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RESEARCH ARTICLE

A COMPARATIVE STUDY ON PREFERENCE AND USAGE OF CONTRACEPTIVE METHODS AMONG MARRIED WOMEN OF SELECTED RURAL AND URBAN AREAS OF DISTRICT LUDHIANA, PUNJAB

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ABSTRACT

Contraceptive methods are used to alter or avoid the body's natural state of fertility, thereby preventing or reducing the probability of pregnancy without abstaining from sexual intercourse. A comparative study was conducted to assess preference and usage of contraceptive methods among 100 married women of selected rural and urban areas of District Ludhiana, Punjab by using convenience sampling technique. The findings of the present study revealed that, Male condom was 1st preferred contraceptive method both in rural area & urban area. In relation to usage, the most commonly used contraceptive method in rural area was standard day's method & in urban area, it was female sterilization. While age, education, duration of married life & number of male child, had significant relationship with usage of contraceptives. Hence it is further recommended to do this study on large sample for better generalization. Moreover, an exploratory study can be done to identify the factors associated with usage of contraceptive methods.

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INTRODUCTION

India, with 1.22 billion people is the second most populous country in the world, while China is on the top with over 1.35 billion people. The figures show that More than 50% of India's current population is below the age of 25 and over 65% below the age of 35 which shows most of the population age falls in reproductive age group. So, the rising population has become a problem for the national planning and the economist to cope with. Sensing the problem, govt. of India is employing all its energies to this gigantic problem (Published by forsid, reviewed on 11/1/2012.). In 1952, Govt. initiated it through the community based programmes with the objective of decreasing birth rate as to maintain balance between the population and national economy (http://www.health.state.mn.us/divs/fh/mch/family_planning/intro.html. reviewed on 23/1/2012). Family planning through contraception tries to achieve two main objectives; firstly, to have only the desired number of children and secondly, to have these children by proper spacing of pregnancies. The contraceptive methods are broadly categorized into barrier, chemical, natural or surgical (Dabral and Malik, 2004).

In India, most of the married women usually avoid the use of contraceptives due to various fears concerned with these methods and prefer unprotected sexual intercourse which leads to genital tract infection (Syphilis, gonorrhoea, genital herpes etc.) sexually transmitted diseases (chlamydia, gonorrhoea, chancroid, and human immunodeficiency virus HIV) & unwanted pregnancies. Therefore, the researcher felt the need to undertake the study to compare the preference & usage of contraceptive methods among married women of rural and urban areas of district Ludhiana, Punjab

Objective

To compare the preference and usage of contraceptive methods among married women of selected rural and urban areas of District Ludhiana, Punjab.

MATERIALS AND METHODS

The study was conducted in Rural Health Center, Pohir and Urban Health Center, Jamalpur of district Ludhiana on a total of 100 married women in age group of 18-45 years. A structured interview schedule was developed as data collection tool for assessing preference and usage of contraceptive methods. In study, The Q-sort cards were given to the subjects, firstly to identify the methods to which they are aware &

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unaware then subjects were explained about unaware methods through pamphlets/ leaflets, after wards they were taught to arrange these Q-sort cards in a rank wise order to show the most preferred contraceptive method & then they were instructed to tell the contraceptive method they were using from last 6 months & provided with pamphlets/ leaflets. Research tool was validated by consulting experts from the fields of nursing, department of Obstetrics & Gynaecology.

RESULTS

Table 1 describes distribution among married women in rural & urban area, out of all participants, more than 1/3rd of married women 40% in rural area & 42% in urban area were in age group of 21-30 years. Regarding education, in rural area, less than half of married women 46% had elementary education while in urban area slightly more than 1/3rd of married women 38% had secondary education.

Regarding number of living children, 52% of married women in rural area & 42% married women in urban area had 2 children. As per number of male child, 52% of married women in rural area & 46% of married women in urban area had 1 male child. According to number of female child, 42% of married women in rural area & 50% of married women in urban area had 1 female child. Hence, it can be concluded that in both rural & urban areas, maximum number of subjects belonged to age group of 21-30 years, living in joint families, had 2 living children in both areas, maximum subjects had 1 male child & 1 female child. Table 2 reveals the comparison of preference of contraceptive methods among married women of rural & urban areas. It was found that in both rural & urban areas, Male condom was 1st preferred contraceptive method i.e. 44% & 42%. 2nd preferred contraceptive method was standard days method 24% in rural area while it was female sterilization 20% in urban area whereas 3rd preferred method in rural area female sterilization 22% & in urban area it was standard days method 14%.

