

A Descriptive Study to Assess the Knowledge, Attitude and Practice regarding Family Planning Methods among Women in Reproductive Age in Selected Areas of Faridkot, Punjab

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Abstract: *Introduction:* Family planning is a voluntary and conscious effort made by the married couple to limit the number of children they have through adopting family planning methods. Family planning promote and protect the reproductive health of the mother by avoiding unwanted pregnancies and abortions, prevents sexually transmitted diseases, and improves the quality of life of mother and family. Population explosion is a major problem that we see nowadays and to tackle this issue already there are ample of programmes that focuses on small family norms and use of contraceptives. Many researchers showed that the people have knowledge and awareness of contraception's but utilization of contraceptives is limited. So, we felt the need to assess the knowledge, attitude, and practice (KAP) regarding Family Planning methods among women in reproductive age. *Methodology:* Descriptive study conducted in Bazigar Basti of District Faridkot for a period of 3 months from September 2023 to November 2023. Data was collected from 200 samples by using purposive sampling technique after fulfilling the inclusion and exclusion criteria. Face to face interview was conducted after briefly explaining the objectives of the study and obtaining consent from the subjects. *Results:* in present study all women heard of contraceptives. More than half (51%) women currently not using any contraceptive method whereas less than half (42.5%) use condoms followed by 3% oral pills, 2.5% implants and only 1% injectables. In terms of level of attitude, Two-third (63.5%) women have favourable attitude regarding family planning followed by 36.5% were have moderately favourable attitude towards family planning. More than half (51%) of women never used any family planning before whereas only 49% has used any family planning before. *Conclusion:* In present study it is concluded that women have knowledge about family planning and have favourable attitude towards contraceptive but still the utilization was quiet low.

Keywords: Knowledge, Attitude, practice, Family planning methods, women in reproductive age

1. Introduction

World is currently challenging three 'P'. They are population explosion, poverty, and pollution. Population explosion itself given rise to other 2P's.¹ The global population stands at 8 billion and is expected to reach 9 billion by the year 2045. Increase in population has remained one of the major problems in India as it accounts one-fifth of the world population and most populous country in the world.^{2,3} The only way to control these 3P's is voluntary and effective use of family planning methods among reproductive age groups.

Family planning is a voluntary and conscious effort made by the married couple to limit or space the number of children they have through the use of contraceptive methods. Family planning not only deals with small family norms but also promote and protect the reproductive health of the mother by avoiding undesired pregnancies and abortions, preventing sexually transmitted diseases, and improving the quality of life of mother, fetus, and family.⁴

Despite the fact that India was the first country in the world to adopt a National Population Control Program in 1952, still we lack behind and failed to control population. To control population explosion and promote the economy of country it is important to have small family norms which can be achieved by ensuring that all pregnancies are wanted.^{2,3} Government of India has undertaken many initiatives to reduce maternal mortality such as Child Survival and Safe

Motherhood (CSSM), Reproductive and child health (RCH I, II), RMNCAH+N (Reproductive Maternal New-born Child Adolescent Health Plus Nutrition), Janani Suraksha Yojana (JSY), Mission Parivar Vikas etc. Among these initiatives, the most important is the provision of family planning at all levels of the healthcare system.

According to National Family Health Survey (NFHS-5), at national level total of 66.7% of married women use any method of family planning, female sterilization method is used by 37.9% of married women, IUD by just 0.3% of the women, pills by 5.1% of women and condom by 9.5% women whereas in Punjab the prevalence of using any contraceptive method among women of reproductive age is 66.6%, female sterilization is adopted by 22.8% married women, IUD by 0.5%, pills are used by 3.1% married women and condom by 22.2% married women.⁵ According to National Family Health Survey (2020-2021) district fact sheet, in Faridkot district of Punjab total of 56.3% of married women use any method of family planning which was 81.5% in 2015-16(NFHS-4) from this data we can see that the use of contraceptive methods drastically falls in both the surveys. Female sterilization is adopted by 24.7% married women, IUD by 3%, pills are used by 2.3% married women and condom by 17.1% married women.⁶

Different researchers showed that the highest awareness but low utilization of contraceptives making the situation a serious challenge. Most of reproductive age women know little or have misconception about family planning methods.

