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## Original Article

### Knowledge, Attitude and Practice towards Family Planning among the Reproductive Age Group of Married Women in Semi Urban Area

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## Abstract

### Background

Knowledge of contraceptive methods is nearly universal in Nepal, with almost all women and men knowing at least one method of contraception. The contraceptive prevalence rate among currently married women age 15-49 is 53%, with 43% using modern methods. This implies that Nepal needs to strengthen its family planning program to achieve the country's commitments to global family planning goals and to reach a modern contraceptive prevalence rate of 52% by 2020.

### Materials and Methods

The study was descriptive cross sectional community based conducted in kharji, biratnagar municipality ward number 4, semi urban area or Eastern zone of Nepal. Total female of reproductive age 15-49 married women 473 taken as a sample size. The data were collected by interview by predesigned and pretested questionnaire. Analysis of the data was done by SPSS.


### Results

Among all the respondents, 453 (95.77%) had the knowledge about the family planning. The majority of the study population 430 (90.90%) had positive attitude towards contraceptives. Among the all respondents, 210 (44.39%) were practice the different types of contraceptives methods. Most of the respondents 75(35.71%) practiced condom.

### Conclusion

The study concludes that the married women of reproductive age group had good knowledge and positive attitude towards family planning even though the practiced of family planning were low (44.39%).

**Keywords:** Attitude, Family planning, Knowledge

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## Introduction

According to WHO (1971), the family planning as "a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of the family group and thus contribute effectively to the social development of a country "[1].

Knowledge of contraceptive methods is nearly universal in Nepal, with almost all women and men knowing at least one method of contraception. The contraceptive prevalence rate (CPR) among currently married women age 15-49 is 53%, with 43% using modern methods. Although there has been a steady increase in overall contraceptive use since 1996, there has been no change in the contraceptive prevalence rate for modern methods since 2006.

This implies that Nepal needs to strengthen its family planning program to achieve the country's commitments to global family planning goals and to reach a modern contraceptive prevalence rate of 52% by 2020, the target set by the National Health Sector Strategy 2016-2021[2].

## Materials and Methods

The study was descriptive cross sectional and community based, conducted in kharji, biratnagar municipality ward number 4, semi urban area or Eastern zone of Nepal from 1 July 2019 to 31 December 2019. The study was approved by the Institutional review committee of Nobel Medical College Teaching Hospital, Biratnagar. Written consent was taken from all participants. Married women of reproductive age group (15-19) who were willing to participate in the study were included in our study. The married women of age below 15 years, above 49 years and who were not willing to participate in our study were excluded from study. Populations were homogeneously distributed, the cluster sampling with Probability Proportionate to Sample Size (PPS) method was carried out in the study. The total population of Kharji were 2405 out of which 1082 were female, among female, 757 were married women and among the married women 473 were reproductive age group (15-49) taken as sample size.

The data were collected by interview by pre-designed and pretested questionnaire. The demography characteristics such as age, sex, education and family size were obtained. We obtained data regarding Knowledge about family planning, meaning of family planning, attitude towards family planning and different methods of family

planning they were used. Data were entered in Microsoft excels and point estimate of frequency, mean and parentage were calculated.

## Results

Demographic characteristics of the study population were shown in Table 1. The majority of respondents 250 (52.85%) were in the age group of 18-29. Among the all study population, 245 (51.8%) were literate. The majority of the respondents 213 (45.03%) had three or more children followed by 166 (35.09%) had 2 children, 71 (15.01%) had one child and 23 (4.86%) had no child.

