Original Research Article

DOI: http://dx.doi.org/10.18203/2394-6040.ijcmph20184252

Family planning practices amongst women of reproductive age groups in field practice area of rural health training centre of Government Medical College, Miraj, Maharashtra

Vikas Kshirsagar, Shekhar Rajderkar*, Birudev Dudhbhate

Department of Community Medicine, Government Medical College, Miraj, District Sangli, Maharashtra, India

Received: 27 September 2018 **Accepted:** 13 October 2018

*Correspondence:

Dr. Shekhar Rajderkar,

E-mail: drrajderkar1957@yahoo.co.in

Copyright: © the author(s), publisher and licensee Medip Academy. This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

ABSTRACT

Background: Family planning services have the potential to improve the quality of the lives of people. Family planning deals with reproductive health of mother, having adequate birth spacing, avoiding undesired pregnancies and abortions, preventing sexually transmitted diseases and improving the quality of life of mother, fetus and family as a whole. This study was conducted in the field practice area to learn about various family planning practices and reasons for non-use.

Methods: A cross-sectional study was carried out amongst women of reproductive age group in the field practice area of Rural Health Training Centre of Dept. of Community Medicine of a Government Medical College, Miraj Dist-Sangli, Maharashtra during the period of January to March 2018. Total of 2964 eligible couples were interviewed by the trained staff using the pre-tested questionnaire. Data was analyzed by using appropriate test whenever necessary.

Results: The contraceptive prevalence was found to be 80.8%. Majority 92.8% couples who had two children were using one of the contraceptive methods. Among 2396 contraceptive users, 76% of couples had followed permanent method of sterilization. The permanent method opted by majority of couples was female sterilization i.e. 75.8%, whereas male sterilization was carried out by only 0.2% partners. Among the couples who were using temporary methods, majority partners were using Nirodh.

Conclusions: Promotion of contraceptive usage should be done through intense awareness campaigns and continuous motivation should be carried in the current contraceptive users.

Keywords: Family planning practices, Rural health Training centre, Reproductive age group, Eligible couple

INTRODUCTION

India became the second most populous country in the world next only to China with a population of 1,311 million in the year 2015. According to the recent report from the UN, the country's population will be more than China by 2028 considering the current growth rate. On the contrary, India is seventh in the land area and with only 2.4 percent of world's land area, supporting 17.5% of world's population. India approximately faces 33 births a minute, 2000 an hour, 48000 a day, which

calculates nearly to 12 million a year.³ India currently faces a vicious cycle of population explosion and poverty as the resources do not increase in proportion to the population. Many countries consider limiting population growth as an important component of their overall developmental goal to improve the living standards and the quality of life of the people.⁴ Family planning is promoted globally as a mechanism to address the reproductive needs of men and women as well as the crucial challenge of rapid population increase.⁵ Family planning refers to the practices that help the individual or

couple to avoid unwanted births, by temporary or permanent methods, to regulate interval between pregnancies and determine number of children in the family. India launched a nation-wide family planning programme in 1952, making it the first country in the world to do so to control the population increase.⁶ The rate of contraceptive use was low in developing countries due to deep rooted religious beliefs, so many efforts has been taken to increase the use of contraceptives by the beneficiaries. A new scheme has been launched to utilize the services of ASHA to deliver contraceptives at the doorstep of beneficiaries in 2011. Hence this study was conducted in the field practice area of rural health training centre of Dept. of Community Medicine of Government Medical College, Miraj, so as to learn about various family planning practices and reasons for nonuse in the community.

METHODS

Total

A cross-sectional study was carried out amongst women of reproductive age groups in the field practice area of Rural Health Training Centre of Dept. of Community Medicine of Government Medical College, Miraj, Sangli, Maharashtra, India during the period of January to March 2018. It caters near about a population of 19,550. A total of 3100 eligible couples were identified. An eligible couple refers to a currently married couple wherein the wife is in the reproductive age group.⁶

The couples who had reported infertility and pregnancy were excluded from the study. So the totals of 2964 eligible couples were included in the study. One of the

2396 (80.8)

partners from eligible couple was interviewed in their houses by the trained staff using the pre-tested questionnaire. The ethics committee of the institute had approved the study. Informed verbal consent was obtained from each participant following a detailed explanation of the objectives and protocol of the study. Data was collected regarding the use of various family planning methods, unwillingness of contraceptive usage and reasons for unwillingness. Care was taken to maintain the confidentiality of the data

Data analysis

All recorded data were entered in MS Excel and analyzed in the form of percentage and proportions whenever necessary. Chi-square test was used as a test of significance. For all statistical test applied, p<0.05 was considered as statistically significant.

