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RESEARCH ARTICLE

CONTRACEPTIVE AWARENESS IN RURAL AREA, PUNE

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ABSTRACT

Aims: To assess awareness and practices regarding use of various contraceptive methods. **Materials and methods:** 100 women between the age of 18-45 living with their husbands and coming from rural area were interviewed. Their awareness about various contraceptive methods and practices were evaluated. **Results:** Out of the 100 women, Majority were between 21 to 25 years (45%), followed by 26 to 30 years (34%). Majority of women were illiterate 58% and literate were 42%. Source of knowledge about contraceptive 72% told it via, TV and Media, 38% from friends and relatives 27% had it through ANM and health workers and 11% from hospital. 98% had knowledge about the tubectomy, in the temporary method 92% knew about the copper T and only 20% were practicing amongst them, 90% were know about the pills and only 6% were practicing, 84% know about condom and only 23% were practicing, 26% had knowledge about injectable method of contraception and 2% were using them. 36% were never wanted to use contraception due to fear and Myths about it. 22% was not favoured by husband, 8% didn't aware of any contraception methods. 6% didn't used because of desire of Son. **Conclusion:** creation of awareness by improving female literacy along with proper counseling, education and awareness towards the contraception needs to be addressed.

INTRODUCTION

In the world population numbers, India is at second rank. Very soon india will overtake china, which at present is most popular country in world (www.who.int/mediacentre/factsheet/fs351/en/index.html). The rapid increase of population has got an adverse effect on the national economy. In addition to this, increasing number of births has a deleterious effect on the health of the mother, which in turn hinders social and economic uplift of the family (Vasundhara Sharma *et al.*, 2015). The government of india launched a family welfare program in 1950s, to accelerate the economic and social development by reducing the population growth. However, this program has met with only marginal success (<http://www.nfhsindia.org>). Though the permanent methods have been successful in our country, the spacing methods lag behind and unwanted, unplanned pregnancies continue to be high (Asma Nigar *et al.*, 2018). Modern methods of contraception are oral pills, male and female condoms, intrauterine devices, implants, male and female sterilization, injectables, diaphragm and emergency contraception. Periodic abstinence, withdrawal and folk methods are traditional methods (Sandeep Rankawat *et al.*, 2016). There are many social factors, taboos, myths and ignorance which is responsible for under utilization of contraceptive services. This leads to many unwanted pregnancies causing maternal morbidity and mortality (Asma Nigar *et al.*, 2018). Studies from various parts of developing countries reveal that though the knowledge of contraception in

present actual women using contraception was very low and use of contraceptive method also varies in various countries and is probably related to local belief (Sunita Ghike *et al.*, 2010). The present study was undertaken to know the awareness and practices regarding contraceptive usage.

MATERIALS AND METHODS

This observational study was carried out in the Obstetrics and Gynaecology Department of Maharashtra institute of Medical education and Research (MIMER). 100 women between the age of 18-45 living with their husbands and coming from rural area were interviewed. Women who were pregnant, had a child younger than 2 years, or had any medical disorder were excluded. Their awareness about various contraceptive methods and practices were evaluated with the help of a predesigned questionnaire. The other variables used were the age of women, parity, religion and educational status of females and their husbands. Results were expressed in percentages.

RESULTS

Table one shows study population regarding all majority were between 21 to 25 years (45%), followed by 26 to 30 years (34%). Table 2 Shows educational Status of study population majority were illiterate 58% and literate 42%. Among the

literate, 22(52.4%) patients had primary schooling, 16 (38.1%) had higher primary and secondary, 4 (9.5%) had higher secondary and above. Table 3- Shows source of knowledge about contraceptive 72% told it via, TV and Media, 38% from friends and relatives 27% had it through ANM and health workers and 11% from hospital. Table No 4. Shows knowledge and practices regarding various contraceptive methods, 98% had knowledge about the tubectomy, in the temporary method 92% knew about the copper T and only 20% were practicing amongst them, 90% were know about the pills and only 6% were practicing, 84% know about condom and only 23% were practicing, 26% had knowledge about injectable method of contraception and 2% were using them. Table No. 5 showed various reasons for non use of contraception methods. 36% were never wanted to use contraception due to fear and Myths about it. 22% was not favoured by husband, 8% didn't aware of any contraception methods. 6% didn't used because of desire of Son.

