

Original Article**Knowledge of Family Planning Methods and Factors Affecting Its Utilization among Mothers****Vijayalakshmi G¹, Gayathri K V²**

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Abstract

Background: Family planning allows couples to determine and ascertain the desired number of children as well as the spacing of their births. It has a direct impact on health, wealth and well-being of people. Contraceptive use not only decreases unintended pregnancies but also reduces IMR, MMR and morbidity. Family planning is still a step back role in preventing population growth. **Aims:** To develop a health education pamphlet based on the knowledge of postnatal mothers on Family Planning methods. **Setting:** A Rural tertiary level medical college Hospital and a descriptive research design. **Material and Methods:** With descriptive research design, using purposive sampling technique 150 postnatal mothers were assessed for knowledge and factors affecting the usage of family planning methods. Based on their knowledge, a health education pamphlet was prepared and distributed to all the postnatal mothers. **Results:** Majority, 104 (69.3%) of postnatal mothers had poor knowledge, 40(26.7%) of them had average knowledge and only 6 (4%) of them had good knowledge score on family planning methods. There was a statistically significant association of knowledge score with parity, education and place of residence. **Conclusions:** Awareness regarding family planning among postnatal mothers was poor. Hence health care workers should focus on educating the mothers regarding family planning methods and who in turn will educate the family and society.

Key-words: Knowledge, Family planning, Family planning methods, Post natal mothers, health education pamphlet.**Introduction**

India suffers from the problem of over population and stands as the second most populated country in the world. With the population growth rate at 1.58%, India is predicted to have more than 1.53 billion people by the end of 2030.^[1] In spite of starting National Family Planning program in 1952 the country has missed almost all its targets to bring the rate of population growth under control.^[1] Some of the identified reasons for this are poverty, illiteracy, high fertility rate, rapid decline in death rates, modern birth control measures, expecting male child, traditional beliefs and lack of awareness regarding family planning methods.^[2] A study conducted to assess the knowledge on contraception and its side effects among 2000 primiparous women in Maharashtra revealed that 80% of educated couple used spacing method and 20% of uneducated couple did not use any meth-

od. The study concluded that education was the main variable which needs to be focused regarding the family size, spacing interval and contraceptive awareness. This may have a direct influence on fertility, since education affects the attitudinal and behavioural patterns of the individual.^[3] The present study is an attempt to assess the knowledge on family planning methods and factors affecting their usage among postnatal mothers in a tertiary level rural based medical college hospital in order to develop a health education pamphlet.

Material and Methods

Based on the objectives of the study a structured questionnaire to assess the knowledge on family planning was prepared in English. The tool was then sent to three researchers and four subject experts to check for comprehensiveness, adequacy and appropriateness. Then the tool was translated to Kannada the locally spoken language. Permission was obtained from the hospital authorities to conduct the study and consent was obtained from the participating mothers. One hundred and fifty mothers were interviewed on the third postnatal day during the period of March to April 2013. The moth-

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ers were purposively selected for the study from the series, who could speak and read Kannada language during the study period. Mothers who had received any education on family planning during the postnatal period were excluded. The questionnaire collected information on socio-demographic aspects of the mothers, knowledge about the various family planning methods and some of the factors that may influence its usage.

Results

Socio-demographic profile of mothers

The socio-demographic information of the mothers who participated in the study are presented in table 1.

Table 1. Distribution of mothers according to socio-demographic variables N=150

Demographic variables	Frequency	Percentage
Age		
<20 years	31	20.7
21-25	74	49.3
26-30	36	24
>30	09	06
Education		
Illiterate	28	18.7
Primary Schooling	15	10
Secondary Schooling	34	22.7
Higher secondary	26	17.3
Degree and above	47	31.3
Marital duration		
1 year	36	24
2 year	39	26
3 year	12	08
4 years and above	63	42
Number of pregnancy		
Primipara	80	53.3
Multipara	70	46.7
Residence		
Urban	58	38.7
Rural	92	61.3
Type of family		
Nuclear	83	55.3
Joint	67	44.7

Knowledge score of mothers on family planning methods

The awareness of the mothers regarding various family planning methods available is presented as scores in Table 2. The overall assessment of the mothers knowledge is presented in fig 2.

Table 2. Distribution of area wise Knowledge score among postnatal mothers on family planning methods N=150

Family planning methods	Maximum Score	Knowledge Scores	Percentage
General information	450	183	40.6
Condoms	600	227	37.8
Oral pills	2100	910	43.3
Vaginal condoms	450	187	41.5
Emergency contraceptives	600	263	43.8
IUDS	1050	421	40
Inj. Contraceptives	750	307	40.9
Permanents contraceptives	600	361	60.1

Overall Knowledge regarding family planning methods

Based on overall knowledge score, postnatal mothers are grouped under inadequate knowledge (who scored less than 50%), moderately adequate knowledge (50 to 75%) and adequate knowledge (above 75%) (fig 1.)

