

A Descriptive Study to Assess the Knowledge Regarding Contraceptive Method Among the Married Couples of Chaubepur, Kanpur

Monika Bhushan^{1*}, Nadeem Khan², Yogendra Singh³, Preeti Patel⁴, Priyanka Kumari⁵

¹Assistant Professor, Department of Community Health Nursing, Saaii College of Medical Science & Technology, Kanpur, India

²Nursing Student, Department of Community Health Nursing, Saaii College of Medical Science & Technology, Kanpur, India

Abstract: Client-centric quality of care (QoC) in family planning (FP) services are imperative for contraceptive method adoption and continuation. Less is known about the choice of contraceptive method in India beyond responses to the three common questions regarding method information, asked in demographic and health surveys. This study argues for appropriate measurement of method choice and assesses its levels and correlates in rural India. A quantitative research approach and descriptive research design was used the research setting was selected areas Chaubepur, Kanpur (Chaubepur, dist.-Kanpur Nagar, U.P) Total 60 people were selected with the purposive sampling technique. Written consent was taken from the people who were selected as sample. Self-structured knowledge questionnaire containing 30 questions and checklist containing 10 questions was used to evaluate the knowledge and practice of people regarding contraceptive method. Result depicted the mean knowledge and practice score of people was 14.67 and mean of practice was 4.7. This mean score was statistically significant at $p < 0.005$ level. Hence, it was inferred that people have average knowledge and favorable practice of people regarding contraceptive methods. The study needs to be replicated in the large sample of validate and generalize its finding. It can also be conduct to assess attitude of people regarding contraceptive method and in a large-scale basis and a follow-up study can also be conducted to evaluate the effectiveness of self-instructional module (SIM).

Keywords: People, knowledge, practice.

1. Introduction

Fertility control is not a new concept. The ancient religious leaders exorcized in favour of having few children. In Rigveda, it is mentioned. "A man with many children succumbs to miseries." This is probably the oldest statement suggesting against a large family. In virtually every culture which is of historical importance, as also in Hindu Dharma, of India, there existed a desire for birth control by natural as well as artificial means. The written history of contraception and anti-fertility measures goes as far back as to the "Atharva Veda," Urihadaranyopanishat and Kausika sutra, there is reference to prayers, surgical measures like crushing of testicle, vasectomy, and hysterectomy and medicaments for producing sterility and infertility, both in the male and the female. Some of the main preventive or birth limiting measures in ancient Indian Society.

Contraception is the intentional prevention of conception through the use of various devices, sexual practices, chemicals, drugs or surgical procedures. An effective contraception allows a physical relationship without fear of an unwanted pregnancy and ensures freedom to have children when desired. The aim is to achieve contraception in maximum comfort and privacy, with minimum cost and side effects. Some methods, like male and female condoms, also provide twin advantage of protection from sexually transmitted diseases. The burden of unsafe abortion lies primarily in developing countries. Here, contraceptive prevalence is measured among currently married women of reproductive age, and levels have not yet reached those that exist in developed countries.

Need for Contraception Protection Against Unwanted Pregnancy A growing number of women and men of reproductive age wish to regulate their fertility and have fewer children. Between the ages of 20 and 44, a fertile, sexually-active woman is potentially capable of giving birth about 12 times, even if she breastfeeds each baby for 1 year. To avoid the need for an abortion, she has to successfully practice birth control for 16–20 of her roughly 25 childbearing years [1]. Couples are faced with conflicting goals of achieving satisfying sex life and keeping a small family, failure to do so results in unwanted pregnancy and abortions. When abortion seeking is risky, late or in the hands of unsafe providers or unhygienic conditions, it can lead to both reproductive morbidity and maternal mortality. World over, if contraception is accessible and used consistently and correctly by women wanting to avoid pregnancy, maternal deaths would decline by an estimated 25–35% [2], [3]. In India, the surveys suggest that abortions are responsible for 10–20% of all maternal deaths [4]. There is a need for awareness regarding effective contraceptive methods, their correct and consistent use.

