

A study of contraceptive knowledge amongst women with unmet needs

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Abstract:

Aim: To study knowledge about contraceptive methods in women with unmet need. **Materials and Methods:** Across sectional study was conducted in the Immunization Clinic, of our institute, among 1000 married women of reproductive age group using questionnaire method. Analysis was carried out using SPSS. **Results:** 16% of women of reproductive age had unmet need. 98.2% of the women knew of at least one method of contraception. Knowledge about the number of different types of contraceptives was more in urban population as compared to rural population. But even in rural areas, 96.9% of the women knew about at least one method. 8.75% knew nothing about the availability of the contraceptive methods. Knowledge of availability of contraceptives was more in urban (98.5%) as compared to rural population (86.2%). In rural area, 13 women did not have any knowledge about the availability of contraceptive methods while in urban areas only one (1.515%) woman did not know about the same. **Conclusion:** In spite of high level of knowledge on contraception, unmet need still exists. Knowledge may be deficient or there could be other reasons for unmet need. There is a need to study in more detail the social and cultural factors that determine contraceptive use.

Keywords: Knowledge, Unmet need, Contraceptives.

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Introduction

Contraceptive advice is a component of good preventive health care. It is very much necessary to stabilize the population and to conserve the natural resources to future generations. An ideal contraceptive should suit an individual's personal, social, and medical characteristics and requirements. Socio-economic factors, education are few of the factors that play vital role in family planning acceptance [1]. To provide this, understanding the attitude and knowledge of the patient towards contraception is very much necessary. There are nearly 40 million women in India who would prefer to avoid becoming pregnant but not practicing contraception [2]. In India women virtually have no role to play or allowed to play very limited role in making of reproductive decisions [3]. According to NFHS-3, about 30% of the fertility in India was unwanted, indicating a huge gap between the demand and supply of family planning and the unmet need for the country as a whole is about 13% and this is high among married women aged 15-19 years (25% for spacing and 2% for limiting) and among those aged 20-24 years (15% for spacing and over 6% for limiting).

Keeping this in view, the present study was undertaken, to study knowledge about contraceptive methods in women with unmet need.

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Materials and Method

It is a facility based, prospective, cross sectional study done in Department of Obstetrics and Gynecology and department of Community Medicine (PSM) at Government Medical College, Bettiah, Bihar. The study was approved by the institutional ethical and research committee. The study was conducted for a period of one year from November 2019 to October 2020. An informed and written consent was taken from all the participating subjects prior to the commencement of the study.

A total of 1000 women in reproductive age group attending OPD were evaluated with predesigned questionnaire.

The study was aimed to (1) study of socio-demographic parameters (2) study of knowledge and awareness regarding contraception (3) study of contraceptive practices.

Inclusion criteria

- Women in reproductive age group
- Women living with their husbands

Exclusion criteria

- Women who have had medical disorders.

Descriptive analysis conducted to obtain percentage. After taking informed consent, women who fulfilled the inclusion criteria were interviewed. The questionnaire elicited information regarding their age, educational status, occupation, number of children, knowledge and source of contraceptive methods, practicing of family planning methods, the attitude of female towards contraception was assessed. To assess the knowledge, the following parameters were considered and knowledge about oral contraceptive pills, injectables, IUCD, condoms, tubectomy, vasectomy and safe period was assessed. The practice defines usage of contraceptive methods by either partner.

Results

The socio demographic characteristics of the participants is shown in table-1

Table1:Socio-demographic characteristics of the participants(n=1000).

Socio-demographic characteristics (%)	
Age Distribution(In years)	
<20	10.8
21-25	37.3
26-30	36.4
31-35	9.1
36-40	5.6
>40	0.8
No.ofChildren	
1	28.1
2	48.4
3	22.3
4	1.2
Participants education	
Illiterate	9.9
Literate--	
<matric	53.1
Intermediate	10.7
Graduates and above	26.3
Residence	
Rural	49.4
Urban	50.6

The Table 2 shows that 98.2% of the women knew of at least one method of contraception. About one-third (31.875%) of the women knew only about one method and most common out of these were oral pills and another one-third (33.750) knew about two methods and these were mainly condoms and oral pills. Only three women (1.8%) did not know anything about contraceptive methods.

