

# Awareness and Acceptance of Family Planning in Patients Coming to Gynae Department of D.G.Khan Teaching Hospital

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## ABSTRACT

**Objective:** To determine the frequency of awareness and acceptance of contraception in married women.

**Study Design:** Cross sectional descriptive study.

**Place and Duration of Study:** This study was conducted in department of Obs and Gynae of D.G.Khan teaching hospital from 1<sup>st</sup> April 2014 to 1<sup>st</sup> April 2015.

**Materials and Methods:** A questionnaire was designed and it was filled by interview of 200 women. This questionnaire carried socio demographic characteristics of women as well as knowledge and acceptance. This questionnaire includes knowledge of name of different methods and how to access these methods.

**Results:** As the result, 92.5% women were aware on one family planning method out of 10 but acceptance for usage in one only 60% .The contraceptive prevalence was 33% which was less than 35% CPR from Pakistan national prevalence. Depo-Provera method is followed with 70% as compared to oral contraceptive pills 68% and natural method 50% least known method was vaginal foam tablets/ Jelly 20%. Regarding permanent method, knowledge of sterilization awareness was 81% in females and 60% was in males. Emergency contraception awareness was low 11.5% as in table two.

**Conclusion:** More efforts are required with the collaboration of print and electronic media to educate the public about the safety and convenience of modern irreversible as well as reversible methods of family planning.

**Key Words:** Family planning, contraception, knowledge, acceptance, awareness.

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## INTRODUCTION

The globe people has been stabilized in urban world but Pakistan having the sixth number in populated country in world is still under the control of quick increasing population. In 2013, population reference Bureau estimated 182.1 million Pakistan's population and is possible near to 295 million till 2050. Population growth rate of Pakistan is 26.8% in 2013 and growth rate is 1.6%. As the result of increasing population in Pakistan, state has difficulties to provide fundamental human facilities such as Health, Housing, Education, food, water, and clothing to its people. So, the Pakistani's government has priority in Family planning Promotion to maintain a balance between the socio-economic development and population growth. validation of this study is to improve the concept of correct contraceptive in women belonging to D.G.Khan which is the center of all four provinces of Pakistan and draining large of area around up to Rakkani

Baluchistan, D.I.Khan from NWFP Muzaffargarh from Punjab Rajanpur Kashmir from Sindh to show up the value of accessibility and availability services regarding family planning efforts to reduce the Population growth rate. Non users of contraception were evaluated to determine the reason for lack of family planning. Perceived or real side effects are main factors for withdrawal of the use of family planning method. Print and electronic media also has a role which is evaluated to increase the acceptance of and awareness of family planning method.

In recent year such type of studies are needed as to develop suitable program for people to achieve two major objectives firstly to have only the preferred number of kids secondly to have these kids by planed spacing of pregnancies.

## MATERIALS AND METHODS

A questionnaire was designed and it was filled by interview of 200 women. This questionnaire carried socio demographic characteristics of women as well as knowledge and acceptance. This questionnaire includes knowledge of name of different methods and how to access these methods.

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Acceptance regarding family planning including different myths, misconception and religious beliefs were also accessed. This questionnaire also carries the involvement of other family members in decision making for the choice of contraception. Results were presented in term of frequencies and percentage. Sampling technique is simple random technique.

**RESULTS**

As the result, 92.5% women were aware on one family planning method out of 10 but acceptance for usage in one only 60%.The contraceptive prevalence was 33% which was less than 35% CPR of Pakistan national prevalence. . Depo-Provera method is followed quit 70% as compared to oral contraceptive pills 68% and natural method 50% least known method was vaginal foam tablets/ Jelly 20%. Regarding permanent method, knowledge of sterilization awareness was 81% in females and 60% was in males. Emergency contraception awareness was low 11.5% as in table two. Regarding acceptance of family planning methods ,11% Depo-Provera method was commonly used followed by OCPS 4.5% and condom. 2%female sterilization is more accepted option as compared to male sterilization. Knowledge of no contraceptive use of family planning

method was claimed by only 35% of respondent (Fig1) while knowledge of adverse effect of family planning method was 52%, 40% of respondents were aware of protection from AIDS / HIV with use of condom. Mostly, 55% (Table 3)Media source was used for the awareness of birth control .This study also observed that knowledge of family planning methods increased with education level of females(Table4) but even educated women were not aware of about the details like when to start the method and when fertility return after discontinuation of any method. A wide knowledge and acceptance gap was observed as like other developing centuries mostly due to strict religious believers and misconceptions.

