



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2017; 3(6): 611-618
www.allresearchjournal.com
Received: 13-04-2017
Accepted: 16-05-2017

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A study to assess the use of temporary contraceptive methods and problems associated among the married women from selected areas of Pune city

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Abstract

The reproductive and Child Health Program in India promotes responsible and planned parenthood through the Governments Family welfare program with voluntary use and free choice of contraceptive methods to achieve the long term goal of population stabilisation by 2045. However, the rate of use of contraceptive is still less in India due to fear of side effect, planning of pregnancy, inability to take decision of family planning by self. The researcher therefore conducted the study title i.e. "A study to assess the use of temporary contraceptive methods and problems associated among the married women from selected areas of Pune city.

Quantitative approach and Non-experimental Descriptive Survey method was adopted for the study. 200 women within the age group of 18-49 yrs., who are currently using Temporary contraceptive methods from Padmavati, Taljai, Upper Indira Nagar and Supper Indiranagar were selected using Non probability convenient sampling technique. Data were collected using a Self-structured Questionnaire and are analysed using Frequency, Percentage and Fisher Exact test.

Result: Majority 44% of the sample were using the Male Condoms followed by 18% of the IUCD users, 14% of Mala D, 13% use Calendar method, 4.5% use Mala N, 3.5% use Injectable, 2.5% use Withdrawal method and 0.5% use Emergency pills. There were no users of methods like Cervical caps, Sponges, Diaphragm, Female condom, Progesterone only Pills and Cervical Mucus method were found. 19.5% of the sample previously use other method of Temporary contraceptive method and changed to the current method due to facing of problems. 67% of the sample faced problems with the use of current Temporary contraceptive method. Major problems face by the Male condom users are Diminish Sexual Pleasure, Itching, Rashes. Oral pills users complaints of Nausea, Intermenstrual spotting, Dizziness, Weight gain, Headache, Decrease libido as major complaints. Dizziness is the major complaint of Injectable users. Pain in abdomen, Hip and back, heavy menstrual bleeding, Weight loss etc. are major complaints of IUCDs users. Natural method user's complaints of Difficulty to practice and unplanned pregnancy as major complaints. Demographic variables Income, Religion, Decision related to family planning and Number of children were found to have association with the use Temporary contraceptive method.

Conclusion: The study findings shows that Male Condom is the most preferred method of Temporary contraceptive method and each method is associated with one or the other problem.

Keywords: Assess, use, temporary contraceptive methods and problems

1. Introduction

The reproductive and Child Health Program in India promotes responsible and planned parenthood through the Governments Family welfare program with voluntary use and free choice of contraceptive methods to achieve the long term goal of population stabilisation by 2045. As per United Nation report 2015, the prevalence of use of contraceptive in India is 59.8% [1]. As per National Family Health Survey-4 (2015-2016), the Prevalence of use of any method of contraceptive in Maharashtra is 64.8% [2]. Current users ever told of side effects of current methods of contraceptives in Maharashtra is 36.1% [2]. Unmet need of family planning total in Maharashtra is 9.7% [2], Maternal Mortality Rate in 2015 is 239 per 100,000 live birth in developing country and 121 per 100,000 in developed country. And the prevalence of use of contraceptive in India is only 59.8% which is needed to be increased to decrease the maternal mortality rate [1, 3].

Maternal mortality and morbidity could be reduced significantly by effective use of contraception. By the effective use of contraceptives we can prevent pregnancies that are too early, too frequent and too many and reduce the number of unsafe abortion which will contribute to reduce maternal mortality rate. Current users ever told of side effects of current methods of contraceptives in Maharashtra is 36.1-in urban areas is 40.9 and in rural areas is 32.4 [2]. Many a women stop using and fail to use any contraceptive with the fear of its side effect. In some cases even though many a women wish to use the contraceptives they are not allowed and are not permitted to take the decisions of related to family planning by their partners. Due to repeated

pregnancy and abortion the health of the women are affected and the women are not leading a happy and healthy life.

