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Original Research Article

Cross sectional study for contraceptive practices in antenatal women at tertiary rural institute

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ABSTRACT

Background: Objective of the study was to assess the awareness and acceptance for contraceptive practices amongst the women attending the routine antenatal outpatient services at our tertiary rural institute.
Methods: It was a cross sectional study done in UP University of Medical Sciences (UPUMS) Saifai. Three hundred fifty (350) patients aged between 18 -40 years were enrolled in the study after written informed consent. A self structured pre formed questionnaire was provided regarding demographic profile, obstetric profile, contraceptive practices and reasons for not using any contraception. Then data were analysed statistically.
Results: Majority of the women were between the age group of 30-35 years and had basic level of education. In our study 90% women were aware of one or more methods of contraception. 86.5% accepted the contraceptive practices and 81.43% followed the contraception. 81.43% used temporary methods of which OCPs, IUCDs, and Condoms were common.
Conclusions: Majority of the women were between 30-35 years of age. 90% women knew about some method of contraception. 81.4% women followed the temporary method of contraception. Among non users the main reason for not using contraceptive method were mainly lack of knowledge and they wanted more children.

Keywords: Antenatal women, Contraceptive practices, Tertiary rural Institute

INTRODUCTION

India launched the first family planning programme in 1951, which was aimed at decreasing the alarming rising population.[1] Global statistics estimate that two out of every five pregnancies are un intended.[2] The national population policy (NPP) 2000 aims stabilizing the population by 2045 that is by bringing down the total fertility rate (TFR) to 2.1 by 2010 but the TFR still continues to be 2.6 and 3 in some states. The major problem found while adopting the contraceptive measures are myths and misperceptions passed from one person to another. These myths are generally concerns about perceived side effects and misunderstanding about the future infertility ,spousal miscommunications and opposition from others including the family members, friends and religious leaders which restrict the use of birth control methods.[3-5] Various studies have been conducted in the field to know the determinants of contraceptive use and causes for non acceptance of contraception, as the acceptance of contraceptives and fertility pattern differs in the societies and the factor responsible for varied picture operate at individual, family and community level.[6]

There is a need to create a greater awareness among health educators and service providers to improve contraceptive acceptance in the society. The study was

done to explore the awareness and acceptance of contraceptive practices among antenatal women coming to our institute.

METHODS

It was a cross sectional study conducted in out patients and in patients of department of obstetrics and gynaecology, UP University of medical sciences, Saifai. Antenatal patients in age group between 18- 40 years are enrolled for the study after taking informed consent.

After taking ethical clearance from institutional committee total of 350 patients were interviewed. The proforma included socio demographic profile of the family, age. education, occupation, religion and reasons for not using any contraceptive methods. Women who did not give consent were excluded from the study. The study was aimed to know the awareness and acceptance of temporary contraceptive methods among the study group and various factors affecting the contraceptive usage like age, literacy, occupation religion etc were assessed. Awareness were those who knew one or more methods of contraception, acceptors were those who were willing to follow contraception after explaining and counselling about family planning (FP) methods or who have followed or following the contraception users or (followed) were those who ever used contraception and non-users or (not followed) were those who never used contraception till date.

Data were collected and analysed using chi-square test and frequency distribution. P value<0.05 were called significant and p value <0.001 were called statistically highly significant.

RESULTS

A Total of 350 antenatal women in the age group between 18- 40 years studied.

Table 1: Awareness, acceptance and practices of contraceptive methods.

	Yes		No	
	No.		No.	%
Awareness	180	90%	20	10%
Acceptance	140	70%	60	30%
Followed	135	67.5%	65	32.5%

Table 1 Shows that 315 (90%) of patients were aware of one or more methods of contraception, 303(86.5%) patients accepted the contraceptive practices and 285(81.43%) ever followed contraception method.

Table 2 Shows the usage of temporary methods of contraception. In our study 285(81.43%) patients used temporary methods of which 103(29.43%) used condoms, 24 (6.86%) used rhythm method, 27(5.45%) used OCP's, 123(35.14%) used IUCD's, 2(0.57%) used injectables and 6(1.71%) used emergency methods of contraception.

Table 2: Users and nonusers of different methods of temporary contraception.

Temporary methods	Users		Nonusers	
	No.	%	No.	%
Rhythm	24	6.86%	326	93.14%
Condom	103	29.43%	247	70.57%
OCP's	27	5.43%	323	94.57%
IUCD	123	35.14%	227	64.86%
Injectables	2	0.57%	348	98.29%
Emergency	6	1.71%	344	98.29%
Total	285	81.43%	65	18.57%

Table 3 Shows demographic parameters in relation to contraceptive usages. Among total 350 patients, 181(51.71%) were in the age group of 30-35 years, out of which 152(43.43%) used contraceptive methods. 93 (26.575%) were in the age group of 36-40 years, out of which 82 (23.43%) used contraceptive method. 33(9.42%) were in the age group of 18-23 years, out of which 21(6%) used contraceptive methods. 43(12.3%) were in the age group of 24-29 years, out of which 30(8.57%) used contraceptive methods.

By using chi-square test the difference was found to be statistically significant p value= 0.00246(= 0.003)

The next parameter studied was women's education status and contraceptive usage. In our study majority of them had primary education that is 185(52.86%) of which 145 (41.45%) followed contraception. 35(10%)patients were illiterate, out of which 24(6.86%) used contraceptive methods. 99(28.28%) patients were passed matric, out of which 90(25.71%) patients used contraceptive methods. 24(6.86%) patients were intermediate passed, out of which 20(5.71%) used contraceptive method. 7(2%) were graduate, out of which 6(1.71%) used contraceptive method. Chi-square test revealed p value= 0.0266 (statistically significant).