**Table 1: Demographic characteristics of study population**

Variable	Frequency	Percentage
Age (years)		
<18	48	10.14
18-29	250	52.85
≥30	175	36.99
Education		
Illiterate	228	48.2
Literate	245	51.8
Family size		
Have no child	23	4.86
Have 1 child	71	15.01
Have 2 children	166	35.09
Have 3 or more children	213	45.03

Knowledge regarding the meaning of family planning shows in Table 2. Among all the respondents, 453 (95.77%) had the knowledge about the family planning. Most of the study population 402 (88.74%) said small family where as 35 (7.72%) maintaining birth spacing and 16(3.53%) avoid unwanted pregnancy

**Table 2: Knowledge about the meaning of family planning**

Meaning of family planning	Frequency (453)	Percentage %
Small family	402	88.74
Maintaining birth spacing	35	7.72
Avoid unwanted pregnancy	16	3.53

**Table 3: Attitude regarding family planning**

Positive attitude		Neutral attitude		Negative attitude	
Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
430	90.90	23	4.86	20	4.22



Table 4: Practice of family planning

Contraceptive methods	Numbers (210)	Percentage (%)
OCPs	57	27.14
Condom	75	35.71
Injectable	14	6.66
IUCD	33	15.71
Implant	6	2.85
Tubectomy	25	11.90

The majority of the study population 430 (90.90%) had positive attitude towards contraceptives. Among the all respondents, 210 (44.39%) were practicing the different types of contraceptives methods. Most of the respondents 75(35.71%) practices condom followed by 57(27.14%) OCPs, IUCD (15.71%), tubectomy (11.90%) and implant.

### Discussion

Family planning is a way of thinking and living on the basis of the knowledge, attitude and practices of individuals or couples for the promotion of health and welfare of the family [1]. Knowledge of contraceptive methods was nearly universal in Nepal, with almost all women knowing at least one method of contraception and meaning of family planning [2]. In our study, 95.77% had the knowledge regarding family planning. According to the demography and health survey of Nepal 2016, all most all of the study population had knowledge regarding family planning. Similar study done by Pegu B et. al. [3] 2014 in India shown that 87% of respondents had knowledge regarding family planning this study shown that, the knowledge was lower than our study. The study conducted by Sah RB et.al. [4], found that all of the respondents had heard about family planning and majority of respondents knew the meaning of family planning was small family which was similar to our study. Another similar study done by Upadhaya A et. al in Nepal they found that About 88.69% of women reported that they had heard about family planning [5, 12].

In our study, 90.90% of respondents had positive attitude regarding family planning. Similar study done by pohkarel et.al [4] suggests the positive attitude regarding family planning. Another similar study conducted by Kasa AS et.al. in Ethiopia found 88.5% of respondents had positive attitude towards family planning [6]. Study conducted by Ramaiah R et.al. in Karnataka, India same as our study. They were

found that 76% of study participants had positive attitude toward family planning [7, 10]. The majority (80.1%) of the respondents had a favorable attitude toward family planning in the study conducted by Wani RT et.al. in Jammu and Kashmir, India, Which was similar to our study [14].

It was found that, 44.39% of women in our study practiced the family planning method which is nearly similar to the study conducted by Tejaswini D et. al. in India [8]. According to their study, 52% of the participants were practiced family planning which was slightly higher than our study. The study conducted by Pegu B. et. al [3] found that 38% women of reproductive age group practiced the family planning method which was slightly lower than our study The most common method of family planning practice in our study was condom (35.71%) followed by OCPs (27.14%), IUCD (15.71%) and tubectomy (11.90%). The similar study done by Renjhen P et. al. in Sikkim, India [9] found that the common method of family planning used were condoms 81% followed by OCP. Another similar study conducted by Nansseu et.al. in Cameroon. [11, 13]. Limitation of our study was that, we studied about the knowledge, attitude and practices of family planning among the reproductive age group women in the semi urban area of Biratnagar in the ward number four. If we studied in large area, or different area of Easter zone of Nepal, more relevant result had came. In our study, we found about the knowledge, attitude and practices of family planning among the reproductive age group (15-49) women and the different methods of family planning they practiced.

### Conclusion

The study concluded that the married women of reproductive age group have good knowledge and positive attitude towards family planning even though the practices of family planning were low. The poor practices of family planning in our study were due to fear of side effects so that most of the respondents used condoms followed by OCPs and other. The other reason of the poor practiced of the family planning was not easily available at the place where they lived.

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**Conflict of interest:** None



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