2. Objectives of the study

The objective of the study are:

1. To assess the use of various temporary contraceptive methods
2. To identify the problems associated with the use of temporary contraceptive methods.
3. To associate the findings with selected demographic variables.

3. Conceptual framework

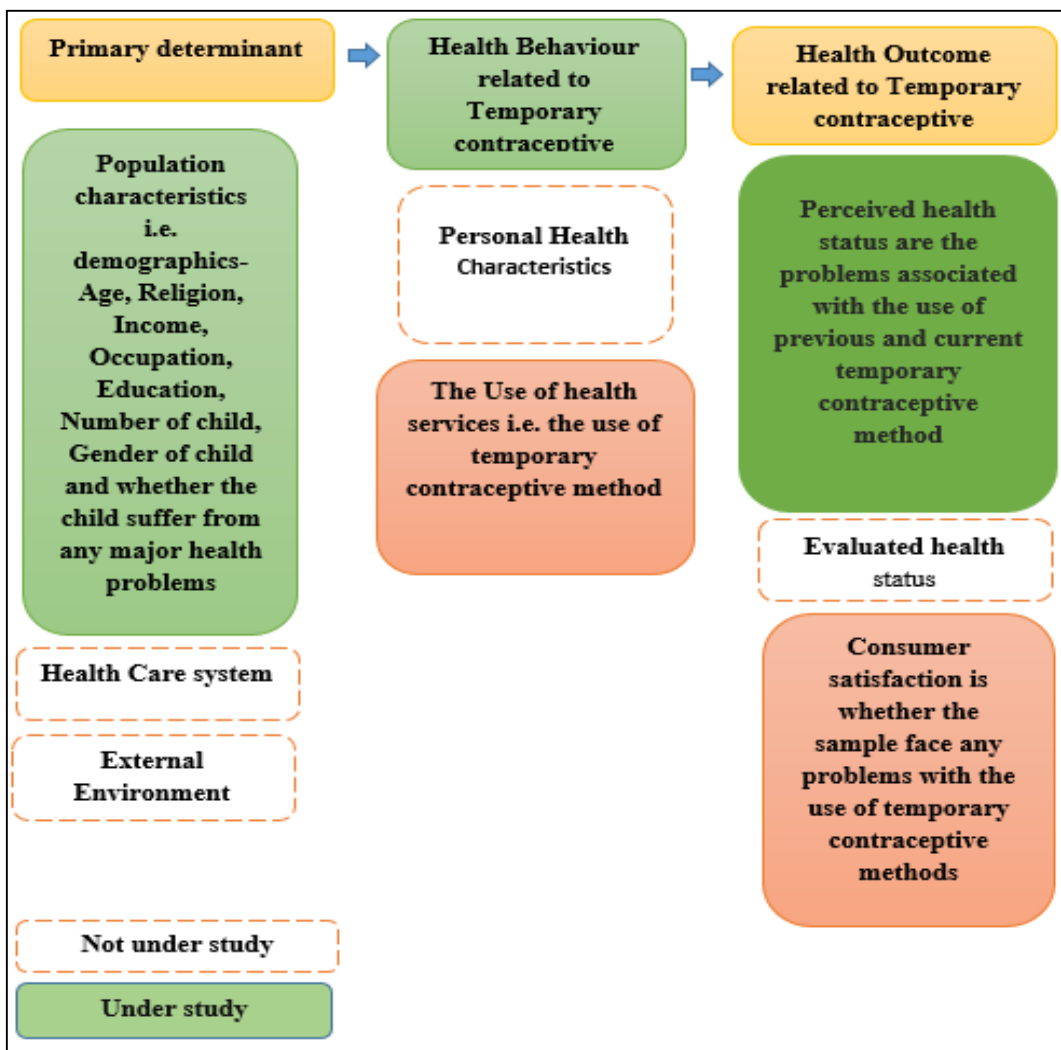


Fig 1: Conceptual framework for the use of temporary contraceptive methods and problems associated with the use based on Andersen's phase 3 model of Health Service Utilization [4, 5]

