



KNOWLEDGE AND PRACTICES ABOUT EFFECTIVE CONTRACEPTIVE METHOD AMONG MARRIED WOMEN IN TERTIARY CARE HOSPITALS OF PESHAWAR, PAKISTAN

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Abstract

Background: Poor knowledge about effective contraception method has been documented in a variety of settings across the world. The lack of knowledge has been identified as a possible factor of failure to regularly and correctly use of effective contraception method. Insufficient knowledge about effective contraceptive methods, is the main cause of unintended pregnancy. Understanding of knowledge about effective methods of contraceptive is necessary to prevent unwanted pregnancy and control population-

Aim: The aim of the study was to determine the knowledge and practice about the effective methods of contraceptive among married women.

Method: This quantitative, cross-sectional descriptive study was conducted on married women in three tertiary care hospitals. The convenient sampling technique was adopted with a margin error of 5% and a confidence interval of 95%. The study purpose was explained to the eligible married women. Patient who had language barriers, the questions were explained to them verbally in their local language. Data was analyzed using SPSS version 22.

Results: The result shows that that 58% of them were using contraceptive, around 95.3% of the participants believed that knowledge is necessary. Overall knowledge had categorized into 3 categories also, n=98 (66%) had good knowledge, n=49 (33%) had average knowledge, and n=1 (7%) had poor knowledge. The majority of the knowledge source of 73% of participants is from family and friends, and the least 2.7 % from books. The most effective methods of contraceptive shared by 39.2 % participants was natural method, followed by 28.4% oral contraceptive pills, however 17.8% of the respondents' thought condom is effective. the study also revealed that respondents thought that factors regarding selecting contraceptive methods is 45.9% safety. 41.9% of the participants preferred using natural method, similarly, condom is used at the very least i.e. 6.8% in married women.

Conclusion: The study disclosed worthy knowledge regarding contraceptive methods and mostly women practice contraceptive methods. It was found that the natural methods are considered effective and preferred compared to all other methods. Furthermore, both wife and husband were responsible for using contraceptive methods.

Keywords: Contraceptive method, knowledge, practice, married women

INTRODUCTION

Poor knowledge about effective contraception method has been documented in a variety of settings across the world¹. The lack of knowledge has been identified as a possible factor of failure to regularly and correctly use effective contraception method. Insufficient knowledge about effective contraceptive methods, is the main cause of unintended pregnancy. Women themselves have recognized the importance of lack of knowledge about effective contraceptive methods². There are many barriers due to which women do not have a knowledge about effective contraceptive methods because they get hesitant about its after side effects, partner related dynamics and religious or sociocultural norms. All these barriers affect women knowledge about effective contraceptive methods³. Women's decisions about contraceptive techniques are influenced by a variety of reasons. Understanding the efficacy of a contraceptive technique might be a crucial consideration in a woman's method selection. All populations have different levels of general knowledge about contraception, with some gaps among minority and younger groups who have less awareness and knowledge of the many forms of contraception. Numerous studies have assessed women's understanding of a particular technique of birth control, such the intrauterine device⁴. According to literature review, just 30.6% of women accurately recognized Intrauterine device (IUD) is the best for preventing pregnancy from the response option presented pills, male condom, withdrawal or pull out, and just 19% of women preciously addressed the IUD can be utilized of all ages⁵. Only 58.7% of women maintain that the contraceptive pills shot and implant do not cause infertility. About 87.8% of response dent has positive response towards contraceptive methods. Similar studies show that it is important to always consider how women feel about their partners and whether or not to involve males in reproductive and contraceptive decisions⁶. Prior research suggested that accepting children as God's knowledge about, willingness to, and attitudes toward preventing pregnancy. Choosing an alternative approach and being aware of the side consequences⁷. Various factors relating to contraceptive techniques include, studies on how people perceive spousal approval and spouses' opposition are positively correlated with low usage of contraception⁸.

RESEARCH QUESTION

What is the knowledge and practice about effective contraceptive methods in married women?

OBJECTIVE OF THE STUDY

To determine the knowledge and practice about the effective methods of contraceptive among married women.

