

Preferences of Contraceptive Method among Women Attending Family Planning Services in a Tertiary Care Center

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Abstract: ***Aim:** The aim of the study is to assess different contraceptive choices provided by family planning services of DR. SN Medical college Jodhpur and preference among women of reproductive age group in one year of duration. **Method:** This is retrospective study conducted in DR. SN medical college, Jodhpur. This include all women attending family planning services in one year of duration from June 2020 to June 2021. Data of study was collected retrospectively from data entry register of family planning center of our institution. Different contraceptive method provided by institution and preferences of women were analysed. **Result:** In this study most commonly preferred method of contraception was post partum IUCD (PPIUCD). Most of women prefer post partum IUCD over interval IUCD. Study show that there was average decrease in Interval sterilization at the same time women prefer post partum sterilization. Study also shows that women gradually start using newer method of contraception like injectable contraception that is DMPA (ANTRA). **Conclusion:** Proper counselling, accessibility of different method of contraception, information regarding newer method can gradually change the contraceptive preferences of females. Study clearly shows that women gradually start adopting newer method of contraception.*

1. Introduction

Family planning is the capability of partners to choose number of children's they wants and time to have them. This can be achieved by family planning methods which is very simple and cost effective way in decreasing country's fertility rate.

In India the family planning Program was implemented in 1952 as a national population policy to control the rapid growth of population and reduce poverty.

In the beginning these program were primarily focused on reducing fertility by permanent sterilization as a means of population control but later new focus develop which based on 'birth spacing', it focuses on women's right to have number of children she wants and when she wants them. Therefore new method of contraception were implemented.(1)

Contraception is defined as intentional prevention of conception through the use of various devices, sexual practices, drugs and surgical procedures.(2)

The utilization of contraceptive method among women is related to several factors such as personal choices, partner related, embarrassed to buy, misconceptions and misinformation related to contraception, lack of knowledge regarding proper use, lack of proper counselling and information regarding newer available methods.

In this study we assess preferences of contraceptive methods out of all available methods provided by family planning center of our institution in a women attending center from June 2020 to June 2021.

2. Material and Method

This is hospital based retrospective observational study conducted in DR. SN medical college, Jodhpur for one year duration.

In this study we include all women of reproductive age group attending family planning center and admitted in indoor were counselled about available methods of contraception.

Wide range of contraceptive method were informed and offered to these women. The family planning unit of our institution were instructed to offer contraceptive choices and counselled to women who came to them and all postnatal women as there routine practice. Data of study was collected retrospectively from data entry register of family planning center. Sample size of the study was as per data obtained from data entry register.

The data obtained was analyzed.

1) Wide range of contraceptive methods provided by institution were:

- a) Female sterilization operation
 - Puerperal sterilization (PP sterilization)
 - Interval sterilization
 - Laparoscopic sterilization
- b) IUCD (intrauterine contraceptive devices)
 - PPIUCD (IUCD inserted during delivery or within 48 hours of delivery)
 - Interval IUCD
- c) OCP (oral contraceptive pills)- MALA-N
- d) Condoms (NIRODH)
- e) Injection ANTRA/ DMPA
- f) Centchroman tablets (CHAYA)



3. Results

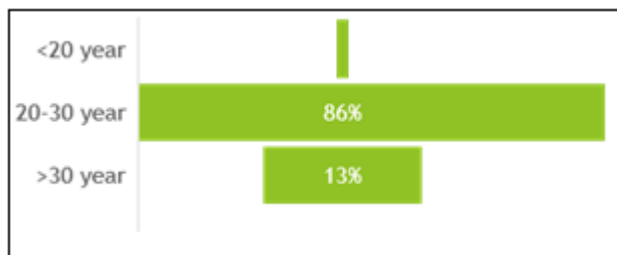
Analysing the available data it was found that out of all available contraception male condoms/NIRODH were mostly use contraceptive method by population. Total 16,095 male condoms were distributed during one year study period.

It was found that total 1300 sterilization operation done during one year study period out of which 1271 were PP sterilization and 29 were interval sterilization. Total IUCD insertion was 4,398 which include 4,137 were PPIUCD and 206 interval IUCD and 55 were post abortion IUCD (PAIUCD).

Total 1100 OCP's strips were distributed. Total 447 injection DMPA (depot medroxyprogesterone acetate) were given.

All the information collected from data entry register of family planning center include women's sociodemographic characteristic and monthly utilization of different contraceptive method provided by institution. Sociodemographic characteristic such as age, parity, rural or urban area. The data obtained was analysed.

