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### RESEARCH ARTICLE

## A CROSS-SECTIONAL STUDY ON KNOWLEDGE, PRACTICE AND ATTITUDE REGARDING CONTRACEPTIVE METHOD AMONG MARRIED MEN

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#### Abstract

**Objective:** 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<sup>1</sup>. Study assesses knowledge, practice and attitude regarding contraceptive methods among married men.

**Method:** Quantitative research approach with cross-sectional method was used in this research study. Total 200 married men were selected from Barkot village, Doiwala Block, Dehradun district by simple random sampling technique.

**Result:** Study revealed that overall mean knowledge score of the married men was  $9.65 \pm 2.433$ . Percentage distribution of knowledge level shows that most (86.5%) of married men had moderately adequate knowledge, 11% of them had inadequate knowledge, whereas only 2.5% participants had adequate knowledge. Majority of the participants have positive attitude but less practice regarding contraceptive methods.

**Conclusion:** Study findings conclude that the knowledge of married men regarding contraceptive methods was moderately adequate. Therefore, research study brought need for further education of the married men regarding contraceptive methods.

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#### Introduction:-

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.<sup>2</sup> 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.<sup>3</sup>

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.<sup>4</sup>

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As per Health Ministry Data (2016-2017); India population declines the consumption of contraception almost 35%; and the use of condom decreases up to 52% in past 8 years and vasectomy felt to 73%.<sup>5</sup>

Uttarakhand state has registered an overall decrease in the use of contraceptive methods between years 2014-2017. Number of sterilization cases (vasectomy and tubectomy) dropped by 13% whereas Neighboring Himachal Pradesh also recorded a decrease of 11% in contraception use.<sup>6</sup>

Males are considered as dominant decision maker in Indian society; so their involvement plays an important role in birth control. Active participation of males is key to population control. Negative attitude of male partner regarding contraceptive methods is a major cause of nonuse, discontinuation or low use of birth control measures.<sup>7</sup>

As per the above findings and researcher own observation shows that people are unaware of various birth control measures, and having poor attitude as well as practices towards use of birth control measures. In India men are ignored and neglected for participating in planning of contraception use recognizing that males play a great role in choosing contraceptive method; researcher want to find out their knowledge, attitude and practice about family planning.

### Objectives:-

1. To assess the knowledge regarding contraceptive method among married men
2. To assess the expressed practice regarding contraceptive method among married men
3. To assess the Attitude regarding contraceptive method among married men
4. To determine association between knowledge score with selected demographic variables
5. To determine association between expressed practice with selected demographic variables

### Methods:-

A quantitative research approach with cross section survey design was carry out by researcher to select 200 married men of Barkot village through simple random sampling technique. Data was collected by administering knowledge questionnaire, self- reported practice checklist and attitude likert scale. Data analysis was done by using descriptive as well as inferential statistics; manual calculation was also done for quality check.

### Result:-

**Table no.1:-**Frequency and percentage distribution of demographic profile of married men n=200

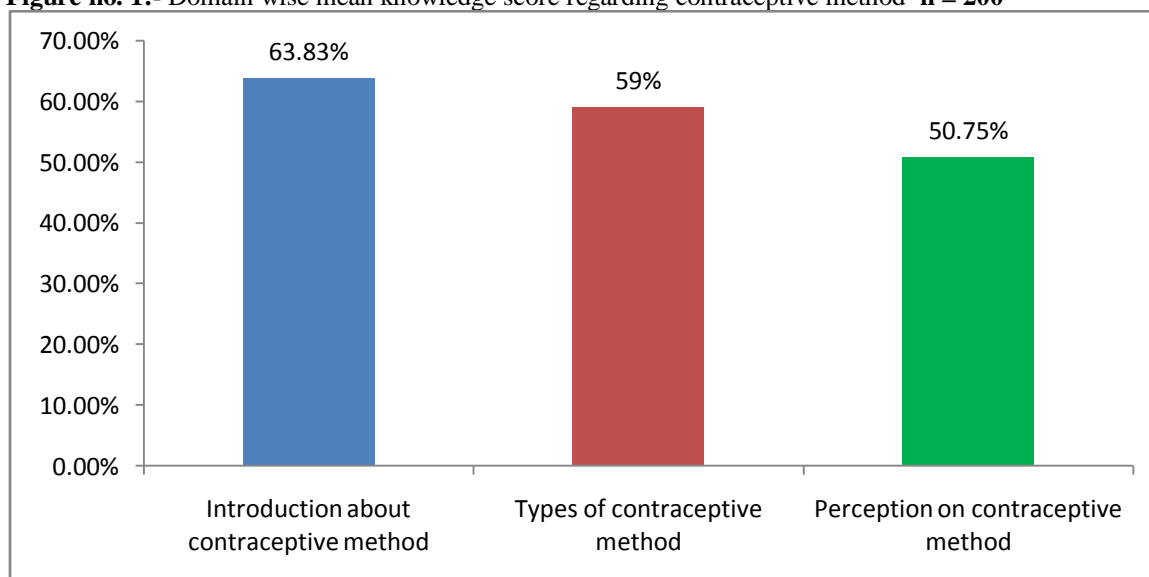
S. No.	Personal profile	Frequency (f)	Percentage (%)
1.	<b>Age (in year)</b>		
	a) 21-32	49	24.5
	b) 33-45	151	75.5
2.	<b>Duration of marriage (in year)</b>		
	a) 2-10	169	84.5
	b) 11-18	31	15.5
3.	<b>Educational Status</b>		
	a) No formal education	1	0.5
	b) Primary	22	11
	c) Secondary	88	44
	d) Higher secondary	42	21
	e) Graduation and above	47	23.5
4.	<b>Educational status of spouse</b>		
	a) No formal education	3	1.5
	b) Primary	60	30
	c) Secondary	67	33.5
	d) Higher secondary	37	18.5
	e) Graduation and above	33	16.5
5.	<b>Monthly Income (in Rupees)</b>		
	a) < 15,000	146	73
	b) 15,000-30,000	36	18