METHODOLOGY

This cross-sectional descriptive study was conducted on married women (patients) admitted in three tertiary care hospitals of Peshawar, Pakistan KP to explore the knowledge and practice about effective use of contraceptives. Convenient sampling technique was used for the selection of the study participants. Convenient sampling is a non-probability sampling technique where subjects are selected because of their easy availability and proximity to the researcher. The sample size was calculated by Raosoft Software based on 3 months previous record, the estimated population was 968, having a margin error of 5% and a confidence interval of 95%, and the calculated sample size was 148. Married women who aged between 18-40 years were included to be the part of a study. while married women who had mental disorder, and who have had delivery related complications were unstable during the period of data collection were excluded from the study. To determine knowledge and practice about effective contraceptive methods, the questionnaire is KAP questionnaire about contraception and reproductive health (contraception and reproductive health university) was adopted and amended according to context. The Questionnaire had 3 categories. First 7 question were related to demographic data ,6 question related to practice and 11 question related to knowledge about effective contraceptive methods. Participants who had language barriers, the questions were explained to them verbally in their local language. Data was analyzed through SPSS version 22, means and standard deviations were calculated for continuous data whereas frequencies and percentages were calculated for categorical data. For this research project, an ethical approval was taken from the Rehman College of Nursing and Institutional review board. Eligible married women were given written information outlining the purpose of the study. The participation was made voluntary through a well explained informed consent. Confidentiality and anonymity of the information they provided was assured and can only be disclosed with their permission if needed. Approval for data collection were obtained from concerned hospitals.

Results:

This study was conducted on 148 married women in Peshawar, KPK. Their age ranged from 18 to 40 years. The result is showing that 58% of them were using contraceptive. The table 1.1 shows socio-demographic characteristics of participants.

Table 1.1 Socio-demographic Characteristics of Participants

| Categories | Frequency | Percent |
|--------------------------------|-----------|---------|
| Age of respondent | | |
| 18-30 | 86 | 58.1% |
| 31-40 | 62 | 41.9% |
| Education of respondent | | |
| Uneducated | 48 | 32.4% |
| Primary | 12 | 8.1% |
| Matric | 32 | 21.6% |
| Intermediate | 13 | 8.8% |
| Bachelor | 18 | 12.2% |
| Master | 19 | 12.8% |
| Others | 6 | 4.1% |
| Family income | | |
| <20,000 | 39 | 26.4% |
| 20,000-40,000 | 43 | 29.1% |
| >40,000 | 66 | 44.6% |

The result of the study revealed that 95.3 % of the participants believed that knowledge is necessary. Table 1.2, shows overall responses regarding knowledge are;

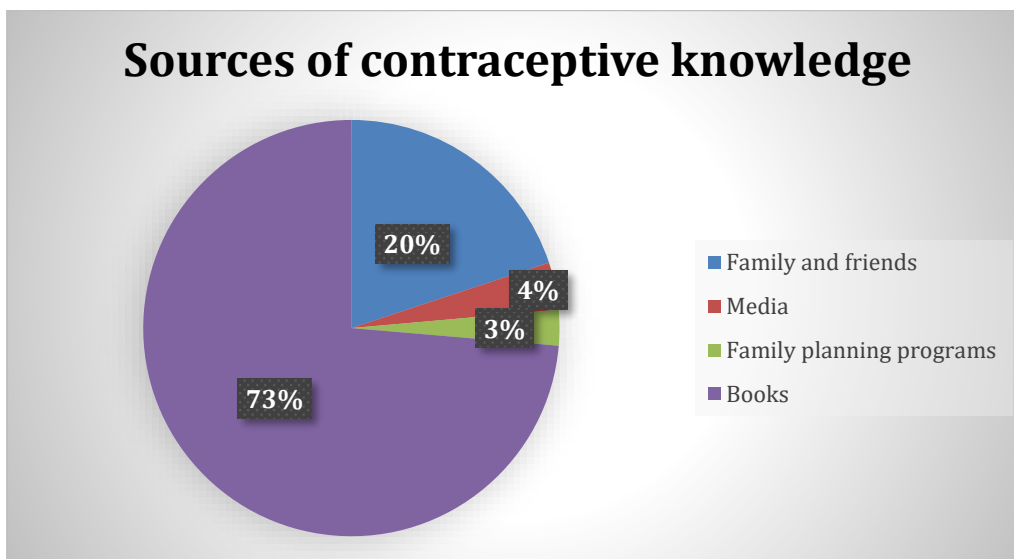
| Knowledge Questions | Correct Response % |
|---|--------------------|
| Which way do you obtain the sex and contraception knowledge? | 10.2% |
| Have you ever received any training/education session on family planning? | 40.5% |
| Do you think the knowledge about contraceptive methods is necessary? | 95.3% |
| Who should be responsible for contraception? | 95.2% |
| What is the most important factor regarding selecting contraceptive method? | 45.9% |
| The side effects of Oral contraceptive pills are? | 31.1% |
| Which methods can be used for emergency contraception? | 17.6% |
| Do you believe that a contraceptive method can totally prevent pregnancy? | 32.4% |
| Which contraceptive methods do you think is effective for preventing pregnancy? | 39.2% |
| Which stage of the menstrual cycle is most likely to conceive? | 76.4% |
| Do you think women need to learn contraceptive knowledge? | 91.9% |