Table2:Knowledge about the number of contraceptive methods in women having unmet need(n=160)

No. of contraceptive methods known	No.	(%)
0	3	1.875
1	51	31.875
2	54	33.750
3	21	13.125
4	19	11.875
5	8	5.000
6	4	2.500

Table3: Knowledge about the number of contraceptive methods in relation to residence

No.of Contraceptive methods known	Rural		Urban		Total	
	No.	%	No.	%	No.	%
0	3	3.191	0	0	3	1.875
1	37	39.362	14	21.212	51	31.875
2	31	32.979	23	34.848	54	33.750
3	10	10.638	11	16.667	21	13.125
4	8	8.511	11	16.667	19	11.875
5	2	2.128	6	9.091	8	5.000
6	3	3.191	1	1.515	4	2.500
TOTAL	94	100.0	66	100.0	160	100.0

The above table [Table3] shows that the knowledge of women about the number of different types of contraceptives was more in urban population as compared to rural population. But even in rural areas, 96.9% of the women knew about at least one method.

Table 4: Knowledge Of The Availability Of Contraceptive Methods In Women With Unmet Need (N=160)

Knowledge of the availability of contraceptive methods	No.	%
FHW	10	6.250
G.H	5	3.125
Chemist	82	51.250
Chemist, FHW	2	1.250
Chemist, G.H	32	20.000
Chemist, G.H, FHW	2	1.250
Dispensary	13	8.125
No knowledge	14	8.750

The above table [Table 4] shows that maximum number of women (51.25%) had the knowledge that the contraceptive methods were available from the chemists. 8.125% of the women told that these were available from the dispensary and 6.25% told that these were available from the

female health workers. 8.75% knew nothing about the availability of the contraceptive methods.

Table 5: Knowledge of the availability of contraceptive methods in relation to residence in females with unmet need

Knowledge of the availability of Contraceptive methods	Rural		Urban		Total	
	No.	%	No.	%	No.	%
FHW	10	10.638	0	0	10	6.250
G.H	4	4.255	1	1.515	5	3.125
Chemist	51	54.255	31	46.970	82	51.250
Chemist, FHW	2	2.128	0	0	2	1.250
Chemist, G.H	4	4.255	28	42.424	32	20.00
Chemist, G.H, FHW	2	2.128	0	0	2	1.250
Dispensary	8	8.511	5	7.576	13	8.125
No Knowledge	13	13.830	1	1.515	14	8.750
TOTAL	94	100.0	66	100.00	160	100.00

Knowledge of availability of contraceptives as shown in the above table [Table 5], was more in urban as compared to rural population. In rural area, 13 women did not have any knowledge about the availability of contraceptive methods while in urban areas only one (1.515%) woman did not know about the same.

Discussion

In the present study, 16% of women had unmet need. In the study under discussion, 98.2% of the women knew of at least one method of contraception. Results were similar to survey done by A kakpo, [4] where 95% of married women knew of at least one contraceptive method. About one-third (31.875%) of the women knew only about one method and most common out of these were oral pills and another one-third (33.750) knew about two methods and these were mainly condoms and oral pills. Only three women (1.8%) did not know anything about contraceptive methods. Management sciences for family planning management development reported that 99-100% of clients had knowledge of family planning methods. [5] Althausal so observed that 99% of all currently married women knew of at least 1 contraceptive method. [6] Westing house health system, [7] observed that women of all ages, educational levels, and geographical regions knew of at least 1 contraceptive method. In the present study, knowledge of women about the number of different types of contraceptives was more in urban population as compared to rural population. But even in rural areas, 96.9% of the women knew about at least one method. Similar findings were observed by A kakpo where more than 70% of the women even in rural areas knew of at least one method. [4] Hakim et al also reported that 75% of rural women were aware of at least one contraceptive method. [7] The above study shows that maximum number of women (51.25%) had the knowledge that the contraceptive methods were available from the chemists. 8.75% knew nothing about the availability of the contraceptive methods. Knowledge of availability of contraceptives was more in urban as compared to rural population.

Conclusion

In spite of high level of knowledge on contraception, unmet need still exists. Knowledge may be deficient or there could be other reasons for unmet need. There is a need to study in more detail the social and cultural factors that determine contraceptive use. Investing in women's education helps women believe in being able to control their own life and gives the ability to do so. Involvement of grass root level workers should be expanded and proper training should be ensured. A critical mass of IEC expertise should be there providing complete information on all the available methods. Media should be gaged in increasing community mobilization through communication, raising public awareness of expanded contraceptive choices, implementing creative strategy through electronic and printed media.

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