

SELECTION OF CONTRACEPTIVE METHODS AMONG MARRIED WOMEN OF  
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## ABSTRACT

**Objectives:** To get information regarding the most preferred contraceptive method used by married women of rural area of Rural Health Center of Rahim Yar Khan. **Method:** The cross-sectional study was conducted on 300 married women of rural areas with different socio-demographic factors, age groups, & family backgrounds. A structured questionnaire consisting of open ended and close ended questions was made, and pre-tested. Face to face interviews of those willing women were done at their residence with the help of a trained Lady Health Workers (LHWs) and the 100% response rate achieved. Non-probability sampling (convenient) was adopted to include willing married female. Statistical Package for the Social Sciences-19 was used for analysis & descriptive statistics were calculated. **Results:** Out of 300 participants majority of women 129 (43%) are using Combined Oral Contraceptive Pills (OCP) followed by condoms 65(21.6%) and natural method (exclusive breast feeding) 40(13.6%). Majority of women 125(41.6%) have been taking contraception for 1-2 years. Most participants 217(90.3%) were of age 27-36 years along with majority of participants were having gravidity and parity of 4-6 each. Opinion of better family well-being was given by 110(36.6%) women after taking contraception for family planning. Major side effect of nausea and vomiting noticed among 35(11.6%) user of oral contraceptive methods. **Conclusion:** Oral contraceptive pills are the most commonly used contraceptive method among married women. The reason of this preference is availability of combined oral contraceptive pills at basic health units. These OCP delivered through lady health workers increased the number of women taking contraception for family planning. It is also related with increased awareness about family wellbeing and health of mother.

**KEYWORDS:** Contraception, Married women, Exclusive breast feeding, Family well-being, Oral contraceptive pills.

## INTRODUCTION

Family planning,<sup>[1]</sup> is the practice of controlling the number of children in a family and the intervals between their births, particularly by means of artificial contraception or voluntary sterilization. It is a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude and responsible decision by individuals and couple in order to promote health and family welfare contributing to social development of country.<sup>[2]</sup> It is achieved through use of contraceptive methods. The objective of family planning are to avoid unwanted births, bring about wanted births, regulate interval between pregnancies and determine number of children in a family.<sup>[1,3]</sup> The benefits of family are preventing pregnancy-related health risks in women, decreasing infant mortality, prevent human immunodeficiency virus HIV/AIDS, empowering people, reducing unwanted adolescent pregnancies and

lowering population growth.<sup>[4]</sup> Family regulation methods are called contraceptive method. They are divided into various classes which include combined oral contraceptive pills, progesterone only pills, post-coital pills, depot formulation containing injectables, subdermal implants, vaginal rings, intra-uterine devices (IUCD) both medicated and non-medicated.<sup>[5]</sup> There are also some conventional methods like condoms, diaphragms, basal metabolic rate (BMR) method, coitus interruptus, safe period and exclusive breast feeding.<sup>[1]</sup> Vasectomy and tubal ligation are surgical methods available for contraception. Along with benefits<sup>5</sup> mentioned above there are also some side effects like weight gain, hirsutism, dysmenorrhea, thrombo-embolism are more common with combined oral contraceptive and progesterone only pills<sup>6</sup> vaginal bleeding, pelvic infection, uterine perforation, ectopic

pregnancy are common with IUD, while Failure rate is more for conventional methods as compared to others.<sup>[1]</sup>

## METHODOLOGY

The cross sectional study conducted in rural area of Rahimyarkhan during period of 2 month from January 2019 to March 2019. All married women of fertile age (15-49 yrs.) of different socio-economic background, demographic factors, age groups and family backgrounds during the abovementioned period were targeted in this

study. Those 300 women who were willing to participate were included in this study. A mixture of close ended and open questionnaire was designed and after pre-testing, face to face interviews were taken with the help of trained LHWs of that area. Frequencies and percentages were calculated for their demographic details, duration and contraceptive method used, its benefits and side effects. 100% response rate was achieved.

## RESULTS

**Table 1: Demographic profile of married women.**

	Demographic Profile	Frequency (n=300)	%Age
Age groups	16-26 year	056	18.6%
	27-36 year	217	72%
	37-49 year	027	9%
Education	Uneducated	117	39%
	Primary	120	40%
	Middle	031	10.3%
	Secondary	021	7%
	Higher secondary	011	3.6%
Gravidity	1-3	082	27.3%
	4-6	202	67.3%
	7-9	009	3%
	>10	007	2.3%
Parity	1-3	122	40.6%
	4-6	171	57%
	7-9	004	1.3%
	>10	003	1%
Abortion	0	214	71.3%
	1-2	078	26%
	2-5	005	1.6%
	>5	003	1%
Income	<5000s	018	6%
	5000-10000	177	59%
	>10000	105	35%

**Table 2: Source and duration having awareness about family planning.**

Awareness source	Frequency (n=300)	%Age
Mother/Sister	008	2.6%
Mother or sister in law	003	1%
Neighbour/Friend	089	29.6%
Husband	021	7%
Books/T.V/Radio	012	4%
Doctor	056	18.6%
LHV/Nurse	090	30%
None	021	7%