Volume 13 Issue 11, November 2024

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

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Even when they know some names of contraceptives, they do not know where to get them or how to use it. India being multi-religious, multi-linguistic and with multiple ethnic groups, have different levels of awareness levels of awareness and acceptance of contraceptives. While working in the community field it was observed that most of the female have the knowledge regarding family planning methods but not using any method for birth spacing. So, we felt the need to assess the knowledge, attitude, and practice (KAP) regarding Family Planning methods among women in reproductive age.

2. Methodology

This is a Descriptive study conducted in Bazigar Basti of District Faridkot. In this study married women between age group of 18 to 49 years were included who were residents of Bazigar Basti, Whereas women who had already attained menopause or underwent hysterectomy were excluded from study. This study was conducted for a period of 3 months from September 2023 to November 2023. Ethical permission was obtained from the Institutes Ethical committee. Data was collected from 200 samples by using purposive sampling technique after fulfilling the inclusion and exclusion criteria. House to house survey was done by the investigators. Face to face interview was conducted after briefly explaining the objectives of the study and obtaining consent from the subjects.

Description of tool

The questionnaire comprises of total 26 questions comprising of socio demographic information of interviewee which include, 7 knowledge-based questions, 10 attitude questions and 9 practice-based questions.

Scoring and interpretation of attitude scale

Attitude Category	Score	Percentage
Favourable attitude	>16	>80 %
Moderately Favourable attitude	10-16	51-80
Unfavourable attitude	<10	< 50

Maximum score= 20 Minimum score= 10

It comprised of 10 attitude items regarding family planning. Every positive statement was scored 2 for agree and one for disagree. Negative statement was scored 2 for disagree and one for agree. The maximum score was 20 and minimum score was 10. The attitude scale was categorised as favourable, moderately favourable and unfavourable attitude.

At the end of interview session recommendations were made to spread information regarding contraceptive methods and encourage its utilization. The collected data was grouped and analysed by descriptive statistics.

3. Results

Table 1: Frequency and Percentage Distribution of women in reproductive age in terms of socio-demographic variables, N= 200

Variable	N (%)
Age (Years)	
18-29	115(57.5)
≥ 30	85 (42.5)
Education status	
Illiterate	34 (17.0)

Primary education	77 (38.5)
Secondary and above education	89 (44.5)
Monthly Income (in Rs.)	
Less than 10,000	121 (60.5)
10,000-30,000	51 (25.5)
More than 30,000	28 (14.0)
No. of Children	
One child	68 (34.0)
Two children	107 (53.5)
Three or more Children	25 (12.5)
Occupation	
Housewife	181 (90.5)
Farmer	07 (3.5)
Daily labourer	12 (6.0)
Religion	
Sikh	158 (79.0)
Hindu	40 (20.0)
Others	02 (1.0)

Table 1 shows the frequency and Percentage Distribution of women in reproductive age in terms of socio-demographic variables. More than half (57.5%) women were in age group of 18-29 years whereas 42.5% were more than 30 years. As per educational status 44.5% of women had secondary and above education, more than one-third (38.5%) of women has primary education whereas 17% were illiterate. In present study 60.5% women has monthly income less than Rs. 10,000, whereas only 14% has monthly oncome more than RAs. 30,000. More than half (53.5%) of mothers have 2 children and only 12.5% mothers have 3 or more children. In terms of occupation, most of the women (90.5%) were housewives, 3.5% works as farmer and 6% of women were daily labourer. Most of the women (79%) in the study were Sikh whereas 20% of them belongs from Hindu religion.