Need for Protection Against Sexually Transmitted Diseases The transmissibility of several STIs and HIV/AIDS is greater from infected man to uninfected woman than the reverse [5]. The vagina offers a large mucosal surface exposed to the partner's sexual secretions and a more conducive environment for microbial growth than the penile surface in men, therefore

*Corresponding author: monikabhushan10592@gmail.com

biologically, women are more vulnerable to STIs than men. Since the infected semen stays in the vagina for a while, a man can infect the woman more effectively. Also, semen contains higher concentration of virus than the woman's sexual secretions. Thus, men are twice more effective as transmitters of STIs than women.

Vulnerability of Adolescents Usually younger women, married or unmarried, are less likely to be using contraception than older women, even in countries where contraceptive prevalence rate (CPR) is high [6]. At macro level, laws, regulations and social policies that determine the access to contraception, affect adult and adolescent women alike in terms of the types of contraceptives that are permitted for distribution or prescription. But at the micro level, there are differences between adolescents and adult women, in fertility level, maturity, knowledge, negotiation in sexual relations and experience, coupled with social expectations affecting their behavioral patterns, as they relate to contraceptive acceptance and use. This increases their vulnerability to unprotected sex and its adverse consequences manifold. Early sexual debut for adolescent girls means that chances of exposure to infections begin even before completing the process of physiological maturation. Though the systems have begun to function, the defense mechanisms are still evolving, particularly of the cervix. The cervical mucus acts as non-specific barrier for various ascending organisms in adult women. Adolescents do not have the benefit of this mucosal defensive mechanism till several years after menarche [7]–[9]. This increases their susceptibility to infection up to six times compared to their adult counterparts, particularly gonorrhoea, chlamydia and HIV.

2. Research Method

Research methodology indicates the generalized pattern of organizing the procedure for gathering valid and reliable data for investigation. It includes the strategies to be used to collect and analyze the data to accomplish the research objective and to test research hypothesis. Methodology of research indicates the general pattern of organizing the procedures of answering the research question. A quantitative research approach and descriptive research design was used the research setting was selected areas Chaubepur, Kanpur (Chaubepur, dist.-Kanpur Nagar, U.P) Total 60 people were selected with the purposive sampling technique. Written consent was taken from the people who were selected as sample. Self- structured knowledge questionnaire containing 30 questions and checklist containing 10 questions was used to evaluate the knowledge and practice of people regarding contraceptive methods.

3. Literature Review

Review of literature is one of the most important steps in research process. It is an account of what is already known about the phenomenon. The main purpose of literature review is to convey to the reader about the work already established on a topic of research. A literature review is an account of the previous efforts and achievements of a scholar and researcher on a phenomenon. This chapter deals with the information

collected in relation to the present study.

Use of traditional contraceptive methods in India & its socio-demographic determinants:

Faujdar Ram, Chander Shekhar, and Biswabandita Chowdhury April 11, 2013: The high use of traditional contraceptive methods may have health repercussions on both partners. High failure rate, lack of protection from sexually transmitted diseases are some of the examples of these repercussions. The aim of this study was to understand the level, trends, pattern, volume and socio-demographic determinants of using traditional contraceptive methods in the Indian context.

Literature related to incidence in prevalence of contraceptive methods:

Aalok Ranjan Chaurasia, 3 Aug. (2014): This approach to analyses pattern of constructive use in India by comparing contraceptive use among a group of women with distinct demographic, economic, cultural and social characteristics. The analyses suggest that currently married, non-pregnant women aged 15 to 49 Hello years in India can be classified into 13 mutually access to exclusive text Lucy groups on the basis of six characteristics of woman- surviving children's, household is standard of living, religious, woman's years of schooling, husband education, and residence. Contraceptive use pattern is these 13 groups in essentially different and reflect the orientation of family planning efforts, especially, official family planning a point in the country. The observed differences in the pattern of contraceptive use have importance policies and program implication in the context of universal access to family planning.

Show citation contraceptive use in India:

Jonathan Houghton, 03 Aug. 2014: This paper uses data mining approach to analyses patterns of contraceptive use in India by comparing contraceptive use among groups of women with distinct demographic, economic, cultural, and social characteristics. The analysis suggests that currently married, non-pregnant women aged 15–49 years in India can be classified into 13 mutually exclusive groups on the basis of six characteristics of women-surviving children, household standard of living, religion, women's years of schooling, husbands' education, and residence. Contraceptive use pattern in these 13 groups is essentially different and reflects the orientation of family planning efforts, especially, official family planning efforts in the country. The observed differences in the patterns of contraceptive use have important policy and program implications in the context of universal access to family planning.

