

A Cross Sectional Study of Contraceptive Uses and Unmet Need for Family Planning Among Rural Population of Vadodara

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Abstract

Introduction: Unmet need of contraception remains a national problem. The study was conducted among the eligible couples of rural area of Vadodara district, India, to assess the unmet need for contraception and to determine the use of different types of contraception along with the reasons associated with the unmet needs of contraception.

Objective: This study aimed to measure the prevalence of contraception and reasons for unmet need of contraception.

Methods: This was community based cross-sectional study. In this study 100 couples who were sexually active, fecund and in which women are in reproductive age group were enrolled. The sample population was selected by two stage random sampling method. A pre-tested structured questionnaire was used to collect data from the respondents with written consent.

Results: This study enlighten that, in a rural area 72% of eligible couple was practicing any type of family planning method. Unmet need for contraception was 20 per cent. Among those having unmet need (n=20), lack of knowledge (55%), ignorance (25%), inaccessibility (10%) and non-affordability (10%) were responsible factors for unmet need.

Conclusion: This study revealed lack of knowledge was the main reason for the unmet need of contraception among study population. Government should have to organise frequent family planning awareness programme at community level.

Keywords: Contraceptive use, unmet need, Prevalence, Rural population.

1.Introduction

According to Census of India (2011), India's population is 121 crores and it is increasing at a decadal growth rate of 17.7%, which shows 2.14 crores of population adding per year to this nation. This forecasts that India will reach 153 crores in 2050; this will then make India the most populous country in the world, surpassing china which hampered social and economic development of country [1, 2].

India was the first country worldwide to launch a National Family planning Programme in 1952 with clear focus to reduce birth rates [3]. Many surveys conducted since the 1960's, revealed that substantial proportions of women wanted to stop or delay child bearing but are not practicing contraception. This incongruity is referred to as the unmet need for contraception. It poses a challenge to national family planning Programme to achieve its goals in time [4].

Women with unmet need are those who are fecund and sexually active but are not using any method of contraception, and report not wanting any more children or wanting to delay the next child. Unmet need is especially high among groups such as adolescents, migrant, urban slum dwellers, refugees, women in the postpartum period [5].

Despite the fact that contraceptive use has increased over a period of time but there is exists KAP-gap i.e. a gap between the knowledge, attitude and practices regarding contraception [6,7]. With this background we aim to study dynamics of contraceptive uses among rural area of Vadodara district and also to identify factors associated with unmet need of family planning so, that the unmet needs of the population can be targeted in future.

2. Materials and Methods

This study was community based cross sectional observational study conducted among rural population of Vadodara district. According to previous studies in India prevalence rate of contraception was around 50%, at a 95% confidence interval and 80% power sample size was 100 couples by using $4pq / L^2$ as a sample size formula. Couples who were sexually active, fecund and in which women are in reproductive age group were included in the study. The study excluded couples in which women having pregnancy and who were not willing to give voluntary consent.

2.1 Data collection

After obtaining the permission from institutional ethics committee of Sumandeep Vidyapeeth, study was started. The sample population was selected by two stage random sampling method. First we select the 10 villages by random cluster method. From each selected village 10 couples were selected by systematic sampling method. The data collection was finished in month of September 2014. The couples were approached by investigator and written inform consent was taken before starting interview. The information was collected by personal interview using pre-structured, pre- tested questionnaire regarding socio-demographic structure of families, pattern of contraceptive utilization and unmet need of contraception.

2.2 Statistical Analysis

Collected data were compiled using MS office excel 2007. Analysis was done using Epi info 7. Epidemiological indicators, Descriptive and inferential statistics were applied for analysis. P-value was considered statistically significant at a 95% confidence interval.

2.3 Ethical consideration

Ethical permission was obtained from Institutional ethical committee of Sumandeep Vidyapeeth before starting of the study.

3. Result

Mean age (in years) of participating male and female was 36.91 and 32.98 respectively. 95% of study populations were Hindus and 5% were Muslims. 51% and 45% of study populations were coming from joint and nuclear families respectively. Average (Median) number of living children was 2. Majority (46%) of females was illiterate and 34% had primary education (Table-1). Majority of males was illiterate (36%) and had primary education (28 %) (Table-1). 78% of females were housewives and 53% of males were daily wage workers (Table-2).

Table1: Educational level of study participants

Education level	Sex		Total
	Female	Male	
Illiterate	46	36	82
Primary	34	28	62
secondary	12	22	34
higher secondary	3	8	11
Graduate and above	5	6	11
Total	100	100	200

Table 2: Occupations of study participants

Occupation	Sex		Total
	Female	Male	
Job	3	7	10
Business	0	19	19
Farmer	0	20	20
House wife	78	0	78
Daily wage worker	19	53	72
Retired	0	1	1
Total	100	100	200

Figure 1 shows that out of 100 couples, 72 (72%) were currently practicing any contraceptive methods available. Out of this 72 couples using any contraceptive methods majority of couple using temporary methods (86%) while only 14 % of couples were using permanent contraceptive methods (Figure 2). Most commonly used contraceptive method was condoms (36%) followed by Intra uterine Devices (28%), while those couple who were undergone permanent contraceptive methods all were accepted tubectomy, vasectomy has many advantages compare to tubectomy but no one accepted vasectomy as contraceptive method.