4. Material and methods

In order to achieve the desire objectives Quantitative approach and Non-experimental descriptive survey method was used. Research variable for the study is the use of various Temporary contraceptive method and problems associated with the use of Temporary contraceptive methods. The setting for the study were the selected areas of the Pune city- Padmavati, Taljai, Supper Indira Nagar and Upper Indira Nagar. The study includes 200 married women who are currently using temporary contraceptive method. Data for the study were collected using a Self-structured

questionnaire from 12/7/16 to 06/8/16. The Self-Structured Questionnaire consist of 3 section:

Section 1: It consists of questionnaire to assess the Demographic data. The demographic data consist of 11 items which includes Age, Religion, Education, Occupation, Income, Age of Marriage, Type of family, Decision related to family planning, How many children do you have, Gender of the child, Does the child suffer from any long term health problems.

Section 2: It consists of questionnaire to assess the prevalence of use of various temporary contraceptive methods.

The questionnaire to assess the use of various Temporary Contraceptive methods consists of 5 Questions which includes- What type of Temporary Contraceptive method used currently, Previously any other method of Temporary Contraceptive method use, If yes the type, For how long the previous contraceptive was use, Did any problem face with the use of previous Contraceptive method and Any problem after adopting the current method of temporary contraceptive method.

Section 3: It consists of questionnaire to identify the problems associated with the use of Temporary Contraceptives. Different problems associated with each method are list down separately with an option of YES or NO.

5. Results

Section I: Analysis of the data related to demographic variables of the sample under study

Table 1: Description of samples based on their personal characteristics in terms of frequency and percentage, n=200

Demographic		Frequency	%
Age	18-25 years	69	34.50%
	26-33 years	91	45.50%
	34-41 years	38	19.00%
	42-49 years	2	1.00%
Religion	Hindu	188	94.00%
	Muslim	12	6.00%
Education	No formal education	10	5.00%
	Primary	56	28.00%
	Secondary	99	49.50%
	Graduate	35	17.50%
Occupation	House Wife	176	88.00%
	Service	18	9.00%
	Any other	6	3.00%
Income	Less than Rs.10000	26	13.00%
	Rs.10001 to 15000	117	58.50%
	Rs.15001 and above	57	28.50%
Age at Marriage	Less than 15years	7	3.50%
	16 to 24 years	185	92.50%
	25 years and above	8	4.00%
Type of family	Nuclear	83	41.50%
	Joint	117	58.50%

Decision related to family planning is taken by	Self	18	9.00%
	Husband	22	11.00%
	Self and husband	160	80.00%
How many children do you have	One	82	41.00%
	Two	106	53.00%
	Three	10	5.00%
	Four and more	2	1.00%
Gender of the child	Male	166	83.00%
	Female	34	17.00%
Do the child suffer from any long term health problems	Yes	2	1.00%
	No	198	99.00%

The data presented in the Table 1 reveals that Majority of the sample ie. 45.5% of the samples belongs to the age group of 26-33 years, 34.5% in 18-25 years, 19.0% in 34-41 years and only 1% in the 42-49 years. Out of 200 samples, 94.0% were Hindu by religion and 6.0% were Muslim. 49.5% of the samples were educated up to higher secondary, 28.0% up to primary level, 17.5% up to graduation and 5% had no formal education. 88.0% of the samples were House wife, 18% were doing service and 6% belongs to others occupation.58.5% of the samples belongs to family income of Rs 10001 to 15000, 28.5% in Rs 15001 and above and 13.0% in less than Rs 10000. 92.5% of the sample married between the age group of 16 to 24 years, 4.0% married by 25 years and above and 3.5% married by less than 15 years.