Table 1. Distribution of married women according to socio-demographic variables

| Socio-demographic variables | Rural (n=50) f (%) | Urban (n=50) f (%) | Total (N=100) | Chi square |
|-----------------------------|--------------------|--------------------|---------------|------------------------|
| N = 100 | | | | |
| Age (in years) | | | | |
| 21-30 | 20 (40) | 21 (42) | 41 | $\chi^2=0.233$ |
| 31-40 | 18 (36) | 19 (38) | 37 | df = 2 |
| 41 & above | 12 (20) | 10 (20) | 22 | p= 0.89 ^{NS} |
| Education | | | | |
| Illiterate | 08 (16) | 10 (20) | 18 | $\chi^2=2.236$ |
| Elementary | 23 (46) | 16 (32) | 39 | df = 3 |
| Secondary | 16 (32) | 19 (38) | 35 | p= 0.525 ^{NS} |
| Graduate & above | 03 (06) | 05 (10) | 08 | |
| Religion | | | | |
| Hindu | 03 (06) | 26 (52) | 29 | $\chi^2=35.42$ |
| Sikh | 47 (94) | 14 (28) | 61 | df = 1 |
| Type of family | | | | |
| Nuclear | 21 (42) | 24 (48) | 45 | p= 0.06 ^{NS} |
| Joint | 29 (58) | 26 (52) | 55 | $\chi^2=0.364$ |
| Duration of Married Life | | | | |
| 0-5 | 12 (24) | 07 (14) | 19 | df = 1 |
| 6-10 | 08 (16) | 13 (26) | 21 | $\chi^2=4.568$ |
| 11-15 | 13 (26) | 10 (20) | 23 | df = 4 |
| 16-20 | 11 (22) | 09 (18) | 20 | p= 0.335 ^{NS} |
| 21yrs & above | 06 (12) | 11 (22) | 17 | |
| No. of living Children | | | | |
| 0 | 02 (04) | 03 (06) | 05 | $\chi^2=5.305$ |
| 1 | 09 (18) | 04 (08) | 13 | df = 4 |
| 2 | 26 (52) | 21 (42) | 47 | p= 0.257 ^{NS} |
| 3 | 09 (18) | 13 (26) | 22 | |
| 4 | 04 (08) | 09 (18) | 13 | |
| Number of male child | | | | |
| 0 | 15 (30) | 10 (20) | 25 | $\chi^2=0.663$ |
| 1 | 26 (52) | 23 (46) | 49 | df = 3 |
| 2 | 05 (10) | 11 (22) | 16 | p= 0.882 ^{NS} |
| 3 Or above | 04 (08) | 06 (12) | 10 | |
| Number of female child | | | | |
| 0 | 12 (24) | 10 (20) | 22 | $\chi^2=5.434$ |
| 1 | 21 (42) | 25 (50) | 46 | df = 4 |
| 2 | 16 (32) | 14 (28) | 30 | p= 0.246 ^{NS} |
| 3 Or above | 01 (02) | 01 (02) | 02 | |

According to religion, in rural area most of married women 94% were Sikh & in urban area slightly more than half of the married women 52% were Hindu. As per type of family, more than half of the married women 58% in rural area & 52% in urban area belonged to joint family. As per duration of married life, equal number of married women 26% belonged to 11-15 years of marriage in rural area and 6-10 years of marriage, in urban area.

Also, the correlation was found $\rho= + 0.9$ i.e. Strong positive correlation of preference of contraceptive methods among married women of rural & urban areas. Table 3 reveals the comparison of usage of contraceptive methods among married women of rural & urban areas. It was found that in rural area, the 1st commonly used contraceptive method was standard day's method 18%, while in urban area, female sterilization 30%.

Table 2. Comparison of preference of contraceptive methods among married women of rural & urban areas

| Contraceptive methods | Rural area | | Urban area | | correlation |
|-----------------------|------------|------------|------------|------------|-------------|
| | f (%) | Rank Order | f (%) | Rank order | |
| Male condom | 22 (44) | 1 | 21 (42) | 1 | $P = + 0.9$ |
| Standard days method | 12 (24) | 2 | 07 (14) | 3 | |
| Female sterilization | 11 (22) | 3 | 10 (20) | 2 | |
| Withdrawal | 03 (06) | 4 | 04 (08) | 4 | |
| Cu -T | 01 (02) | 5 | 02 (04) | 6 | |
| Cervical mucus method | 01 (02) | 5 | ---- | -- | |
| OCP | ---- | -- | 01 (02) | 7 | |
| Depo-Provera | ---- | -- | 02 (04) | 6 | |
| LAM | ---- | -- | 03 (06) | 5 | |