Out of 350 husbands 26(7.4%)) were illiterate, out of which 15(4.3%) used contraceptive method.166(47.43%) had primary education out of which 135(38.57%) used contraceptive method. 122(34.86%) were matric passed, out of which 109 (31.14%) used contraceptive method.27(77%) were intermediate passed, out of which 20 (5.17%) used contraceptive methods. 9(2.6%) were graduate out of which 6(1.71%) used contraceptive methods. P value by using chi –square test shows p value=0.002 (statistically significant).

The next parameter studied was couple's occupation and contraceptive usage. We did not find any influence of occupation on contraception followed. For husband occupation p value= 0.555, for wife's occupation p value= 0.93.

Table 3: Demographic profile in relation to contraceptive use.

Parameters	Total		Users		Non users		P value
Age (years)	**No**	**%**	**No**	**%**	**No**	**%**	**(Chi square test)**
18 -23	33	9.43	21	63.64	12	36.36	0.002467
24-29	43	12.28	35	72.92	13	27.08	
30-35	181	51.72	46	61.33	29	38.67	
36-40	93	26.57	33	75	11	25	
Wife's education							
Illiterate	35	10	24	6.9	11	3.1	0.026668
Primary	185	52.86	145	41.4	40	11.4	
Matric	99	28.28	90	25.7	09	2.6	
Intermediate	24	6.86	20	5.7	04	1.1	
Graduate	07	02	06	1.7	01	0.28	
Husband's education							
Illiterate	26	7.43	15	4.2	11	3.1	0.001928
Primary	166	47.43	135	38.6	31	8.9	
Matric	122	34.86	109	31.1	13	3.7	
Intermediate	27	7.71	20	5.7	07	02	
Graduate	09	2.57	06	1.4	03	0.9	
Wife's occupation							
Professional	67	19.14	55	15.7	12	3.4	0.925
Non professional	75	21.43	62	17.7	13	3.7	
Unemployed	208	59.43	168	46	40	11.4	
Husband's occupation							
Professional	80	22.85	65	18.6	15	4.3	0.555
Non professional	188	53.71	150	42.9	38	10.9	
Unemployed	82	23.44	70	20	12	3.4	
Religion							
Hindu	190	54.28	162	46.3	28	08	0.031
Muslim	151	43.2	118	33.7	33	9.4	
Christians	09	2.52	05	04	04	1.1	
No of living children							
0	85	24.28	70	20	15	4.3	0.0955
1	174	49.73	134	38.3	40	11.4	
2	81	23.14	73	20.9	08	2.3	
3	10	2.85	08	2.3	02	0.6	
Deciding members for Contraceptive use and non use							
Self	44	12.57	38	10.9	06	1.7	0.0669
Spouse	94	26.86	68	19.4	26	7.4	
Both	201	57.43	170	48.6	31	8.9	
Relative	11	23.14	09	2.6	02	0.6	

The next parameter was religion and contraceptive usage. Majority were Hindu patients 190(54.3%), Muslims (43.14%), Christians 9(1.5%). Chi- square test revealed P value=0.031 (statistically significant).

The next parameter was no. of living children and contraceptive usage. Chi-square test revealed no significant difference as p value= 0.095.

The next parameter was deciding member for contraceptive use or non-use. Majority were both 201(57.43%), out of which 170 used contraceptive method but Chi- square test revealed p value= 0.07.

Table 4 Shows reasons for not using contraception among non-users, 15(23.08%).

Among total 65(18.57%) nonusers, 15(23.08%) wanted more children, 26(40%) lack of knowledge, 9(13.85%) had fear of complication or side effects, 6(9.23%) were recently married, 3(4.62%) had infrequent intercourse, 6(9.23%) had lack of access.

Table 4: Reasons for not using contraception among nonusers.

Reasons	No.	%
Want more children	15	23.08%
Lack of knowledge	26	40%
Fear of side effects	9	13.85%
Recently married	6	9.23%
Infrequent Sex	3	4.62%
Lack of access	6	9.23%
	Total=65	100%

DISCUSSION

According to national family health survey NFHS-3, Knowledge about various temporary and permanent methods of contraception ranges from 45% to 97% in India.

We found that our study population had good knowledge of contraception (90%), which is less than that reported by Takkar et al in their study, while more than that reported by Sajid A et al study done in Pakistan where awareness was 87.2% following counselling.[7,8]

Of temporary methods followed IUCD being commonest method used which correlates to the study done by Chopra S, Dhaliwal et al, Dr. Gaur et al.[9,10]

Present study shows couple's occupation had no influence in following contraception. Study done by Pushpa et al reported that acceptance was high in employed group.[11]

In our study, we found an association between religion and contraception usage.

In our study Hindus followed the most (85.26%), then Muslims (78.15%) then Christians followed the least (55.55%), which was statistically significant P value= 0.031. SP Pushpa etal in her study did not find any influence of religion on contraceptive usage.[11]

In our study 65 (18.57%) were non users. Reasons for not using contraception, the most common were that couple wants more children, lack of knowledge, fear of side effects etc. which correlates to the study reported by Neelu Saluja et al and Sajid et al.[12,8]

CONCLUSION

Majority of the women were between 30-35 years, 90% women knew about some method of contraception. 81.4% followed the temporary method of contraception.

Among nonusers the main reasons for not using contraception methods were merely lack of knowledge and they wanted more children. These results clearly indicate that awareness about the contraception is not sufficient enough.

To use contraception in the community, extended efforts are required to make them understand the importance and to follow the contraception. The present study shows that more programs are required to combat the influence of various factors on contraception usage.

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