58.5% of the samples belongs to joint family and 41.5% in Nuclear family. 80% of the samples take their decision related to family planning with their husband, 11% by their husband and 9% by self. 53% of the samples have 2 children, 41% have only 1 child, 5% have 3 children and 1% have 4 or more children. 83% of the sample have male child and 34% of the sample have female child. 99% of the sample have no child suffering from any long-term health problems and 1% have child suffering from any long term health problems.

Section II: Analysis of data related to the use of various temporary contraceptive methods

Table 2: Data related to the Use of various temporary contraceptive methods, n=200

Item		Frequency	%	
What type of temporary contraceptive do you currently?	Barrier method	Female condom	0	0%
		Male Condom	88	44%
		Diaphragm	0	0%
		Cervical Caps	0	0%
		Sponges	0	0%
		TOTAL	88	44%
	Hormonal methods	Mala N	9	4.50%
		Mala D	28	14%
		Progesterone only Pills	0	0%
		Emergency Pills	1	0.50%
		Implants	0	0%
		Injectable	7	3.50%
		TOTAL	45	22.5%
	Iucd	For 3yrs	13	6.50%
		For 5 yrs.	10	5%
		For 10 yrs.	13	6.50%
		TOTAL	36	18%
	Natural methods	Calendar	26	13%
		Withdrawal	5	2.5%
		Cervical mucus	0	0%
TOTAL		31	15.5%	

The data presented in TABLE 2 reveals that Among the Barrier method users Majority i.e. 44% of the samples were currently using Male Condom as contraceptive methods and none of the sample were using Female Condom, Diaphragm, Cervical caps and Sponges. Among the 22.5% of the Hormonal method users majority i.e. 14% of them were taking Mala-D, 4.5% of them were taking Mala-N, 3.5% of them were taking Injectable and 0.5% of them were taking Emergency pills and none of the sample were using the Progesterone only Pills and Implants. Among the 18% of the IUCD users 6.5% of them were using IUCDs of 3 years, 6.5% were using IUCD of 10 years and 5% of them were using IUCDs of 5 years and Among the 15.5% of the Natural method of contraceptive users, 13% of them were using Calendar method and 2.5% of them were using Withdrawal method and none of the sample were using the Cervical mucus.

The data in figure 2 represents that 19.5% of the sample were previously using other temporary contraceptive method and remaining 80.5% didn't use previously any other method of temporary contraceptive methods.

Table 3: Previously use other temporary contraceptive methods, n=200

Types	Sub-types	Frequency	%
Barrier Methods	Male Condom	9	4.5%
	Mala-N	2	1%
Hormonal Methods	Mala-D	11	5.5%
	Total	13	6.5%
Iucds	For 3yrs	4	2.0%
	For 5 years	2	1.0%
	For 10 years	2	1.0%
Total		8	4%
Natural Method	Calendar	8	4.0%
	Withdrawal	1	0.5%
Total		9	4.5%

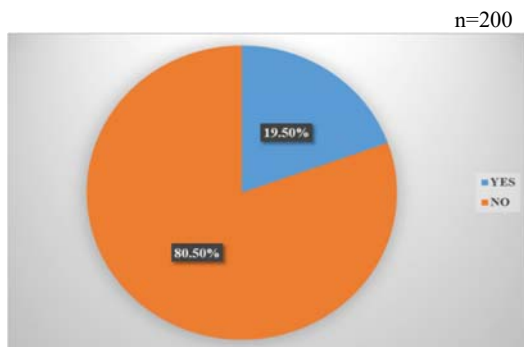


Fig 2: Previously any other method of temporary contraceptive use

The data in Table 3 of the previously use method of temporary contraceptive methods reveals that 4.5% had use Male condom as contraceptive method previously, 6.5% of the sample had used Hormonal methods as contraceptive previously, of them 5.5% used Mala –D and 1% used Mala-N.4% of the samples used IUCDs previously as contraceptive, of them 2% used IUCDs of 3 years, 1% used IUCDs of 5 years and 1% used IUCDs of 10 years. 4.5% of the sample used Natural methods as contraceptive previously. 4% of them used Calendar method and 0.5% used Withdrawal method.

