



# Knowledge and Practices of Married Women about contraceptive methods at a Public Sector Hospital Lahore

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## Abstract

**Introduction:** Birth prevention is defined by World Health Organization as "a mode of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decision by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of a country" Health promotion and cost effective activities are promoted by family planning, prevention of maternal mortality rate as well as child mortality rate by 30 percent and 10 percent respectively can be achieved by this service Although Pakistan has been introduced the services of birth prevention right after its independence but rapid growing population is a big challenge faced by the state yet It has been decades that Pakistan is battling with the issue of conception prevention. (Obaid, A.2018).

The use of birth prevention methods results in decreasing the fertility rate while in developing countries political barriers. Proper counselling regarding birth prevention is essential to avoid the risk of unplanned pregnancy among women (pegu et al.,2014).

**Objective:** The objective of present study was to assess the knowledge and practice of married women regarding use of contraceptive methods at a Public Sector Hospital Lahore.

**Methodology:** A Cross sectional quantitative study was done on 98 married females about the knowledge and practices of contraceptive methods at a Public Sector Hospital Lahore. Data was collected by the researchers from family planning center and outpatient department and was analyzed by using IBM SSPS version 23.

**Results:** A total of 80 women have participated in this study. 73 participants were having good knowledge of contraceptive methods. Majority, 63 of the participants were agreed that health education is very important for women who want to use contraceptive methods. 64 participants were aware of that sterilization (tying a woman's fallopian tubes) is a way of preventing pregnancy. Almost 68% of the participants were having knowledge regarding male sterilization, that (Vasectomy) is an effective way to avoid pregnancy. 55 (70.5%) females were having access to family planning services at hospitals. A majority of the participants, (36%) never use contraceptive methods before. Likewise, some of the participants, 41(51%) said that they practice breast feeding, withdrawal, herbal traditional contraceptive methods to prevent pregnancy. A small number of the participants, 24 (30%), responded that they have never used artificial contraceptive method (Condom, Intrauterine Device, (Tubectomy) to prevent unplanned pregnancy. 28 (35.0%) responded they have fear of side effects of contraceptive that's why they do not want to use birth control/contraceptives.

**Conclusion:** After analyzing data the researcher has concluded that majority of the married females who were coming at Lahore General Hospital have very good knowledge of almost all contraceptive methods but they are not properly practicing it. There were several factors effecting the practice of married women regarding the contraception e.g. religious beliefs, male dominant society, and fear of side effects. It is important for the planning centers provide accurate information and mental support regarding contraception knowledge and practices to married women. Also clarify misconception and misunderstanding of married women regarding contraception.

**Key words; Contraceptive Knowledge, Contraceptive Practices**

## INTRODUCTION:

Birth prevention is defined by World Health Organization as "a mode of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decision by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of a country" Health promotion and cost effective activities are promoted by family planning, prevention of maternal mortality rate as well as child mortality rate by 30 percent and 10 per cent respectively can be achieved by this service Although Pakistan has been introduced the services of birth prevention right after its independence but rapid growing population is a big challenge faced by the state yet It has been decades that Pakistan is battling with the issue of conception prevention. Despite of family planning association of Pakistan which introduced contraception services since 1950, Pakistan is still unable to control its population growth (Obaid, A.2018). Millennium development goals can be achieved by conception prevention which

