

# Assess the Knowledge of Married women in Reproductive Age Group Regarding the Contraceptive Method

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## Abstract

**Background:** Population is not a static entity and tends to change over time. Worldwide population increases every year by more than 81 million people. Such an explosion affects public health in every country but like India face higher detrimental effects on the health infrastructure thereby making it prone to severe consequences. In Indian culture, women have the highest source pedestal of respect among all far more than a man that is why she is called the Goddess of Life. We conducted this study to assess knowledge of married women in reproductive age group regarding contraceptive method.

**Material and Method:** A quantitative Non experimental research design was adopted and the study was conducted at an apex level tertiary care maternity hospital using non probability convenient sampling technique was adopted and 100 married women were selected as sample for the study. A self-structured questionnaire was developed and data was collected to be analyzed.

**Results:** The results revealed that majority 56 (56%) of married women belong to age group 26- 35 years. Most 63 (63%) of the women had average knowledge, scorest all of them 37 (37 %) had poor knowledge. On application of chi square test to determine association with selected socio demographic variables, age of the women was found to be significantly associated with level of knowledge.

**Keywords:** Knowledge, women, contraceptives, Contraceptive method.

## Introduction

India's population is only second to that of China. It has only 2.4% surface area of total world and yet has 17.5 % of the world's population (Lakshmi Manjeera & Neetha, 2013). One of the major factors which contributes to increase population size is the considerable decline in the death rates and incline in birth rate has due to advancement of health care system (Khan & Jerifa, 2014). Therefore, strategies related to family planning have immense importance. WHO defined the Family planning as "A way of thinking and living that is adopted voluntarily, upon the basis of knowledge,

attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of the family group and thus contribute effectively to the social development of the country" (Balgir, Singh, Kaur, Verma, & Kaur, 2013). India was the first country in the world which in 1952, formulated the National Family Planning Program. The objectives of the plan was to reduce the birth rate up to the level necessary to stabilize the population at carrying capacity of nation economy (Nanda, Adak, & Bharati, 2011). Contraceptive method are effective, safe and low-cost strategies to avoid the undesired pregnancy. Contraceptive method are available for both males and females but most of them are female reproductive system oriented, therefore it is necessary for women to have proper knowledge started the various reproductive and child health program at local as well as national level (Girdhar, Chaudhary, Gill, Soni, & Sachar, 2010) but in spite of all efforts awareness and acceptance level of contraception is still low in many parts of the country. Purpose of the study was to

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assess the knowledge of married women in reproductive age group regarding contraceptive method in selected hospital of district Patiala, Punjab and To determine the association between level of knowledge of married women and selected socio demographic variables with a view to develop pamphlet on information about

**Literature Review:** We searched for articles on contraceptive method and association of the knowledge of contraceptive method and demographic variables. A cross sectional study was conducted by Tejaswini et al in 2018 among married women about the knowledge, attitude and practices of contraception in Bowring and Lady Curzon Hospital, Bangalore. 72% of the participants had awareness of contraception. Most common method known is female sterilization followed by IUCD. Awareness of emergency contraception was found only in 5.33%. 48% of the participants did not follow any method of contraception (D, JC, & Bai,2018). Kruthika and Metgud 2017: Conducted a community based cross sectional study among married women about the prevalence of contraceptive use residing in the urban areas of Belagavi. Study revealed that prevalence of contraceptive use was 58.8%, among these 16.0% were condom user, 18.9% were using IUCD, 4.3% using rhythm method, 3.3% using OCPs and 16.3% were practicing sterilization method (Kruthika & Metgud,2017). Benjamin et al 2017: Conducted a cross sectional study to assess the knowledge about the contraceptive measures among rural women of childbearing age in Rivers State, Nigeria. Almost all of the rural women had awareness of contraceptives but only 63% had good knowledge of it. The most commonly known method were the male condom and injectable (Osaro, Tobin-West, & Mezie-Okoye,2017). Sukla et al 2017: Conducted a cross sectional study on contraceptive knowledge, attitudes and practices among women in the reproductive age group attending a tertiary care hospital in Mumbai, the result revealed that 62.5% women were using contraception. Only 17% women used oral contraceptive pills as a contraceptive method though 66% women knew about them. Though 59.4% of the women knew about IUCDs only 3.5% were actually using IUCD (Shukla, Fonseca, & Deshmukh, 2017). Katama and Hibstu 2016: conducted a cross sectional study-about the knowledge, attitude, practice of contraceptive use among 288 female students in secondary and preparatory school, south Ethiopia. Result revealed that Total of 263 female students were involved in this study, of which 249(94.7%) had good knowledge

about contraception. The three most frequently identified method were injectable form (83.9%), oral contraceptive pills (72.7%) and condom (48.6%). A total of 15.7% respondents ever used contraceptive. Among the users, 56.4% used oral contraceptive pills, and 23.1 and 10.2% used injectable form and condom, respectively (Katama & Hibstu, 2016). Alege et al. 2016: Conducted a secondary analysis of data from a larger cross-sectional study to measure changes in perceptions towards long-term and reversible contraceptive among 2,033 women of reproductive age (15-49 years) resident in 34 districts of Uganda. Result. Revealed that sixtytwo per cent of women reported current use of any family planning method. Among non-users of family planning, injectables (50.4%), implants (22.8%) and pills (20.2%) were the most preferred family planning method (Alege, Matovu, Ssensalire, & Nabiwemba,2016).

