

**DETERMINANTS OF UNMET NEED FOR FAMILY PLANNING IN SLUMS OF LUCKNOW**Mukesh Shukla<sup>1</sup>, Monica Agarwal<sup>2</sup>, Kriti Yadav<sup>3</sup>**HOW TO CITE THIS ARTICLE:**

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**ABSTRACT: INTRODUCTION:** Understanding of family planning scenario among different societies and communities, which by and large reside in urban slum areas, might prove useful in increasing family planning acceptance by them and decreasing population growth. Unmet need is a valuable indicator for assessing the achievements of national family planning programs. **OBJECTIVES:** The present study was undertaken with the objectives to estimate unmet need for family planning among the married women of reproductive age group (15-49 years) in urban slums of Lucknow and to determine the various factors that influence the unmet need. **METHODS:** A community based cross-sectional study was conducted in slums of Lucknow City from February 2014 to September 2014. A total 452 married women in reproductive age group were interviewed through house to house survey with the help of a pre-designed, pre-tested and semi-structured questionnaire. **RESULTS:** The total unmet need for family planning was 69.0%. Multivariate logistic regression revealed socioeconomic status upper lower and below (OR 2.7; 95% CI 1.5-5.1; p=0.00); duration of marriage less than 1 year (OR 1.8; 95% CI 1.1-2.9; p=0.01); less number of live issues (OR 1.6; 95% CI 1.1-2.5; p=0.00); working status of women (OR 1.9; 95% CI 1.1-2.9; p=0.03); social class i.e. OBC and SC/ST (OR 2.3; 95% CI 1.1-4.6; p=0.02) were found to be independent predictors of unmet need of family planning. **CONCLUSION:** The present study revealed that unmet need for family planning was quite high among women belonging to social class i.e. OBC and SC/ST, with low socioeconomic status, duration of marriage less than one year less number of live issues and working status of the women.

**KEYWORDS:** Family planning, contraceptives, unmet need

**INTRODUCTION:** The rapid increase of population has got an adverse effect on the national economy. In addition to this, increasing number of births has a deleterious effect on the health along with nutritional problems of both mother and child. Considering the magnitude of the problem, many developing countries, India in particular, have given prime importance to family planning issue. India, as a first country in the world initiated the National Family Planning Programme in the year 1952 with the objective of "reducing the birth rate of the extent necessary to stabilize the population at a level consistent with requirement of national economy".<sup>[1]</sup> In spite of this, India is yet above the replacement level, with contraceptive prevalence rate for married women being only 56 % and total unmet need being 13.2%.<sup>[2]</sup> The Current Use of Modern Contraceptives in Uttar Pradesh lags far behind at 42.4% as compared to the National figure of 55.8%.<sup>[2]</sup>

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As per NFHS III data, messages about family planning are not reaching all. Many have even not heard of available modern contraceptive spacing methods, in spite most of them desire a small family and have a positive attitude towards contraception.<sup>[3]</sup> The extent of acceptance of contraceptive methods still varies within societies and also among different castes and religious groups. The factors responsible operate at the individual, family and community level with their roots in the socio-economic and cultural base of society. Most of the married women want to use the contraceptive methods but are unable to use because of illiteracy, lack of knowledge, economical problem, fear of side effects, social customs, religious cause, superstitions, insufficiency of family planning worker, uncooperative husband and limited supply and high cost.<sup>[4]</sup> Mass communication media like television, newspaper & radio can play an important role to change the behavioural attitude of the eligible couples.

### AIMS AND OBJECTIVES:

1. To estimate unmet need for family planning among the married women of reproductive age group (15-49 years) in urban slums of Lucknow.
2. To determine the various factors that influence the unmet need.

### MATERIAL AND METHODS:

**Study Setting:** The study was conducted in slums of Lucknow, capital of Uttar Pradesh.

**Study Design:** Community- based cross- sectional study.

**Study Population:** Married women of Reproductive age group (15-49) with exclusion criteria those who were separated but not divorced, diagnosed as infertile and those who did not give consent.

**Duration of Study:** The study was completed in a period February 2014 to September 2014.

**Sample Size:** Assuming 26.8% as the prevalence of unmet need of family planning in Lucknow (According to District level Household and Facility Survey)<sup>[5]</sup> and an absolute precision of 5%, design effect 1.5 the total sample size required was calculated to be 452 (Formula used:  $n = z^2 pq / e^2$ ; where n=sample size, z=value of standard normal deviate=1.96 at 95% confidence interval [CI], p=prevalence of non-adherence, q=1-p, and e=absolute precision).<sup>[6]</sup>

**Sampling Technique:** Multistage random sampling technique was used to reach the sampling unit. This was done using the standard formulation which included all currently married women who were not using any method of contraception but did not desire any more children or wanted to wait two or more years for the next child. The unmet need group also included pregnant women with mistimed or unwanted pregnancy and amenorrhoea women whose last delivery was mistimed or unwanted. Before starting the interview, the married women in reproductive age-group were explained the purpose of study and were motivated to participate and reveal the correct information. Informed written consent was taken from the participants, in their local language (Hindi/ English) and their confidentiality was maintained. Data collection continued till the required number of respondents was interviewed based on the Questionnaire.

