



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2022; 8(1): 282-289
www.allresearchjournal.com
Received: 20-11-2021
Accepted: 24-12-2021

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A study on knowledge and attitude regarding contraceptive methods among married women in rural community area of Dehradun, Uttarakhand

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Abstract

Population explosion is one of the major problem faced by our nation, which is associated with other problems such as Unemployment, War, Pandemics, Water shortage and Malnutrition etc. Emphasis should be paid to control the tremendous increase in population. The researchers therefore conducted the study title i.e. "A descriptive study to assess the Knowledge and Attitude regarding contraceptive methods among married women in selected rural community area of Dehradun, Uttarakhand."

Quantitative approach and non-experimental research design was used for the study. 100 women within the age group of 18-49 years, who were married, able to read or write Hindi or English, residing in rural community area Kotda Santaur, Dehradun, Uttarakhand were selected using convenient sampling technique. Data were collected using a self-structured questionnaires and five point Likert scale. Analysis and interpretation of data was done by using descriptive and inferential statistics.

Result: The finding of the study revealed that (60%) had average Knowledge, 32%) had below average Knowledge and (8%) of subjects had good Knowledge regarding contraceptive methods. The finding of the study revealed that majority (69%) of subjects had positive Attitude, (31%) had neutral Attitude and none of the women were having negative Attitude.

For correlation between Knowledge and Attitude regarding contraceptive methods. The correlation value obtained was 0.25 which shows a moderately positive correlation between

Knowledge and Attitude of married women. ($0 < r < 1$). For association between the level of Knowledge with their selected demographic variables. There was a significant association between Knowledge and education, Knowledge and number of children and there was no significant association between Knowledge and age, Knowledge and occupation, Knowledge and source of information. For association between the Attitude with their selected demographic variables. There was no any association present between Attitude and age, education, number of children, occupation and source of information.

Conclusion: The study findings shows that majority of married women had average Knowledge and positive Attitude regarding contraceptive methods. Association was found to be significant between the Knowledge of married women regarding contraceptive methods with their selected demographic variables. Whereas there was no association found to be significant between the Attitude of married women regarding contraceptive methods with their selected demographic variables.

Keywords: Contraceptive methods, knowledge, attitude, married women

Introduction

Contraceptives are being freely available at health facilities throughout the country but the rate of utilization is still low especially among females which increase the incidence of unintended pregnancies, sexually transmitted diseases and abortions. Effective use of contraception can prevent all of these problems. The present study concluded that the majority of participants 96% were having Knowledge about contraception but only 50.8% had a favorable Attitude, despite having a good Knowledge rate of contraceptive usage is still low ^[1]. Family planning is a measure that is chosen voluntarily by the individuals according to their Knowledge and Attitude and has its direct link with the reproductive health of women because it prevents unwanted pregnancies and abortions. In the present study, 57.4% of married participants were having a favorable Attitude and only 45.7% of women conversed with their partner about contraceptives and all the contestant knew about family

planning methods [2]. Contraceptive methods used effectively can prevent many unintended pregnancies. But low and improper use of contraceptives can contribute to many unintended pregnancies as well as teenage pregnancies also. The present study shows that among participants contraceptives were used by only 78.8%, there were 21% of women did not want to have a child but were also reluctant to use contraceptives [3].

Need of the study

Despite the implementation of numerous programmes for family planning, there is no significant decline in the unmet needs of family planning over the past decades in the country. Among all states of the country state, Uttar Pradesh has an annual growth rate of 16.5% with a total fertility rate of 2.7% [17].

The rapid increase in population is an issue of concern in developing countries like India. Family planning can act as

