

## Knowledge attitude and practices of family planning methods among postnatal mothers-A hospital based study

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**Abstract:** *Background:* All the couple have the basic rights to decide freely and responsibly on the number and spacing of their children and to have the information, education and means to do so. In developing countries, especially in India where deep rooted belief, customs and superstition regarding pregnancy, child birth, are still widely prevalent and women with poor socioeconomic background are more vulnerable to the health risks associated with child bearing in quick succession. Hence the present study provides excellent opportunities to educate the mother in postnatal ward regarding family planning method and help them to adopt birth spacing in the face of changing circumstances. *Objectives:* a) To assess the knowledge, attitude & practices regarding family planning methods among postnatal mothers. b) To educate them to use one of the family planning method. *Material and Methods:* Cross-sectional study was carried out for a period of one month. A total of 162 postnatal mother who were admitted in postnatal general ward of OBG Dept., Shri.BM.Patil medical college constitutes the sample size. After obtaining ethical clearance from the institute, the mothers were interviewed after taking verbal consent. The data was collected using semi-structured questionnaires. Statistical test like percentage, chi-square test was applied to know the association. *Result:* In the present study 65.4% of mothers knew about family planning methods. Significant association was found in relation to education ( $p= 0.000$ ), religion ( $p= 0.055$ ) and parity ( $p= 0.01$ ). *Conclusion:* The literacy level will definitely help to gain the information regarding family planning.

**Keywords:** Family planning, Contraceptives, Postnatal mothers.

### Introduction

All the couple and individuals have the basic rights to decide freely and responsibly on the number and spacing of their children and to have the information, education and means to do so [1]. In developing countries, especially in India where deep rooted belief, customs and superstition regarding pregnancy, Child birth, health and the role of mother are still widely prevalent and women with poor socioeconomic background are more vulnerable to the health risks associated with child bearing in quick succession. These contribute to high maternal morbidity and mortality. Family planning play a crucial role in safe guarding the health of women.

The majority of married Indians reported significant problem on accessing a choice of contraceptive methods. One of the main objective of the family planning is to spread knowledge of family planning and develop among the people attitude favorable for adoption of family planning methods [2]. The major reasons were fear of

operation, side effects, inconvenience of the available method and want to have more children. Hence the present study provides excellent opportunities to educate the mother in postnatal ward regarding family planning method and help them to adopt birth spacing in the face of changing circumstances.

### Objectives:

1. To assess the knowledge, attitude and practices regarding family planning methods among postnatal mothers.
2. To educate them to use one of the family planning method.

### Material and Methods

Cross-sectional observational study was carried out in the month of April 2014 in Shri B M Patil Medical College Hospital, Vijayapura. All the Mothers who gave birth to a live infant during the study period was included in the study. A purposive sampling

of 162 Post natal mothers who were admitted in postnatal general ward of OBG were included in the study. Mothers were interviewed after taking verbal consent. The data was collected using semi-structured questionnaires and analyzed using SPSS v.16.

**Results**

In the present study maximum number of mothers were in the age group of 24- 26 yrs. (31.5%), and 25 (15.4%) of them were in the group of >29 yrs. Majority of respondents were literate (74%) and among them 67 (41.35%) had completed primary education. 61.75 % of them were from rural and 135(83.3%) belong to Hindu religion. Fifty percent of mothers were from low socio-economic status according to B.G. Prasad classification [3]. In our study 62(38.2%) of mothers are Primipara and remaining multipara (Table-1).

Socio Demography		Frequency	% age
Age	18-20	29	17.9
	21-23	28	17.3
	24-26	41	31.5
	27-29	29	17.9
	>30	25	15.4
Education	Illiterate	26	16.1
	Primary	67	41.3
	High school	55	33.9
	PUC	8	4.9
	Degree	6	3.8
Religion	Hindu	135	83.3
	Muslim	27	16.7
Area	Urban	62	38.3
	Rural	100	61.7
SE status	1	4	2.5
	2	21	12.9
	3	46	28.4
	4	81	50
	5	10	6.2
Order of pregnancy	Primi	62	38.2
	Multi	100	61.8

In the present study 106 (65%) of mothers were heard about family planning methods (Tab-2). The statically significant association was found

with related to Education (p=0.000), Religion (p=0.055) and Parity (p=0.01). Among those who heard about family planning methods the main source of information is by health care workers i.e. is 66 (62%) followed by media was 43 (41%) and friends 40 (38%). The significant association was found with respect to source of information verses Education (p=0.0006),Socio-economic status (p=0.0001) and Parity (p=0.0194). This clearly highlights that literacy, SE status and parity are directly associated with family planning.

