



Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/17101

DOI URL: <http://dx.doi.org/10.21474/IJAR01/17101>



RESEARCH ARTICLE

FAMILY PLANNING KNOWLEDGE, ATTITUDE, AND PRACTICE AMONG POSTNATAL WOMEN IN A TERTIARY CARE CENTER

Dr. A. Srilakshmi¹, Dr. B. Mounika Reddy², Dr. C. Sudhakar³ and Dr. P. Ratna Kumari⁴

1. Professor in Department of Obstetrics and Gynaecology, Kurnool Medical College, Kurnool.
2. PG in Department of Obstetrics and Gynaecology, Kurnool Medical College, Kurnool.
3. Assistant Professor in Department of Obstetrics and Gynaecology, Kurnool Medical College, Kurnool.
4. Assistant Professor in Department of Obstetrics and Gynaecology, Kurnool Medical College.

Manuscript Info

Manuscript History

Received: 15 April 2023

Final Accepted: 19 May 2023

Published: June 2023

Abstract

Background: Family planning methods prevent pregnancy-related health risks for women.

Aims and Objectives: The study aims to describe the socio demographic profile, knowledge, awareness, source of information, and utilization of various family planning methods among postnatal women who delivered in a kurnool Government general hospital(tertiary care center)

Materials and Methods: It was a cross-sectional study conducted in the Department of Obstetrics and Gynaecology, kurnool Medical College and Hospital, kurnool, ANDHRA PRADESH over a period of 6 month from june 1,2022 to , December 30,2022.

•After obtaining informed verbal consent, a predesigned standardized questionnaire was given to 500 postnatal mothers who delivered in the institution either by vaginal or by caesarean section. Data on socio demographic profile, knowledge, awareness of various family planning methods, source of information, utilization, and reasons for non-use were collected and statistical analysis was done using MS Excel. Results were expressed in terms of numbers and percentage.

Result: Only 412 (82.4%) of the respondents had heard about family planning. About 65.7% of respondents have good knowledge, 34.3% have poor knowledge. Out of 500 respondents 349 (69.8%) have positive attitude towards contraceptive and the remaining 151 (30.2%) had negative attitude. Out of 500 respondents 152(30.4%) of respondents had a safe practice and the remaining 348 (69.6%) were unsafe practice towards contraceptive use.

Conclusion: In our study •it is evident 65.7% had good knowledge regarding family planning methods•Regarding attitude gender bias having male is an asset to family having female child is curse. •This attitude has to be overcome by proper education, counseling to the eligible couple and community by health care professional•By this we can impart knowledge, practice regarding family planning methods.

Copy Right, IJAR, 2023,. All rights reserved.

Corresponding Author:- Dr. P. Ratna Kumari

Address:- Assistant Professor in Department of Obstetrics and Gynaecology, Kurnool Medical College.

Introduction:-

*India is currently facing problems with pre-fix of 'P'. They are "population explosion", poverty, and pollution. Population explosion is directly perpetuating the other two problems.

*Population increase has remained one of the fore-most problems of our country which is influencing national development

*Family planning is the only safest and cost effective strategies to have impact on health of women.

Family planning (FP) is defined as a way of thinking and living that is adopted voluntarily upon the bases of knowledge, attitude, and responsible decisions by individuals and couples

WHO (1971) has early recognized that family planning is a way of living which is normally adopted voluntarily by both the woman and the couple, based on proper knowledge of family planning and contraceptives. In addition, the women and couples attitudes towards the use of family planning would give reasonable decisions to promote health of the family that would contribute to social development and welfare of the country. Theory of planned behaviour might help in further understanding people decisions on the use of contraceptives. Sound and enough knowledge of family planning methods, positive attitudes and acceptance of fertility regulations, availability of contraceptives methods, better and open communication between wife and husband of planned pregnancies, and the favourable number of children were all essential factors for effective family planning programs

Aims and Objectives:-

The study aims to describe the socio demographic profile, knowledge, awareness, source of information, and utilization of various family planning methods among postnatal women who delivered in a kurnool Government general hospital(tertiary care center)

Materials And Methods:-

It was a cross-sectional study conducted in the Department of Obstetrics and Gynaecology, kurnool Medical College and Hospital, kurnool, ANDHRA PRADESH over a period of 6 month from june 1,2022 to , December 30,2022.

This study was approved by Institutional Ethics Committee.