promote birth spacing and minimize maternal morbidity and mortality rate related to pregnancy. In order to overcome this major issue, there is dire need to control the growth of citizens and this can be done by using contraceptive methods by the women of reproductive age(married). Birth prevention methods are being used by 35 per cent of women of reproductive age Pakistan ranked on 13th largest state with 37 million citizens in 1950. The population of this country raised up to 191 million in 2013. This raised in number of people leads the state as 6th largest country in the world (Azmat et al.,2015). Contraceptive methods are used by the peoples who want to avoid pregnancy. These contraceptive methods are divided into two parts. 1st one is traditional methods including rhythm, and folk methods. And other 2nd method is modern method like female sterilization, intrauterine contraceptive device (IUD), implants, injectable, the pill, condoms, and lactation amenorrhea method (LAM) Contraception, Demographic and Health Survey (PDHS) data from Pakistan shows that the prevalence rate (CPR) has not increased much in recent years. According to PDHS 2017-18, the current rate is 34%, up from 34% in the preceding decade. (Mushtaq K., Ashraf M& Thaver H.,2018). Family planning has been practiced for many years. It is thought to be a good way to improve one's health and that of one's mother and child, as well as to lower maternal and infant mortality rate. Patient preferences and behavior, health-care system variables, and provider-related factors are the three primary factors that lead to inequalities in family planning outcomes. The most significant component in contraceptive use is a woman's desire and drive. Education is seen to provide people more influence in decision-making. Contraception is more commonly used in metropolitan areas and among women with greater levels of education. (Naqvi S et al.,2011). Moreover, the unfulfilled need for conception prevention is about 20 percent as documented by Pakistan Demographic and Health Survey in years 2012 to 2013. Induced abortions are being increased annually about 890,000. Whereas the rate of termination of pregnancies in the state is one in seven pregnancies in order to control fertility and outcome of ineffective conception prevention. Various studies highlighted that social and cultural impact on use of birth prevention methods in Pakistan Poverty is one of major issues of Pakistan, with limited access of its people to health services (Mustafa et al.,2015). The use of birth prevention methods results in decreasing the fertility rate while in developing countries political barriers. Proper counselling regarding birth prevention is essential to avoid the risk of unplanned pregnancy among women (pegu et al.,2014). Educational level is associated with the practice and knowledge regarding birth prevention. Education information as well as communication activities are the effective tools to measure the awareness and success of birth prevention programme. For the success and effectiveness of contraception prevention methods the participation. The role of men in contraception methods has always been over looked. Hence, men participation is found to be very low in contraception (Thapa, p et al.,2018). In the case of a large and rapidly expanding population, a successful family planning programme is required. In the country, a large number of family planning centres are running, with millions of rupees invested. A significant amount of money was spent on family planning services, but no significant results were achieved. Research into the social, religious, and cultural aspects of females is needed to better comprehend this problem. To fully comprehend this issue, research into the social, religious, and cultural components of females is required. The

most common 6 misconception about contraception is that it harms the womb and results in sterility (Musarrat Jabeen, et al.,2011). Higher levels of education, labor force involvement, and fertility are all linked to family planning knowledge and practice. Education impacts individuals' attitudes and behavioral habits, therefore it may have a direct impact on fertility. Lack of understanding about contraceptive techniques can be a significant barrier to their usage. (SAJID A., MALIK S.,2010).

