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Original Research Article

## KAP study of contraception in clients undergoing MTP and sterilization in Gujarat, India

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### ABSTRACT

**Background:** Lack of awareness, knowledge and education, religious beliefs and fear of side effects are the main causes why women do not use family planning methods. To study the knowledge, attitude and practice of contraception among clients undergoing to Medical termination of pregnancy (MTP) and sterilization.

**Methods:** This prospective study was done among 400 indoor cases at Department of Obstetrics and Gynecology in B.J. Medical college, Ahmedabad during July 2002 to October 2003. All the clients undergoing MTP and sterilization were explained and counseled about contraception with GATHER approach of family planning. After taking detail history, a thorough clinical examination of the clients was carried out with preliminary investigations.

**Results:** Almost 58% clients were willing to accept TL method as contraceptive option, 39.5% IUCD, 1.75% OC pill method of contraception. Regarding history of side effect of contraceptive use, 17.3% condom users, 68.5% OC pill users, 63% CuT users have felt side effect. Almost 42.5% clients were operated by MTP + Lap TL, 39.5% by MTP + CuT and 14.5% by plain Lap TL.

**Conclusions:** Efforts should be made to promote information, education and communication regarding emergency contraception targeted to all women of reproductive age group. It is important that unwanted pregnancy be prevented through effective contraceptive practice rather than abortion.

**Keywords:** Condom, Contraceptive, MTP, OC pills

### INTRODUCTION

India is the second most populous country in the world and has a rapidly growing population where 16 million people are added per year.<sup>1</sup> To slow down this growth rate, the National Population Policy was revised by the Government of India in 2000, with the objective of bringing down the total fertility rate to the replacement level by 2010.<sup>1</sup> Unmet need still remains same in spite of the government's constant efforts.<sup>2</sup>

In spite of increased use of contraceptive, almost 50% pregnancies are unplanned and almost 60% pregnancies result in abortion. Lack of awareness, knowledge and education, religious beliefs and fear of side effects are the

main causes why women do not use family planning methods.<sup>3</sup>

In 1971, Government of India has passed Medical Termination of Pregnancy Act to legalize the medical termination of pregnancy and to reduce the maternal morbidity and mortality associated with illegal abortions.<sup>1</sup> Abortion has become a common method of limiting and spacing birth, but it should on no account be promoted as a family planning method. High rates of induced abortions reflect low prevalence of contraceptive use and its effectiveness.<sup>3</sup>

This study was conducted with the objectives of studying the knowledge, attitude and practice of contraception

among clients undergoing to Medical termination of pregnancy (MTP) and sterilization.

## METHODS

This prospective study was done among 400 indoor cases at Department of Obstetrics and Gynecology in B.J. Medical college, Ahmedabad during July 2002 to October 2003. Data collection done after ethical permission from institutional ethical committee and informed consent of clients.

All the clients undergoing MTP and sterilization were explained and counseled about contraception with GATHER approach of family planning. After taking detail history, a thorough clinical examination of the clients was carried out with preliminary investigations like Hemoglobin estimation, urine albumin and sugar examination. Related investigations like urine pregnancy test, Trans-vaginal sonography, ABORh was done as per requirement.

### Statistical analysis

Statistical Test Data was collected and entered in Microsoft Excel Sheet and analyzed by Epi.info version 7. For continuous variables range, mean and standard deviation has been calculated and for categorical variables proportion and percentage has been obtained. To know the association between dependent and independent variable chi-square has been applied accordingly. P value less than 0.05 will be considered as statistically significant.

## RESULTS

Table 1 shows that highest number of clients (56.75%) were belongs to age group of 26-30 years. Almost 94.75% clients were from urban area and 5.25% from rural area. MTP with temporary contraceptive method was performed in 43.25% among study clients.