Understanding drivers of family planning in rural northern India:

An integrated mixed-methods approach Mokshada Jain, Yael Caplan, B. M. Ramesh, Shajy Isac, Preeti Anand, Elisabeth Engl, Sema K. Sgaier, Family planning is a key means to achieving many of the Sustainable Development Goals. Around the world, governments and partners have prioritized investments to increase access to and uptake of family planning methods. In Uttar Pradesh, India, the government and its partners have made significant efforts to increase awareness,

supply, and access to modern contraceptives. Despite progress, uptake remains stubbornly low. This calls for systematic research into understanding the ‘why’—why people are or aren’t using modern methods, what drives their decisions, and who influences them.

Combined hormonal contraceptive use among women with known dyslipidemias:

Monica Dragoman, Kathryn M. Curtis, Mary E. Gaffield, Dyslipidemias represent a spectrum of lipid disorders that are important risk factors for cardiovascular disease. In addition, elevated triglycerides are known to be associated with pancreatitis. Though less clear, it is possible that dyslipidemias may also contribute to risk for venous thromboembolism (VTE). Ethinyl estradiol and progestogen, contained within combined hormonal contraception, are known to impact lipid metabolism.

Combined hormonal contraceptive use among breastfeeding women:

Naomi K. Tepper, Sharon J. Phillips, Nathalie Kapp, Mary E. Gaffield, Kathryn M. Curtis, 2015 May 19.

Contraception is important for women who are postpartum, including those who are breastfeeding. Use of combined hormonal contraceptives (CHCs) may affect breastfeeding performance and infant health outcomes.

4. Result and Discussion

This chapter relates with the finding of the present study with the finding of the studies conducted in the past. Present study finding has been discussed accordance with the objectives of the study.

Analysis of the data regarding 1st objective of the study i.e., to assess the knowledge regarding contraceptive method among the married couple of chaubepur, Kanpur shows that mean knowledge score regarding contraceptive method was 14.67 and 43 (70%) people had average knowledge regarding contraceptive method. These findings were supported by the study conducted by Semachew kasa (2018) study was conducted to assess the knowledge of people regarding contraceptive method, that the people had a moderate level of knowledge regarding contraceptive method.

Analysis of the 2nd objective of the study i.e., to assess the practice regarding contraceptive method among the married couple of chaubepur, Kanpur shows that mean practice score regarding contraceptive method was 4.7 and 22(36.6%) peoples had been practicing favorable regarding contraceptive method. These finding were supported by the study was conducted to assess the practice of people regarding contraceptive method, that the people had a low level of practice regarding contraceptive method. Analysis of the 3rd objective of the study i.e., to assess the association of knowledge and practice of population regarding contraceptive method with selected demographic variables according to age, sex, income, education, type of family, type of house, occupation, and source of information regarding contraceptive method. Finding reveal that according to age, sex, income, education, type of family, type of house, occupation and source of information was statistically non-significant difference in the frequencies at

$p < 0.05$. it revealed that age, sex, income, education, type of family, type of house, occupation and source of information had no effect on knowledge and practice of people regarding contraceptive method. These findings were supported by the study on the knowledge and practice of people regarding contraceptive method where there was no significant association between the age, sex, education, income, type of family, type of house and source of information.

5. Conclusion

- On the basis of knowledge regarding contraceptive method the mean score of the people in residing chaubepur, Kanpur 14.67.
- On the basis of practice regarding contraceptive method the mean score of the people in residing chaubepur, Kanpur 4.7.
- There was non-significant association of knowledge and practice of people regarding contraceptive method with selected demographic variables such as age, sex etc.

The following conclusion were drawn on the basis of the result of the present study topic a descriptive study to assess the level of knowledge and practice regarding contraceptive method among the married couples of Chaubepur, Kanpur.

