

# A Descriptive Study to Assess Knowledge and Practice of Contraception among Married Women of Reproductive Age Group in Selected Rural Areas of Kanpur, Uttar Pradesh

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**Abstract:** Family planning is no longer seen as measures of population control, but it is considered as a vital component of individual as well as nation development and also a means to protect and promote basic human rights. It also plays an important role in promoting reproductive health of the women in a developing country. There is encouraging momentum to increase the uptake of family planning. More than 30 countries have now committed to FP2020, a global partnership that includes a set of strategies and goals to reach millions more women. Yet our research is showing that a strategy limited to raising awareness and providing products will never succeed in reaching these goals. The state of Uttar Pradesh, has one of the highest fertility rates in India and contraceptive use is not growing, despite a decade of investment in access to family planning programs. **Method and materials:** This study was conducted with 100 samples in quantitative approach, cross-sectional descriptive research design was used. Sample selection was done by Non probability convenient sampling technique. **Result:** Majority of the respondents (82%) had heard about the contraception shows that maximum (48.3%). Copper-T was the most (74%) known method of contraception. 46 women who had used contraceptives, 85% were satisfied with contraceptives that they had used in the past and 62% were still using contraceptives and were satisfied with the contraceptives they were presently using. **Discussion:** During the research on knowledge of contraception it was found that majority of women are unaware regarding modern methods of contraception. Other than this women who are using contraception are not fully satisfied with it. It is necessary to develop educational programs and campaign to enhance knowledge and practice about contraception. **Conclusion:** There is need to educate and motivate couples along with improvement in family planning services to promote contraceptives.

**Keywords:** Contraception, Reproductive Age, Population Control

## 1. Introduction

Family planning is no longer seen as measures of population control, but it is considered as a vital component of individual as well as nation development and also a means to protect and promote basic human rights.

Family planning is a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decision by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of the country. According to WHO “family planning allows individual and couples to anticipate and attain their desired number of children and the spacing and timing of their birth. It is achieved through the use of contraceptive method and the treatment of involuntary infertility”.

Family planning refers to the practice to help the individual or couples to attain certain objectives like to avoid unwanted pregnancy and to bring about wanted births. It also helps to regulate the interval between pregnancies and control the time at which birth occur in relation to the age of the parents other than this is also determine the number of the children in the family.

“The truth is women use contraception only as a way to prevent unintended pregnancies, but also to improve their health and health of their families. Increased access to contraception is directly link to declines in maternal and infant mortality”. Millions of couple throughout the world would desire to avoid becoming parents, but they don't use any contraceptive methods to prevent the birth. It is estimated that world total population will reached to approximately eight billion by the year 2025. Developing countries are densely populated than the developed countries. In the world, India has reached to second largest populated country. It has 1.36 billion people as per 2018 census; which is estimated to reach 1.53 billion by next 30 years as per report of united nation survey. The necessity for population control is very important for the developing country like India with larger economy and limited resources. To control Population growth contraceptive methods are best way; adopted by the couples on voluntarily basis through their positive attitude and responsible decision; which helps to improve health of couples, family as well as society.

A cross-sectional descriptive study was carried out in the in a rural area of Bareilly, Uttar Pradesh. 458 randomly selected eligible couples were included in the study. A pre-structured questionnaire was used to collect information about family planning methods knowledge, source of knowledge and current practices and reasons of nonuser.

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The appropriate statistical analysis was done to present the results. Result shows that 48.03% eligible couples had adopted one or the other current modern contraceptive measure. Female sterilization was the most common method used. Researcher concluded that the overall usage of postpartum contraception was low, there is need to focus at every step to contact with health facility or health workers.

### Title of the study

“A descriptive study to assess knowledge, attitude and practice of contraception among married women of reproductive age group in selected rural areas of Kanpur Uttar Pradesh”.

### Objective

- To assess the level of knowledge, attitude and practice about the contraception among rural women of reproductive age group in selected rural areas of Kanpur, Uttar Pradesh.
- To assess the level of knowledge, attitude and practice about the contraception among rural women

### Hypothesis

$H_0$ – there is no significant association between the level of knowledge, attitude and practice about contraception among rural women with their selected demographic variables.

