Original article:

Contraception practices in a rural population of UP- Some socio demographic correlates

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Abstract:
Objective: To study contraception practices in a rural population of UP- Some socio-demographic correlates.
Methods: This was a cross-sectional community based descriptive study. The study was conducted among married/widow women in reproductive age group of 15-45 years. Women residing for at least six months in the area were considered as a resident and included in the study. Women whose native place was other than present place of residence, but the duration of stay was more than six months were also included in the study. The data pertaining to demographic and contraceptive use were collected in semi-structured. The multi-stage sampling methodology was adopted for the selection of study subjects.
Results: Out of the total 345 women surveyed, 205 (59.4%) women currently used any method of contraception. The contraception use was higher among the women belonging to joint family (69.7%) compared to nuclear family (27.4%). Majority of the women of Hindu community (70.4%) were using any type of contraception. The contraception use was found to be higher among the women of urban area (64.3%) than rural areas (49.6%). Condom (31.7%) was found to be the most common contraception use followed by Cu-T (26.8%), sterilization (20.5%), oral pills (10.7%), tubectomy (6.3%) and vasectomy (3.9%).
Conclusion: Antepartum period is the effective period during which women will be perceptive to contraceptive advice. Imparting correct knowledge at correct time can easily motivate them for adoption of proper family planning method.
Key words: Contraceptive use, Contraceptive methods, Demographic correlates

INTRODUCTION
With a population of 1.21 billion with 17.64% decadal growth rate, India is the second most populous country in the world. Although the Total Fertility Rate has dropped from 3.6% (1991) to 2.58% (2012), there are still miles to go to reach the replacement level of 2.1 set by National Population Policy, 2000 (Registrar General and Census Commissioner India, 2007). The acceptance of contraceptive methods varies within societies and also among different castes and religious groups. The factors responsible operate at the individual, family and community level with their roots in the socioeconomic and cultural milieu of Indian society (Pandey, 2011).
Although the family planning programme was not as successful as was expected, it has succeeded in generating universal knowledge of family planning methods among the masses. But, even with this high awareness of contraception there exists a large gap between the knowledge and Practice of these methods due to the existing variations in the socioeconomic and geographical characteristics within its territory (Singh et al, 2016).
Family planning through contraception tries to achieve two main objectives; firstly, to have only the desired number of children and secondly, to have these children by proper spacing of pregnancies (Tuladhar and Marahatta, 2008). A lack of knowledge of contraceptive methods or a source of supply, cost and poor accessibility are the barriers that exist in developing countries. Side effects perceived or real are major factors for the abandoning of modern methods. Mass media also plays an important role in promotion and acceptability of contraception (Bongaarts and Johansson, 2002; Dabral and Malik, 2004).

The present study was conducted to find the contraception practices in a rural population of UP.

**MATERIAL AND METHODS**

This was a cross-sectional community based descriptive study in the Rural Field Practice Areas of Department of Community Medicine, Hind Institute of Medical Sciences, Ataria, Sitapur, Uttar Pradesh.

**Study population**

The study was conducted among married/widow women in reproductive age group of 15-45 years.

**Methods**

Women residing for at least six months in the area were considered as a resident and included in the study. Women whose native place was other than present place of residence, but the duration of stay was more than six months were also included in the study. The data pertaining to demographic and contraceptive use were collected in semi-structured & pretested proforma, after obtaining informed consent. The multi-stage sampling methodology was adopted for the selection of study subjects.

**Statistical analysis**

The collected data was entered in Microsoft Excel computer program. The appropriate statistical methods were used for the analysis of the data. All the analysis was carried out by using SPSS 16.0 version (Chicago, Inc. USA).

**RESULTS**

Out of the total 345 women surveyed, 205 (59.4%) women currently used any method of contraception. Table-1 shows the current use of contraception according to demographic profile of women. The contraception use was higher among the women belonging to joint family (69.7%) compared to nuclear family (27.4%). Majority of the women of Hindu community (70.4%) were using any type of contraception. The contraception use was found to be higher among the women urban area (64.3%) than rural areas (49.6%).