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**Data Collection Tools:** A total 452 married women in reproductive age-group were interviewed using pre-designed, pre-tested and semi-structured questionnaire. The questions consisted of domains including socio- demographic characteristics like name, age, duration of marriage, religion, type of family, years of formal education, socio economic status; fertility preferences and behaviour with detailed obstetric history, desired family size and desired birth interval; current use of contraceptive method.

**Data Processing and Analysis:** The information collected on the study schedule was transferred on the pre- designed classified tables and analysed according to the aims and objectives.

**RESULTS:** Out of the 452 married women, 312 (69.0%) had an unmet need, 130(28.7%) had a met need, while 10 (2.2%) had no need. Thus the total number of women in need of family planning (unmet and met) was 442. The unmet need for spacing and limiting births in present study was 29.0% and 40.0%.

**Table 1:** Shows that social class ( $p=0.01$ ), educational status of women ( $p=0.00$ ), educational status of husband ( $p=0.00$ ), working status of married women ( $p=0.04$ ), socioeconomic status ( $p=0.00$ ), duration of marriage (0.03), number of live children ( $p=0.00$ ) were found to be statistically significant. However factors like age, religion, type of family, family size, discussion of family planning with husband and husband's behaviour towards family planning were found to be statistically non- significant.

Multivariate logistic regression of the factors that were found statistically significant during bivariate analysis revealed socioeconomic status upper lower and below (OR 2.7; 95% CI 1.5-5.1;  $p=0.00$ ); duration of marriage less than 1 year (OR 1.8; 95% CI 1.1-2.9;  $p=0.01$ ); one or less number of live issues (OR 1.6; 95% CI 1.1-2.5;  $p=0.00$ ); working status of women (OR 1.9; 95% CI 1.1-2.9;  $p=0.03$ ); social class i.e. OBC and SC/ST (OR 2.3; 95% CI 1.1-4.6;  $p=0.02$ ) were found to be independent predictors of unmet need of family planning.

**DISCUSSION:** The present study estimated the unmet need for family planning in the slum population about 69.0% which was much higher than the national figure of 13.2% as per NFHS-III<sup>[2]</sup>, 26.8% as per DLHS-III<sup>[5]</sup> and 53.1% as observed by Pal A et.al (2010)<sup>[7]</sup> in the same settings. The unmet need for spacing and limiting births in present study was 29.0% and 40.0% which was much higher to the findings of DLHS-III <sup>[5]</sup> in slum areas of Lucknow.

Although, highest proportion of unmet need of family planning was found 62.5% in the age group 15-30 years (Table no. 1) which was similar to the findings of earlier studies <sup>[7, 8, 9, 10, 11]</sup> but in the present study association between unmet need and age was found to be insignificant.

In the present study low socioeconomic status was found to be one of the determinants of unmet need of family planning as reported in earlier studies.<sup>[8,12]</sup> Social class (i.e. OBC & SC/ST) was also found to be one of the predictor of unmet need of family planning which might be due to their underprivileged lives in the urban slums.

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However educational status of the married women and husband was found to be insignificant during multivariate analysis which is quite contradictory to the results of the previous studies,<sup>[7,8,12,13]</sup> but similar to studies done in other developing countries.<sup>[14,15]</sup>

Women with less number of live issues (One or none) had greater unmet needs as compared to those having more children, which was similar to findings of earlier studies.<sup>[8,13,16, 17]</sup> Unmet need for family planning was found to be more amongst the working women (Majority unskilled workers) which might be due to increased familial responsibilities both socially as well as financially leading to unintended negligence towards the family planning services.

In the present study the duration of marriage less than one year was found as one of the determinants of unmet needs. This might be attributed to insufficient knowledge about family planning methods, decision making capability, and fear of side effects as well as hesitation of a newly married female especially in the Indian setup.

**CONCLUSION:** The present study revealed that unmet need for family planning was quite high among low socioeconomic status, duration of marriage less than one year, less number of live issues, social class i.e. OBC and SC/ST and working status of women, which were found to be independent determinants of unmet need of family planning.

**LIMITATIONS:** The findings of this study must be interpreted in the light of its limitations. In most of the cases husband of the respondents were not available at the time of interview and hence they could not be included in the study. Their thoughts would have enhanced the findings and would have given better picture about the unmet need of family planning.

**RECOMMENDATIONS:** The findings of the present study stress the need for developing more effective strategy especially focusing on socially and economically backward groups to meet the planned and small family norm along with responsible parenthood.