•After obtaining informed verbal consent, a predesigned standardized questionnaire was given to 500 postnatal mothers who delivered in the institution either by vaginal or by caesarean section. Data on socio demographic profile, knowledge, awareness of various family planning methods, source of information, utilization, and reasons for non-use were collected and statistical analysis was done using MS Excel. Results were expressed in terms of numbers and percentage.

Table 1:- Socio-demographic characteristic of postpartum women who attend postnatal ward at government general hospital, from june 1 to December 30, 2022.

Variables	Categories	Frequency	percentage
Age	18-23 y	221	44.2
	24-29 y	227	45.4
	30-35 y	52	10.4
Husband age	21-30 y	208	41.6
	31-40 y	196	39.2
	41-50 y	96	19.2
Occupation	House wife	302	60.4
	Employed	46	9.2
	Daily labourer	30.4	30.4
Family income	6000	124	24.8
	6000-10000	294	58.8

	10000-15000	58	11.6
	>15000	24	4.8
education	No formal education	345	69
	Primary	120	24
	Higher secondary	24	4.8
	Graduate	11	2.2
Religion	Hindu	202	40.4
	Christian	98	19.6
	Muslim	197	39.4
	Other	3	0.6
Type of family	Joint family	148	29.6
	Nuclear family	352	70.4
Address	Urban	152	30.4
	Rural	258	51.6
	Semi urban	90	18
Sources of information	Health personnel	236	47.2
	Radio/television	162	32.4
	News paper	0	0

Table 2:- Distribution of respondent's knowledge toward contraceptive use among postpartum women who attend postnatal ward at government general hospital, kurnool from june 1 to December 30,2022.

Variables	Categories	Frequency	percentage
1.have you ever heard of family planning	Yes	412	82.4
	No	88	17.6
2.what is your source of informations for FP?	Tv	117	23.4
	Net	124	24.8
	Health personnel	167	33.4
	Family and friends	92	18.4
3. where do you get access for FP?	Hospitals	374	74.8
	Health centers	126	25.2
	Health post		
	Private clinics		
4. can u mention the method that you know?morethan one answer is possible)	Condoms	192	38.4
	Pills	58	11.6
	injections	24	4.8
	Implant	10	2
	intrauterine	14	2.8
	Permanent method	202	40.4
5.what is your current choose of contractive	Condoms	114	22.8
	LAM		
	Pills	118	23.6
	Injections	212	42.4
	implants		
	intrauterine	56	11.2

6.Do contraceptive have side effect...?	Yes	340	68
	No	160	32
7.if "yes" for Q6 which of the following side effects experienced by you while using the contraceptive.	Nausea/vomiting	217	43.4
	Headache	56	11.2
	Irregular bleeding	29	5.8
	Heavy & prolong menstrual bleeding		
	Abdominal pain	38	7.6
	Breast tenderness		
8.IUD have no effect on infant breast feeding?	Yes	250	50
	No	250	50
9.are you familiar with lactation amenorrhea method of contraceptive...?	Yes	356	71.2
	no	144	28.8

Table 3:- Frequency distribution of attitudes of respondents towards family planning use among postpartum women who attend postnatal ward at government general hospital, kurnool, June 30 to December 30,2022

Variables	Categories	Frequency	percentage
1.Partner discussion about FP is important	Agree	472	94.4
	Disagree	28	5.6
2.Do you have interest to know about FP?	Agree	446	89.2
	Disagree	54	10.8
3.Using FP is important for women	Agree	402	80.4
	Disagree	98	19.6
4.using FP is important for the family?	Agree	402	80.4
	Disagree	98	19.6
5.large family size affects development of a family	Agree	252	50.4
	Disagree	248	49.6
6.do you have interest to use FP?	Agree	352	70.4
	Disagree	148	29.6
7.Advising other women for FP is good\appropriate?	Agree	406	81.2
	Disagree	94	18.8
8.having many children is an asset for the family?	Agree	259	51.8
	Disagree	241	48.2
9.family who had many sons is respected than family who had many female.?	Agree	302	60.4
	Disagree	198	39.2
10. it isn't sin to use FP?	Agree	90	18
	Disagree	410	82

Table 4:- Distribution of respondents practice towards contraceptive use among postpartum women who attend postnatal ward at government general hospital, kurnool, from june 1,2022 to December 30,2022.