	c) > 30,000	18	9
<b>6.</b>	<b>Types of family</b>		
	a) Nuclear	145	72.5
	b) Joint	55	27.5
<b>7.</b>	<b>Occupation</b>		
	a) Unemployed	5	2.5
	b) Private	131	65.5
	c) Government	46	23
	d) Business	18	9
<b>8.</b>	<b>Personal Habits</b>		
	a) Drinking	71	35.5
	b) Smoking	36	18
	c) Any, other	93	46.5
<b>9.</b>	<b>Number of children</b>		
	a) 1	70	35
	b) 2	101	50.5
	c) 3	29	14.5
<b>10.</b>	<b>Previous Knowledge regarding Contraceptive Method</b>		
	a) Yes		
	b) No	200	100
	<b>If yes, source of information</b>	00	00
	i. T.V / Radio	(N=200)	
	ii. Mobile	194	97
		06	3

Data depicted in **table No. 1** shows that majority (75.5%) married men were in age group between 33-45 years. Duration of marriage of most of (84.5%) married men were 2-10 years. Less than half (44%) of men and one third (33.5%) of men's spouse having secondary education. Majority of participants (72.5%) belongs to nuclear family. About (65.5%) of married men having private job, Majority (73%) of men earn < 15,000 per month. About half (50.5%) of the participants had two children. The entire participant (100%) having Knowledge regarding contraceptive method and majority (97%) of them got information by T.V and Radio.

Findings show the overall mean knowledge score of the participants was  $9.65 \pm 2.433$ . So it was inferred that mean percentage of knowledge was more than half (56.7%).

**Figure no. 1:-** Domain wise mean knowledge score regarding contraceptive method **n = 200**



The data presented in **figure no.1** shows the domains of knowledge questionnaire. It revealed that knowledge score was highest in Introduction about contraceptive method ( $3.83 \pm 1.052$ ) and lowest in Perception on contraceptive method ( $4.06 \pm 1.327$ ).

Knowledge level percentage distribution shows that most (86.5%) of samples had moderately adequate knowledge, 11% of them had inadequate knowledge, whereas only 2.5% samples had adequate knowledge regarding contraceptive methods.

**Table no. 2:-** Frequency and percentage distribution of attitude regarding contraceptive method **n= 200**

S. No	Statement	Strongly agree		Agree		Disagree		Strongly disagree	
		f	%	f	%	f	%	f	%
1.	Contraceptive methods helps to maintain health	157	78.5	42	21	01	0.5	-	-
2.	Contraceptive helps to plan family	123	61.5	77	38.5	-	-	-	-
3.	Contraceptives are best to be used only by women	16	8	173	86.5	10	5	1	0.5
4.	Contraception are financial burden	49	24.5	140	70	07	3.5	4	2
5.	Permanent contraceptive causes lose of fertility	73	36.5	112	56	13	6.5	2	1
6.	Contraception reduces the sexual satisfaction among couple	94	47	95	47.5	10	5.0	1	0.5
7.	Contraception reduces muscularity of male partner	72	36	113	56.5	11	5.5	4	2
8.	Men should avoid utilization of contraceptive	26	13	126	63	43	21.5	5	2.5
9.	Contraception reduces sexually transmitted diseases among couples	27	13.5	126	63	44	22	3	1.5
10.	Contraceptive method helps in reducing the anxiety related to unwanted pregnancy	31	15.5	96	48	71	35.5	2	1