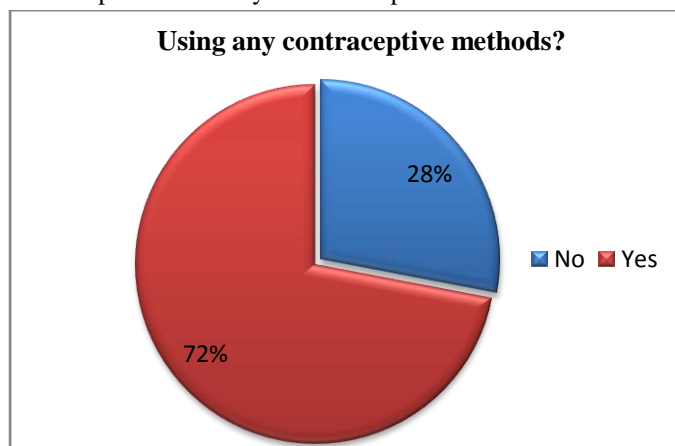


Figure1: Prevalence of contraceptive usage

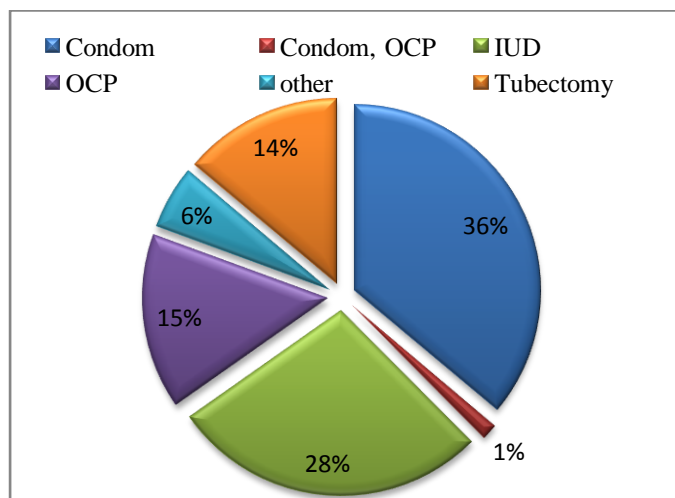


Figure2: Various Type of Contraceptive usage

In present study, 20% had unmet need of contraception. Those couple had unmet need of contraception were not using contraceptive methods because of due to lack of knowledge (55%), ignorance (25%), inaccessibility (10%) and non-affordability (10%) (Table 3).

Table 3: Reason for unmet need of contraception

Reasons	Frequency	Percent
Inaccessible	2	10.0
Ignorance	5	25.0
Lack of Knowledge	11	55.0
Not affordable	2	10.0
Total	20	100.0

4. Discussion

Stabilizing population is an essential requirement for promoting sustainable development with more equitable distribution. So, to stabilize the population, Net Reproduction Rate should be 1. To achieve this target contraceptive prevalence rate must be a more than 60 %. In our study contraceptive prevalence rate was found 72%. Despite that according to census 2011 decadal growth rate of rural Vadodara population was 5.12% [8,9].

According to NFHS-3 contraceptive prevalence rate for currently married women in India is 56 percent [10]. Study done by Pawar *et al* on Family Planning Practices in Rural Kerala found that the overall prevalence of contraceptive use was 70.3% comparing to our study the overall prevalence of contraceptive use was 72% [11].

Study done by Bhasin *et al* on Prevalence of Usage of Different Contraceptive Methods in East Delhi found that Condom was the most common method (33.4%) of contraception followed by tubectomy (27.3%), oral pills (16.6%) and intrauterine device (15.7%). Present study found that most commonly practiced contraception method was condom (36%) followed by Intrauterine device (28%), Oral Contraceptive Pills (15%)[12].

The current study shows that proportion of permanent contraceptive method was found to be very low (only 14%). Tubectomy was accepted as a permanent contraceptive method instead of vasectomy among study population.

Study on unmet need of contraception in Puducherry by Bahiya Sulthana *et al* shows that Unmet need for contraception was 27.3 per cent and most common reason for unmet need was lack of knowledge (50%). Similar to that in our study unmet need for contraception was 20% and most common reason for unmet need was lack of knowledge (55%)[13].

5. Conclusion

This study demonstrated that contraceptive prevalence in the study area was equally to the national average. Knowledge gap among participants found to be most important determinants of high unmet need of contraception. This can be effectively solved by behaviour change communication and health education.

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