Variables	Categories	Frequency	percentage
1.Have you ever used FP before?	Yes	152	30.4
	No	348	69.6
2.Is your reason to use contraceptive is to improve your own child health	Yes	252	80.4
	No	248	49.6
3. Is your reason to use contraceptive prevent unwanted pregnancy?	Yes	352	70.4
	No	148	29.6
4. Is your reason to use contraceptive is	Yes	362	72.4

socioeconomic reason?	No	138	27.6
5. Is your reason to use contraceptive is recommended by health professionals?	Yes	358	71.6
	No	142	28.4
6. Do you have other reasons to use contraceptive?	Yes	48	9.6
	No	452	90.4
7. do you choose one contraceptive from after you counseled by health professionals?	Yes	380	76
	No	120	24
8. do you choose one contraceptive from after advertising on social media?	Yes	148	29.6
	No	352	70.4
9. do you choose one contraceptive from after health personal chooses for you?	Yes	380	76
	No	120	24
10. contraceptive method that you used in the past ? more than one answer is possible	Pills	75	15
	Injections	15	3
	Implant		
	IUCD	10	2
	Others	150	30
11. do you want to use contraceptive in the future	Yes	402	80.4
	No	98	19.6
12. what is the reason you do not want to use contraceptive ? (can choose more than one answer)	Still want to have a children	235	47
	Lack of information of family planning/contraceptive	158	31.6
	Fear of sides effects	24	4.8
	Prohibitions of parents/family	25	5
	Prohibitions of husbands	58	11.6
	others		

Results:-

•Sociodemographic characteristics of respondents

A total of 500 postpartum women were participated in the study with a respondent rate 95%. Socio-demographic characteristics of the respondents as indicated in Table 1 below showed that 258(51.6%) were rural and 221(44.2%) were between 18-24 years-old. The educational level of mothers showed that 345(69%) couldn't read and write, 24% complete primary school. Concerning occupational status of the women, the majority was house wife 302 (60.4%). Regarding their marital status, Majority of them (99%) was married. In terms of religion were 40.4% were Hindus and 39.4% Muslims. As for monthly income 124(24.8%) got less than 6000rs and 294 (58.8%) gets 6000 and above. Table 1).

•Knowledge of family planning use among postpartum mothers

Only 412 (82.4%) of the respondents had heard about family planning. About 65.7% have good knowledge, 34.3% have poor knowledge. Accordingly, the most known methods to known responders was 202(40.4%) permanent sterilization (tubectomy) followed by male condoms 192(38.4%). Among the sources of information for contraceptive 236(47.2%) were health workers. Majority of respondents get access for family planning 374(74.8%) were from hospitals followed by 126(25.2%) health center. Regarding to their current choose of contraceptive 212(42.5%) were

choose injectable followed by 118 (23.6%) were pills. Regarding to side effects of contraceptive majority of them 340(68%) were replied as it has side effects. Majority of them 217 (43.4%) were nausea and vomiting. Most of the respondents 50% were agree as IUD has no effects on infant breast feeding (Table 2)

•Attitude of postpartum mothers towards family planning

Out of 500 respondents, about two third 349(69.8%) were favorable (positive) attitude towards family planning. 472(94.4%) were agreed to importance of partner discussion about family planning. More than four fifth 446(89.2%) were interest to know about family planning. About 402 (80.4%) of respondents were replied as using family planning important for women and 402(80.4%) were replied as important for the family. About 259(51.8%) were replied as having many children is asset for the family and less than half of 302(60.4%) respondents were replied as family who had many sons is respected than family who had many female (Table 3).

•Practice towards contraceptive use among postpartum mothers

Out of 500 respondents about 152(30.4%) of respondents had a safe practice towards contraceptive use. The reason to use contraceptive as replied by respondents 252(50.4%) were to improve their own and child health, 352(70.4%) were to prevent unwanted pregnancy, 362(72.4%) were socioeconomic reason, 380(76%) were recommended by health professional. The respondents are choose one contraceptive from the others about 380(76%) were after they counseled by health professionals. Majority of the respondents 402(80.4%) were willing to use contraceptive in the future (Table 4).