Table 2: Item wise frequency and percentage distribution of women in reproductive age in terms of knowledge regarding contraceptives methods, N=200

Item	Category	N (%)
Have you ever heard of contraceptives.	Yes	200 (100)
	No	-
What is your source of information for family planning.	TV/Radio	32 (16)
	Health worker	76 (38)
Where do you get access for Family planning.	Family and friends	92 (46)
	Hospital	76 (38.0)
Can you mention the method that you know.	Health Centre	73 (36.5)
	Private clinics	51 (25.5)
What is your current choose of contraceptives	Condom	103 (51.5)
	Pills	53 (26.5)
Do contraceptive have side effects.	Injection	05 (2.5)
	IUD	21 (10.5)
If yes, which of the following side effect	Permanent methods	18 (9.0)
	Not using any Contraceptive	102 (51)
What is your current choose of contraceptives	Condoms	85 (42.5)
	Pills	06 (3.0)
Do contraceptive have side effects.	Injection	02 (1.0)
	Implant	05 (2.5)
If yes, which of the following side effect	Yes	53 (26.5)
	No	147 (73.5)
If yes, which of the following side effect	Nausea/vomiting	12 (22.6)
	Headaches	11 (20.8)
If yes, which of the following side effect	Irregular /heavy bleeding	20 (37.7)
	Abdominal pain	08 (15.1)
If yes, which of the following side effect	Breast tenderness	02 (3.8)

Table 2 shows the Item wise frequency and percentage distribution of women in reproductive age in terms of knowledge regarding contraceptives methods. All of the women heard about contraceptives. Less than half (46%) of women heard about family planning from family and friends, followed by 38% from health workers and only 16% heard about contraceptives through mass media i.e. TV and radio. More than one-third (38%) of women knows contraceptives can be accessed from hospital followed by 36.5 % from health centre and 25.5 % from private clinics. More than half (51.5%) of women know about condoms, 26.5% knows about pills, 10.5% women knows about IUDs whereas only 9% knows about permanent family planning methods. More than half (51%) women currently not using any contraceptive method whereas less than half (42.5%) use condoms followed by 3% oral pills, 2.5% implants and only 1% injectables. More than two-third (73.5%) women do not know the side effects of contraceptive whereas only 26.5% knows the side effects. In terms of side effects, more than one-third of women said irregular or heavy bleeding, followed by nausea and vomiting (22.6%), headaches (20.8%), abdominal pain (15.1%) and breast tenderness (3.8%).

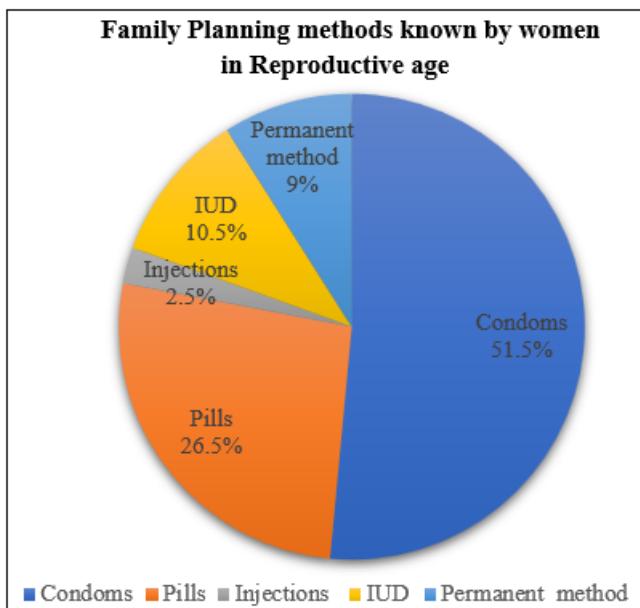


Figure 1: Pie charts depicting the family planning methods known by women in reproductive age.