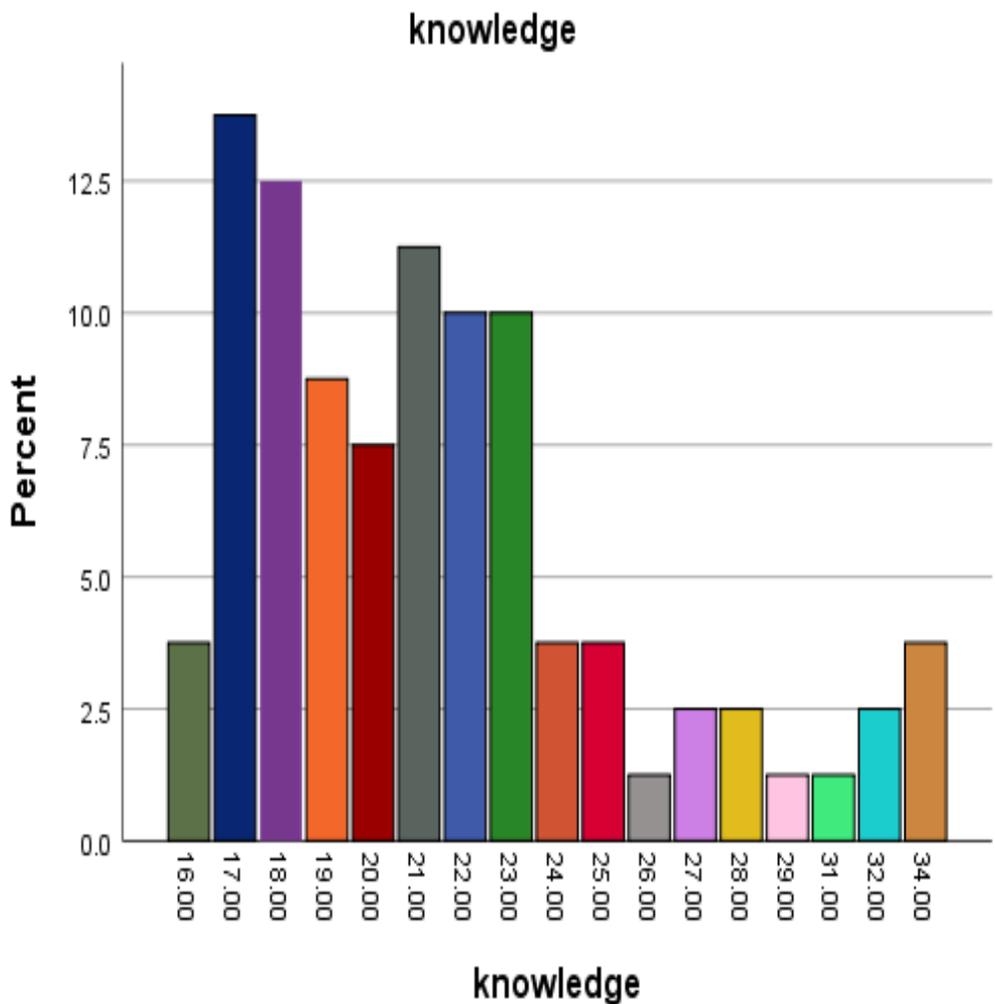
## METHOD

A Cross sectional quantitative study was done on 98 married females about the knowledge and practices of contraceptive methods at a Public Sector Hospital Lahore. 18 form were excluded due to incompleteness. 80 participants were give complete information. This study was conducted in the capital of Punjab province Lahore second popular city of Pakistan which has so many tertiary care hospitals which are expected to deliver evidence based quality care to the patients. This was hospital based study and was conducted at a Public Sector General Hospital Lahore. Data was collected by the researchers from family planning center and outpatient department at Lahore General Hospital Lahore. Data was analyzed by using IBM SPSS version 23.0. This study was conducted on all married women expect unmarried women's, postmenopausal women's who visiting at a Public Sector Hospital Lahore (Lahore general hospital). Researchers were collect sample by herself by using simple random sampling technique. Researches was collect data by using research questionnaire related to contraceptive knowledge and contraceptive practices. This questionnaire 3 parts; 1 Demographic Data, 2 Knowledge Related, 3 Practice Related. 3 point Likert scale directed at knowledge related that is developed by Lincoln J, Mohammad nezhad M, Khan S (2018). Practice part has 4 point Likert scale. The women were informed orally about the project and gave their informed consent to participate in an interview based on the questionnaire.

## RESULTS

Results showed that majority of the study participants have good knowledge of contraceptive methods like 73 (93.6%) were the women who have Well. Only 40 (51.3%) of the participants correctly answered that birth control pills are not effective if a woman missed two or three days consecutively. Majority, 63 (80.8%) of the participants agreed that health education is very important for women who want to use contraception. A majority of participants, 63 (80.8%) agreed that contraceptive pills did not guarantee 100% protection. A majority of participants, 62 (79.5%) correctly answered that condoms prevented Sexually Transmitted Infections (STIs). A majority, 70 (89.7%). of participants correctly answered that contraceptive pills produced side effects of mood swings and weight gain. Only 47 (60.3%) of participants correctly answered that oral estrogen containing contraceptive pills had an increased risk of causing breast cancer. majority of the participants, 34 (43.6%) answered correctly that a Depo Provera intramuscular injection contraceptive shot must be administered on three monthly bases. A majority of the participants, 50 (64.1%) correctly answered that women who experienced side

effects of a contraceptive pill can switch to another form of contraceptive that might have less side effects. Majority of the participants, 60(76.9%), correctly answered that using a condom was considered very effective contraception. A majority, 64(82.1%) the participants were aware of that sterilization (tying a woman’s fallopian tubes) is a way of preventing pregnancy. Almost 68 (87.2%)the participants were known Male sterilization (Vasectomy)is an effective way to avoid pregnancy. 55 (70.5%) females access family planning services/contraception from hospitals.