The table 1.3 shows the responses of participants regarding practice about effective contraceptive methods.

| Practice Questions | Yes % | No % |
|---|-------------------|--------------------|
| Do you use contraceptive? | 58.1% | 41.9% |
| Do you ever experience unwanted pregnancy? | 58.8% | 41.2% |
| Which contraceptive methods do you think is effective for preventing pregnancy? | Natural method | Condom |
| | 41.9% | 16.2% |
| Which contraception method you ever use of? | OCP | IUD |
| | 55.3% | 12.2% |
| Why don't you use contraception? | Occasional Sex | Cost |
| | 1.4 % | 5.4 % |
| For how long do you have wait to start contraceptive methods after a delivering a baby? | Fear | Didn't want to use |
| | 55.4 % | 31 % |
| | Postpartum Period | Didn't know |
| | 84.5 % | 16.5% |

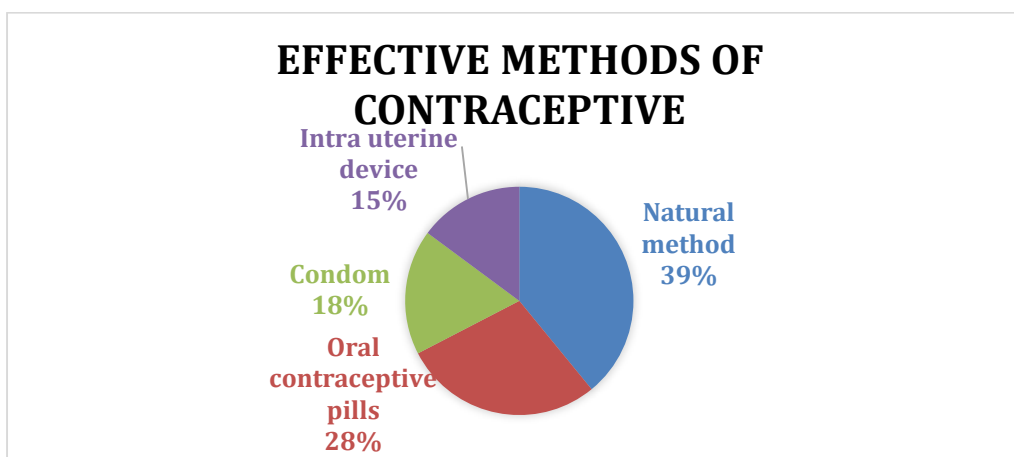
Overall knowledge had 3 categories, n=98 (66%) had good knowledge, n=49 (33%) had average knowledge, and n=1 (7%) had poor knowledge.

73% of participants had a source of knowledge from family and friends, and 13.5% from media, while 10.1% from family planning programs, and 2.7 % from books. The figure 1.1 shows the percentage of sources of contraceptive knowledge.