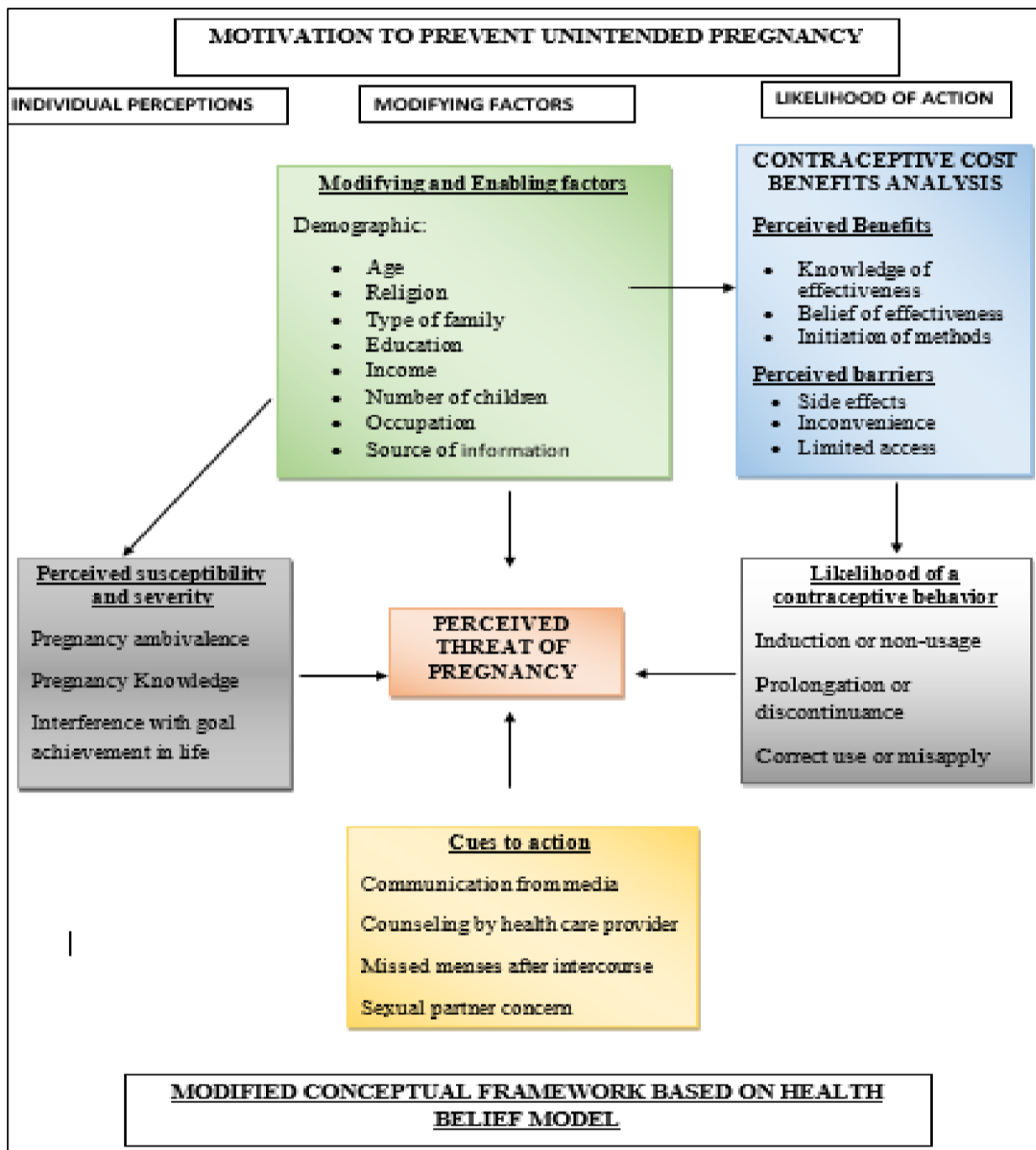
major support of population control, improved reproductive health.

Contraceptives play a major role in family planning, and the utility rate depends upon the Knowledge and Attitude of individuals [23].

Objectives of the study

- To assess the level of Knowledge of married women regarding contraceptive methods.
- To assess the Attitude of married women regarding contraceptive methods.
- To find the correlation between Knowledge and Attitude regarding contraceptive methods.
- To find an association between the level of Knowledge with their selected demographic variables.
- To find an association between the level of Attitude with their selected demographic variables.

Conceptual frame work



Material and method

To accomplish the desired objectives quantitative research approach and non-experimental research design was used. Demographic variables for the study was Age, Education, Number of children, Occupation of participant, Previous information, Source of information. Hundred women within the age group of 18-49 years, who were married, able to read or write Hindi or English, residing in rural community area Kotda Santaur, Dehradun, Uttarakhand were selected

using convenient sampling technique. Data for the study were collected using self structured questionnaire and five point Likert scale from 11 April 2021- 13 April 2021, the self-structured questionnaire consists of fifteen questions and the Likert scale consists of ten statements (five positive and five negative) regarding contraceptive methods.

Result

Table 1: Frequency and percentage distribution of demographic data of married women in selected rural community area.

