KNOWLEDGE AND PRACTICE OF CONTRACEPTIVE USE AMONG THE ELIGIBLE COUPLES IN AN URBAN SLUM OF SAMBALPUR

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ABSTRACT: BACKGROUND: In spite of implementation of various programs and policies to curb the population of India, the population growth of India continues to be high in the count of large size of population (58% of total population) in the reproductive age group and high fertility rate due to unmet need for contraception. OBJECTIVES: To know the knowledge and practice of various contraceptives among the eligible couples. MATERIALS AND METHODS: A cross sectional study was conducted in the field practice area of UHTC, Gaudapali which is an urban slum, Sambalpur. The data was collected by interview of the female partners of the eligible couple by house to house visit using a predesigned questionnaire. RESULTS: Total of 212 marries women of the reproductive age group participated in the study, most of the couples (96%) had knowledge about some contraceptive. Majority of them (69%) considered those methods to be quite safe & effective and easy to use. Major source of information (39%) was from health care workers. Only 62% of the couples had practiced the contraceptive method. CONCLUSION: The increased use of contraceptive requires IEC activity and continuous motivation among the male partner of the couple.

KEYWORDS: Contraceptives, Knowledge, Eligible Couple, OC Pills.

INTRODUCTION: India is currently the second most populated country in the world with a population of 1.21 billion, which reprints 17% of the world population. The projections for India made by the technical group reveals that the country’s population would reach 1.4 billion by 2026. In 1952, the Government of India was the first country in the world to launch a National Family Planning Program with the objective of reducing the birth rate to the extent necessary to stabilize the population. The use of contraceptive measure constituted the main component of the program. Government of India has adopted the National population policy 2000 to address the unmet need for contraception to achieve a stable population by 2040. Apart from this Government of India followed off the International recommendation on reproductive and child health care as a National Program, RCH-1 & RCH-2. In spite of adopting many strategies and policies the population growth of India continues to be high in the count of the large size of population in the reproductive age group which is estimated to be 58% of total population. The high fertility rate due to unmet need for contraception, over 50% of girls marry below 18 years, around 33% of birth occurs at an interval less than 2 years. Fertility in India has declined to 2.7 children, mainly due to increased use of contraception in women. In spite of this, India is yet above the replacement level. An estimated 215 million women in the world who want to avoid pregnancy are not using an effective method of contraception, despite increase in use in recent years. Keeping above factors in mind this study was carried out in a field practice area of
UHTC, Gaudapali, Sambalpur with the Objectives to know the knowledge and practice regarding the use of contraceptives among the eligible couples.

MATERIALS AND METHODS: It was a community based cross sectional study. The study was conducted in an urban slum Gaudapali which is the field practicing area of UHTC, Department of community medicine, VIMSAR, Burla, Sambalpur, from August 2014 to Nov.2014. The data was collected by interview of the female partner of eligible couple by house to house visit in predesigned questionnaires. The consent of all the participants was taken prior to the interview. Data analysis was done using MS Excel 2007.

RESULTS: A total number of 212 married women of the reproductive age group participated in the study. It was observed that maximum number of study subjects (n=92, 43.39%) were in the age group of 24-29 years followed by 46(21.6%) who were in the age group of 29-34 years. All the couples belong to Hindu Family. Majority of them (n=95, 44.81%) were having primary education and very few (n=32, 15%) had higher secondary and above education. 140(66%) of the couples belongs to lower socio-economic status, followed by 72(34%) couples who belonged to middle S.E Status. The maximum number of women (n=116, 54.71%) got married between 19-24 years of age. On the other hand, 88(41.5%) got married in the age group of 14-19 years. The 33(15.6%) women out of 205 had teen age pregnancy and 3 women had no pregnancy. Regarding the number of living children, 137(64.61%) couples had 1 or 2 living children and 32(15.09%) had 4 or more living children, 204 (96.2%) had some kind of knowledge about contraceptives. The source of information was from the heath care personnel (n=90, 42%) and from friends and media (n=122, 57.4%). 196(92.4%) considered the different methods of contraception are safe and 174(82%) said that they faced no or minimal side effects. Only 132 (62.2%) of couples used the contraceptive. O C Pills were used by 86(65.15%) of women, physical barrier by 28(21.21), IUD 6(4.54%) and sterilization (tubectomy) by 12(9.09%) of the eligible couples practicing contraception. Most common reason for using contraceptive were for spacing of pregnancies among 72(54.5%) of couples and 60(45.45%) couples used it for completion of their family.

DISCUSSION: In the present study majority of the women were in the age group of 24-29 years. The maximum number of couples (70%) were having primary and secondary education. 66% of couples belong to lower socio economic status and 34% belong to middle socio economic status. Rajendra Singh et al found that 65.3% of their study subjects belonged to low SES according to Kuppuswamy Scale. 5 15.6% had teen age pregnancy which is a major concern for us. Bisoi et al found 53.3% of teen age pregnancy in their study. 6 64.61% of couples had 1 or 2 living children as found in a study by Khokhar and Mehera. It was observed that 34% had used contraceptive after first child birth. 7 Most of the eligible couples (96.2%) were aware about contraceptive methods. In a study by Mitali and Girija 73.5% of the participants were aware about the contraceptive methods. 8 Only 62.26% of couples were practising contraception though the awareness was quite high, which is less as compared to NFHS-III data for Gujarat which is 66.6%. The CPR was 53% in another study conducted by Saini N.K. 9 65% of the user use OC
Pills, 9% had female sterilization and very less (4%) were IUD user. None of the couple had opted male sterilization, which indicated less involvement of the male partners.

CONCLUSION: The present study reveals that there is a huge gap between the knowledge of the couple regarding methods of contraception and their actual practice in their life. The use of condom was very less and male sterilization method was not practiced at all among the couples so IEC/BCC activity should be conducted frequently and a large motivation is required to accept NSV among males as well as to increase the overall practices of various contraceptives.

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