

Contraceptive Method Preferences among Married Women of Age 18 to 30 Years Attending Tertiary Care Centre in Maharashtra

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Abstract

Background- Contraceptive methods are preventive methods to help women avoid unwanted pregnancies. They include temporary and permanent measures to prevent pregnancy resulting from coitus. Indian women prefer to avoid unwanted pregnancy, but appropriate information which affects the decision of contraception is not accessible to everyone. Preference of contraceptive method/s depends on multiple factors. **Aim-** to study the preferred method of contraception among women of age 18 to 30 years attending a tertiary care centre. **Materials and Methods-** The cross-sectional study was conducted on 200 married women of age 18 to 30 years attending BVP RMC Loni, Maharashtra. The study duration was of 5 months (December 2023 to April 2024). Pregnant, lactating women were excluded. After taking written informed consent, sociodemographic details and contraception details were recorded. Microsoft Excel 2013 and spss version 1.0.1 were used for the analysis of the gathered data. **Results-** Out of 200 participants, only 83 participants were using contraception. Thus prevalence of participants using contraception was 41.5%. Out of those 83 participants who were using contraception, majority i.e 35% participants used traditional method like withdrawal and/or rhythm method, 25% used IUD, 16 % participants preferred OC pills or emergency pills, 8% used combination of any two or more methods, 6% used male condoms, 6% were sterilised, 4% used injectable contraceptive. No participant's husband had undergone vasectomy. **Conclusion -** Health education about contraceptive methods is needed. Health and social awareness is needed in men about sharing the burden of contraception.

Keyword: Unwanted pregnancies, Indian women, preventive methods, contraception.

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INTRODUCTION

India launched nationwide family planning program in 1952, becoming the first country in the world to do so [1]. Main objectives of family planning practices are: to avoid unwanted births, to bring out desired conceptions, manage the period between pregnancies, manage the timing of deliveries in respect to the parents' ages, and determine number of children in the family. Interruption of pregnancy in India could be due to medical, social or personal reasons where contraception is unwanted. The consequences of abortion outside medical setting are dangerous both in terms of physical and mental health. Hence primary aim is to avoid such unwanted pregnancies [2]. According to NFHS 5, 66.7% women (15-49 years old married women) are using some kind of family planning method [3]. Indian women's use of contraceptive methods is influenced by a number of factors, including partner-related, personal,

interpersonal, service-related, and/or method-related aspects. Nevertheless, health providers had not been found propagating traditional methods unlike the modern methods [4-6]. Currently, the most common method of contraception in India is female sterilization [7]. Lack of information or misinformation regarding temporary methods and less opportunity to prefer modern temporary methods due to affordability and accessibility issues also affect women's choice of female sterilization [8]. Common misbeliefs such as "vasectomy reduces sexual desire" and "it makes a man physically weak" lead to people's disapproval of vasectomy as a contraceptive method [9,10]. So the burden of contraception falls majorly on women. This study was taken to study the preferred method of contraception among married women of age 18 to 30 years attending tertiary care centre.

MATERIALS AND METHODS

The cross-sectional study was conducted on 200 married women of age 18 to 30 years attending BVP RMC Loni, Maharashtra. The study duration was of 5 months (December 2023 to April 2024). Pregnant, lactating women were excluded. After taking written

informed consent, sociodemographic details and contraception details were recorded. Microsoft Excel 2013 and Open epi version 2.3.1 were used for the analysis of the gathered data.

RESULTS

Table No. 1: Distribution of socio demographic variables among participants(n=200)

Sociodemographic variable	Frequency (n=200)	Percentage
Age		
18- 22 years	53	26.5
23-26 years	103	51.5
27-30 years	44	22
Religion		
Hindu	126	63
Muslim	41	20.5
Buddhist	22	11
others	11	5.5
Completed Education level		
Primary	7	3.5
Secondary	76	38
Graduate	104	52
Post-graduate	13	6.5
Occupation		
Housewives	106	53
Skilled workers	51	25.5
Semi-professional	37	18.5
Professional	6	3
Socioeconomic class		
Upper class	11	5.5
Upper middle	39	19.5
Middle class	77	38.5
Lower middle class	62	31
Lower class	11	5.5
Number of children		
No children	50	25
Upto 2 children	111	55.5
> 2 children	39	19.5
Total	200	100%

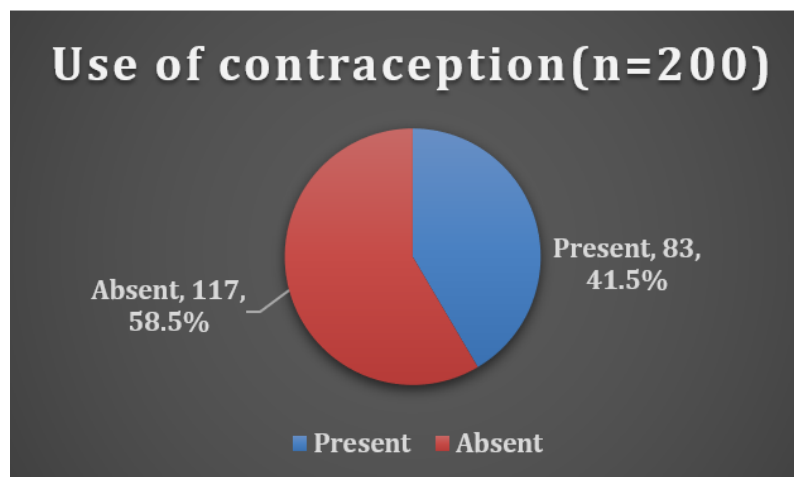


Figure No. 1: Use of contraception among participants

Out of 200 participants, only 83 participants were using a contraceptive method. Thus prevalence of participants using contraception was 41.5%.