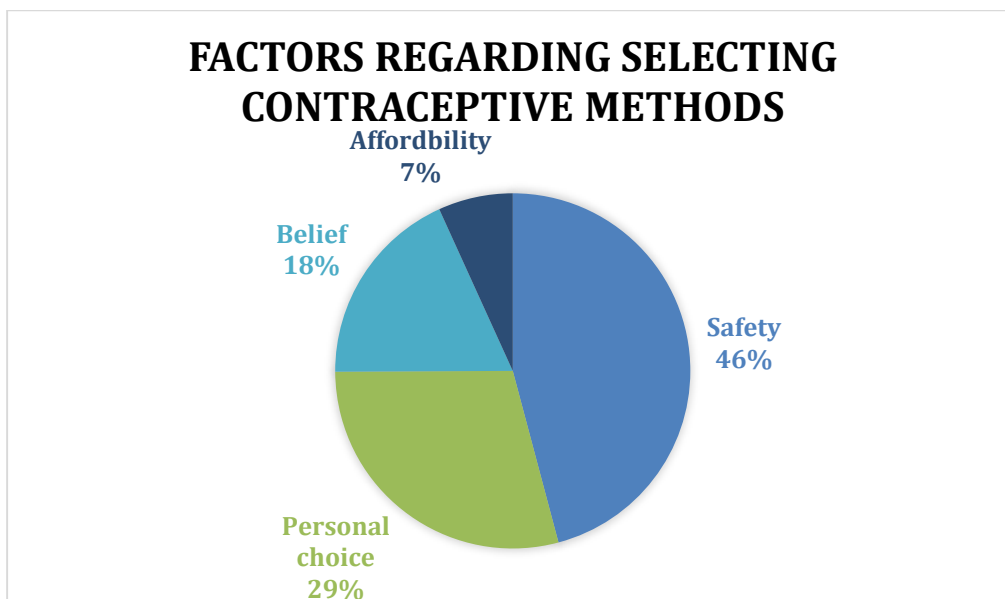


According to the current findings, the most common reason for not using contraceptive methods is fear of side effects in 55.4%. However, 31% didn't know how to use contraceptive, 5.4% felt that contraceptive is expensive to buy.

The most effective methods of contraceptive shared by 39.2 % participants was natural method, followed by 28.4% oral contraceptive pills, however 17.8% of the respondents' thought condom is effective, of these intra uterine device (IUD) is 14.9% is consider effective for family planning. The figure 1.2 shows effective methods of contraceptive.



The study revealed that respondents thought that factors regarding selecting contraceptive methods is 45.9% safety, 29.1% personal choice, of these respondents 18.3% believed that effectiveness is important in selecting of contraceptive methods. About 6.8% responses were about the consideration of the affordability. The figure 1.3 highlights the factors regarding selecting contraceptive methods.



According to the results, 41.9% of the participants preferred using natural method, about 33.1% respondents use oral contraceptive pills, similarly, condom is used in 6.8% married women, and only 8.8% use IUD.

Discussion:

Many studies have been conducted all over the globe to study the knowledge and practice regarding contraceptive methods. In the current study, participants' age is between 18-40 years as compared to other studies⁹. In 2013, according to a study in Iran among 354 female age was 10-24 years¹⁰ the results showed that 83.28% had insufficient knowledge and while the result of this study showed that 66.2% had good knowledge about contraceptive methods. In present study, the contraceptive methods use was 58.1%, while previous study used 61.77% contraceptive methods¹¹. Our result has close resemblance with the study of total sample 388 regarding choosing among contraceptive methods safety was the most indicated criterion for choosing contraceptive methods¹². Regarding source of information the current research has similar result to a study conducted in Saudi Arabia¹³. Social media ranked the highest in providing information followed by health workers while this study revealed that family and friends played a main role in disseminating information¹⁴. Previous studies showed, only 21% women know about emergency contraception. In our study, 5.4% women had knowledge about emergency contraception¹⁵. The most common method used by respondents in our study was natural method (55.3%), oral contraceptive pills 23.6%, condom 18.1% and the most common method used by participants was female sterilization 16.7%¹⁶. In the present study, the side effects of contraceptive ever experienced was affecting the regularity of menstrual cycle is 22.3%, weight gain is 19.6%, experienced is 16.2%, vomiting is 10.8% and some of them experienced it all simultaneously. The result has differences from the previous studies conducted, as it has 31.8% weight gain, heavy bleeding of 20.5% and amenorrhea 18.2%.^{17,18}

Conclusion:

The study disclosed worthy knowledge regarding contraceptive methods and mostly women practice contraceptive methods. We found that the natural methods are considered effective and preferred to all other methods. Furthermore, both wife and husband are responsible for using contraceptive methods.

Recommendation:

We recommended that awareness of safe and effective contraceptive should be strengthened. Besides, more studies are needed to identify different reasons affecting contraceptive use. Educational programs should be directed to break the fear of side effects.

Ethical consideration:

For this research project, an ethical approval was taken from the Rehman College of Nursing and Institutional Review Board. The permission was taken from HOD of department. The study purpose, benefits, and risks of the study was explained to the participants and their consent was taken. This study did not violate ethical principles of patients.

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