Action need to be taken to improve the knowledge of recently married women and younger age groups. Also improved educational status along with skill development may consequently raise the skilled job opportunities with better knowledge and financial position of the family which may lead to increased utilization of family planning method.

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Variable	Total Number	Unmet need	
		Number	Percentage
<b>Current Age (years)</b>			
15-30	278	195	62.5
31-35	93	71	22.8
36-49	70	46	14.7
<b>X<sup>2</sup>=2.35 df=2 p=0.3</b>			
<b>Religion</b>			
Hindu	362	255	81.7
Non-Hindu	80	57	18.3
<b>X<sup>2</sup>=0.009 df=1 p=0.92</b>			

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<b>Social Class</b>			
General	39	19	6.1
OBC	104	73	23.4
SC/ST	299	220	70.5
<b>X<sup>2</sup>=8.32 df=2 p=0.01</b>			
<b>Type of family</b>			
Nuclear	319	219	70.2
Joint	123	93	29.8
<b>X<sup>2</sup>=2.954df=1 p=0.10</b>			
<b>Family size</b>			
≤5	284	199	63.8
6-10	147	106	36.0
≥11	11	7	2.2
<b>X<sup>2</sup>=0.62 df=2 p=0.73</b>			
<b>Educational status of women</b>			
Illiterate	243	188	60.3
Up to secondary	110	72	23.1
Up to High school	47	33	10.6
Intermediate and above	42	19	6.1
<b>X<sup>2</sup>=17.51 df=3 p=0.00</b>			
<b>Educational status of husband</b>			
Illiterate	171	138	44.2
Up to secondary	125	83	26.6
Up to High school	83	58	18.6
Intermediate and above	63	33	10.6
<b>X<sup>2</sup>=17.93 df=3 p=0.00</b>			
<b>Current Employment Status of married women</b>			
Working(majority unskilled workers)	95	75	24.0
Not working	347	237	76.0
<b>X<sup>2</sup>=3.87 df=1 p=0.04</b>			
<b>Socioeconomic class*</b>			
II(Middle)	18	4	1.3
III(Lower middle)	50	28	9.0
IV(Upper lower)	361	268	85.9
V(Lower)	13	12	3.8
<b>X<sup>2</sup>=29.49 df=3 p=0.00</b>			
<b>Duration of Marriage (Yrs)</b>			
<1	298	226	72.4
1-5	88	49	15.7
5-10	12	7	2.2

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≥11	44	30	9.6
<b>X<sup>2</sup>=14.29 df=3 p=0.00</b>			
<b>Number of live issues</b>			
>2	29	21	6.7
2	219	142	45.5
≤1	194	149	47.8
<b>X<sup>2</sup>=6.62 df=2 p=0.03</b>			
<b>Discussion of family planning with husband</b>			
Yes	335	232	74.4
No	107	80	25.6
<b>X<sup>2</sup>=1.06 df=1 p=0.30</b>			
<b>Husband's behaviour with wife towards use of family planning method</b>			
Encouraged	330	225	72.1
Discouraged	102	87	27.9
<b>X<sup>2</sup>=3.42 df=1 p=0.64</b>			
<b>Table 1: Socio-Demographic characteristics of Married women of Reproductive age group (N=442)</b>			

### \* Modified Kuppuswamy socioeconomic scale 2014

Variables		Family planning		Adjusted OR (95% CI)
		Met need	Unmet need	
Social Class	OBC & SC/ST	110[27.3]	293[72.7]	2.3 (1.1-4.6)
	General	20[51.3]	19[48.7]	REFERENCE
Educational status of women	Below High School	93[26.3]	260[73.7]	1.0 (0.4-1.6)
	High School and above	37[41.6]	52[58.4]	REFERENCE
Educational status of husband	Below High School	75[25.3]	221[74.7]	1.0 (0.5-1.7)
	High School and above	55[37.7]	91[62.3]	REFERENCE
Employment Status of women	Working (majority unskilled workers)	20[21.1]	75[78.9]	1.9 (1.1-3.4)
	Not working	110[31.7]	237[68.3]	REFERENCE
Duration of marriage (Yrs)	<1	72[24.2]	226[75.8]	1.8 (1.2-2.9)
	≥1	58[40.3]	86[59.7]	REFERENCE
Socioeconomic Status	Upper lower and below	94[25.1]	280[74.9]	2.7 (1.5-5.1)
	Lower Middle and above	36[52.9]	32[47.1]	REFERENCE
Number of live issues	≤1	45[23.2]	149[76.8]	1.6 (1.1-2.5)
	≥2	85[34.3]	163[65.7]	REFERENCE

**Table No.2 Multivariate Logistic regression analysis of factors associated with unmet need of family planning (N=442)**

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