$H_1$ –there is significant association between the level of knowledge, attitude and practice about contraception among rural women with their selected demographic variables.

### Delimitation

- Women living in selected rural areas of Kanpur, Uttar Pradesh.
- Women who are present at the time of data collection.
- The study will be delimited to 60 women of reproductive age group.

## 2. Research Methodology

Research Approach – “Research approach tells the researcher from whom to collect the data and how it analyses. It also suggest possible conclusion to be drawn from the data and helps the researcher in answering specific research question in the most accurate and efficient way. For present study quantitative research approach was used.

Research design- “Research design is the plan of how, when, and where data are to be collected and analyzed research design is the researchers overall plan for answering the research questions or testing the research hypothesis”.  
Cross – sectional descriptive research design was used for this study.

### Method of data collection

Sample –“Sample may be defined as representative unit of a target population, which is to be worked upon by researchers during their study.

Women of reproductive age group who fulfill the inclusion criteria are considered as the sample.

Sample size –“sample size means number of subjects, events, behaviours or situations that are examined in a study.

In other words the sample size refers to a decision on how many items from the universe are to be subjected for data collection.”

The investigator selected 100 women of reproductive age group who fulfilled the criteria of selection.

Criteria for sample collection – sampling criteria includes inclusion and exclusion. The inclusion criteria specify the population characteristics. The exclusion criteria help to delimit the selection of sample.

Sampling technique – “sampling is the process of selecting a portion of the population to represent the entire population”

Non probability convenient sampling was used for the selection of sample in the study.

## 3. Data analysis and interpretation

### Association of the level of knowledge and practice about the contraception among rural women with their selected demographic variables

According to age, majority of subjects belong to the age group 26-30 (40%) followed by the age group 20-25 year (26%).

According to religion, majority of subjects were Hindus (72%) followed by the Muslims (28%).

According to education, majority of subjects had education of high school (36%) followed by graduates (30%).

According to no. of children, majority of the subjects had more than 2 children (42%) followed by 1-2 children (32%).

According to family income, majority of the subjects had income between Rs 10000-20000 or Rs 20001-30000 (38%).

According to duration of marriage, majority of the subjects had duration of marriage more than 10 years (34%) followed by the duration of marriage 3-6 years (30%).

According to use of contraceptives, 46% were used contraceptives.

There was no statistically significant association of the knowledge with the other variables

### Assessment of contraceptive knowledge and practice among women

#### Knowledge

Majority of the respondents (82%) had heard about the contraception shows that maximum (48.3%). Copper-T was the most (55.5%) known method of contraception. Majority (85%) of the respondents had got information of contraception through mass media and few (8%) through relatives.

Majority of respondents shows that avoiding unwanted pregnancy was the most (79%) known benefit of contraception. However, only (46%) respondents knew that it also decreases the economic burden of the family. 46% were used contraceptive currently. Maximum respondents believed that use of contraception causes damage to the uterus, (40%) had a fear of side effects and (36%) believed that it causes infertility.

**Practice**

46 women who had used contraceptives, 85% were satisfied with contraceptives that they had used in the past and 62% were still using contraceptives and were satisfied with the contraceptives they were presently using. Among the user of contraceptives 37% of had oral pills and 31% the barrier method (condom). Twenty seven percent had undergone tubectomy and 24% had used Copper T. 55.5% of the women chose the methods because they found it comfortable, and easy to use. In 41.6% of the women the choice of methods used was decided by their husbands.

There was no statistically significant association of the knowledge with the other variables.

**4. Conclusion**

More than half million of women died every year as a result of complications in pregnancy and child birth in a developing countries. With we take scenario of our country young urban people are more likely to use contraception as compare to rural. Most women of reproductive age group are not using contraceptives due to several side effects like weight gain, menstrual irregularities etc. There must be some provision to enhance knowledge and awareness of women so overall health of family is going to be improved.

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