraceptive methods.

Keywords: abortion, contraception knowledge, indigenous people.

I. Introduction

Contraception means prevention of conception. The term contraception includes all measures, temporary or permanent, designed to prevent pregnancy due to the coital act. It is produced by interfering with the normal process of ovulation, fertilization and implantation.

Various methods of contraceptions are there which are made available by Family planning and Maternal child health services through out India in both Government and Private Hospitals at different levels. Mass media are regularly promoting the adoption of small family norms. Patients can choose any of the contraceptive methods that are available and which will be most suitable to them. Unfortunately utilisation of contraceptive methods are still low. Patients often resort to various methods of abortion in order to get rid of the unwanted pregnancies. Government of India in order to reduce the morbidity and mortality associated with medical termination of pregnancies (MTP), MTP act was legalised in India in 1971². Many women use abortion to check their family size. It is desirable that each and every child is born out of a planned pregnancy and unplanned pregnancies are avoided through use of contraception. This study was undertaken in order to find out the knowledge attitude and practice of contraception among the indigenous people of Manipur attending a tertiary care Hospital.

II. Materials and Methods

This is a cross sectional study. The study was conducted in Obstetrics and Gynaecology Department of Regional Institute of Medical Sciences, Imphal, Manipur. The study period was from July 2015 to December 2015. Patients requesting abortion over a period of six months was included in the study. They were asked to participate in the study. Only indigenous people were included in the study. Those women seeking abortion for therapeutic reasons were excluded from the study. If the patients agreed to participate in the study informed consent were taken. Confidentiality of patients were insured. Patients were interrogated using a pre structured questionnaire which they could fill themselves or with help. 100 patients were included in the study. They were asked about their age, parity, level of education. Locality, previous MTP etc. Their knowledge attitude and practice of various methods of contraceptive methods were asked in detail.

III. Observation

Table 1 shows the sociodemographic pattern of women coming for induced abortion. Women coming for abortion increases with age till 35 years thereafter it drops drastically. Only 5% among all the women were

adolescents. Maximum number of women were in the age group 31 to 35 (36%). 73% of the women were in the age range of 26 to 35 years . Abortion seeking trend also increases with parity till second parity then it shows a declining trend. There were only 5% nulliparous women in this study. Maximum number of women in this study were having two children with 36%. In this study women who were illiterate are only 8% . And patients who studied upto graduate level was seen only in 9% of cases. Most of the women in the study were either in the lower class or lower middle class.

Table 2 shows that many of the women (78%) were having knowledge of various contraceptive methods. Most common contraceptive methods were pills(78%), cuT (75%) and condoms (65%). Natural methods were known to 27% of women. Knowledge of injectable and emergency contraceptive was very poor. Unfortunately 22% of women were not having proper knowledge of any contraceptive methods.

Despite having knowledge of various contraceptive methods quite a significant number of women were not using any of the available methods. There was a huge difference between the awareness and use rate as can be seen from table 3. Again many women were not using it regularly. Most popularly used methods were pills (28%), condom (25%) and natural methods (12%). Surprisingly regarding cuT acceptance is very low compared to the number of women having knowledge of cuT. Women were not accepting cuT for various illinformed reasons. For emergency and injectable contraceptives use rate is only 1% each.

Table 1 Showing Demographic characteristics

Age	Group	Number (n=100)	Percentage (%)
	<20	5	5
	21-25	16	16
	26-30	36	36
	31-35	37	37
	>35	6	6
Parity	P0	5	5
	P1	25	25
	P2	36	36
	P3	21	21
	P4 & above	13	13
Education	Illiterate	8	8
	Upto class XII	83	83
	Graduation	9	9
Socioeconomy	Low income	62	62
	Lower middle income	37	37
	Upper middle income	1	1

Table 2 Showing knowledge of contraceptive methods

Knowledge	Method	Number (n=100)	Percentage (%)
Natural	Withdrawal/rhythm/lactational amenorrhoea	27	27
Artificial	condom	65	65
	pills	78	78
	cuT	75	75
	Injectables	6	6
	Emergency contraceptives	3	3
None	Any method	22	22

Table 3 showing use of contraceptive methods

Use	Method	Number (n=100)	Percentage (%)
Natural	Withdrawal/rhythm/lactational amenorrhoea	12	12
Artificial	condom	25	25
	pills	28	28
	cuT	8	8
	Injectables	1	1
	Emergency contraceptives	1	1

IV. Discussion

Often the important source of knowledge for contraception comes from friends, spouses, family members and mass media. Many women do not have proper knowledge of various contraceptive method. They are often ill-informed about various side effects. Many women are not using any contraceptive methods despite having knowledge for various reasons.

Majority of the women in this study were in the age group 31 to 35(35%) and parity two (36%) which was in agreement with a study done by Reeta et al ³. Only 5% were in the adolescent age group which was

comparable to a study done by Srivastava et al⁴ who noted 4.6%. 70% of the women were from the age group 26 to 35. Mehra et al⁵ noted that 70% of the population belong to age group 20 to 30 years. Illiterate population observed in our study of 8% is much less than that observed by Reeta et al³ (22%) and Srivastava et al⁴ (46.6%). As far as the socio economic background is concerned like many underdeveloped regions more than 60% of the women in this study were from the low income group which was in agreement with other studies (Reeta et al³). In this study 22% of women had no proper knowledge of any contraception Srivastava et al⁴ also observed that 17.8% of women in their study were not aware of any form of contraception. Nearly 80% of the women knew one or the other methods of contraception. Pills were most popular with 78% followed by cuT 75% and condom 65% this finding was comparable with others (Reeta et al³). People are not aware that an unwanted pregnancy could have been avoided with use of emergency contraceptive methods. Only 3% knew about the emergency contraceptives Srivastava et al⁴ found only 1% who knew of emergency contraceptives. Unfortunately despite having knowledge of contraception many women are not using any of the available contraceptive methods for various reasons including ignorance, customs, religious practices and inadequate services. The most common contraceptive method used were pills(28%) followed by condom 25% and natural methods 12% , Srivastava et al⁴ also found these three methods as most popularly used.

V. Conclusion

In this study it is observed that despite having knowledge of contraception many women are not using any of the available contraceptive methods. Knowledge of contraceptive method were highest with Pills (78%) followed by cuT 75% and condom 65% but most common contraceptive method used were pills(28%) followed by condom 25% and natural methods 12%. Knowledge and use of injectable and emergency contraceptive methods are very poor. More efforts are needed to motivate these women in the reproductive age group to avoid unwanted pregnancies by using any of the contraceptive methods.

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