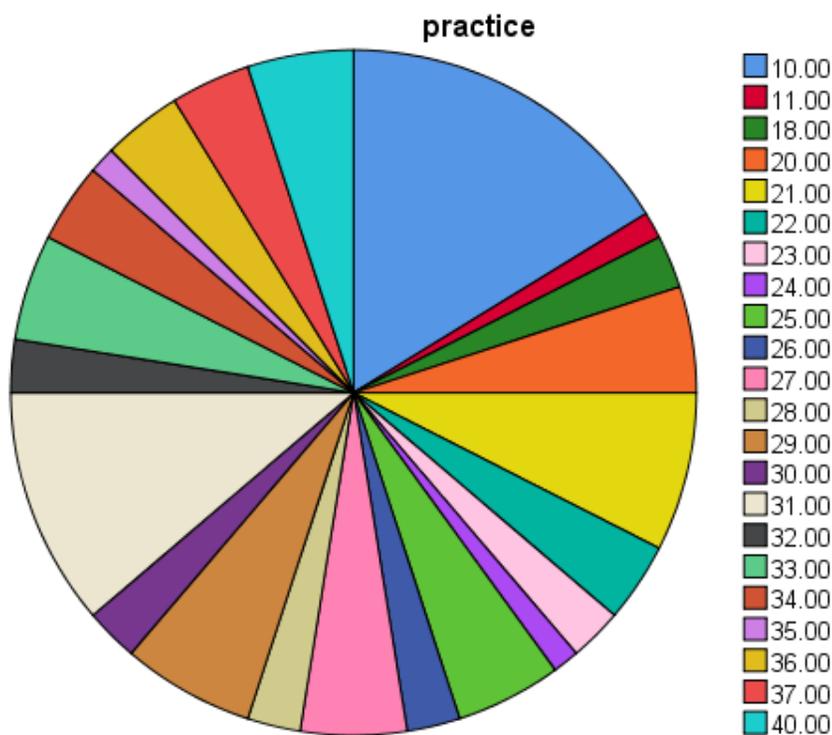
Questions (n=80)	Responses	N	%
q1-You ever heard about contraceptive methods of family planning.	Count	73	73
	% within Gender	93.6%	
q2- Birth control pills are effective even if a women miss taking them for two or three days in a row.	Count	40	40
	% within Gender	51.3%	
q3-Social media give enough information about birth control/contraceptives.	Count	60	60
	% within Gender	76.9%	
q4-Health education is important for women who want to use contraception .	Count	63	63
	% within Gender	80.8%	
q5-Natural method (Breast feeding, Herbal method, withdrawal) of family planning/contraception you know.	Count	70	70
	% within Gender	89.7%	
q6-Common side effects of contraceptive pills include mood swings and weight gain.	Count	70	70
	% within Gender	89.7%	
q7-Condoms can prevent STD.(Sexually Transmitted Diseases)	Count	62	62
	% within Gender	79.5%	
q8-Female sterilization (Tubectomy)is a one way to avoid pregnancy.	Count	64	64
	% within Gender	82.1%	
q9-Male sterilization (Vasectomy)is a an effective way to avoid pregnancy.	Count	68	68
	% within Gender	87.2%	
q10-You think that women taking estrogen containing contraceptive can increased risk of breast cancer.	Count	47	47
	% within Gender	60.3%	
q11-Women using birth control shout (Depo Provera) must get an injection every three months.	Count	34	34
	% within Gender	43.6%	
q12-Using condom consider to be a very effective for .	Count	60	60
	% within Gender	76.9%	
q13-Using the pill increase women's risk of ovarian endometrial or cervical cancer.	Count	57	57
	% within Gender	73.1%	
q14-If a women is having side effects of one kind of contraceptive pill, switching to another type might help.	Count	50	50
	% within Gender	64.1%	
q15-Using pills consider to be very effective to prevent pregnancy.	Count	27	27
	% within Gender	34.6%	
q16-You access family planning services/contraception from hospitals.	Count	55	55
	% within Gender	70.5%	

Table 1: Frequency of responses on knowledge-related questions.

