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A study on prevalence of contraceptive use and its determinants among eligible couples in urban slums of Gorakhpur district

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ABSTRACT

Background: As the urban slum population is increasing rapidly and have higher rate of illness than non-slum areas of the same city. Root of most of the health related problems are due to population which can be best controlled by family planning. The aims and objectives of the study were to know the prevalence of use of contraceptive methods and determinant of contraceptive use among couples in urban slums of Gorakhpur.

Methods: A cross sectional study was conducted from September 2013-August 2014 in urban slums of District Gorakhpur. WHO 30 cluster sampling method was applied.

Results: 145 (67.4%) of all eligible couple had ever used a contraceptive method. About one third of females (28.9%) had undergone Permanent sterilization followed by Condom (21.3%) use. About (15.0%) DMPA and IUCD were used in about equal in proportion. OCPs were used only by (12.4%) females. On the basis of caste, SC/ST showed highest ever use of contraception.

Conclusions: Among the males 92.1% males and 89.8% females had the knowledge about contraceptives to be used. Prevalence of currently using contraceptives is 44.6%. About one third of females (28.9%) had undergone permanent sterilization followed by condom (21.3%) use. About (15.0%) DMPA and IUCD were used in about equal in proportion. OCPs were used only by (12.4%) females. Emergency contraceptives least used. No vasectomy done. About 10% lack of knowledge of contraception and a huge gap between knowledge and practice. So some educational programmes and motivational programmes must run in our community.

Keywords: Contraceptive use, Eligible couples, Urban slums

INTRODUCTION

According to censes 2001 and 2011, slum increased from 1743 (2001) to 2613 (2011) in number. Lack of knowledge regarding fertility control or contraceptive use contribute in population burst. According to UN projections India's population will reach 1.53 billion by the year 2050. Since the launch of the nationwide Family Planning Program in 1951, attempts have been made from time to encourage the women to accept and adopt

contraception. In spite of the efforts of the programs, there are women who have not at all used a method of family planning during the course of their reproductive life.³ National Population Policy 2000 visualizes a general approach access to several methods of contraception and fertility regulation. It is anticipated that if national population policy is fully implemented in India, India's population will be drastically dropped from 1162 million to 1107 millions in 2010.⁴ According to National Family Health Survey (NFHS)-3, the prevalence

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of modern method of contraceptive use is 48.5% and all methods 56% in India, and in urban areas, the prevalence of modern methods of contraceptive use is 55.8%, which is still below the expected rate of 60% to have stable population.⁵

Extensive search has been shown that no relevant study has been done in recent past in this area on fertility behaviour and contraceptives. So I selected this topic of contraceptive use in urban slums of Gorakhpur district.

Aims and objective

To know the prevalence of contraception and determinants of contraceptive use among couples in urban slums of Gorakhpur district.

METHODS

A cross–sectional study was conducted from September 2013- August 2014 in urban slums of Gorakhpur district. The study tool comprised a semi–structured schedule. A sample size of 225 was calculated using the formula 4pq/d², with p=37%, d=10% at 95% confidence interval including 25% as non-responder. Final study was done on data from 215 eligible couples. WHO 30 cluster sampling method was applied and 30 clusters were selected from the list of urban slums obtained from district urban development authority (Gorakhpur) by probability proportion to size. Seven eligible couples from each cluster were obtained using simple random sampling.

Inclusion criteria

Inclusion criteria were eligible couples residing in slum for more than 6 months; gave consent for study.

Exclusion criteria

Exclusion criteria were separated / divorced/ widow; consummation of marriage not occurred; hysterectomy done.

RESULTS

Table 1: Knowledge about the different contraceptive methods in eligible couples (n=215).

	Knowledge a	Knowledge about contraception		
	Present	Absent		
Males	92.1	7.9		
Females	89.8	10.2		

Table 1 shows the knowledge about the different contraceptive methods. One tenth of female among eligible couples had no knowledge about any method of contraception whereas (92.1%) of males were aware about one or other method of contraception.

Table 2 shows about 145 (67.4%) of all eligible couple had ever used a contraceptive method. About one third of females (28.9%) had undergone permanent sterilization followed by condom (21.3%) use. About (15.0%) DMPA and IUCD were used in about equal in proportion. OCPs was used only by (12.4%) females. Emergency contraceptives were least used. No case of Male sterilization was found in the study. In the present study, in age group 20-24 years, OCP and IUCD were most commonly used (each 39.10%). In age group 25-29 years, 26.9% couples reported having condom. IUCD & OCP was common in the age group 30-35 years. Permanent sterilization of females (37.5%) was the most preferred method in age group 35-39 years. In the age ≥40 years, (38.0%) females had undergone permanent sterilization in age group 45-49 years.

Table 2: Different types of contraceptive methods practiced by eligible couples (n=145).