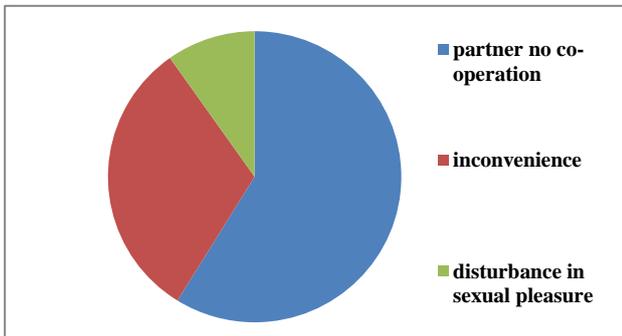
**Table 1: Socio-demographic characteristics (N=400).**

Variable	Number (%)
<b>Age Group</b>	
15-20	5 (1.25)
21-25	109 (27.25)
26-30	227 (56.75)
31-35	50 (12.5)
<b>Residence</b>	
Urban	379 (94.75)
Rural	21 (5.25)
<b>Type of procedure</b>	
Only MTP	1 (0.25)
MTP with temporary contraception	168 (42.0)
MTP with sterilization	173 (43.25)
Only sterilization	58 (14.5)

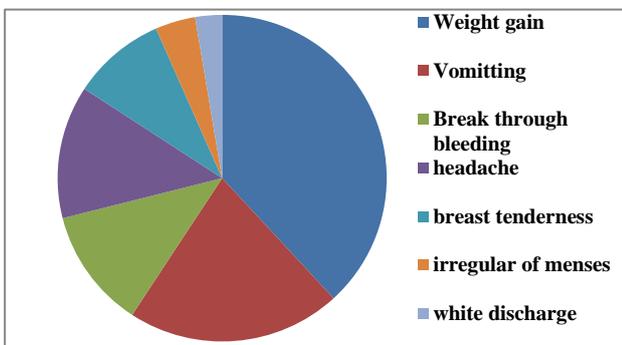
**Table 2: Knowledge, attitude and practice regarding contraception.**

Variable	Number (%)
<b>MTP with temporary contraception (n=169)</b>	
Primi	71 (42.01)
Second	89 (52.66)
Third	9 (5.33)
Multi	0 (0.0)
<b>MTP with sterilization (n=231)</b>	
Primi	2 (0.86)
Second	116 (50.22)
Third	69 (29.87)
Multi	44 (19.05)
<b>History use of contraception (n=400)</b>	
User	322 (80.5)
Non-user	78 (19.5)
<b>History of contraceptive use (n=322)</b>	
Condom	295 (91.61)
OC pill	111 (34.47)
CuT	89 (27.63)
Inj DMPA	10 (3.1)
Emergency contraception	1 (0.31)
<b>Awareness of contraceptive method (n=400)</b>	
Natural method	235 (58.75)
Condom	367 (91.75)
CuT	338 (84.5)
OC pill'	316 (79.0)
Inj DMPA	105 (26.25)
Emergency contraception	9 (2.25)
Sterilization	367 (91.75)
No knowledge	33 (8.25)
<b>Willingness of use of contraceptive method (n=400)</b>	
Tubal ligation	231 (57.75)
IUCD	158 (39.5)
OC pill'	7 (1.75)
Inj DMPA	3 (0.75)
Only MTP	1 (0.25)
Condom	0 (0.0)
<b>Side effect of previously use of contraceptive method</b>	
Condom	51/295 (17.30)
OC pill	76/111 (68.5)
CuT	56/89 (62.95)
Inj. DMPA	7/10 (70.0)
<b>Incidence of failure of contraception (n=400)</b>	
Condom	7 (2.37)
OC pill	0 (0.0)
IUCD	2 (2.24)
Inj. DMPA	0 (0.0)
Tubal Ligation	1 (0.25)
<b>Contraceptive method performed (n=400)</b>	
MTP+Lap TL	170 (42.5)
MTP+CuT	158 (39.5)
Plain Lap TL	58 (14.5)
MTP+OC pill	7 (1.75)
MTP+inj. DMPA	3 (0.75)
MTP+Abd TL	3 (0.75)
MTP only	1 (0.25)

Table 2 shows that 42% primigravida clients were operated for MTP with temporary contraception. Almost all multipara clients were operated for MTP with sterilization.