RESULTS

It was seen from Table 1 that the contraceptive prevalence in the present study was found to be 80.8%. Majority of the eligible couples who were using the contraceptives were in the age group 30-44 years whereas majority of couples in the non-users were in the age group 20-34 years. The contraceptive use in the age group 15-19 years was 4 (22.2%), it increased as the age advanced i.e. 122 (43.8%) in 20-24 years, 479 (81%) in 30-34 years and 513 (96%) in age group 40-44 years. It was observed that the contraceptive usage increased as the age increased and this difference was found to be statistically significant.

2964 (100)

Age group Contraceptive users Contraceptive Non users **Total** P value (in years) No. (%) No. (%) 15-19 04 (22.2) 14 (77.8) 18 (100) 20-24 122 (43.8) 156 (56.2) 278 (100) 25-29 573 (100) 373 (65) 200 (35) 30-34 479 (81) 112 (19) 591 (100) 0.001, HS 35-39 49 (8.3) 542 (91.7) 591 (100) 40-44 513 (96) 21 (4) 534 (100) 45-49 16 (4.3) 379 (100) 363 (95.7)

Table 1: Age wise distribution of contraceptive users and non-users.

Table 2: Distribution of contraceptive users and non-users according to number of children.

568 (19.2)

No. of children	Contraceptive users No. (%)	Contraceptive non-users No. (%)	Total	P value
0	10 (4.3)	221 (95.7)	231 (100)	0.001, HS
1	335 (63.2)	195 (36.8)	530 (100)	
2	1563 (92.8)	120 (7.2)	1683 (100)	
3	405 (94.4)	24 (5.6)	429 (100)	
≥4	83 (91.2)	08 (8.8)	91 (100)	
Total	2396 (80.2)	568(19.2)	2964 (100)	

It was observed from Table 2 that 1683 participants had two children of which 1563 (92.8%) were using one of the contraceptive methods. 429 couples had 3 children out of which 405 (94.4%) followed contraception and 91 had 4 or more children of which 83 (91.2%) followed contraception. In the study, 231 couples had no children out of which only 10 (4.3%) were using the contraceptive methods whereas 530 had one child and 335 (63.2%) followed contraception. Higher the number of living children, higher was the usage of contraception which was found to be statistically significant.

Table 3: Contraceptive methods amongst users.

Type of contraceptives	Number	Percentage (%)
Tubectomy	1816	75.8
Vasectomy	05	0.2
Intrauterine devices	89	3.7
OC pills	42	1.8
Nirodh	432	18.0
Other	12	0.5
Total	2396	100

It was seen from Table 3 that amongst 2396 contraceptive users, 76% of couples had followed permanent method of sterilization whereas temporary contraceptive was followed in 24% eligible couples. The permanent method opted by majority of couples was female sterilization i.e. 75.8% whereas male sterilization was carried out by only 0.2% partners. Among the couples who were using temporary methods, majority partners were using Nirodh as method of contraception followed by intrauterine devices and OC pills.

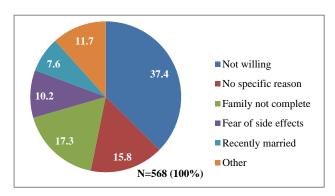


Figure 1: Reasons for non-use of contraceptions.

As seen from Figure 1 that the contraceptive non-users found in the study was 19.2%. Common reasons for not using any method of contraception were not willing, family not complete, recently married, fear of side effects etc.

DISCUSSION

India is the second most populous country of the world. The Govt. of India launched a family welfare programmed in 1950, to accelerate and social

development by reducing the population growth. Family planning refers to the practices that help the individuals or couples to avoid unwanted births, to regulate the interval between the pregnancies and to determine the number of children in the family. In the present study, couple protection rate was found to be 80.8% as compared to 53.84% in a study carried out by Singh et al in Punjab whereas Gore et al observed that more than 50% of the participants were using contraceptive methods. 89 The acceptance of contraceptive methods was 87.2% among the eligible couples following counseling in Karnataka and 71.2% followed one or multiple methods of contraception in a study conducted by Lakshmi et al and similar observation was seen in our study. 4

