



# Perceptions and Practices Regarding Family Planning Among the Married Women of Rural Area of Gujarat: A Cross-Sectional Study

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## ABSTRACT

**Background:** Global contraceptive usage was 63.3% in 2010 which was 9% more than that in 1990. The contraceptive prevalence rate among currently married women age 15-49 increased from 56 percent in 2005-06 to 65.8 percent in 2019-12 (NFHS-V). The research was conducted to study the perceptions and practices for the use of different type of contraception for family planning in married women of 15-49 age group.

**Methods:** A community based cross-sectional study was conducted among 462 married women of age group 15-49 using simple random sampling method. A pre-tested structured questionnaire was used to collect data from the respondents with written consent.

**Results:** Among the 361 (78%) respondents using contraception, 42% used condoms, 24% IUD, 18% OCP and 16% women had tubectomy. Among the 22% women who were not using any contraception, 78% had no knowledge, 11% of women had fear of any side effects, 9% had no access to contraception while 2% had objection from husband.

**Conclusion:** This study revealed lack of knowledge was the main reason for not using any method of contraception. Government could organise frequent family planning awareness programme at community level.

**Keywords:** Contraceptive, Family Planning, Rural

## INTRODUCTION

India was the first country in the world to have launched a National Programme for Family Planning in 1952.<sup>1</sup> Over the decades, the programme has undergone transformation in terms of policy and actual programme implementation and currently being repositioned to not only achieve population stabilization goals but also promote reproductive health and reduce maternal, infant & child mortality and morbidity.<sup>1</sup> According to Census of India (2011), India's population is 121 crores and it is increasing at a decadal growth rate of 17.7%, which shows 2.14 crores of population adding per year to this nation.<sup>2</sup> This

forecasts that India will reach 153 crores in 2050; this will then make India the most populous country in the world, surpassing china which hampered social and economic development of country.

According to the NFHS-V, 65.8% currently married women age 15-49 years were using any method of contraception (54.4% in urban area and 73.4 in rural area).<sup>3</sup> 25% of all maternal deaths can be prevented by improving the usage of contraception resulting in prevention of unintended pregnancies and unsafe abortions and also protect against sexually transmitted infections.<sup>4</sup> A lack of knowledge of various contraceptive methods, source of supply, cost, or poor

**How to cite this article:** Basvecha J, Parmar AS. Perceptions and Practices Regarding Family Planning Among the Married Women of Rural Area of Gujarat: A Cross-Sectional Study. Natl J Community Med 2021;12(8):255-258. DOI: 10.5455/njcm.20210717061723

**Financial Support:** None declared **Conflict of Interest:** None declared

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**Date of Submission:** 17-07-2021; **Date of Acceptance:** 28-08-2021; **Date of Publication:** 31-08-2021

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accessibility are the barriers that exist in developing countries.<sup>5</sup>

Women in reproductive age group have no correct information or very little information about family planning methods. They may know the names of some contraceptives but they do not know where to get them or how to use it. These women have negative attitude about family planning, whereas some have heard false and misleading information.<sup>6,7</sup> Despite the fact that contraceptive use has increased over a period of time but there exists KAP-gap i.e. a gap between the knowledge, attitude and practices regarding contraception. With this background we aim to study perceptions and practices regarding family planning among the married women of rural villages of Vadodara district.

## METHODOLOGY

A cross-sectional study was conducted among the rural villages of Waghodia Taluka of Vadodara district. List of all the villages of Waghodia taluka was prepared and among them 6 villages (Limda, Timbi, Tavra, Gogliyapura, Vejalpur, Madodhar) were randomly selected. The study participants were Married women of 15-49 age group. Total 462 women participated in the study. The Married Women of reproductive age group (15-49yr) were included in the study. Those who are not willing to participate, pregnant women, unmarried, separated, divorced, widow, postpartum amenorrhoea and menopausal women were excluded from the study.

**Data Collection:** The houses in the village were listed and randomly selected house was taken as the first house to be surveyed. Houses were selected only from one direction of the lane to avoid cross selection and duplication, and continued till the blind end was reached. In the next lane the same procedure was followed. Pre-formed and pre-designed questionnaire was used for the data collection which included the socio-demographic profile, type of contraception users, reasons for the non-usage of contraceptives etc.

**Statistical Method:** Data was entered and analysed statistically in the form of tables, charts, etc. with the help of MS Word and MS Excel.

## RESULTS

Total 462 women of reproductive age group were taken for the study. Demographic profile of the women is given in table 1. Most of the women i.e. 54% were illiterate, 34% and 10% women had primary education while only 2% women had higher education. 76% women were house wives while 21% of them were labourer. 294 (64%) women were in 20-29 age groups.

Among 462 women, 101 (22%) did not use any kind of contraception as depicted in table 2. Among the

361 (78%) respondents using contraception, 42% used condoms, 24% used IUD, 18% used OCP and 16% women had tubectomy.