N=100

S.No	Demographic Variables	Frequency	Percentage
1.a	Age		
A.	18-25 years	11	11%
B.	26-33 years	38	38%
C.	34-41 years	32	32%
D.	42-49 years	19	19%
1.b	Education		
A.	No formal education	13	13%
B.	High-school	33	33%
C.	Intermediate	26	26%
D.	Graduation/Post-graduation	28	28%
1.c	Occupation		
A.	House-wife	80	80%
B.	Labour	7	7%
C.	Private job	12	12%
D.	Government job	1	1%
1.d	No. of children		
A.	Nil	4	4%
B.	One	32	32%
C.	Two	42	42%
D.	More than two	22	22%
1.e	Previous Information		
A.	Yes	85	85%
B.	No	15	15%
1.f	Source of Information		
A.	Health professionals	47	47%
B.	Media	29	29%
C.	Family/Neighbor/Friend	8	8%
D.	Other	1	1%

Table 2: Mean and standard deviation of level of Knowledge regarding contraceptive. Level of Knowledge:

N=100	Mean	Standard Deviation
	8.18	2.69

Table 3: Frequency and percentage distribution of level of Knowledge of married women regarding contraceptive methods. Knowledge Score

Level of knowledge	Score	Frequency	Percentage
Good	12-15	8	8%
Average	8-11	60	60%
Below Average	0-7	32	32%

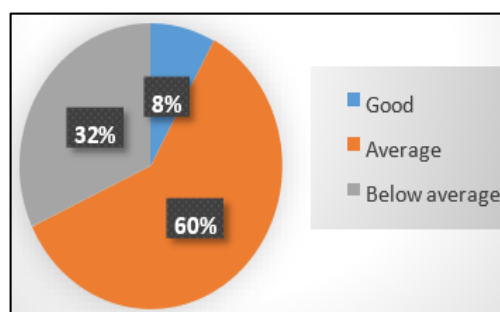


Fig 1: Percentage distribution of overall level of knowledge of married women

Table 4: Frequency and percentage distribution of Attitude of married women regarding contraceptive methods. Attitude Score

Level of attitude	Score	Frequency	Percentage
Positive	38-50	69	69%
Neutral	25-37	31	31%
Negative	0-24	0	0%

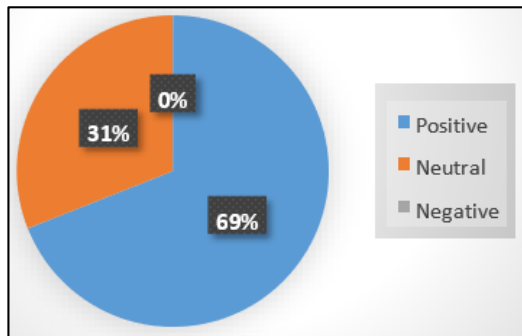


Fig 2: Percentage distribution of overall level of attitude of married women

Table 5: Correlation of Knowledge and Attitude using Karl Pearson's Correlation Coefficient. N=100

\bar{X}	\bar{Y}	$\sum (X-\bar{X})(Y-\bar{Y})$	$\sum (X-\bar{X})^2$	$\sum (Y-\bar{Y})^2$
8.18	38.59	289.48	723.68	1805.42

r= 0.25

The present study represented the correlation between Knowledge and Attitude of married women. The correlation value obtained was 0.25 which shows a moderately positive correlation between Knowledge and Attitude of married women. (0<r<1).

Table 6: Association between level of knowledge with their selected demographic variables using chi square (X²). N=100

Variables	X ₂
Age	7.74
Education	31.83*
Occupation	4.99
Number of children	17.27*

P=0.01

There was a significant association between Knowledge and education, Knowledge and number of children and there was no significant association between Knowledge and age, Knowledge and occupation, Knowledge and source of information.

Table 7: Association between level of attitude with their selected demographic variables using chi square (X²). N=100

Variables	X ₂
Age	4.04
Education	13.78
Occupation	2.98
Number of children	10.625

P=0.01

There was no any association present between Attitude and age, education, number of children, occupation and source of information.

Discussion

The findings of the study have been discussed with reference to the objectives of the study. . The Knowledge

and Attitude of married women of age group 18 years-49 years was assessed regarding contraceptive methods in relation to age, education, number of children, occupation of participant, previous information and source of information. The first objective of the study was to assess the level of Knowledge of married women regarding contraceptive methods. The finding of the study revealed that over-all (8%) of subjects had good Knowledge, (60%) had average Knowledge and (32%) had below average Knowledge.