Among the contraceptive methods used, female sterilization was the commonest method followed in the present study which corresponds to study done by Gaur et al one of the findings observed in our study was couples who followed permanent method of contraception, only 0.2% opted vasectomy and it was in consistent with 0.3% shown by National Family Health Survey.^{7,10} It was observed that, among the temporary methods Nirodh was the commonest temporary method followed in the younger age group. Similar findings were observed in the study conducted by Lakshmi et al, Giridhar et al and Gaur et al.^{4,10,11}

In our study, it was found that the couples having two children followed the methods of contraception and similar findings were reported by Pushpa et al, Giridhar et al and Mohanan et al. 11-13 The contraceptive non-users found in the study were 19.2%. The common reasons for not using any method of contraception were not willing, family not complete, recently married, fear of side effects etc. Similar observations were found in the studies carried out by Saluja et al and Sajid et al. 14,15

Increasing program coverage and access of family planning will not be enough unless all eligible women have adequate awareness for favorable attitude and correctly and consistently practicing as per their need.

CONCLUSION

The present study concluded that the preferred family planning practice followed was female sterilization and the least preferred method was male sterilization. Promotion of contraceptive usage should be done through intense awareness campaigns and continuous motivation should be carried in the current contraceptive users. Every health worker should teach the community on family planning holistically to increase the awareness so that family planning utilization will be enhanced.

Funding: No funding sources Conflict of interest: None declared

Ethical approval: The study was approved by the

Institutional Ethics Committee

REFERENCES

- 1. Govt. of India (2012). Census 2011. Provisional population report, Office of the Registrar General and Census Commissioner India, Ministry of Home Affairs, 2011.
- 2. Available at: https://www.mapsofindia.com Accessed on 07th June 2018.
- 3. Chandra R. Population and Family planning. In: Social development in India. Isha books, Delhi, India. 2004;2:195.
- Lakshmi MM, Neetha Rai S. Contraceptive practices among reproductive age groups of women in Justice K.S. Hegde Medical College Hospital, Mangalore. International Journal of Reproduction, Contraception, Obstetr Gynecol. 2013;2(1):39-46.
- 5. Adeyomo AR, Asabi O, Adedoturo O. Knowledge and practice of contraceptives among women of reproductive ages in southwest, Nigeria. Int J Engineering Sci. 2012;1(2):70-6.
- 6. Park JE. Park's Textbook of Preventive and Social Medicine, 23rd edn. Jabalpur: M/s Banarsidas Bhanot Publishers; 2015.
- 7. National Institute of Health and Family Welfare NIHFW, Available at: www.nihfw.org. Accessed on 7th June 2018.
- 8. Singh Balgir R, Singh S, Kaur P, Verma G, Kaur S. Contraceptive practices adopted by women attending an urban health centre in Punjab, India. Inte J Res Develop Health. 2013;1(3):115-9.
- 9. Gore S, Katkuri SA. Study to assess contraceptive use among married women in urban and rural areas: a comparative study. Int J Reprod Contracep Obstetr Gynecol. 2016;5:2978-82.

- Gaur DR, Goel MK, Goel M. Contraceptive practices and related factors among females in predominantly Muslim area of North India. Int J World Health Societal Politics. 2008;5(1):35-9.
- 11. Giridhar S, Chaudhary A, Gill P, Soni RK, Sachar R. Contraceptive practices and related factors among married women in a rural area of Ludhiana. Internet J Health. 2010;12(1):17-21.
- 12. Pushpa SP, Venkatesh R, Shivaswamy MS. Study of fertility pattern and contraceptive practices in a rural area –a cross sectional study. Indian J Sci Technol. 2011;4:429-31.
- 13. Mohanan P, Asha K, Sajjan BS. Fertility pattern and Family Planning Practices in a rural area of Dakshina Kannada. Indian J Community Med. 2003;26:15-8.
- 14. Saluja N, Sharma S, Choudhary S, Gaur DR. Contraceptive knowledge, Attitude and Practices Among Eligible Couples of Rural Haryana. Internet J Health. 2011;12(1):25-9.
- 15. Sajid A, Malik S. Knowledge Attitude and Practice of contraception among multiparous women at Lady Aitchison hospital, Lahore. Annals KEMU. 2010;16:266-8.

Cite this article as: Kshirsagar V, Rajderkar S, Dudhbhate B. Family planning practices amongst women of reproductive age groups in field practice area of rural health training centre of Government Medical College, Miraj, Maharashtra. Int J Community Med Public Health 2018;5:4735-8.