Table 1. Age distribution of patients

Age in years	Number of patients	Percentage
18-20	16	16%
21-25	45	45%
26-30	34	34%
31-35	3	3%
>35	2	2%
TOTAL	100	100%

Table 2. Educational status in population

Educational qualification	Number of patients	Percentage
Literate	42	42%
1.Primary	22	52.4%
2.Higher primary and secondary	16	38.1%
3.Higher secondary and above	4	9.5%
Illiterate	58	58%
Total	100	100%

Table 3. Source of knowledge about contraceptive

Source of knowledge	Number of patients	Percentage
Media	72	72%
ANM/Health worker	27	27%
Hospital / Doctors	11	11%
Friends / Relatives	38	38%

Table 4. Awareness and practice of contraceptive

Contraceptive method	Knowledge in patients	Percentage	Practice in patients	Percentage
Permanent	98	98%	5	5%
Temporary				
1.Copper T	92	92%	20	20%
2.OC Pills	90	90%	6	6%
3.Condoms	84	84%	23	23%
4.Injectables	26	26%	2	2%

Table 5. Reasons for non use of contraceptive method

Reasons	Number of patients	Percentage
Not Aware	8	8%
Not favoured by husband	22	22%
Fear /Myths	36	36%
Desire of Son	6	6%

DISCUSSION

In this study 100 females of reproductive age group was included from Indori village, Maval taluka of pune district. Majority of the women were from the age group 21-25 years 45%, during which most pregnancies occur. This is consistent with the study conducted by Vasundara Sharma et al showed 50.6%. In our study, 58% females were illiterate and 42% were

literate. Among the literates, most of them were primary educational status i.e 22%, followed by higher primary and secondary 16%. This is correlated with the study conducted by the Asma Nigar et al. (2018) showed 61% female were illiterate and also study conducted by the Sunita Ghike et al. (2010) showed 56% females were illiterate. In the present study 98% of the patients were known about the permanent contraceptive method tubectomy in the temporary contraceptive method 92% of females were found to be aware of CuT, followed by the pills 90% and condoms 84% and 8% of the patients didn't know about the temporary contraceptive method. This will correlate with the study conducted by the Sunita Ghike et al. (2010) reported 100% women having the knowledge about at least one method of contraception. In this study maximum awareness about Cu.T is in 67.5%. In the study conducted by Renjhen et al. (2008) showed almost 98% of women had knowledge towards the family planning. In the present study, major source of awareness regarding the contraception usage was media 72%, followed by the friends/Relatives 38%, 27% were got the awareness from the health workers. This will correlate with the study conducted by the kokane AM et al. (2011). Reported that social media (74.5%) were the most common source of information in the another study conducted by N.Takkar et al. (2005). Also reported media 57.7% is the most common source of knowledge. Regarding the practices, in our study on 51% female were adopted the practices of modern contraceptive usage. Most common method practiced was condoms 23% followed by CU-T 20% only 5% had undergone Permanent contraceptive method Tubectomy. This is similar to the study conducted by Dr Harpreet Kaur et al. (2014) showed only 40 had adopted the contraceptive usage and in that 64.4% were using condom as a contraceptive method in another study conducted by the vasundala Sharma et al. (2015) Reported most common used method was condom i.e. 34%. In study conducted by the sunita et al. (2010) showed that in this study Cu-T was that most commonly used method 22.7%. In the present study, shows that there are various factors influencing in discouraging the use of contraceptives. 49% women were not using any method of contraception. Among them most of them were not using because of the fear of side effects/Myth (36%) followed by the not favoured by the husband (22%). 8% were not aware of any contraceptive knowledge. This will correlate with the study conducted by the Asma Nigar et al. (2018), who showed in their study also 32% of the females not using any contraceptive method because of fear of side effects. But in other study conducted by Sunita Ghike et al. (2010), the 59% of them had family pressure for not using any contraceptive method.

Conclusion

The knowledge and practice towards the contraceptive methods was poor. Unawareness was the main reason for the non use of contraception, so as to increase in knowledge of women regarding various contraceptive methods is very important. Female illiteracy, the fear of use of Cu-T, oral pills, negative attitude of husband are the factors to be addressed, by proper counseling, education, and motivation towards contraceptives.

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