Age (years)	Condom N (%)	OCP N (%)	IUCD N (%)	Emergency pill N (%)	DMPA N (%)	Tubectomy N (%)	Total users N (%)
20-24	5 (21.7)	9 (39.1)	9 (39.1)	0 (0.0)	0 (0.0)	0 (0.0)	23
25-29	7 (26.9)	3 (11.5)	2 (7.7)	6 (23.0)	0 (0.0)	8 (30.8)	26
30-34	3 (15.7)	4 (21.0)	5 (26.3)	0 (0.0)	2 (10.5)	5 (26.3)	19
35-39	10 (17.8)	2 (3.5)	6 (9.4)	3 (5.3)	14 (25)	21 (37.5)	56
>40	6 (28.6)	0 (0.0)	(0.0)	2 (9.5)	5 (23.8)	8 (38.0)	21
Total	31 (21.3)	18 (12.4)	22 (15.1)	11 (7.5)	21 (14.5)	42 (28.9)	145

Table 3 shows majority of Hindu females 114 (79.7%) and 30 (23.3%) of Muslim females used contraceptive. According to the caste, 36 (75.0%) of females in general, in OBC 57 (54.0%) and in SC/ST 52 (82.5%) of females had ever used contraceptive method. Females educated upto Intermediate and graduation showed 28 (90.3%)

whereas illiterate female had 30 (38.4%) of contraceptive use. Contraceptive use among the females whose husbands were having literacy status upto graduation showed 68 (76.4%) whereas females whose husbands were illiterate showed minimum use i.e. 21 (63.6%). In relation to socio-economic status, as the socio economic status improved, use of contraceptive decreased.

Table 3: Number of females ever used contraceptives in relation with their religion, caste, literacy status, socioeconomic status.

Characteristics		Total	Yes N (%)	No N (%)	Chi-square, P value
Religion	Hindu	142	114 (79.7)	28 (20.2)	30.4, 0.00
	Muslim & other	73	31 (43.0)	42 (58.3)	30.4, 0.00
Caste	General	48	36 (75.0)	12 (25.0)	
	OBC	104	57 (54.8)	47 (45.1)	15.3, 0.00
	SC/ST	63	52 (82.5)	11 (17.4)	
Literacy status of females	Illiterate	78	30 (38.4)	48 (61.5)	
	Primary	33	28 (84.8)	5 (15.1)	54.1.0.00
	Middle school	63	55 (87.3)	8 (12.6)	54.1, 0.00
	High school and above	31	28 (90.3)	3 (9.6)	
Literacy status of males	Illiterate	33	21 (63.6)	12 (36.3)	
	Primary	36	28 (77.7)	8 (22.2)	4.12.0.249
	Middle school	50	30 (60.0)	20 (40.0)	4.13, 0. 248
	High school and above	89	68 (76.4)	21 (23.5)	
Socio- economic status	II	9	5 (55.5)	4 (44.4)	
	III	31	16 (51.6)	15 (48.3)	0.7.0.02
	IV	48	28 (58.3)	20 (41.6)	9.7, 0.02
	V	127	96 (75.5)	31 (24.4)	

Table 4: Relation between contraceptive use in females and Husband's attitude (n=215).

Husband's attitude	Yes N (%)	No N (%)	Chi square, P value
Encouraged	90 (80.3)	11 (10.6)	
Discouraged	10 (8.9)	76 (73.7)	11.3, 0.00
Indifferent	12 (10.7)	16 (15.5)	
Total	112 (100.0)	103 (100.0)	

Table 4 shows among eligible couples where husband had a supportive attitude towards contraceptive use, 90 (80.3%) of females had used contraceptive compared to those husbands who discouraged or having indifferent attitude showed 10 (8.9%) and 12 (10.7%) towards contraceptive use respectively.

DISCUSSION

Knowledge

In the present study, 89.8% females and 92.1% male had knowledge about any type of contraception whereas in the study of Samandri et al and Bogale et al observed that most of the women (99.0%) and (99.4%) were having knowledge about any one type of contraceptive. ^{6,7} In the study done by Saini et al in their study that all the couples had knowledge regarding at least one spacing method of contraception. ⁸

Contraceptive practices

In the present study, 52% couples were used any type of contraceptive measures out of which 27.6% condom, 19.6% IUD, 16.0% OCP and only 8% used female sterilization. 8.9% were using injectable. Similar study

had been done in a colony of East Delhi by Saini et al found that contraceptive prevalence rate is 53.5% out of which 33.9% using condom, 15% using IUD, 20.9% using OCP and 28.6% undergone tubectomy.⁸

In the present study, 52% couples were using modern contraceptive methods but NFHS-3 data showed over all use of contraception was 58%.⁵

Distribution of couples on the basis of ever use of contraceptive use in relation to age, religion, Occupation

In the present study, maximum (36%) contraception use was seen in the women of age group 35-39 years of age and minimum (7.1%) use was seen in 45-49 years. Use of contraceptive was seen none in the age group 15-19 years. Pal et al in their study on urban slums of Lucknow found that maximum use (75.0%) of contraception was seen in the age group 40-44 years. Difference in the finding with present study because of starting use of contraceptives in early age. This may be because of higher literacy status and more awareness about contraceptive use for spacing.

In the present study, among the Hindu couple, 48.3% were never users while among Muslim 73.1% were never users. Similar finding was seen in Pal et al that more Muslim respondents (58.1%) were never users as compared to Hindu respondents (55.9%).

Husband's attitude towards contraceptive practice

Husband's attitude towards contraceptive use play a major role in deciding whether the women will use contraceptive or not. in the present study among the women who had ever used contraceptives, 80.3% females have encouraging attitude towards contraceptive use, while among the women who never had never used contraceptive, husbands of only 10.6% females showed encouraging attitude while 73.7% showed discouraging attitude (p=0.001). Similar study was done by Pal et al among never user about 78.5% women's husband discouraged for contraceptive use while 78.7% ever user women's husband showed encouraging behaviour.

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Institutional Ethics Committee

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