Table 4: Duration of use of previous contraceptive methods, n=200

Items	Duration	Frequency	%
For how long did you use the previous method of temporary contraceptive?	0 to 12 months	25	12.50%
	13 to 24 months	14	7.00%
	25 to 36 month	0	0%
	37 months and above	0	0%

Data presented in Table 4 reveals that 12.5% of the sample use the previous temporary contraceptive method for 0 to 12 months and 7% used the method for 13 to 24 months.

Table 5: Analysis of data whether problems are face with the use of Previous and current contraceptive method, n=200

Items	Problems	Frequency	%
Did you face any problem with the use of previous temporary contraceptive methods	Yes	39	19.50%
	No	0	0
Do you face any problem after adopting the current method of contraceptive	Yes	134	67.00%
	No	66	33.00%

The data in Table 5 depicts that all of the 39 i.e. 19.5% of the sample who had previously use other method of temporary contraceptive method faced problems with the previous temporary contraceptive method and Out of the 200 sample, 67% of the sample faced problem after adopting the current temporary contraceptive methods and the remaining 33% have no problems with the use of temporary contraceptive method.

Section III: Analysis of data related to the problems associated with the use of temporary contraceptive method

Section III A: n=200

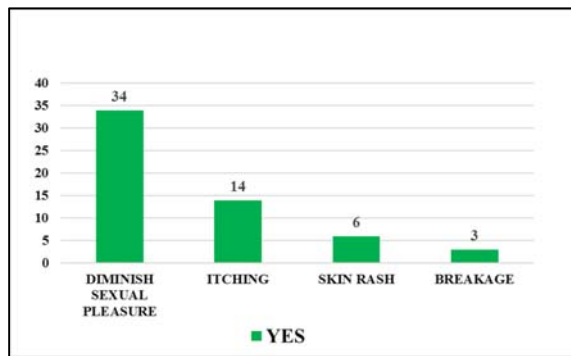


Fig 3: Problems associated with the use of Male Condom

Out of 200 sample, total Male Condom Users is 97 Sample, currently 88 sample and previously 9 sample. The data in Figure 3 reveals that out of the 200 sample, Among 97 samples (48.5%) who were using Male condoms, 34(17%) complaints of Diminish sexual pleasure, 14(7%) complaints of Itching, 6(3%) complaints of Skin Rash and 3(1.5%) complaints of Breakage.

Section III B: n=200

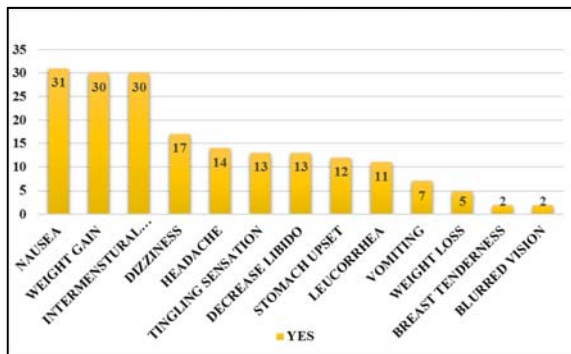


Fig 4: Analysis of the Problems associated with the use of oral contraceptive pills i.e. Mala N, Mala D and Emergency Pills.

Out of 200 sample, total number of oral contraceptive users is 51(25.5%) sample, currently 38(19%) and previously 13 (6.5%)

The data in Figure 4 reveals that Among 51(25.5%) of the Oral contraceptive users, Majority i.e. 31 (15.5%) of the sample complaints of Nausea, 30(15%) complaints of Weight gain and 30(15%) complaints of Intermenstrual spotting, 17(8.5%) complaints of Dizziness, 14(7%) complaints of Headache, 13(6.5%) complaints of decrease libido and tingling sensation, 12(6%) complaints of stomach upset, 11(5.5%) complaints of leucorrhoea, 7(3.5%) complaints of vomiting, 5(2.5%) complaints of Weight loss, 2(1%) complaints of Breast tenderness and 2(1%) also complaints of Blurred vision.