**Table 3: Duration of awareness**

Awareness period	Frequency	Percentage
6 months	003	1%
6 months -1 year	028	9.3%
1-2 year	087	29%
2 -4 year	114	38%
4 – 6 year	020	6.6%
None	048	16%

**Table 4: Women currently using any contraceptive method.**

Method	Frequency	Percentage
COC	129	43%
Condoms	065	21.6%
Depovera	028	9.3%
Norplant	016	5.3%
Vaginal ring	000	0%
Natural method	054	18%
Tubal ligation	003	1%
IUD	005	1.67%
POP	000	00%
<b>Duration of use:</b>		
1 Yr.	090	30%
1-2 yr.	125	41.6%
2-4 yr.	037	12.3%
4-6 yr.	004	1.3%
6-10 yr.	004	1.3%
None	040	13.6%

**Table 5: Husband Knowledge about the method and access to contraceptive.**

Husband knowledge about the method	Frequency	Percentage
Yes	242	80.6%
Don't know	005	1.6%
No	053	17.6%
<b>Easy access to contraceptive method</b>		
yes	215	71.6%
Don't know	028	9.3%
NO	057	19%

**Table 6: Benefits of family planning.**

Benefits	Frequency (n=300)	Percentage
Better upbringing and education of children	039	13%
Better health of children	040	13.3%
Better health of mother	067	22.3%
Better well-being	110	36.6%
None/don't know	044	14.6%

## DISCUSSION

Family planning is the most commonly discussed matter related to public health and well-being. For this reason we concluded a study to find out the most commonly preferred method for contraception in married women of rural areas. In a study conducted in an urban area,<sup>[7]</sup> 52% of women were aware about contraceptive practices while in another study conducted in Karachi the main source of information was media, in a study in china,<sup>[8]</sup> the source of information was friends and media, in a study in Nepal media was the source of information,<sup>[9]</sup> In a study conducted in Nepal,<sup>[9]</sup> the best known method of temporary contraception was Depo-Provera (78.0%) followed by oral contraceptive pills (74.0%) and condom (71.0%) and least known methods were vaginal foam tablets/jelly (34.0%) and natural methods (16.0%) because of availability of depo provera and easy access for the women. In another study conducted in a rural area named Khotang, Depo-Provera was the most used contraceptive method,<sup>[10]</sup> as compared to our study in

married women of rural areas where combined oral contraceptives are preferably used. In another study Cu-T was most commonly preferred method,<sup>[7]</sup> A study conducted in Karachi showed the results that barrier method (condoms) was in practice by 18 (33.9%) and 12 (22.6%) of women had already undergone tubal ligation. The women using injectables and intrauterine contraceptive devices were 10 (18.8%) and 7 (13.2%) respectively. Six were using oral contraceptive pills (11.3%) showing that there is remarkable difference in the choices made by rural and urban women because of lack of awareness and encouragement of use of barrier methods in rural areas. A study in China showed the condoms to be the common method adopted by women for contraception because there is lot of awareness for using condoms as its the safest method of contraception.<sup>[8]</sup> A study in Malaysia showed Depo-Provera to be most preferred method followed by Oral contraceptive pills and injectables.<sup>[11]</sup> In a study carried out amongst European,<sup>[12]</sup> women oral contraceptives was the most common contraceptive used in Germany

(54.3%), France (50.5%) and Sweden (34.6%). While in studies done in Andhra Pradesh and Eastern Delhi, Tubal ligation and condom (33.9%) were the most preferred methods of contraception respectively. In another study conducted in New York<sup>15</sup> city women claimed that birth control use had allowed them to take better care of themselves or their families (63%), support themselves financially (56%), complete their education (51%), or keep or get a job (50%). These are the benefits that were experienced by women when they have been continually using it for few years as in our 41% have been taking contraception for last 2 years due to which they got result in the form of better maternal and children health and better well-being of whole family. Along with many benefits contraceptive methods have also shown few side effects.<sup>[16]</sup> In a study conducted, nausea was most frequent, dysmenorrhea among IUD users and acne and hirsutism among Progesterone only pills users.<sup>[24]</sup> while in another study weight gain was the most common side effect. Despite the side effects experience in our study 76% women were suggesting other women to take contraception because the benefits obtained outweighs the side effects. So in our study we found out that majority of the women had been using COC as most common method for contraception. In modern world injectable and other IUD are available which have increased usage in developed countries which are more convenient and safe, for this we have to create more awareness among women. Media should play a keen role in this matter because in this global era where internet and other media sources have major part in awareness of women. In our rural areas where social-economic status is poor and literacy rate is not good, as in our study majority of the participants have poor socio-economic status and this factor also directly affects the people in making their choice to use contraception, and people do not have much access to internet and social websites, media channels should step forward so that they can enjoy better well-being of their whole family.

## CONCLUSION

Oral contraceptive pills are the most commonly used contraceptive method among married women. The reason of this preference is availability of oral contraceptive pills at basic health units and through lady health workers increased the number of women taking contraception for family planning. It is also related with increased importance for family wellbeing and health of mother.

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