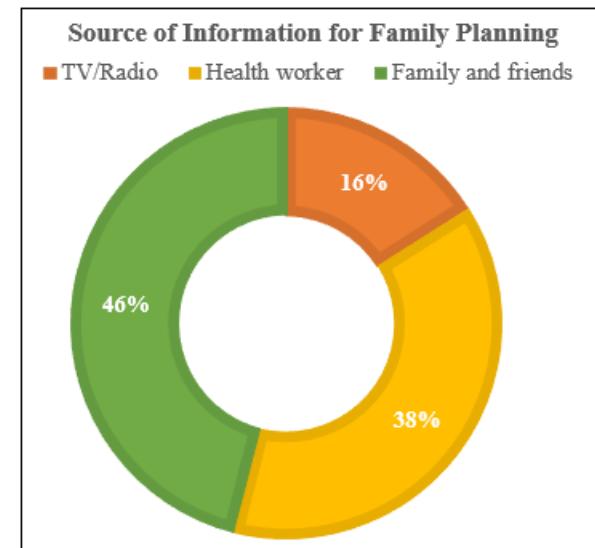
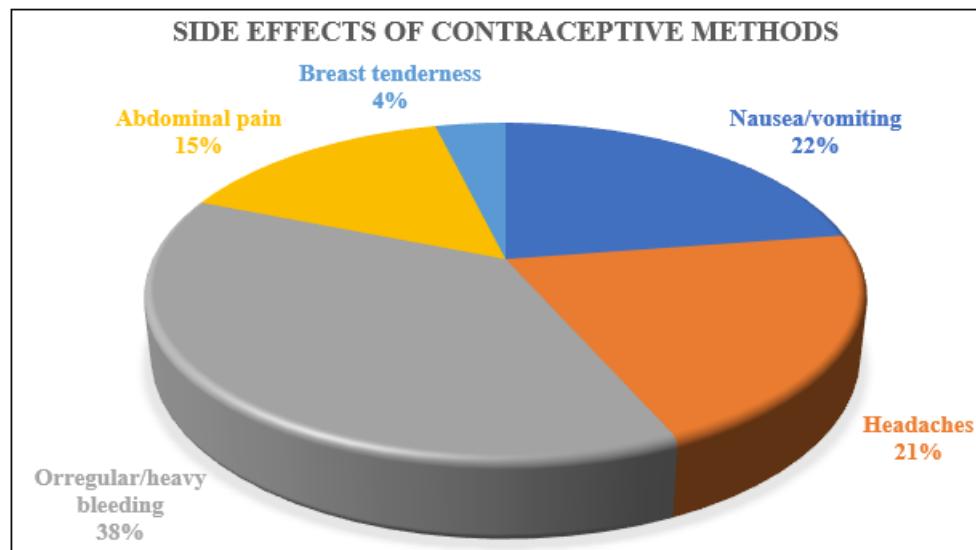


Figure 2: Donut chart depicts the source of information for family planning

**Figure 3:** Pie chart showing the side effects of contraceptive methods**Table 3:** Item wise frequency and percentage distribution of women in reproductive age in terms of attitude towards contraceptive use, N=200

Item	Categories	N (%)
Partner discussion about Family Planning is important.	Agree	139 (69.5)
	Disagree	61 (30.5)
Do you have interest to know about Family planning.	Agree	138 (69.0)
	Disagree	62 (31.0)
Using family planning is important for a women.	Agree	121 (60.5)
	Disagree	79 (39.5)
Using family planning is important for the family.	Agree	153 (76.5)
	Disagree	47 (23.5)
Large family size effect development of family.	Agree	145 (72.5)
	Disagree	55 (27.5)
Do you have interest to use family planning.	Agree	126 (63.0)
	Disagree	74 (37.0)
Advising other women for family planning is good/appropriate.	Agree	115 (57.5)
	Disagree	85 (42.5)
Having many children is an asset for the family.	Disagree	78 (39.0)
	Agree	122 (61.0)
Family who had many son is respected than family who had many female.	Disagree	88 (44.0)
	Agree	112 (56.0)
It is sin to use Family planning.	Disagree	134 (67.0)
	Agree	66 (33.0)

Table 3 shows the item wise frequency and percentage distribution of women in reproductive age in terms of attitude towards contraceptive use. Most of the women (69.5%) agree that family planning discussion with partner is important. More than two-third (69%) women have interest to further know about family planning. Less than two-third (60.5%) agrees that family planning is important for a woman. Most of the women (76.5%) agrees that family planning is important for the family. 72.5% agree that large family size can affect the development of family. More than half (57.5%) women agrees with the statement that advising other women

for family planning is good. 61% of women agrees that having many children is an asset for the family. More than half (56%) women agrees that families with many son is respected than the family who had many females. Most of the women (67%) disagrees with the statement that it is sin to use family planning methods.