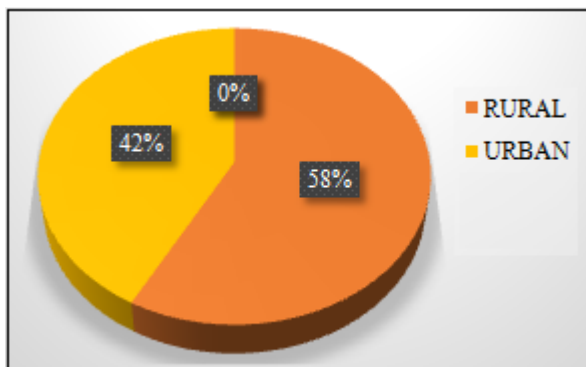
1) Age wise distribution of study group



2) Area wise distribution of study group

Rural area-58%

Urban area- 42%



3) Contraceptive preferences among women in percentages

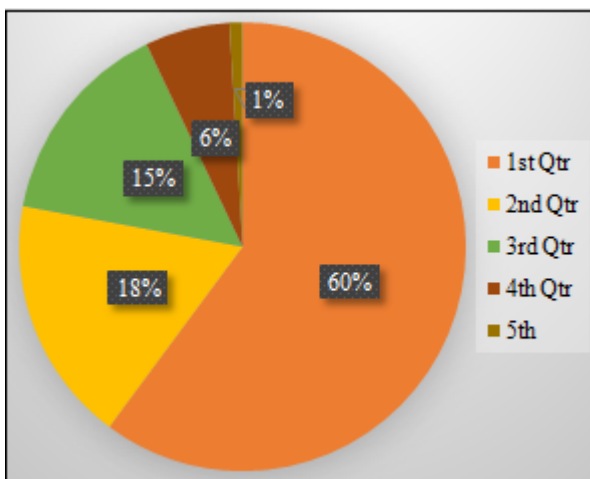
IUCD- 60.13%

Sterilization - 17.77%

OCPs- 15.03%

ANTRA- 6.11%

CHAYA- 0.94%



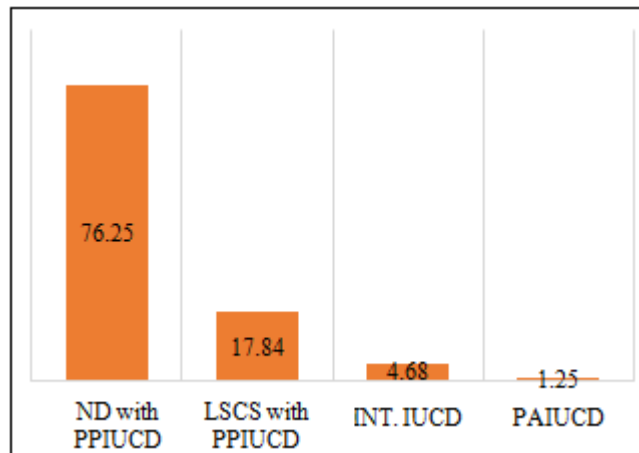
4) Percentage wise IUCD preference among women in one year

ND with PPIUCD- 76.25%

LSCS with PPIUCD- 17.84%

INTERVAL IUCD -4.68%

PAIUCD- 1.25%

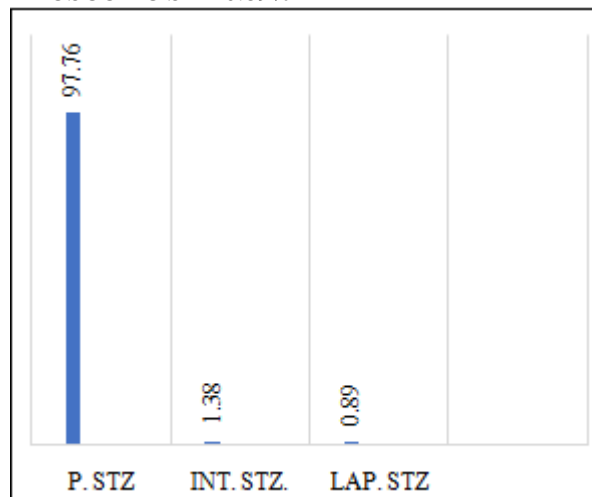


5) Total sterilization done in one year

P STZ- 97.76%

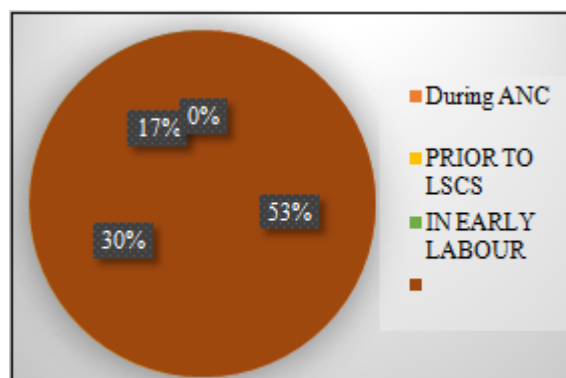
INTERVAL STZ.-1.38%

LAPROSCOPIC STZ-0.89%



6) Antenatal counselling distribution of women

All women were counselled during ANC checkup as a routine practice.



- Analysing monthly data of one year it was seen that commonly preferred method of contraception was post partum IUCD (PPIUCD). Most of women prefer post partum IUCD over interval IUCD.
- Study show that there was average decrease in Interval sterilization at the same time women prefer post partum sterilization. Study also shows that women gradually

start using newer method of contraception like injectable contraception that is DMPA (ANTRA).

Proper antenatal counselling also effect women's choice of contraception

4. Discussion

Utilization of contraceptive method by women depend upon personal choices and influenced by proper counselling and information regarding newer contraception.

Our study also show that how antenatal counselling of a women influenced her to use PPIUCD. Total 53% women who counselled during ANC were adopt PPIUCD as contraception.

- Based on study conducted in rural Bihar and Uttar Pradesh, the two most populous states of India show that 62% of clients received the method of contraception as their choice, only 28% received it based on responses about client- provider interactions.(4)
- Our study clearly show that total 60.13% women utilize IUCD during study period out of which 76% and 17.6% were inserted during normal delivery and during LSCS respectively. This show that women prefer PPIUCD over interval IUCD.
- Similar study conducted in Kalyani, West Bengal also show that total 13185 IUCD were utilize during 6 year study period in which 97.8% (12901) were PPIUCD and only 3.4% (457) were interval IUCD.(5)
- Our study shows that total 17.77% sterilization operation done during one year out of which 97.7% were done during LSCS that is P sterilization. This show that women prefer P STZ over interval sterilization.

5. Conclusion

Proper counselling, accessibility of different method of contraception, information regarding newer method can gradually change the contraceptive preferences of women. Study clearly show that women gradually start adopting newer method of contraception.

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