Discussion:-

*In our study, the majority (44.2%) of the study participants were between the age group of 18-23y which is considered to be high when comparable to study done by Rao et al.³ due to lack awareness

*We observed 69% of women had no formal education According to Jaiswal et al., 183 women out of 440, that is, 41.59% were educated up to 12th standard

*Our study revealed, 82.4% had heard about family planning methods. Wodaynewand Bekele in their study reported that 92.5% of the respondents had heard about family planning which is similar to our study finding.⁵

*Our study revealed that permanent sterilization method were most commonly known family planning method, that is, (40.4%) among postnatal women which is higher compared to observation by Alakananda et al., 6(66.6%) were ocpills. According to Patel et al., maximum respondents knew about barrier contraceptives male condoms (91.3%) followed by hormonal pills (72.2%), IUCDs (64.3%), and DMPA (11.3%).⁷

*About 152 of our study participant revealed use of some form of family planning methods in the past either traditional or modern method. Among 30.4% of women who had previously used family planning methods, withdrawal (31%) was the most common one followed by OCPs (19%) and barrier method (9%). According to Bajracharya among 60.5% of women who had previously used contraception, OCPs were the most common one and maximum number of participants (60.35%) had used modern contraceptives in the past.⁸ Manasi et al., in their study observed that among the aware women, 76% opted for barrier method, 53% for IUCD, and 63% for OCPs.⁹

In our study, the most common source of information regarding family planning methods among postnatal women was net(24.8%) and health-care provider (33.4%). According to Sahu et al., health professionals were their major source of information regarding family planning methods.¹⁰ Whereas, Hayat et al., in 2013 in their study reported that media was the most common source of information.¹¹

Conclusion;-

In our study

- it is evident 65.7% had good knowledge regarding family planning methods
- Regarding attitude gender bias having male is an asset to family having female child is curse.
- This attitude has to be overcome by proper education, counseling to the eligible couple and community by health care professional
- By this we can impart knowledge, practice regarding family planning methods

References:-

1. Stephansson O, Dickman PW and Cnattingius S. The influence of interpregnancy interval on the subsequent risk of stillbirth and early neonatal death. *Obstet Gynecol.* 2003;102(1):101-108. [https://doi.org/10.1016/s0029-7844\(03\)00366-1](https://doi.org/10.1016/s0029-7844(03)00366-1)

2. Sing R, Frost J, Jordan B and Wells E. Beyond a prescription: Strategies for improving contraceptive care. *Contraception*. 2009;79(1):14.<https://doi.org/10.1016/j.contraception.2008.09.015>
3. Rao BS and Mathada VC. Awareness and determinants of contraceptive use among nursing mothers in Bellary, Karnataka. *J Clin Diag Res*. 2016;10(1):QC15-QC19.<https://doi.org/10.7860/JCDR/2016/16022.7120>
4. Jaiswal J, Naik S, Rangari R and Sinha A. Awareness and acceptance of various contraceptive methods among postpartum women in a tertiary care center. *Int J Reprod Contracept Obstet Gynecol*. 2021;10(4):1352-1358.<https://doi.org/10.18203/2320-1770.ijrcog20210996>
5. Wodaynew T and Bekele D. Assessment of knowledge, attitude and practice of contraceptive use among postpartum women in Jimma University medical center, Jimma Town, South West Ethiopia. *Int J Womens Health Wellness* 2021;7(2):130.<https://doi.org/10.23937/2474-1353/1510130>
6. Alakananda, Bhattacharyya AK and Das I. Contraceptive awareness a survey among antenatal women. *Sch J Appl Med Sci*. 2015;3(3):1505-1508.
7. Patel R, Panchal P, Meheta A and Saha S.A knowledge, attitude and practice study of contraception amongst immediate postpartum patients in a tertiary care institute 2016. *Curr Med Res Pract*. 2017;7(4):128-131.<https://doi.org/10.1016/j.cmrp.2017.06.003>
8. Bajracharya A. Knowledge, attitude and practice of contraception among postpartum women attending Kathmandu medical college teaching hospital. *Kathmandu Univ Med J (KUMJ)*. 2015;13(52):292-297.<https://doi.org/10.3126/kumj.v13i4.16826>
9. Brahmabhatt MM, Sheth JK and Balaramanamma DV. A study of knowledge, attitude and practice towards contraception among married women of reproductive age group having <2 children residing in Vasna ward, Ahmedabad, Gujarat, India. *Health Line, Journal of Indian Association of Preventive and Social Medicine*. 2013; 4(2): 8-12.
10. Sahu B, Tiwari P, Uikay V and Badkur P. Awareness and acceptance of contraception in postpartum women in our tertiary hospital in central India. *J South Asian Feder Obst Gynae*. 2017;9(4):327-330.<https://doi.org/10.5005/jp-journal.10006-1523>
11. Hayat H, Khan PS, Imtiyaz B, Hayat G and Hayat R. Knowledge, attitude and practice of contraception in rural Kashmir. *J Obstet Gynecol India*. 2013;63(6):410-414.<https://doi.org/10.1007/s13224-013-0447-6>.