Section III C: n=200

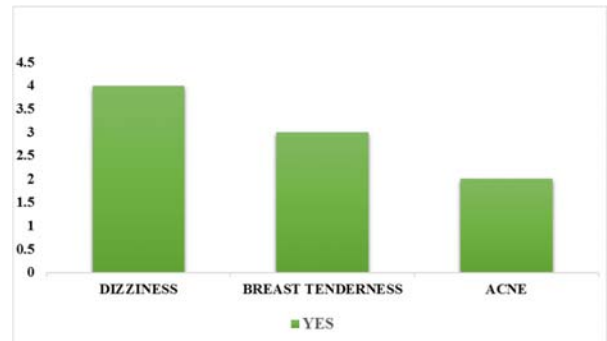


Fig 5: Analysis of the Problems associated with the use of injectable contraceptive.

Out of 200 sample, total number of sample using Injectable method is 7. all the 7 sample were currently using Injectable contraceptive.

The data in Figure 5 reveals that out of the 200 sample, 7(3.5%) sample who are currently using the Injectable contraceptive, 4 (2%) sample complaints of Dizziness, 3(1.5%) sample complaints of Breast tenderness and 2 (1%) samples complaints of Acne.

Section III D: n=200

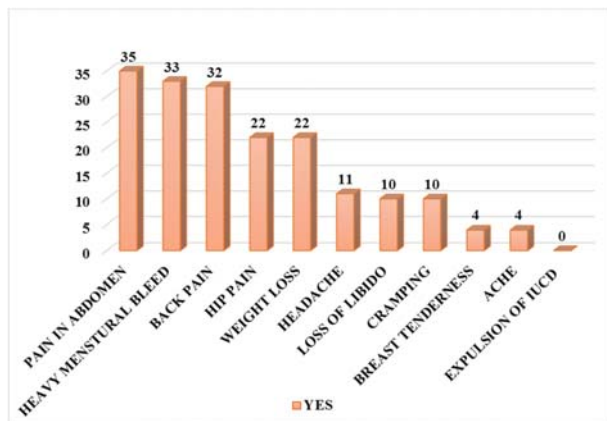


Fig 6: Analysis of problems associated with the use of IUCDs

Out of 200 sample, total number of IUCD users is 44(22%), currently 36(18%) sample and previously 8(4%) sample
 The data of Figure 6 reveals that out of the 200 sample, 44(22%) of the sample who are using the IUCDs, 35(17.5%) sample faced the problems of Pain in abdomen, 33(16.5%) sample faced the problems of Heavy menstrual bleeding, 32(16%) sample faced the problems of Back pain, 22(11%)

sample complaints of Hip pain and weight loss, 11(5.5%) sample complaints of Headache, 10(5%) sample faced problems of cramping and loss of libido, 4(2%) sample complaints of Ache and Breast tenderness.