Table 3: Comparison of usage of contraceptive methods among married women of rural & urban areas

| Contraceptive methods | Rural area | | Urban area | | Correlation |
|-----------------------|------------|------------|------------|------------|-------------|
| | f(%) | Rank order | f(%) | Rank order | |
| Standard days method | 09 (18) | 1 | 05 (10) | 3 | $P = + 0.4$ |
| Female sterilization | 08 (16) | 2 | 15 (30) | 1 | |
| Male condom | 08 (16) | 2 | 09 (18) | 2 | |
| Cu -T | 02 (04) | 5 | ---- | ---- | |
| OCP | ---- | ---- | 03 (06) | 4 | |
| Withdrawal | 03 (06) | 4 | 04 (08) | 3 | |
| LAM | 04 (08) | 3 | 02 (04) | 5 | |
| Depo-Provera | ---- | ---- | 02 (04) | 5 | |
| Post coital dushing | 02 (04) | 5 | ---- | ---- | |
| Not using any method | 14 (28) | ---- | 10 (20) | ---- | |

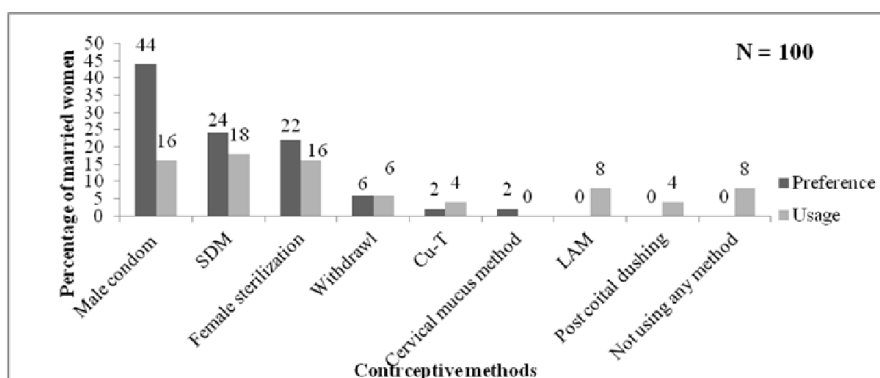


Figure 1: Comparison of preference & usage of contraceptive methods among married women of rural areas

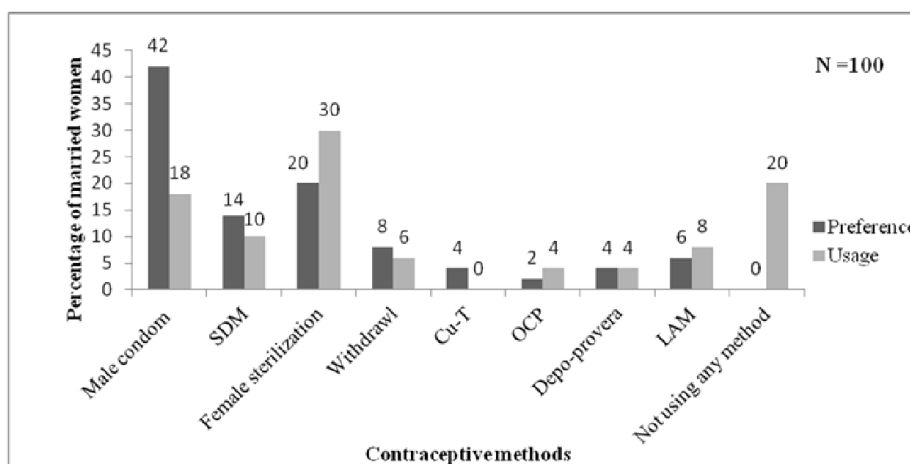


Figure 2. Comparison of preference & usage of contraceptive methods among married women of urban areas