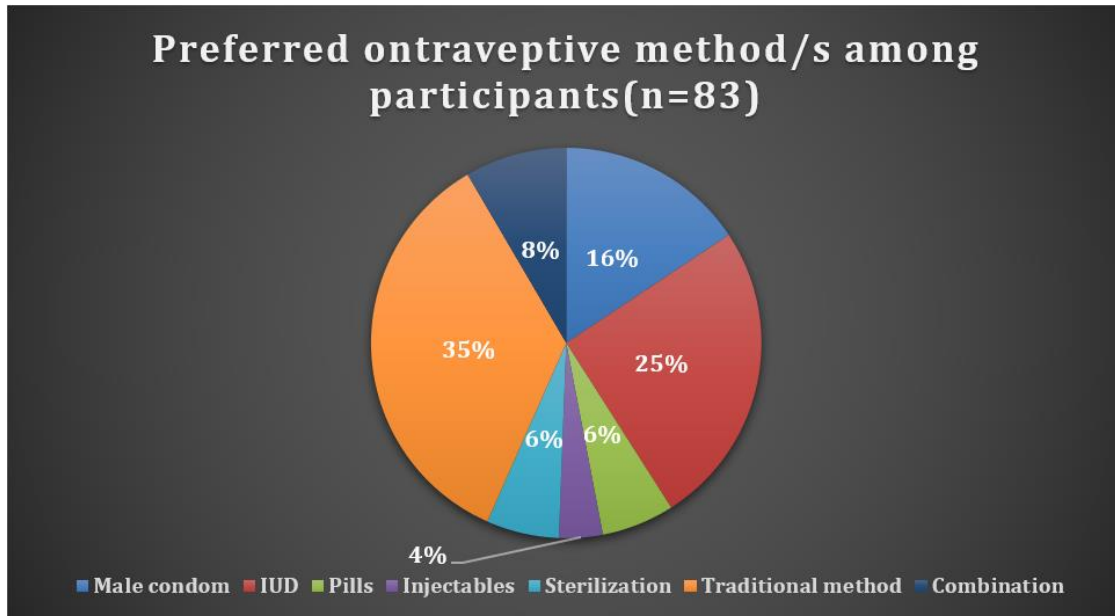


Figure No. 2: Preferred contraceptive method among participants

Out of those 83 participants who were using contraception, majority i.e 35% participants were using traditional method like withdrawal and/or rhythm method, 25% participants preferred IUD, 16% preferred OC pills or emergency pills, 8% used combination of any two or more methods, 6% used male condoms, 6% were sterilised, 4% used injectable contraceptive. No participant's husband had undergone vasectomy.

DISCUSSION

Table No. 1 depicts that majority i.e 103 out of 200 (51.5%) participants in the study were of age group 23-26 years, 63% belonged to Hindu religion, 38% had completed secondary level education, 53% were housewives, 38% belonged to middle class, 55.5% had 1-2 children.

As shown in figure no. 1, out of 200 participants, only 83 participants were using a contraceptive method. Thus, prevalence of participants using contraception was 41.5%. NFHS-5 data says the prevalence of contraception use in reproductive age group married women in India is 67.7%. In another study in south India by Osborn JA *et al.*, [11] the prevalence was found to be 75%. The less prevalence in our study might be due to the study is conducted among younger age group when women are wanting and planning pregnancies.

In a similar study done by Thulaseedharan JV [12] in Kerala, prevalence of contraception use was found to be 58%. Kerala being most educated state in India, awareness and information about various

contraceptive methods might be more which might be absent in our study population.

Figure no. 2 depicts that, in our study out of those 83 participants who were using contraception, 6% had undergone sterilisation (i.e permanent sterilization method) others were using some type of temporary contraception. In a similar study [12], 13.3% young women had undergone sterilisation. Among those who were using contraception, traditional method was majorly preferred i.e by 35% participants. In a similar study done by Sherpa SZ *et al.*, [13], OC pills was the most preferred contraceptive method.

In our study, 25% participants were using IUD, 16% were using OC pills or emergency pills, 8% preferred combination of any two or more methods, 6% were using male condoms, 4% preferred injectable contraceptive. Male sterilisation was opted by not a single participant's husband.

CONCLUSION

The prevalence of contraception use is 41.5% in study population, among which traditional method (35%), followed by IUD (25%) are more preferred methods. Awareness and health education about contraceptive methods is needed. Even more health education is needed in men to share the burden of contraception.

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