Section IIIE: n=200

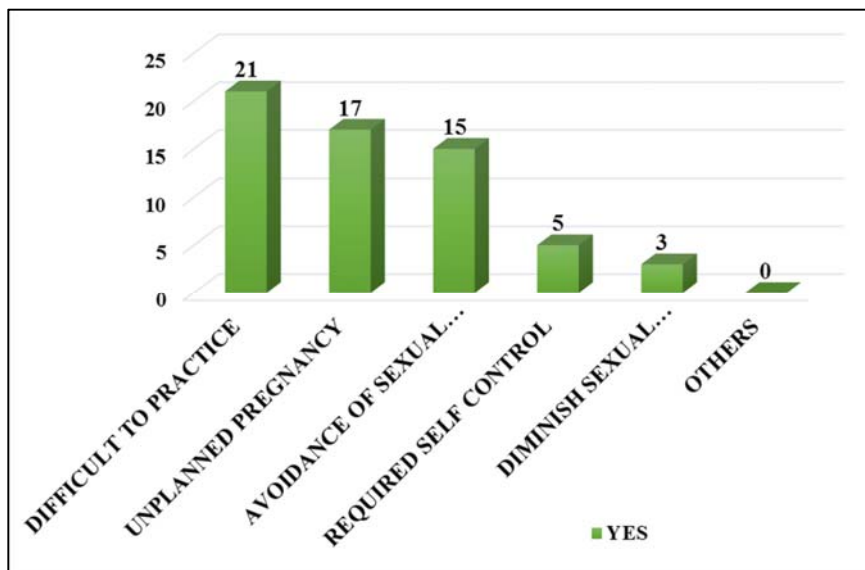


Fig 7: Analysis of problems associated with the use of natural method of contraceptive.

Out of 200 sample, total number of Natural method of contraceptive users is 40, currently 31 sample and previously 9 sample.
 The data in Figure 7 reveals that out of the 200 sample, of the 40 sample who use the natural method of contraceptive, 21(10.5%) of the sample have complaint of Difficulty in practice, 17 (8.5%) sample have complaint of Unplanned pregnancy, 15 (7.5%) sample have complaint of avoidance

of sexual intercourse, 5(2.5%) sample complaint of required of self-control and 3(1.5%) sample complaint of Diminish sexual pleasure.

Section IV: Analysis of data related to the association between of the use of various temporary contraceptive methods with demographic variables

Table 6: Association of type of current Temporary contraceptive use with Demographic variables, n=200

Demographic variable	Barrier Method	Hormonal Methods	IUCD	Natural method	p-Value
Age	18-25 years	35	11	12	0.502
	26-33 years	39	21	17	
	34-41 years	12	13	7	
	42-49 years	2	0	0	
Religion	Hindu	84	42	36	0.040*
	Muslim	4	3	0	
Education	No formal education	6	3	0	0.185
	Primary	28	12	5	
	Secondary	39	25	20	
	Graduate	15	5	11	
Occupation	House Wife	79	38	29	0.084
	Service	7	4	7	
	Any other	2	3	0	
Income	Less than Rs.10000	12	8	1	0.016*
	Rs.10001 to 15000	58	22	17	
	Rs.15001 and above	18	15	18	
Age at marriage	Less than 15yrs	3	3	0	0.447
	16-24 yrs.	83	41	33	
	25yrs and above	2	1	3	

*Significance at 0.05 level of significance

Table 6 depicts the data related to the association of the findings with selected Demographic variables using Fishers Exact test. Demographic variables Religion, Income,

Decision related to family planning is taken by, Number of children were found to have significant association with use of various temporary contraceptive method.

6. Discussion

The findings of the study have been discussed with reference to the objectives of the study. In the present study the assessment of the use of various temporary contraceptive methods is done by frequency and percentage method after the administration of self-structured questionnaire and the result of the study shows that majority 88 i.e. 44% of the sample use barrier method i.e. Male condom, 44 i.e. 22% use Hormonal method (i.e. 14% Mala-D, 4.5% Mala N, 3.5% Injectable and 0.5% Emergency pills), 36 i.e. 18% of the sample use IUCDs (6.5% IUCD of 3yrs, 6.5% IUCD of 10yrs and 5% IUCD of 5yrs) and 15.5% of the sample use Natural method (13% calendar method and 2.5% withdrawal methods). 19.5% of the sample had use other method of contraceptive previously. 12.5% use the previous methods for 0-12 months and had faced health problems so shifted to new contraceptive methods, which signifies that Male condom is the most preferred method of contraceptive follow by Hormonal methods, then IUCDs and Natural methods. These findings of the study is supported by a similar study conducted by Surekha Ranjan *et al* in the year 2015. The study was to assess the prevalence of use of Temporary methods of Contraception among married women of urban community of Pune. A house to house survey was done and data from 200 married women were collected using a predesigned and pre tested semi structured questionnaire through personal interview technique. The result of the study shows that out of the 200 samples majority 163 i.e. 81.5% were contraceptive users and of that majority i.e. 31% use condom, 16% use coitus interruptus, 15% use oral contraceptive pills, 7% use IUCD and other 7% use safe period 3.5% use both condom and traditional method and 2% use I-pill [6].