Table 4. Relationship of preference of contraceptive methods with age, education, religion, duration of married life & number of living children

| Socio-demo.variables | Male condom | SDM | Female sterilization | Any other | Chi- square | N=100 |
|-----------------------------|-------------|-----------|----------------------|-----------|-------------|-------|
| Age (in years) | | | | | | |
| 21-30 | 23 (53.8) | 7 (16.2) | 2 (4.65) | 11 (25.8) | ÷2 = 20.51 | |
| 31-40 | 17 (45.9) | 7 (18.9) | 11 (29.7) | 2 (5.40) | df = 6 | |
| 41 years & above | 3 (015) | 5 (025) | 8 (040) | 4 (020) | p = 0.01* | |
| Education | | | | | | |
| Illiterate | 8 (44.4) | 1 (5.55) | 7 (38.8) | 2 (11.1) | ÷2 = 20.7 | |
| Elementary | 11 (28.2) | 10 (25.6) | 13 (33.3) | 5 (12.8) | df = 6 | |
| Secondary, Graduate & above | 24 (55.8) | 8 (18.6) | 1 (2.32) | 10 (23.2) | p = 0.01* | |
| Religion | | | | | | |
| Hindu | 21 (55.2) | 4 (10.5) | 2 (5.26) | 11 (28.9) | ÷2 = 16.83 | |
| Sikh | 22 (35.4) | 15 (24.1) | 19 (30.6) | 6 (9.67) | df = 3 | |
| Duration of married life | | | | | | |
| 0-5 | 12 (050) | 4 (16.6) | ---- | 8 (33.3) | ÷2 = 37.17 | |
| 6-10 | 9 (47.3) | 3 (15.7) | 1 (5.27) | 6 (31.5) | df = 12 | |
| 11-15 | 11 (050) | 6 (27.2) | 5 (22.7) | ---- | p = 0.01* | |
| 16-20 | 8 (42.1) | 3 (15.7) | 5 (26.3) | 3 (15.7) | | |
| 21 yrs & above | 3 (18.7) | 3 (18.7) | 10 (62.5) | ---- | | |
| Number of living children | | | | | | |
| 0 | | | | | | |
| 1 | 3 (075) | ---- | ---- | 1 (025) | ÷2 = 27.0 | |
| 2 | 11 (64.7) | 2 (11.7) | ---- | 4 (23.5) | df = 12 | |
| 3 | 18 (040) | 11 (24.4) | 6 (13.3) | 14 (31.1) | p = 0.01* | |
| 4 | 5 (23.8) | 5 (23.8) | 9 (42.8) | 4 (019) | | |
| | 6 (46.1) | 1 (7.69) | 6 (46.1) | ---- | | |

* Significant, NS: Non Significant (Any other - withdrawal, Cu-T, CMM (Cervical mucus method), OCP (Oral contraceptive method, DP (Depo-provera), LAM (Lactational amenorrhea method)

Table 5. Relationship of usage of contraceptive methods with age, education, duration of married life & number of male child

| Socio-demo. variables | Male condom | SDM | Female sterilization | Any other | Not Using | Chi- square | N=100 |
|-----------------------------|-------------|----------|----------------------|-----------|-----------|-------------|-------|
| Age (in years) | | | | | | | |
| 21-30 | 9 (20.4) | 4 (9.09) | 2 (4.54) | 16 (36.3) | 13 (29.5) | ÷2 = 24.72 | |
| 31-40 | 7 (020) | 5 (14.2) | 13 (37.1) | 3 (8.57) | 7 (020) | df = 8 | |
| 41 years & above | 1 (4.76) | 5 (23.8) | 8 (038) | 3 (14.28) | 4 (019) | p = 0.01* | |
| Education | | | | | | | |
| Illiterate | 1 (005) | 1 (005) | 9 (045) | 3 (015) | 6 (30) | ÷2 = 26.14 | |
| Elementary | 4 (10.5) | 8 (021) | 13 (34.2) | 6 (15.7) | 7 (18.4) | df = 8 | |
| Secondary, Graduate & above | 12 (28.5) | 5 (11.9) | 1 (2.38) | 13 (30.9) | 11 (26.1) | p = 0.01* | |
| Duration of married life | | | | | | | |
| 0-5 | | | | | | | |
| 6-10 | 2 (8.33) | 2 (8.33) | ---- | 7 (29.16) | 13 (054) | ÷2 = 47.19 | |
| 11-15 | 6 (27.2) | 3 (13.6) | ---- | 9 (40.9) | 4 (18.1) | df = 16 | |
| 16-20 | 3 (14.2) | 4 (019) | 7 (38.3) | 3 (14.2) | 4 (019) | p = 0.01* | |
| 21 yrs & above | 4 (23.5) | 2 (11.7) | 7 (41.6) | 1 (5.88) | 3 (17.6) | | |
| | 2 (12.5) | 3 (18.7) | 9 (56.2) | 2 (6.25) | ---- | | |
| Number of male child | | | | | | | |
| 0 | | | | | | | |
| 1 | 3 (012) | 2 (008) | 1 (004) | 9 (036) | 10 (040) | ÷2 = 23.69 | |
| 2 | 12 (27.2) | 6 (13.0) | 8 (18.6) | 9 (20.4) | 9 (20.4) | df = 8 | |
| | 2 (7.40) | 6 (19.3) | 14 (45.1) | 4 (12.9) | 5 (18.5) | p = 0.01* | |