The respondents were given multiple answer regarding different methods they knew about family planning. 68(64%) of mothers heard about oral pills, IUD (54%), and sterilization (51%). But it is very hearting to say that there was no significant association with related to knowledge about different methods of family planning verses age, education, religion, place, SE status and parity. In the present study non-significant association was found regarding non-use of contraceptives with education, socioeconomic, place of mothers, and the reasons given by them were like- Don't like to use, It's against nature, I never used. The significant association was present with related to Religion (p= 0.001) and Parity (p=0.0333).

It is shocking to know that, only 25 (15%) of the mothers were used the family planning methods (Table-3). Among the used, majority of them had used the oral pills (68%) followed by IUD and Condoms. Contraceptive use increased with increasing age of the mother and parity. Significant association was observed with related Age (p=0.0014) and Parity (p=0.007). Major reasons for not using family planning method was they want one more child (73%).Statically significant was observed with related to Age (p=0.0079), Education (p=0.0018), Religion (p=0.186), Place (p=0.227) SE-status (p=0.0184) and Parity (p=0.0001).this could due to male child preference. 75% of respondents said that ideal age of having first child is 18 to 24yrs.and 20% of them don't know the knowledge of child bearing age. The significant association was observed with related to Age (p=0.0095), Education (p=0.003).

**Table-2: Knowledge about family planning methods**

Have you heard about family planning?		YES (n=106)	% (65.43)	NO (n=56)	% (34.56)	Chi- square test
Age	18-20	14	13.2	15	26.75	x <sup>2</sup> =5.76 df=4 p=0.218 NS
	21-23	21	19.8	7	12.5	
	24-26	35	33.01	16	28.5	
	27-29	18	16.98	11	19.6	
	>30	18	16.98	7	12.5	
Education	Illiterate	7	6.60	19	33.9	x <sup>2</sup> =20.3 df=1 p=0.000 HS
	Primary	46	43.49	21	37.5	
	High-school	40	37.7	15	26.7	
	PUC	7	6.6	1	1.78	
	Degree	6	5.6	0	0	
Religion	Hindu	84	79.24	51	91.07	x <sup>2</sup> =3.69 df=1 p=0.055 HS
	Muslim	22	20.75	5	8.92	
Place	Urban	46	43.3	16	28.57	x <sup>2</sup> =3.41 df=1 p=0.065 NS
	Rural	60	56.6	40	71.4	
SES	1	4	3.7	0	0	x <sup>2</sup> =2.17 df=2 p=0.338 NS
	2	15	14.15	6	10.7	
	3	27	25.47	19	33.9	
	4	53	50.1	28	50	
	5	7	6.6	3	5.3	
Parity	Primi	33	31.13	29	51.7	x <sup>2</sup> =6.62 df=1 p=0.01 HS
	Multi	73	68.8	27	48.2	

**Table-3: Practice of family planning methods**

Used and family planning method		Yes (n=25)	% (15.4)	No (n= 137)	% (84.5)	Chi- square test
Age	18-20	0	0	29	21.16	Pooled x <sup>2</sup> =15.625 df=3 p=0.0014 Hs
	21-23	01	4	27	19.70	
	24-26	11	44	40	29.19	
	27-29	09	36	20	14.59	
	>30	04	16	27	19.70	
Religion	Hindu	22	88	113	82.48	x <sup>2</sup> =0.4635 df=1 p=0.4960 NS
	Muslim	03	12	24	8.75	
Place	Urban	12	48	50	36.49	x <sup>2</sup> =1.184 df=1 p=0.2763 NS
	Rural	13	52	87	63.50	
Parity	Primi	02	08	60	43.79	x <sup>2</sup> =11.467 df=1 p=0.007 HS
	Multi	23	92	77	56.20	
Education	Illiterate	01	04	25	18.24	Pooled x <sup>2</sup> =3.322 df=3 P=0.3445 NS
	Primary	12	48	55	40.14	
	High school	10	40	45	32.84	
	PUC	02	08	6	4.37	
	Degree	00	00	6	4.37	
SES	1	0	0	4	2.91	Pooled x <sup>2</sup> =3.045 df=3 p=0.3847 NS
	2	03	12	18	13.13	
	3	09	36	37	27.00	
	4	10	40	71	51.82	
	5	03	12	7	5.10	

More than fifty percent of the mothers were not aware of the period of gap between the two pregnancies. Except religion all other parameters i.e. Age ( $p=0.0005$ ), Education ( $p=0.0001$ ), SE status ( $p=0.0171$ ), Place ( $p=0.0283$ ), Parity ( $p=0.0211$ ) was found significant association with related to birth spacing. 73% of the respondents were opine that they should have at least one male child, only Religion ( $p=0.0011$ ) was found significant association with preference for male child. 97(60%) of the respondents opine that number of children they wants to have is two.

