



Scenario of use of contraceptive methods among men and women

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Abstract

Contraceptive techniques are safer and effective methods for preventing pregnancy. Numerous studies revealed a non-favorable response toward the use of contraceptive methods among men and women. In present study we posed our concentration on different studies that were conducted to assess the knowledge, attitude and practice of family planning among men and women. We also made a discussion in the last section of the study.

Keywords: contraceptive methods, oral contraceptive, condom

Introduction

Contraception is a key factor for a better-balanced and rewarding life for both women and men (Tountas Y *et al*, 2004) ^[1]. Various demographic studies have revealed a birth-rate reduction from 2.23 in 1980 to 1.30 in 1996(Greece National Report, 1999) ^[2]. Even there is wide availability of various types of contraceptives, the rate of population growth and unplanned pregnancies is still high. One fifth of the maternal death in the world occur in India, which is estimated as 4 per 1000 live births, and about 15% of the maternal deaths are due to unsafe abortions(Julie A, 2001) ^[3]. In one of the study conducted in Greece, knowledge and practice of contraception among 102 female medical students was considered. Study found that 45.1% students were using condoms as the only contraceptive method whereas 16.7% was not applying any contraceptive method. Only oral contraceptives were used by 4.9% of the students and oral contraceptives in combination with condoms by another 4.9%. 28.4% answered condoms as the most effective contraceptive method and 4.9% responded did not consider any contraceptive method to be effective. According to this study only 55.9% of the students had ever asked their gynaecologist about contraception (Dinas K.*et al*, 2008) ^[4].

In another study 450 UAE women at risk of pregnancy were selected randomly from the community and primary health care centres. Four hundred women (89%) gave consent to participate in the study. Among 89% women, who participated in the study, only 41.5% were observed using contraception. This study found significant associations between using contraception and each of age, high level of education and low family income ($p < 0.0001$). 85% subjects were not found interested in sterilization without medical indications, nor using contraception before the first pregnancy (Saad GA *et al*, 2001) ^[5].

In a descriptive study, 136 females between 18- 45 year of age were taken into account at Moodu Alevoor village, Udupi district, Karnataka. Results of the study showed that 48.5% were of 26-35 years of age, 92% were Hindus, 45.6% had

having higher secondary education, 41.2% were house wives, 55.9% had family monthly income below 5000 rupees, 49.3% were from nuclear family, 64% were married between 19-25 years, 43.3% had 2-3 years of married life and 52.2% had one pregnancy. 55.9% were observed having one living child. 67.60% were reported having moderate knowledge on contraceptive methods and 17.60% had high knowledge. Attitude towards contraceptive methods was favorable in 87.50% subjects and in 12.50% it was unfavorable. Among the women, not using any contraceptive methods, 19.85% and 1.47% used oral contraceptive pills (OCs) and injection respectively as contraceptive method. In this study an association between knowledge and educational status ($\chi^2 = 47.14$, $p=0.001$), occupation ($\chi^2 = 15.81$, $p=0.044$), family monthly income ($\chi^2 = 6.473$, $p=0.039$), duration of marriage ($\chi^2 = 6.721$, $p=0.035$) was also analyzed (Zangmu *et al*, 2013) ^[16].

In a cross sectional study conducted in the Government College, Gangtok, Sikkim, to evaluate the knowledge, attitude and practice of contraception among 156 students. Results of the study revealed that 98% of the students had knowledge about family planning and 86% of them had heard about contraceptives. If we talk about the knowledge about the methods of contraceptive pills 85% of them knew about condoms and 40% about contraceptive pills but knowledge about permanent methods and Cu-T was diagnosed poor (average 12%). Along with this, 35% and 30% thought contraceptives were used to prevent unwanted pregnancy and for birth spacing respectively. 11% of students were past users of contraceptives and only 7% were current users (Renjhen P *et al*, 2010) ^[7].

In another cross sectional study considered, was conducted in obstetrics & gynaecology (obs. & gynae) out door patient department (OPD), North Eastern Indira Gandhi Regional Institute of Health & Medical Sciences, Shillong, Meghalaya. In this study of 200 married women aged between 15-45 years, the socio economic status (SES) was found observed as Christian (52%), illiterate (26.5%), housewife (43.5%) and

belong to low SES (31.5%). 87% had have knowledge about contraceptive methods and the source of the knowledge was health workers, media and social circle with 58.6%, 24.1% and 15.5% respectively. Choice of use of contraceptive methods observed was condom, OCPs and intra uterine contraceptive device with 38.2%, 27.6% and 15.8% respectively. Negative attitude towards family planning was shown by 55.5% male and 51.5% female (Pegu B *et al*, 2014) [8].

We came across another cross sectional study which was carried out at urban health training centre of tertiary care hospital. Out of 205 married reproductive females, 71.22% were found having awareness regarding any method of contraception. In this study most common source of information on contraception was media, both printed and electronic and the most common reason for discontinuation of family planning methods was fear of side effects (Srivastav A *et al*, 2014) [9].

In rural area of Tamil Nadu, in a cross sectional observational study of 300 married females data regarding socio demographic information of the study participants, the knowledge and use of contraceptives, availability of contraceptives and the knowledge of female and male sterilization was collected. According to this study, 55.3% were using some sort of family planning method whereas 44.7% were not using any method. Female sterilization was found the commonest (33.73%) method being followed and the commonest reason for not using contraception was want to have more children (34.33%) (Patel AA, 2015) [10].

Another cross-sectional observational study in rural women was conducted in the gynaecological outpatient clinic of Fatima Hospital, Baqai Medical University, Karachi, to assess the knowledge, attitude regarding family planning and the practice of contraceptives among rural women. 100 women between the ages 15-45, living with their husbands and coming from rural area (villages) were interviewed for conduction of the study. Mean age of women computed was 29.7 years, 81% were found having some knowledge about family planning methods. 64% women got the information of contraceptives through media. Condoms were reported practiced by 33.9% and 22.6% of women had already undergone tubal ligation. The women using injectable and intrauterine contraceptive devices were used by 18.8% and 13.2% respectively. Positive attitude towards contraception was observed shown by 76% women, whereas 41% stated that their husbands' have positive attitude towards contraception (Mustafa R *et al*, 2008) [11].

In the Mbouda Health District, Cameroon, a cross-sectional study was found conducted. In this study of 101 women between 18-58 years of age, mean age computed was 31.7 ± 8.8 years. In the light of this study we came on this output that 96% women had already heard about family planning and almost all respondents (98 %) were observed aware of at least one contraceptive method, the most cited was male condom (96 %), the safe period (86.1 %), injectables (76.2 %) and oral pills (75.2 %). The main reasons reported precluding women from practicing contraception were lack of knowledge (31.4 %), uselessness (31.4 %) and unbearable side effects (8.6 %) (Jobert RN *et al*, 2015) [12].

Discussion

Preventing unintended pregnancy is an important concern as well as need of the hour. Still there exists a negative attitude towards use of contraceptive methods. Lack of awareness and knowledge make the use of different contraceptive methods less practiced. There is a need to educate women in order to make them aware and to include them in one of the beneficiaries by family planning.

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