

## CONTRACEPTIVE KNOWLEDGE, ATTITUDE AND PRACTICES IN MOTHERS OF INFANT: A CROSS-SECTIONAL STUDY

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### ABSTRACT

A cross-sectional study regarding knowledge, attitude & practices of family planning was conducted in an immunization center of Indore district. All the females coming to immunization center for vaccinating their infants were interviewed using a pretested, semi structured Performa during a fixed study period. The performa included details like socio demographic features, questions related to knowledge, attitude and practices (KAP) regarding contraceptive use. Results showed poor contraceptive knowledge amongst females. 18% KAP Gap was found in total subjects. Maximum KAP Gap was found in the 19-21year age group. The KAP Gap was not significantly more in Muslim women as compare to Hindu women. The KAP Gap was more in Housewives than other occupations. Knowledge of various family planning methods should be provided to all the females coming to health center.

**Key words:** Knowledge, Attitude, Practices, family planning.

### INTRODUCTION

India is the pioneer country in the world to launch a nation wide family planning program in the year 1952, and during the third 5-year plan it was declared "The very centre of planned development". In April 1976, the country framed its first "National population policy" which is now running under RCH (Reproductive and child Health) program, so that each and every couple of India get aware of the need of the family planning methods.

The need of contraceptive practices in order to control population explosion lies in the following point:-

- To avoid unwanted births
- To regulate intervals between pregnancies
- To control the time at which births occur in relation to age of the parent
- To determine the number of children in

family<sup>1</sup>

Family planning through contraception tries to achieve two main objectives; firstly, to have only the desired number of children and secondly, to have these children by proper spacing of pregnancies.<sup>2</sup> A number of K.A.P. survey has been carried out covering different population groups. In their study among rural Rajputs found that raise in education besides providing knowledge and the contraceptive methods helps in improving acceptance of family control devices.<sup>3</sup> There are also other studies carried out in this sphere.<sup>4,5,6</sup>

But inspite of availability of sterilization facilities and contraceptive measures free of cost by Government of India, couples are not adopting them. Therefore it is important to stimulate social change and motivating them.

## METHODOLOGY

Present Cross sectional study was conducted in Chacha Nehru Bal Chikitsalaya(C.N.B.C.), Maharaja Yashwant Rao Hospital campus, Indore to assess the Knowledge, Attitude and Practices of different family planning methods in women with children less than one year of age and to find the reasons behind it. All the women with children less than 1 year of age coming to immunization center for vaccination during study period of 1<sup>st</sup> November 2009 to 30<sup>th</sup> January 2010 were included in the study. A total of 53 females attended the immunization clinic but only 50 gave consent for the study. A Pretested, semi structured questionnaire was prepared for the interview. This questionnaire was administered to women coming to C.N.B.C. during the study period regarding the age, sex, occupation and their socioeconomic status is calculated by Modified Prasad's Scale.<sup>7</sup>

The data was entered in Microsoft excel spreadsheet and was analyzed using SPSS software and Chi Square test was applied wherever necessary.

## RESULT

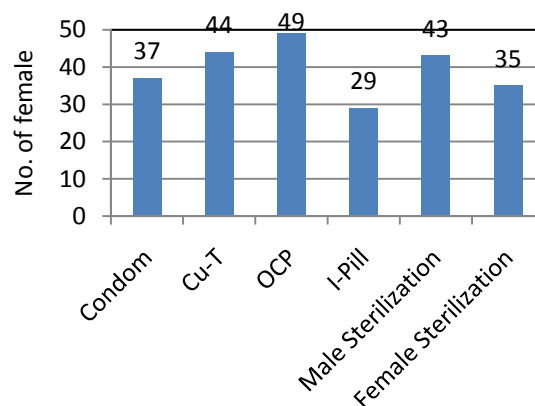
### Socio-Demographic Profile

38% women were in the age group 22-24 years.78% of respondents were Hindu by religion.90% of the respondents were housewives. 74% of the respondents were in social Class II. 30% of the respondents were having more than two children.

### Knowledge

Figure 1 shows that 98% of the subjects had heard about oral contraceptive pills and 88% of the subjects had heard about Cu-T but none of them had complete knowledge about any family planning method. 88% women had Television as their source of knowledge and less than 50% women said that their Doctor provided them knowledge.

54 % women did not have any knowledge about I-pill (emergency contraceptive pill) .Out of 23 women having knowledge about i-pill; 86% women had T.V. as their source of knowledge. Only 60 % women were aware about the contraceptive property of exclusive breastfeeding.62 % women thought that family planning methods should be used by women with children less than 1 year of age.



**Figure 1:** Knowledge regarding each family planning method

### Attitude

98% women felt that exclusive breastfeeding should be done for 6 months.46% women thought that OCPs should be used within 6 months after child birth.58% women felt that Cu-T should be inserted in post delivery period.

96% women thought that there should be a difference of minimum 3 yrs between two children.86% women agreed that permanent sterilization should be done after two children.46% women think they can use i pill as a regular family planning method.

### Practice

40% women had used family planning method in past.26% were using family planning method at present out of which only 1 women was using Condom, 10 were using Cu-T and 2 had adopted permanent method i.e. tubectomy. Only 1 women in this study, had used I-pill in past on the advice of her mother.

### KAP Gap

18% KAP Gap was found in total subjects. Maximum KAP Gap was found in the 19-21year age group. The KAP Gap was not significantly more in Muslim women as compare to Hindu women. The KAP Gap was more in Housewives than other occupations.

### Reasons for KAP gap

The following reasons were found in this study for KAP GAP:-

- They were afraid of the various side effects.

- Husbands did not want that they should use any family planning method.
- Due to hesitation.
- Elderly people in the family not permit them.
- Women think that due to tubectomy their body weakens affecting their household work.

## DISCUSSIONS

Present study was conducted in females having at least one child less than a year. This group of females are in utmost need of using contraceptive devices and also most receptive to family planning. But only 62% females were adopting family planning method. According to National Family Health Survey 56 % of ever married Indian women is using family planning<sup>8</sup>. None of the female had complete basic knowledge regarding family planning methods. Also television was their chief source of information. Reddy et al in 2003 stated that the major source of knowledge about Family Planning methods for the study population was magazines (64%) followed by personal relations i.e. spouse, friends and relatives (62%), mass media (54%) and health personnel (34%)<sup>9</sup>. The role of health care providers in providing contraception knowledge should be emphasized as it's a two way communication process.

Most of the female's attitude towards use of family planning method was satisfactory. But most of them said that they act according to their spouse's or in law's decision. They have no choice related to child birth.

20% of females were using CuT, 2 adopted permanent method. Use of modern methods of contraception has increased in past few years.<sup>8</sup> This reflects that couples are adaptive to newer and better methods of contraception.

Maximum KAP gap was seen in younger age group females. Though the age of marriage has increased<sup>8</sup>; still a substantial population is exposed to early marriage.

The study reveals good knowledge and favorable attitude towards family planning. The knowledge of family planning is widespread among the respondents and they are aware of least one method of contraception but practice of using contraception is poor. Good communication skills and behavior change is required to bridge this gap.

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