Among the 462 women, when asked regarding their knowledge about contraception whether they have heard about it, 84% women knew about contraception while 16% did not know anything. Most of the women i.e. 51 (13%) got the information through TV/Radio (Table 3).

**Table 1: Socio-demographic profile of women**

Variable	Women (n=462) (%)
<b>Education</b>	
Illiterate	249(54)
Primary	158(34)
Secondary	47(10)
Higher secondary	8(2)
<b>Occupation</b>	
House-wife	352(76)
Service	9(2)
Business	4(1)
Labourer	97(21)
<b>Age (Years)</b>	
15-19	6(2)
20-29	294(64)
30-39	136(29)
40-49	26(5)

**Table 2: Currently users and non-users of contraception and the type of the contraception used**

Variable	Women (%)
<b>Contraception (n=462)</b>	
Currently Using	361(78)
Currently Not using	101(22)
<b>Type of contraception used (n=361)</b>	
Condom	151(42)
OCP	67(18)
IUD	86(24)
Tubectomy	57(16)

**Table 3: Knowledge of women regarding contraception**

Variable	Women (%)
<b>Have you heard about contraception? (n=462)</b>	
Yes	389(84)
No	73(16)
<b>Source of information (n=361)</b>	
TV/Radio	51(13)
Relative	136(35)
Neighbour	171(44)
Books	31(8)

**Table 4: Reason for not-using contraception**

Reasons	Frequency (%)
Inaccessible	9(9)
Lack of knowledge	79(78)
Fear of side-effect	11(11)
Opposition from husband	2(2)
Total	101

When asked about the future continuity of contraception 336 (93%) women gave positive response while 25 (7%) women were not sure. Among the 22% women who were not using any contraception, 78% had no knowledge about contraception, 11% of women had fear of any side effects, 9% had no access to contraception while 2% had objection from husband. (Table 4)

## DISCUSSION

Most of the study participants i.e. 64% were in age group 20-29 years. Majority of the women (54%) were illiterates while 76% were housewives. In a study conducted by Bee DF et al<sup>8</sup> majority of the participants were in the age group of 20-35 years (67.0%) similar to our study findings.

In a study conducted by Saurin et al 72% participants were using contraception, among these 36% used condom, 28% used IUD method, 15% used OCP, 14% with tubectomy, 6% other & 1% use condom and OCP both.<sup>9</sup> In a similar study conducted by Deepa Valenkar<sup>10</sup> showed the findings similar to the present study findings. According to the NFHS-V(2019-20)<sup>3</sup>, 39.2% women had female sterilisation, 0.2% male sterilisation, 3.9% IUD/PPIUD, 3.6% pills, 9.8% condoms while only 0.3% took injectable contraceptives. In contrast to the present study where the contraceptive users were 78% among which 42% used condom, 18% OCP, 24% IUD, and 16% with tubectomy. The difference may be due to different study settings and availability of services, health workers education and awareness about different methods they generate in community.

Sadadiwala et al. conducted a Descriptive Study of Family Planning Service and Their Outcome in a Tribal Area of South Gujarat showing 25% of couples reported not using any methods of contraception.<sup>11</sup> Similar findings were reported in the present study where 22% women did not use any kind of contraception.

Study of contraceptive practices and reasons for not accepting contraceptives in rural India: Chanai village by Sujata et al. showed that commonest reason for not accepting contraceptives was desire of children in 25.85% women followed by fear of side effects in 16.34% women.<sup>12</sup> In the present study, 22% women who were not using any contraception, 78% had no knowledge about contraception, 11% of women had fear of any side effects, 9% had no access to contraception while 2% had objection from husband.

In the present study among the 462 women, 361 (78%) respondents were using contraception and 101(22%) were not using any methods of contraception. Similar results were observed by Vinod Kumar et al<sup>13</sup> and Rekha T et al.<sup>14</sup> The most common method was condom (42%) followed by oral contraceptive pills (18%), IUCD (24%) and tubectomy (16%). Similarly condom as a common method of

contraception was observed by Chaudhary BK et al<sup>15</sup> and Rekha T et al.<sup>14</sup> The preference of contraceptive was different may be due to difference in knowledge and awareness among participant. None of participant opted for vasectomy.

## CONCLUSION

Study findings suggested that most of the women in the study were illiterates proving that lack of proper knowledge may be a hindrance in adopting family planning practices. Fear of side effects and access to services were also identified reasons among the non-users. These issues can be addressed by ASHA/FHWs in the field by creating more awareness and providing correct information regarding family planning services. Only 16% women opted for permanent method of contraception. The ASHA/FHWS/Medical officer of PHC can motivate the people for opting permanent methods of sterilisation and organise camps for female and male sterilisations.

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