The statistical significant association was present with related to Age ( $p=0.0001$ ), Education ( $p=0.0143$ ), Religion ( $p=0.0021$ ) and Parity ( $p=0.0333$ ). The multiple answers were given by the study subject regarding reasons for seeking problem in be family planning. More than 50% of the respondent said that it depends on the family decision. Non- significant association was found with related to age, education, SE-status, parity and place of the respondents.

In present study 148(91%) of mothers said that they don't want know about family planning knowledge before marriage. Statistical significant was observed with related to Age ( $p=0.546$ ), Education ( $p=0.001$ ). Only 38 (23.46%) of the study subject faced the problem in seeking family planning services. Significant association were observed between Age ( $p=0.0005$ ), Religion ( $p=0.048$ ), Place ( $p=0.0013$ ), and Parity ( $p=0.0001$ ). The respondents were asked about future plan of use of family planning methods. More than 50% of mother said they will use it. The significant association was observed with related to Age ( $p=0.0001$ ), Education ( $p=0.0168$ ) and Parity ( $p=0.001$ ). The most common method they wish to use is sterilization (61%), IUD (26%) and pills (13%). Sterilization is the first choice because majority of mothers were multiparous. In the present study health education was given to all the mothers regarding family planning to adopt one of the family planning method, after explaining advantages and disadvantages of different family planning methods.

### Discussion

This Study Shows the literacy level will definitely help to gain the information regarding family planning methods. The study observed that

overall residential area had no influence on use of family planning methods. Similar findings were observed in study conducted by Vasundhara Sharma [4]. This study showed that utilization of family planning method was found more in women of high age group, parity, education. Mohanan. P [5] also highlighted the same findings in his study. Both health care workers (41%) and mass media (27%) played an important role in giving information on family planning methods. Vasundhara Sharma [4], observed the similar finding in her study. This shows that health care workers are involved in providing information about family planning methods. Impact of media and friends also played important role in giving messages.

Contraceptive use increased with increasing age of the mother and parity. In our study only 25 (15%) of the mothers were used the family planning methods. Significant association was observed with related Age ( $p=0.0014$ ) and Parity ( $p=0.007$ ). This may be due the reason that maximum numbers of mothers were completed their family. Similar study conducted by Sonam Zangmu Sherpa [6], observed that, majority of 52 (38.23%) had never used contraceptive methods. Level of education has not played an important role in practice of family planning method.

This could be due to preference for male child by the family. 97(60%) of the respondents opine that number of children they wants to have is two. The statistical significant association was present with related to age, education, religion and parity. This shows that there is direct relationship with age, education, religion and parity to decide number of children in the family. Specifically female literacy play very important role in deciding the number of children's they wish to have. Priyanka Mahawar [7], found in her study, attitude towards use of family planning method was satisfactory. But most of them said that they act according to their spouse's or in law's decision. They had no choice related to child birth.

The multiple answers were given by the study subject regarding reasons for seeking problem in family planning services. More than 50% of

the respondent said that it depends on the family decision. Non- significant association was found with related to all aspects. This might due to reason that decision is by the head of the family. The study conducted by P. Durga Rao and M.Sudhakar Babu [8], found that the major reasons for their non-use are lack of knowledge. (65 percent), fear of operation/side effects (46percent), inconvenience of the available methods (22 percent). Nearly 30 percent are not using any contraceptive method as they want to have more children.

In present study 148(91.36%) of mothers said that they don't want know about family planning knowledge before marriage. Statistical significant was observed with related to age and education this could be due to the reason the majority are from rural area and they were shy to know this information before marriage.

### Conclusion and Recommendations

Our study observed that attitude towards use of spacing method of contraception was very less. The important finding in the present study was, age and parity with related to family planning use was found significant association. Mothers were of aware of some of family planning methods but they had not practiced it due to reason that decision is by the head of the family. Female literacy should be improved and more intensive training should be given to community health workers to improve client interaction.

Counseling of the couples for accepting one of the family planning methods. At the same time improving access to health service is also important factor by the government sectors.

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