**Sample:** A non-probability convenient sampling Technique was adopted and 100 married women were selected as sample for the study at an apex level tertiary care maternity hospital. Inclusion Criteria of the study was Married women between the age group of 15-49 years and who are willing to participate in the study and available at the time of data collection and exclusion Criteria was Women who had attained menopause was excluded. After getting the ethical approval, the final study was conducted in the selected hospital. 100 women were selected by convenient sampling technique and the data was collected by using structured knowledge questionnaire. Written informed consent was obtained before collecting data from the subjects.

## Materials and Method

The study was adopted for the quantitative research approach and design was Non experimental research design. The study was conducted in selected hospital and 100 married women between the age group of 15-49 years were selected by using convenient sampling technique. The tool used for the data collection consisted of selected variables and structured knowledge questionnaire regarding knowledge on contraception. Ethical Consideration was taken by the approval of research and ethical committee was taken before starting the study. Anonymity of subject and confidentiality of information was maintained. It was ensured that the study would not have any bad affect to the participant in any way and Selected variables consists of items regarding the selected variables which include, age, religion, educational status, occupation, monthly income, family

status, locality, age at marriage, duration of marriage in year, no of children, source of information and also a structured knowledge questionnaire was used to assess the knowledge regarding questionnaire. The collected data was analyzed in accordance with the objective of the study by using descriptive statistics mean, median, standard deviation, frequency, percentage and inferential statistic was used Chi square.

### Results

The present study revealed that married women had average knowledge score which was 63 (63%) whereas 37(37%) had poor but none of them had good knowledge regarding contraceptive method among married women in reproductive age group in selected hospital. According to first section majority of the married women of reproductive age group 56 (56%) belong to Age group 26- 35 years, 48(48%) belong to Sikh religion, 31(31%) each were Educated up to Elementary & Secondary respectively, 73 (73%) were Housewife as per Occupation, 38 (38%)had Family income between 5,001-10,000, 47 (47%) belong to Nuclear family status, 68 (68%) were from Rural locality, 51 (51%) was 1-5

years as per duration of Married life, 32 (32%) each were one and two respectively as per number of Children and 32 (32%) used Health Personal as Source of Information. According to second section depicts that the knowledge of married women in reproductive age group regarding the contraceptive method, where majority of married women of reproductive age knowledge score 63 (63%) was average and 37 (37%) was poor but none of them had good knowledge score and according to the third section the study was association between knowledge of married women in reproductive age group regarding the contraceptive method and the selected socio demographic variable showed that in married women of reproductive age, Age of married women knowledge in reproductive age group regarding the contraceptive method in selected Hospital has association the calculated value of chi-square is (3.879) which is more than the tabled value (3.841) at 0.05% level of significance, with (1df). Hence, we can conclude that age of married women and knowledge of married women in reproductive age group regarding the contraceptive method in selected Hospital were significantly associated with eachother.

**Table No. 1: Frequency and percentage of the knowledge of married women of reproductive age group regarding the contraceptive method in selected Hospital of District Patiala, Punjab. N=100**

Criteria Measure of Knowledge Score		
Level of Scores	Frequency	Percentage
Good Knowledge (21-30)	0	0
Average Knowledge (11-20)	63	63
Poor Knowledge (0-10)	37	37

Maximum Score=30 Minimum Score=0

**Table No. 2: Descriptive statistics of the knowledge of married women in reproductive age group regarding the contraceptive method in selected Hospital of District Patiala, Punjab. N=100**

Descriptive Statistics	Mean	Median	SD	Maximum	Minimum	Range	Mean %
Knowledge Score	11.40	11	3.54	20	4	16	38

Maximum Score=30, Minimum Score=0

### Discussion

According to the objectives of the study researchers presented their findings through analysis along with the comparison with other similar research findings. In the First Section the analysis of socio demographic profile

was calculated on the basis of percentage and frequency of married women in reproductive age group 15-49 years. In the second section analysis of the knowledge of married women in reproductive age group regarding the contraceptive method in selected Hospital and in the third section to find out the association between

knowledge of married women in reproductive age group regarding the contraceptive method and the selected socio demographic variable showed that in married women of reproductive age, Age of married women knowledge in reproductive age group regarding the contraceptive method in selected Hospital. Clinical Implication of the study was to finding of the study has various implication which were discussed in areas on Nursing education, Nursing services, Nursing research and Nursing practice. In Nursing Education there is a lack of knowledge regarding temporary contraceptive measure among married women of reproductive age in India it is important that married women should increase their knowledge regarding temporary contraceptive measure so this topic should be included in curriculum. In the Nursing educator should strongly emphasize on this topic and create awareness among married women of reproductive age group who in turn can provide to other married women regarding the temporary contact measures. In the Nursing profession should render services according to the changing needs of the society. There is high need for health personnel to take part in providing health education to people regarding contraceptive measure. So There is need to prepare the community volunteers who will act as link between the community married women of reproductive age group and hospital and in the last In Nursing Research In our country lack of knowledge regarding contraceptive method is major problem so, it is essential to identify the present level of knowledge and practice of women regarding contraceptive method to know the extent of information necessary to taught and there is need for extended nursing research on contraceptive method since present study supported by many other studies reveal poor knowledge, practice and attitude of women toward contraceptive method, practices as well as attitude can be improved/enhanced . through many multiple researches are conducted by various nursing personnel at various level, yet there is serious lack in dissemination of the finding.

**Ethical Approval:** Approval of research and ethical committee of Department of Nursing, Chitkara School of Health Sciences was taken before starting the study. Permission was obtained from the Principal of the college and Senior Medical Officer of Hospital District Patiala, Punjab. Anonymity of subject and confidentiality of information was maintained. It was ensured that the study would not have any bad affect to the participant in any way.

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