**Table No.1: Socio-demographic Characteristic**

Age group (Years)	No. of Patients	Percentage of pts	Family planning Awareness
<19 years	13	6.5%	12 (92.3%)
20—34 Years	137	68.5%	158 (96.9%)
>35 years	50	25%	23 (95.8%)

Main age 28 year Range(17 to 49 Years)

**Table No.2: Awareness and acceptance about different F.P methods.**

	Any one Method	Depo provera	OCps	Condom	Norplant	IUCI	Viginal foams	Natural method	Female sterilization	Male sterilization	ECP
Awareness	92.5%	70%	68%	71%	55%	47%	20%	50%	81%	60%	11.5%
Acceptance	33.5%	10.5%	4.5%	4%	3%	2.5%		1.5%	5.5%	2.5%	-

**Table No.3: Source of Information**

Media	Health Personal	Friends /Others
55%	22%	33%

**Table No.4: Awareness According to the educational status.**

Illiterate	Primary	Secondary	Intermediate
53%	79%	28%	67%

**Figure No.1: Knowledge of non contraceptive benefits**

**DISCUSSION**

Since, 1960, family planning programs were introduced in public sector in Pakistan realizing its values in population growth control. In spite of having the broad vision of Pakistani Government regarding Population control by family planning is still a dream to come true. if we compare Contraceptive prevalence rate with neighboring countries of Pakistan such as 48% in India, 58% in Bangladesh and 70% in Sri Lanka<sup>1</sup> but Pakistani CPR is 35% which is very discouraging<sup>2</sup>. Current contraceptive use in this study was 33.5% as in table 2. This study points out that poor socio economic

status of couples and low small literacy rate of women are major reasons for low CPR. Low earnings are also found as barriers to get the desire result of modern contraceptive method which is mentioned in Pakistan contraceptive demands survey<sup>3</sup>. Women in Karachi result was reported to be associated with rapid fertility decline due to their better economical and educational status<sup>4</sup>.

So, 92.5% women were aware on one family planning method out of 10 but acceptance for usage in one only 60%. In other studies, the percentage of awareness varied from 94% in Pakistan<sup>5</sup>, 94.2 in skkins<sup>6</sup>, 95.8% in Korea<sup>7</sup>, even up to 100% in a study Bangladesh 09. Awareness about different methods of family planning showed Depo-Provera was the top priority 70% followed by OCPS 68% and condom 71%, Natural method 50% and emergency contraception 12% were among the least known methods while respondent did not know about vaginal foams. Acc to Bangladesh demographic health survey 1993-94 97% knew about Depo-Provera followed by IUCD 90% and condoms 8%. In contrast to study done by Rendition et al showed maximum awareness for oral contraceptive pills 95.8%

followed by condoms 74% and IUCD 72%. While in study done by Srivastava et al IUCD was most commonly used method 61% and condom 50%<sup>8</sup>. Knowledge regarding use of Emergency contraception was higher 30% in study done in South Africa<sup>9</sup> but in our study it is quite as low as 11.2% in other study in India<sup>10</sup>. Regarding permanent method, knowledge of sterilization awareness was 81% in females and 60% was in males.

Thus results are sinister to study done in Bangladesh concept of awareness of female sterilization in women is 99% and only 83% is from male side<sup>11</sup>. The cause behind this difference of facts between male and female sterilization remain mysterious. So, it is due to common myth of laymen that reproduction is mostly the role of women.

Thus, study believes that print and electronic media are common sources in the changing of public behavior regarding the awareness of population planning, as mention in table 3, 55% and 50.0% as in India<sup>12</sup>, by comparing with Korean study<sup>7</sup> it shows that neighbors, relatives and health centers are main sources to explore the health information. Similarly, Manipur study from India<sup>8</sup> also attesting that friends (44.0%), media followers (22.0%), relatives (18.0%) and neighbors (16.0%) are main sources of knowledge for the awareness of family planning.

Present study showed that regarding awareness by age group awareness was lowest among adolescent 92.3% mention in table 1 best among 20-34 years age group. Mr. Perk at al believed that older women have low knowledge of family planning due to their illiteracy, there was increased chance of exposure to FP messages through home visits and neighborhood communication<sup>13</sup>. In table 4 it was observed that highly educated women have 100% awareness about the family planning. So, this result is comparable with other studies which were done in Pakistan that educated women have 95% awareness about family planning as compared to 73% illiterate women<sup>7</sup>. Similarly, Bombay Gauteng et al study also attesting that rising in educational level helping to bring the improvement in the acceptance of contraceptive devices.

Regarding the knowledge of non contraceptive profit and undesirable side effects as in Fig 1 there was low level of knowledge of non contraceptive benefits 34.5% in contrast, the knowledge of adverse effect was high 64%. The majority of ordinary causes for discontinuation of FP method was amenorrhea, weight gain vaginal and irregular bleeding due to Depo-Provera. Similarly, in Syria study notions that irregularity to get pills is 44%, 68% IUCD and injectable 54% are major reason for side effect. So, this data points out that right counseling sessions for probable side effect and technique of use for better choice in the acceptance of family planning methods.

## CONCLUSION

More efforts are required with the collaboration of print and electronic media to educate the public about the safety and convenience of modern irreversible as well as reversible methods of family planning.

**Conflict of Interest:** The study has no conflict of interest to declare by any author.

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