The findings of the study is also supported by study conducted by Sumaiya Taheri, *et al.* [56] on Knowledge, Attitude and practice of contraceptives among women of 18-54 years. The result shows that only 23.7% had good Knowledge, 52.1% had fair Knowledge, 24.2% had poor Knowledge. The majority of 53.5% had a positive Attitude, 41.9% had a neutral Attitude, and only 4.6% had a negative Attitude. 72.1% had used contraceptives and 27.9% never used them. 63.6% were practicing the natural method, 35.6% were using condoms, 34% used pills, 33.7% used IUD, 6.8% used injections, 2.6% used tubal ligation, and 1.1% used implants.

The second objective of the study was to assess the Attitude of married women regarding contraceptive methods. The finding of the study revealed that majority (69%) of subjects had positive Attitude, (31%) had neutral Attitude and none of the women were having negative Attitude.

The findings of the study is also supported by study conducted by J. Nagamala, *et al.* [57] on Knowledge Attitude and practice among primary gravid mother and multiparous mother. The result shows that majority of women 83% had used oral pills, 10% had used IUCD, 3.30% had used injections, 1.30% used diaphragm, and 2% used traditional method as temporary contraception. The majority of women 86.6% had gone for laparoscopy tubectomy and 13.30% had gone for mini lap operation. For the temporary method, 63.3% had a favourable Attitude and 36.6% had unfavourable Attitude. For the permanent method, 66.6% had a favourable Attitude and 33.3% had unfavourable Attitude.

The third objective of the study was to find the correlation between Knowledge and Attitude regarding contraceptive methods. The correlation value obtained was 0.25 which shows a moderately positive correlation between Knowledge and Attitude of married women. (0<r<1).

The findings of the study is also supported by study conducted by Suneetha Merlin Fernandes, *et al.* [58] on Knowledge Attitude regarding contraception among male population in a selected setting, Dakshina Kannada. The result shows that 45.5% of the participants had an average Knowledge, 28.2% had good Knowledge and 15% had poor Knowledge. 100% had positive Attitude. There was a weak positive (0.04) correlation between Knowledge and Attitude.

The fourth objective of the study was to find an association between the level of Knowledge with their selected demographic variables. There was a significant association between Knowledge and education, Knowledge and number of children and there was no significant association between Knowledge and age, Knowledge and occupation, Knowledge and source of information.

The findings of the study is also supported by study conducted by Sonam Zangmu Sherpa, *et al.* [59] on Knowledge, Attitude and preferences of contraceptive methods in Udupi district, Karnataka. The result shows that there was an association between Knowledge with

educational status ($X^2= 47.14$, $p= 0.001$), occupation ($X^2= 15.81$, $p= 0.039$) and duration of marriage ($X^2= 6.721$, $p= 0.035$). There was no association between Attitude and the studied variables.

The fifth objective of the study was to find an association between the Attitude with their selected demographic variables. There was no any association present between Attitude and age, education, number of children, occupation and source of information.

The findings of the study is also supported by study conducted by Sonam Zangmu Sherpa *et al.* [60] on Knowledge, Attitude and preferences of contraceptive methods in Udupi district, Karnataka. The result shows that there was an association between Knowledge with educational status ($X^2= 47.14$, $p= 0.001$), occupation ($X^2= 15.81$, $p= 0.039$) and duration of marriage ($X^2= 6.721$, $p= 0.035$). There was no association between Attitude and the studied variables.

Conclusion

The study revealed that majority of married women had average Knowledge and positive attitude regarding contraceptive methods. Association was found to be significant between the Knowledge of married women regarding contraceptive methods with their selected demographic variables. Whereas there was no association found to be significant between the Attitude of married women regarding contraceptive methods with their selected demographic variables.

Recommendations

On the basis of study that had been conducted, certain suggestions are given for future studies:

- A similar study can be done on large population.
- A study can be done with unmarried women of the same age group.
- A study can be done among men.
- A comparative study can be done between rural and urban women.
- An experimental study can be done using self-instruction module (SIM).

Acknowledgement

We express our appreciation to the respected officials of the Ras Bihari Bose Subharti University, Narayan Swami College of Nursing Dehradun, for cooperation with us for executing this research. The author would like to thank Dr. j. Sathya Shenbega Priya, Mrs. Geeta Rawat 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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