Table 4: Frequency and percentage distribution of women in reproductive age in terms of level of attitude regarding family planning

Attitude Category	Score	Percentage	N (%)
Favourable attitude	>16	>80 %	127 (63.5)
Moderately Favourable attitude	10-16	51-80	73 (36.5)
Unfavourable attitude	<10	< 50	0

Maximum score= 20 Minimum score= 10

Table 4 depicts the attitude of women in reproductive age regarding family planning. Two-third (63.5%) women have favourable attitude regarding family planning followed by 36.5% were have moderately favourable attitude towards family planning.

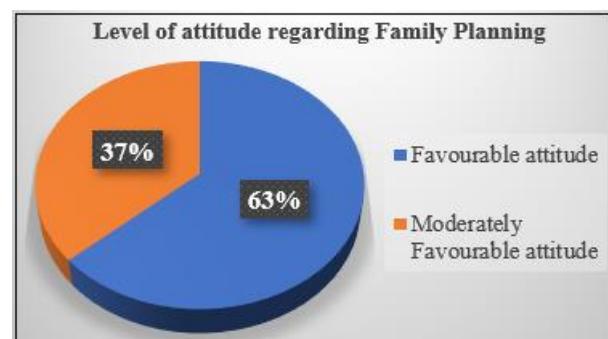
**Figure 4:** Pie chart depicts the level of attitude of women in reproductive age regarding family planning

Table 5: Item wise frequency and percentage distribution of women in reproductive age in terms of practice towards contraceptive use, N=200

Item	Category	N (%)
Have you ever used family planning before.	Yes	98 (49.0)
	No	102 (51.0)
Is your reason to use contraceptive is to improve your own and child health.	Yes	164 (82.0)
	No	36 (18.0)
Is your reason to use contraceptive is prevent unwanted pregnancy.	Yes	181 (90.5)
	No	19 (9.5)
Is your reason to use contraceptive is recommended by health professional.	Yes	130 (65.0)
	No	70 (35.0)
Do you choose one contraceptive from the other after counselled by health professionals.	Yes	91 (45.5)
	No	109 (54.5)
Do you choose one contraceptive from other after advertising on social media.	Yes	77 (38.5)
	No	123 (61.5)
Do you choose one contraceptive from other after health personal chooses for you.	Yes	103 (51.5)
	No	97 (48.5)
Do you want to use contraceptives in future.	Yes	46 (23.0)
	No	154 (77.0)
What is the reason you do not want to use contraceptives.	Still want to have a children	30 (19.4)
	Lack of information of family planning/contraceptives	62 (40.3)
	Fear of side effects	62 (40.3)

Table 5 shows the item wise frequency and percentage distribution of women in reproductive age in terms of practice towards contraceptive use. More than half (51%) of women never used any family planning before whereas only 49% has used any family planning before. Most of the women (82%) use contraceptive to improve their own and child health. Maximum of women (90.5%) uses contraceptive to avoid unwanted pregnancy. Near to two-third women (65%) uses contraceptive as recommended by the health professional. Less than half (45.5%) women choose one contraceptive from the other after counselled by health professionals whereas 38.5% women choose one contraceptive from other after advertising on social media. More than half (51.5%) choose one contraceptive from other after health personal chooses for them. More than two-third (77%) women do not want to use any family planning in future whereas only 23% women wants to use contraceptive in future. The reason for not using contraceptive in future is lack of information of family planning (40.3) followed by fear of side effects (40.3) and still want to have children (19.4%).

4. Discussion

India was the first country in the world to implement the National Family planning program in 1952 at the primary care level, but increasing program coverage is not enough unless all eligible women have adequate awareness as well as favourable attitude and a correct and consistent practicing of family planning methods as per their need.