There is a felt need for bridging the gap between knowledge and practice in residing areas of chaubepur regarding contraceptive methods. It is a challenge for all the health personnel in the community like community health nurse, school health nurse and other health workers especially in rural area.

The implications are discussed under the following headings:

The findings of the study suggest many implications for the nursing education, nursing practice, nursing administration and nursing research.

Nursing practice:

The most important role of the nurse is to provide knowledge to the public regarding contraceptive methods. The nurse plays an important role in STDs disease prevention and health promotion. Several implications can be drawn from the present study for nursing practice. The health personnel have added responsibility in educating the public regarding disease prevention and help in maintenance of health by modification of lifestyles. Health education conducted by the health personnel in hospital and community helps in wider coverage of public in contraceptive method. If nursing personnel provide the necessary information regarding contraceptive method, they are correct persons to educate people, there by people can understand and they can educate their family members, from family members to neighbors, from them to the community Nurses can motivate the public in contraceptive method.

Nursing education:

The nursing curriculum should emphasize on imparting health information to community using different teaching method. Nursing students should educate on health promotion, disease prevention and early detection of the disease. Every student should be encouraged in providing information to the clients and the community for which they have to be prepared

properly.

Nursing administrator:

Nursing administrator should take an initiative in creating policies and plans in providing education to the people. In service education to be provided to the nursing personnel at various levels to make them knowledge regarding contraceptive method by nursing administrators. Knowledge regarding contraceptive methods should be updated by utilizing various communication facilities. Health education program should be included as a part of job description of various categories of health personnel. The nurse as an administrator also should plan the outreach activities in collaboration with the other agencies in imparting the knowledge to the community.

Nursing research:

Since knowledge regarding contraceptive methods global concern, more resources should be allocated to do research on contraceptive methods. There is a great need of nursing research in the areas of client education. Health related studies need to concentrate on behavior modifications of people by developing unique teaching programs. Research on newer method of teaching, focusing on people interest, community participation and cost-effectiveness are needed.

The following recommendations were drawn based on the findings of the study:

A similar study can be conducted among the general population. Comparative study may be conducted to find out the similarities and differences in knowledge of people. Experimental study can be conducted with structured learning program on knowledge and practice. Mass and individual health education in regional to enlighten the people can be organized

at all the level of health facilities. At community level, during house visits, informational regarding contraceptive methods may be more useful in educating people, there by encourage them to educate other members of the community.

This chapter has brought about various major findings, implications, delimitations, and provided recommendations for further research. Similar studies should be conducted to yield more reliable results for future reference. The subject participated in the study contributed to the fruitful and successful completion of the study.

References

- [1] Ezra Shimeles fikre enqueselasse, Use of conatal captive devise in Addis Ababa Ethiopia, 2019.
- [2] Andrea Rachow, Olena, Luanoava, "Incidence method of contraceptives factors medical & social sequelae of contraceptive of study protocol BMC contraceptive method, vol. 19, no. 4, 2019.
- [3] Y.A. Melsew, T.N. Doan, M, Gambhir, Risk factors of contraceptive method online by Cambridge university press, vol. 146, no. 3, pp. 345-353, 2018.
- [4] Mehdi Mirsaedi, Ruxana T. Sadikot, "Patients method of contraceptive method.
- [5] Denise Rossato Silva, Marrela Munoz-Torrico J. Bros, Natural method of contraceptive used by people and other drugs, 44(2):145-152, April 2018.
- [6] Thomas E. Herchline, Michasel Stuarl Branze, A study is method of contraceptive, 2020.
- [7] Vidiullatha Peddireddy, Quality of life psychological interventions and treatment outcome in contraceptive the Indian Scenario, 2016.
- [8] Zeynav Yassin, Zahra Ahmadine Jad, Failure of contraceptive method what is the expected time and what are the firek risk factors?, Z Infec Distreat, 2016.
- [9] Francesca Conrodie, Use of resistant contraceptive, 2020.
- [10] Affandi, G, S.S.I. Santoso, Djajadilaga, W. Hadisaputra, F.A. Moeloek, J. Prinartono, F. Lubis, and R.S. samil 1987. Pregnancy after removal of Norplant implants contraceptive. Contraception 36(2) :203-209.