The data presented in **table no.2** shows that majority (78.5%) married men believed that Contraceptive methods helps to maintain health, about (61.5%) men believed that Contraceptive helps to plan their family, most of (86%) are agreed that Contraceptives are best to be used only by women. Majority (70%) men believed that contraception are a financial burden on them, more than half (56%) men agreed that Permanent contraceptive causes lose of fertility, Less than half (47%) men was strongly agree that Contraception reduces the sexual satisfaction among couple. More than half (56.5%) men strongly agree that contraception reduces their muscularity. Only (21.5%) men were strongly disagreeing that men should avoid utilization of contraceptive, about (63%) men was strongly agree that Contraception reduces sexually transmitted diseases among couples. Less than half (48%) men were agreed that Contraceptive method helps in reducing the anxiety related to unwanted pregnancy.

Therefore, it can be interpreted that married men having positive attitude regarding contraceptive methods.

**Table no. 3:-** Frequency and percentage distribution of expressed practice checklist regarding contraceptive method **n=200**

S.	Statement	Frequency	Percentage
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No		(f)	(%)
1.	Do you use contraception (during each coitus) a) Yes b) No	40 160	20 80
2.	Do you have sexual relationship other than your life Partner? a) Yes b) No if yes, are you using any contraception a. Yes (condom) b. No	12 188 (N=12) 12 00	6 94  100 00
3.	Do you purchase contraception's a) Yes b) No	185 15	82.5 7.5
4.	Are you using contraception for prevention of pregnancy a) Yes b) No	165 34	82.5 17.0
5.	Do you have any allergy with the contraception use a) Yes b) No	00 200	00 100
6.	Does your spouse have any allergy to contraceptive method a) Yes b) No	00 200	00 100
7.	Does your spouse reminds you to purchase contraceptive a) Yes b) No	18 182	09 91
8.	Does your partner force you to use contraception a) Yes b) No	11 189	5.5 94.5
9.	Do you prefer vasectomy over temporary method a) Yes b) No If, No specify the reason..... i. Not Interested ii. Not Thinking regarding vasectomy	178 22 (N=22) 09 13	89 11  41 59
10.	Decision of contraception use is taken by you a) Yes b) No	181 19	90.5 9.5
11.	Do you avoid using contraceptive method a) Yes b) No If yes, then specify the reason..... i. Not satisfied ii. Not good	22 178 (N=22) 14 08	11 89  63.6 36.4

The data presented in table no.3 shows that married men having low expressed practice regarding contraceptive methods.

There was no significant association between mean knowledge score and practice score with selected demographic variables.

### Discussion:-

#### Section- A: Description of demographic profile of married men:

In current study findings reported that Majority of married men (74.8%) were in age between 33-45 years. Findings were reliable with descriptive study done by Elia C et al (2015) on "perception and practice of selected

contraceptive methods, at Mumbai. Results of the study revealed that one third (37.5%) of the respondents aged between 33-38 years<sup>8</sup>.

#### **Section – B: level of knowledge regarding contraceptive methods:**

On interpretation of data; it is revealed that Most (86.5%) of samples had moderately adequate knowledge, 11% of them had inadequate knowledge, whereas only 2.5% samples had adequate knowledge regarding contraceptive methods. Findings are reliable with the descriptive survey study conducted by Sherpa SZ et al (2013) on “knowledge, attitude, practice and preference on contraceptive methods”, at udupi, Karnataka. Study results shows that about (67.60%) participants had moderate knowledge, 17.60% had good knowledge regarding contraceptive methods<sup>9</sup>.

#### **Section- C: Attitude regarding contraceptive methods:**

In present study findings it is revealed that 78.5% believed that contraceptive helps to maintain the health. And majority of men 61.5% believe that Contraceptive helps to plan your family, Therefore, it can be interpreted that married men having positive attitude regarding contraceptive methods. Findings are consistent with cross sectional study conducted by kumar V et al; (2018) on “knowledge, practice and attitude on family planning”, at Rajasthan. Study findings shows that most of (93.18%) participants had good attitude whereas only 6.82% participants has poor attitude regarding birth control methods<sup>10</sup>.

#### **Section D: Expressed Practice score regarding contraceptive methods:**

On analysis of data it was found that most of (82.5%) men have using contraception for prevention of pregnancy. Study is contrast with the time series study done by Quereishi MJ et al; (2017) on “family planning”, at Chhattishgarh. Findings show that less than half (47.44%) samples practiced any of the contraceptive methods<sup>11</sup>

#### **Limitations:**

1. Sample size was limited to 200 married men
2. Married men had previous knowledge regarding contraception methods

#### **Conclusion:-**

Based on the result it can be determined that most of married men had moderate knowledge, positive attitude but low expressed practice towards contraceptive use. Therefore, there is urgency to impart knowledge regarding contraceptive use so that the further consequences of population growth can be prevented.

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