In present study More than half (57.5%) women were in age group of 18-29 years whereas 42.5% were more than 30 years. These results were found to be similar with the study conducted by Jadadish S Devaru et al in peri-urban area of Bangalore city.¹ Educational status of 44.5% of women was secondary and above, more than one-third (38.5%) of women has primary education whereas 17% were illiterate. More than half (53.5%) of mothers have 2 children and only 12.5% mothers have 3 or more children. These results were found to be similar with the study conducted by Jadadish S Devaru et al in peri-urban area of Bangalore city.¹ In terms of occupation, most of the women (90.5%) were housewives,

3.5% works as farmer and 6% of women were daily labourer.¹ Most of the women in the study were Sikh whereas 20% of them belongs from Hindu religion. These findings are similar to the study conducted by Kaur R et al in Amritsar, Punjab.⁷

In present study all of the women heard of contraceptives. This finding similar with the study conducted by Kawale S et al, Bharatpur, Rajasthan in which 87.9% of women heard about contraceptives.⁸ In present study Less than half (46%) of women learnt about family planning from family and friends, followed by 38% from health workers and only 16% learnt about contraceptives through mass media i.e. TV and radio. This finding contradict the finding of study conducted by Kaur R et al in Amritsar, Punjab in which 17.9% respondents learnt from friends, 35.8% from media and 46.2% from health workers.⁷

In present study More than half (51.5%) of women know about condoms, 26.5% knows about pills, 10.5% women knows about IUDs whereas only 9% knows about permanent family planning methods. This result contrasted with the study done by Daya PA et al. (2018), which concluded that 56.0% women had knowledge about IUCD, 38.0% knew about permanent sterilization (38%), 21.0% knew about pills, and only 14.0% knew about condoms.⁹ In present study more than two-third (73.5%) women do not know the side effects of contraceptive whereas only 26.5% knows the side effects. In terms of side effects, more than one-third of women said irregular or heavy bleeding, followed by nausea and vomiting (22.6%), headaches (20.8%), abdominal pain (15.1%) and breast tenderness (3.8%). This results are similar to the study conducted by Jadadish S Devaru et al in peri-urban area of Bangalore city, in which 34% women know about the side effects due to contraceptives. Most of the women said irregularities in menstruation, 28% said abdominal pain, breast tenderness.¹

Around 49% of respondents were currently practicing a family planning method which is lower than studies conducted in Rohtak district, India, urban slum community of Mumbai, India in which 62%, 65.6% of participants,

respectively, used family planning.^{10,11} The difference might be due to residing in a large city/town and this may help them to have a better access for family planning compared with this study. In this study, the most common contraceptive used was condom 42.5%, which is comparable to the study by Ashwini Nayak *et al.* in which most of them were using condom (59%) and Wani RT *et al.* 47.6%.^{12,13}

Two-third (63.5%) women have favourable attitude regarding family planning which is consistent with the study conducted by in Jaipur, Rajasthan.¹⁴ This finding is also supported by the study conducted by Srivastav A *et al* reported that 71.2% participants have favourable attitude towards contraceptive methods.¹⁴ Most of the women (69.5%) agree that family planning discussion with partner is important. Most of the women (76.5%) agrees that family planning is important for the family. Both the findings are consistent with the finding study conducted by in Jaipur, Rajasthan.¹⁴

In present study More than half (51%) of women never used any family planning method before. The reason for not using contraceptive in future is lack of information of family planning (40.3) followed by fear of side effects (40.3) and still want to have children (19.4%) which is similar to the study conducted by Daya PA *et al* in rural area of Tirunelveli district, Tamil Naidu, India.⁹ In a study conducted in Haryana, 40.8% women under study were not using any contraceptives. The reasons for not using any contraceptive were need more children (31.3%), fear of side effects (20.6%).¹⁶

5. Conclusion

In present study it is concluded that women have knowledge about family planning and have favourable attitude towards contraceptive but still the utilization was quiet low. Hence, Good knowledge and attitude doesn't always lead to the use of contraceptives. There is strong need for motivational strategies to make women in reproductive age to accept and practice the contraceptive methods. Participation of males is also very crucial in strengthening family planning services. At grassroot level it is the responsibility of health workers to organize more educational programmes and health camps to increases awareness about family planning.

Limitation of study

Husband's view regarding contraceptives was not enquired.

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