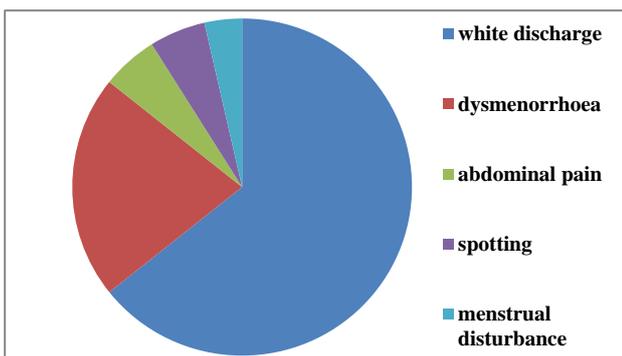


**Figure 1: Side effect of use of condom.**



**Figure 2: Side effect of use of OC pill.**

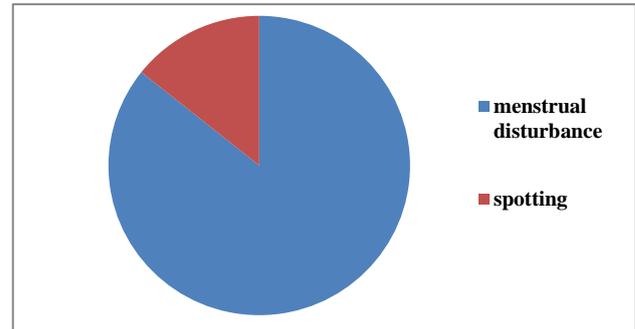
Almost 20% clients had history of no use of contraception. Out of 322 clients who had history of use of contraception, 91% used condom, 35% OC pill, 28% copper-T and only 3% used Inj. DMPA.



**Figure 3: Side effect of IUCD.**

Almost 59% clients were aware about natural methods of contraception, 92% of condom, 84.5% of CuT and 79% OC pill method of contraception. Almost 58% clients were willing to accept TL method as contraceptive option, 39.5% IUCD, 1.75% OC pill method of contraception. Regarding history of side effect of contraceptive use, 17.3% condom users, 68.5% OC pill

users, 63% CuT users have felt side effect. Almost 42.5% clients were operated by MTP+Lap TL, 39.5% by MTP+CuT and 14.5% by plain Lap TL.



**Figure 4: Side effect of inj. DMPA.**

### DISCUSSION

India was the first country in the world to implement a National Family Planning Programme in 1952.<sup>4</sup> There are a variety of methods of regular contraception which are available for the individual choice of a woman, which include natural methods, barrier methods, oral pills, intrauterine devices, progesteron injections and permanent methods in the form of female and male sterilizations.<sup>2</sup>

In present study, non-use of a contraceptive at the time of conception is low (19.5%) as compared to that in the study by Young et al (39%), by Aneblom et al (33%) and Srivastava R et al (55.2%).<sup>1,3,5</sup> The highest awareness in our study was for condom (92%) and female sterilization (92%) followed by awareness for other methods like CuT (84.5%), OC pill (79%) and almost negligible awareness found for emergency contraception (2.25%). These findings are consistent with results of similar study done by Srivastav R et al and Bhat PV et al.<sup>1,3</sup> and not consistent with results of similar study done by Bromham DR et al and Young et al.<sup>5,6</sup>

Present study found that 0.8% primi para, 50% second para and 30% third para clients want MTP with sterilization. Similar study done by Bhat PV et al.<sup>3</sup> found that 14% primi para, 80% second para and 5.1% third para clients wanted MTP with sterilization. This study observed that previously used contraception method was 92% condom, 34% OC pill, 28% CuT and 3% Inj. DMPA. Study done by Bhat PV et al.<sup>3</sup> observed this was 39% condom, 23% natural method, 19% CuT, 7% OC pill and 1% Inj. DMPA.

### CONCLUSION

Study results shows that 20% clients were not using any contraceptive methods and awareness of emergency contraceptive method was very low. Misconceptions and misinterpretation regarding use of various contraceptive methods are still present in community. Efforts should be

made to promote information, education and communication regarding emergency contraception targeted to all women of reproductive age group. It is important that unwanted pregnancy be prevented through effective contraceptive practice rather than abortion. And it's also important that regular availability of contraceptives and adequate health care services at the peripheral level should be available. This can be done by collective efforts of political system, government, private sector, NGOs and community.

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*Ethical approval: The study was approved by the Institutional Ethics Committee*

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