Identification of Problems associated with the Use of various temporary contraceptive methods are done by frequency and percentage methods. The result of the study shows that of the 48.5% of the condom users 17% complaints of Diminish sexual pleasure, 7% complaints of Itching, 6% complaints of Skin Rash and 3% complaints of Breakage. Out of the 25.5% of the oral contraceptive pills user's 15.5% complaints of Nausea. Out of the 3.5% of the Injectable users 2% complaints of Dizziness. Out of the 22% of the IUCDs users 17.5% complaints of pain in the abdomen and Out of the 20% of the natural methods of contraceptive users 10.5% complaints of difficulty to practice.

The study is also supported by a study conducted by Shehzad Zareen *et al.* on the complaints and side effects of Different Contraception methods Regularly Used in District Kohat. The researcher used survey method, 200 samples were included. The findings of the studies was that 155 out of 200 sample complaints of different contraceptive methods. It also includes that I-pills causes severe abdominal and leg pain, nausea, hypertension and increase level of appetite. IUCDs complains of uterine infection and allergy responses, Injectable user's complaint of irregularity in menses. Condoms was mentioned as most reliable method by 98.36%. IUCDs were effective for pregnancy prevention, Condom has minimal complaints of uterine inflammation and good result in low cost [7].

7. Conclusion

Various type of Temporary contraceptive methods are used by the women in the reproductive age group. Male condoms

is the most preferred type of temporary contraceptive method. The most preference may be due to less side effect, easy availability and cheaper in cost, however some complaints like decrease sexual pleasure, Breakage is associated with Condom use. Follow by the Hormonal methods, IUCDs and Natural methods. Problems like Nausea, Weight gain, Intermenstrual spotting etc. are major complaints of Oral Pills and Pain in abdomen, heavy menstrual bleeding and Back pain are major complaints of IUCD users. The preference of Hormonal and IUCD may be due to longer protection and less number of Natural method practices may be due to difficulty to practice and unplanned pregnancy.

The findings also shows that the sample who have the history of use other methods of contraceptive face problems with the previous Temporary Contraceptive methods and majority of the sample complaints of one or other problems with the current temporary contraceptive methods. As supported by previous researches the side effects of the temporary contraceptive methods may be a reason for discontinuation of the Contraceptive. Therefore emphasis can be done in future to solve the problems associated with the use of temporary contraceptive method which will facilitates in increasing the rate of utilization of temporary contraceptive methods.

The findings of the study also shows that Religion, Income, Decision related to family planning and Number of children was found to have association with the use of Temporary contraceptive methods. Therefore emphasis should be taken in future to improve the use of Temporary contraceptive methods in Muslim religion, then in all income group, Women should be educated to discuss regarding Contraceptive with their Husband and Women with incomplete family should be advice to Use temporary contraceptive method and after the family is complete they should be counselled for Permanent sterilization.

8. Recommendations

On the basis of the findings following recommendations can be offered for the future research

1. Study can be replicated on large samples in different settings so that the findings can be generalized to large population.
2. Study can be replicated with qualitative study with open ended questionnaire to find out in depth of the nature of the problems
3. Study can be a comparative study of each contraceptive methods with equal number of samples on each contraceptive methods to find out which method have more problems
4. Study can also be conducted with the inclusion of Male partner
5. Study can also be conducted to assess the knowledge and practice of Temporary contraceptive.

9. Acknowledgement

We express our appreciation to the respected officials of the Bharati Vidyapeeth Deemed University, College of Nursing, Pune for cooperation with us for executing this research. The author would like to thank Dr. Jyotsna Deshpande, Mrs. Manisha Gadade for their constant encouragement, detailed and constructive comments. The author also thank all the participants in the study and those who helped directly or indirectly in successfully completing the research.

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