Pratice (n=80)	Always			usually			Sometime			Never		Total
	N	Vp	Cf	n	%	cf	N	%	Cf	n	%	N (%)
pq1-You ever used birth control/contraception before	36	45.0	45.0	9	11.3	56.3	11	13.8	70.0	24	30.0	100.0
pq2-How many times a years, you visit a health center for family planning services	20	25.0	25.0	7	8.8	33.8	24	30.0	63.7	29	36.3	100.0
pq3-you practice Brest feed withdraw , herbal traditional contraceptive method to prevent from pregnancy	41	51.2	51.2	21	26.3	77.5	4	5.0	82.5	14	17.5	100.0
pq4-You use artificial contraceptive method(Condom, Intrauterine Device, Tubectomy) to prevent unplanned pregnancy	36	45.0	45.0	14	17.5	62.5	6	7.5	70.0	24	30.0	100.0
pq5-You ever had any unplanned pregnancy due to lack of contraceptive use	17	21.3	21.3	1	1.3	22.5	3	3.8	26.3	59	73.8	100.0
pq6-You use contraceptive every time when you don't intend to get pregnant.	29	36.3	36.3	4	5.0	41.3	35	43.8	56.3	35	43.8	100.0
pq7- current method of contraceptive change from time to time.	19	23.8	23.8	8	10.0	33.8	15	18.8	52.5	38	47.5	100.0
Pq8-Fear of side effects of contraceptive is the reason you do not want to use birth control/contraceptives.	28	35.0	35.0	18	22.5	57.5	12	15.0	72.5	22	27.5	100.0

Pq9-Socioeconomic are your reason to use birth control/contraceptive.	45	56.3	56.3	23	28.7	85.0	5	6.3	91.3	7	8.8	100.0
Pq10-Have you ever abort any pregnancy.	17	21.3	21.3	1	1.3	22.5	1	1.3	23.8	80	100.0	100.0

A majority of the participants, (36%) never use contraceptive methods before. Likewise, some of the participants, 41(51%) said that they practice breast feeding, withdrawal, herbal traditional contraceptive methods to prevent pregnancy. A small numbers of the participants, 24 (30%), responded that they have never used artificial contraceptive method (Condom, Intrauterine Device, Tubectomy) to prevent unplanned pregnancy.28 (35.0%) responded they have fear of side effects of contraceptive that’s why they do not want to use birth control/contraceptives.



**Table 2:** Frequency of responses on practice- related questions.

## DISCUSSION

This research looked at the present state of knowledge and behaviors among 80 people. Only 51.3 percent of respondents knew that skipping contraceptive tablets for more than 2-3 days in a row can lead to pregnancy. Similarly, many people were uninformed of the risks of taking contraceptive pills, as well as the possible

relationship between cancer and estrogen-based contraceptives. More than half (76.9%) respond that Social media give enough information about birth control/contraceptives. Another source of concern is that female sterilization as a method of preventing pregnancies is well-known (82.1%). A large number of peoples (89.7%) in our study respond that Natural method (Breast feeding, Herbal method, withdrawal) of family planning/contraception. 80.8% answered positively health education is important for women who want to use contraception. As for the practices associated with family planning in tertiary care general hospital Lahore, the necessity for regular visits to health facilities for family planning services elicited a various response. Majority of the families was Socioeconomic reason to use birth control/contraceptive to control pregnancy. People tend to use contraception when they don't want to get pregnant.

## CONCLUSION

During our research experience, it can be concluded from the facts nearly all participants most prominent problem with the knowledge and practice about contraception public sector General Hospital Lahore that most married female had the knowledge of contraceptive methods but do not practice properly. There are several factors effecting the practice of married women regarding the contraception e.g. religious beliefs, male dominant society, fear of side effects. Hence, it is important for the planning centers provide accurate information and mental support regarding contraception knowledge and practices to married women. Also clarify misconception and misunderstanding of married women regarding contraception.

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