* Significant, NS: Non Significant (Other - withdrawal, Cu-T, OCP (Oral contraceptive method, Post coital dushing, DP (Depo-provera), LAM (Lactational amenorrhea method)

In rural area, Female Sterilization & Male condom was 2nd most used contraceptive methods i.e. 16% while in urban area only male condom. The correlation was found $\rho = + 0.4$ i.e. moderately positive correlation of usage of contraceptive methods among married women of rural & urban areas. Figure 1 reveals the comparison of preference & usage of contraceptive methods among married women of rural area.

In rural area, the preference for male condom was maximum i.e. 44% & while its usage was 16%, the preference of standard days method was 24% & usage was 18%, the preference for female sterilization was 22% but usage was 16%. Hence, it shows that there was difference in preference and usage of contraceptive methods among married women of rural area.

Figure 2 reveals the comparison of preference & usage of contraceptive methods among married women of urban area. In urban area, the preference for male condom was 42% & but usage was only 18%, the preference for standard days method was 14% & usage was 10%, the preference for female sterilization was 20% but usage was 30%. Hence, it shows that there was difference in preference and usage of contraceptive methods among married women of urban area.

Table 4 reveal that there was statistical significant relationship of age, education, religion, duration of married life & number of living children at $p < 0.05$ level of significance with preference of contraceptive methods among married women. Hence, it can be concluded that the socio-demographic variables i.e. age, education, religion, duration of married life & number of living children had impact on preference of contraceptive methods among married women. Table 5: revealed that there was significant relationship of age, education, duration of married life & number of male child at $p < 0.05$ level of significance with usage of contraceptive methods among married women. Hence, it can be concluded that the socio-demographic variables i.e. age, education, religion, duration of married life & number of male child had impact on usage of contraceptive methods among married women.

DISCUSSION

In the present study, 53 % of married women in 21-30 yrs preferred spacing methods whereas 40% subjects in 41-45 years preferred permanent methods. These findings were supported by study findings of Girdhar *et al.* (2010), Ludhiana which inferred that Spacing methods were preferred by females in younger age groups (49.5%) whereas permanent method acceptors were more in 40-49 yrs age group (50.5%). The present study revealed that, the overall usage of contraceptive methods among married women was 72% in rural area and 80% in urban areas. These findings were supported by study findings of Bhasin *et al.* (2006), East Delhi, showed that 75% of the subjects were users of any contraceptive method (Adebimpe Wasiu Olalekan, 2012).

Male condom was 1st preferred contraceptive method in both rural & urban area followed by standard day's method & female sterilization. These findings were inconsistent the study findings of Mustafa Kamal. (2007) Bangladesh, oral pill was the most preferred method, followed by injectables and periodic abstinence. In present study, respondents from rural areas reported significantly less contraceptive use (72%) than their urban (80%) counterparts. These findings were supported by Adebimpe Wasiu, *et al.* (2012), Nigeria. Respondents from rural areas reported significantly less contraceptive use as compare to urban areas.

In present study it was found that there was significant relationship of age, education, religion, number of living children, at $p < 0.05$ level of significance with preference of contraceptive methods. These findings were supported S. Bisoi *et al.* (2012) West Bengal, India. there is a significant association was found between the preference of contraception and age, education, religion, number of living children (Bisoi *et al.*, 2009). There was significant relationship of age, education, duration of married life, number of male child at $p < 0.05$ level of significance with usage of contraceptive methods. These findings were supported Girdhar *et al.*, 2010, Ludhiana, a significant association was found between the use of contraception, age, education, duration of married life, number of male child (Girdhar *et al.*, 2010).

Conclusion

Male condom was 1st preferred contraceptive method both in rural area & urban area. In relation to usage, the most commonly used contraceptive method in rural area was standard day's method & in urban area, it was female sterilization. Hence it is further recommended to do this study on large sample for better generalization. Moreover, an exploratory study can be done to identify the factors associated with usage of contraceptive methods.

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