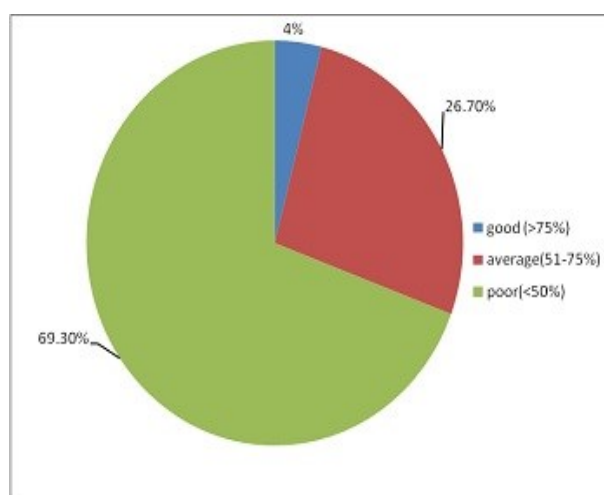


Fig 1. Overall knowledge score on family planning methods among mothers

Factors affecting usage of family planning methods
There was no statistically significant asso-

The factors affecting usage of family planning methods among mothers are presented in table 3.

Table 3. Distribution of factors affecting usage of family planning methods

N=150

Factors affecting the usage of contraceptives	Frequency	Percentage
Fear of using contraceptives since it may affect next pregnancy.	9	6
Fear of getting uterus problem.	10	6.3
It may cause health problems to mothers.	6	4
Not acceptable to family members.	35	23.4
To complete family as early as possible so that they get settled in life.	75	50
Religious beliefs.	13	8.7
Not easily affordable and Mothers were not comfortable to go and purchase contraceptives outside.	2	1.4

Association between knowledge score and socio-demographic variables

Association between postnatal mothers knowledge score and socio-demographic variables of marital duration ($\chi^2=3.55$) and use of contraceptives ($\chi^2=4.32$). There was significant association with mother's education ($\chi^2=15.8$), parity ($\chi^2=6.01$), place of residence ($\chi^2=6.2$) and type of family ($\chi^2=6.8$).

Discussion

The study revealed that majority (69.3%) of postnatal mothers had poor knowledge, 40 (26.7%) had average knowledge and only 6(4%) of them had adequate knowledge on family planning methods. Similar findings were seen in the study conducted by A.I. Mahadeen.^[4] The study on women in rural and remote areas of Jordan found that 91.4% were lacking knowledge regarding family planning methods and only knew about one method of family planning and 8.4% did not know about any other type of family planning methods. Regarding area wise knowledge score on family planning methods, majority of the postnatal mothers had knowledge on oral pills (mean score 6.07, SD 2.8), IUD (2.81, 1.56) and permanent contraception (2.41, 1.18). Poor knowledge was observed regarding emergency contraception (mean score 1.5 and SD 1.11), condoms (1.2, 0.97), vaginal condoms (1.26, 0.94), and injectable contraception (1.05, 1.39). Similar findings were observed in a study conducted by Renjhen P.^[5] where 399(95.8%) women had knowledge regarding oral pills, 300 (72%) had knowledge regarding IUD, 279(67%) had knowledge regarding tubectomy and 142 (34%) had knowledge regarding vasectomy. Only, 51(12.3%) had knowledge regarding convenient

methods, 112(26.8%) had knowledge regarding other methods of family planning like emergency contraceptives and injections. Related to factors affecting usage of contraceptives 9(6%) had fear of using contraceptives since it was believed to affect next pregnancy, 10(6.3%) had fear of getting an uterus problem, 6(4%) had fear of getting health problems during pregnancy, 35(23.4%) had non-acceptance from family members to use contraceptives, 75(50%) wanted to complete their family early and settle in life, 13(8.7%) did not use due to religious beliefs of not using contraceptives and 2 (1.4%) said it is not easily affordable. Similar findings were seen in the study conducted by Areej MN.^[6] which showed that the percentage of using IUCD methods are 68(34%), followed by oral pills 52 (26%), coitus interruptus 20 (10%), condom 20 (10%), safe period 24(12%), injection 8(4%), and sterilization 8(4%). Regarding association between knowledge score with selected socio-demographic variables, there was statistically significant association between knowledge score and parity, education of postnatal mothers, place of residence, and type of family. Similar findings were found in the study conducted by Areej MN,⁶ which revealed that there was an increased knowledge among educated women, urban women and multiparous women.

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