Condom (31.7%) was found to be the most common contraception use followed by Cu-T (26.8%), sterilization (20.5%), oral pills (10.7%), tubectomy (6.3%) and vasectomy (3.9%) (Table-2).
Table-1: Current use of contraception according to demographic profile of women

<table>
<thead>
<tr>
<th>Demographic variables</th>
<th>No. (n=345)</th>
<th>%</th>
<th>Contraception use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of family</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuclear</td>
<td>84</td>
<td>24.4</td>
<td>23</td>
</tr>
<tr>
<td>Joint</td>
<td>261</td>
<td>75.6</td>
<td>182</td>
</tr>
<tr>
<td><strong>Religion</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hindu</td>
<td>277</td>
<td>80.3</td>
<td>195</td>
</tr>
<tr>
<td>Muslim</td>
<td>68</td>
<td>19.7</td>
<td>10</td>
</tr>
<tr>
<td><strong>Marital status</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>335</td>
<td>97.1</td>
<td>205</td>
</tr>
<tr>
<td>Widow/Separated</td>
<td>10</td>
<td>2.9</td>
<td>0</td>
</tr>
<tr>
<td><strong>Area</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>115</td>
<td>33.3</td>
<td>57</td>
</tr>
<tr>
<td>Urban</td>
<td>230</td>
<td>66.7</td>
<td>148</td>
</tr>
</tbody>
</table>

Table-2: Method of contraception

<table>
<thead>
<tr>
<th>Method of contraception</th>
<th>No. (n=205)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cu-T</td>
<td>55</td>
<td>26.8</td>
</tr>
<tr>
<td>Nirodh</td>
<td>65</td>
<td>31.7</td>
</tr>
<tr>
<td>Oral pills</td>
<td>22</td>
<td>10.7</td>
</tr>
<tr>
<td>Tubectomy</td>
<td>13</td>
<td>6.3</td>
</tr>
<tr>
<td>Sterilization</td>
<td>42</td>
<td>20.5</td>
</tr>
<tr>
<td>Vasectomy</td>
<td>8</td>
<td>3.9</td>
</tr>
</tbody>
</table>

*Multiple response

DISCUSSION
Contraceptive use has increased in nearly every country in recent decades. It was interesting to explore the perception and use of contraceptives among antenatal women. Antenatal period is more appropriate to motivate a female to accept postpartum contraception than postnatal period. So this period should be adequately utilized for postpartum contraceptive counseling (Ekabua et al, 2010; Glasier et al, 1996).

The present analysis shows that more than half of the respondents use family planning methods. The condom was the most common method used by the males in the present study. These finding are similar to other studies (Singh et al, 2016; Kumar et al, 1999). Condom use was maximum reported in the studies by Singh et al (2014), Mahmood et al (2011) and Goel et al (2010) similar to this study.

In a study by Alakananda et al (2015) oral contraceptive pills were the most used contraceptive method (66.6%).

In the present study, the contraception use was higher among the women belonging to joint family (69.7%) compared to nuclear family (27.4%). In a study
(Bhavya and Veerendrakumar, 2016), the willingness to use contraceptive method among women in nuclear families (96.2%) was more compared to women in joint families (80%). Study by Pandey et al (2011), shows that the contraceptive use rate is higher in the nuclear families i.e. 79.4%. Family structure is a significant factor for usage of contraceptives. In a study carried out amongst European women (De et al, 2011), oral contraceptives was the most common contraceptive used in Germany (54.3%), France (50.5%) and Sweden (34.6%) as compared to Cu-T which was the most common contraceptive utilized in 24(13.3%) study participants in the present study. While in studies done in Andhra Pradesh and Eastern Delhi, tubectomy and condom (33.9%) were the most preferred methods of contraception respectively (Varma and Rohini, 2008; Saini et al, 2007). In the present study, majority of the women of Hindu community (70.4%) were using any type of contraception.

In a study (Bhavya and Veerendrakumar, 2016), the willingness for contraception among Hindu women was 84.6% compared to 78.4% among Muslim women.

Majority of women do not use contraception due to lack of awareness, fear of side effects and socioeconomic issues. By proper education regarding various contraceptive methods and offering the cafeteria approach, mothers can be helped to limit family size.

CONCLUSION

Ante-partum period is the effective period during which women will be perceptive to contraceptive advice. Imparting correct knowledge at correct time can easily motivate them for adoption of proper family planning method.

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