Attitude and Practice of Family Planning Methods among Women in selected Rural Areas, Sonitpur, Assam

Ms. Upasana Baruah[1], Ms. Sweetimani Kakati[2], Ms. Poly Borah[3]

[1]MSc (Nursing) student, Regional College of Nursing, Guwahati
[2]Assistant Professor, Regional College of Nursing, Guwahati
[3]Lecturer, Regional College of Nursing, Guwahati

ABSTRACT:

Background: Family planning methods is an approach to avoid unplanned pregnancies, promote small family and to regulate the birth spacing. Therefore, adopting family planning methods is essential for managing population size.

Aim: To assess the attitude and practice of family planning methods among women in selected rural areas, Sonitpur , Assam.

Methodology: A total 208 samples were selected by multistage sampling technique by using interview methods with the help of self-structure questionnaire.

Results: Results showed that majority of women 116 (55.77%) subjects had Moderately favorable attitude followed by 48(23.08%) had Unfavorable attitude and 44(21.15%) had Favorable attitude regarding family planning methods with an average mean score 34.02 and SD 6.02 and also majority 86 (41.35%) subjects had poor practice followed by 83 (39.90%) had average practice and 39 (16.35%) had good practice with an average mean score 5.62 and SD 5.10.There is a significant association between attitude of family planning methods among women with the education, occupation, types of family, monthly family income, no. of child, previous knowledge regarding family planning methods, source of information, duration of marriage, size of family at 0.05 level of significant. There is moderately positive correlation between attitude and practice among the women.

Conclusion: Study concluded that despite women's neutral attitude toward family planning technologies, their contraceptive behavior is poor. Women's understanding of family planning methods is often clouded by misconception such as IUCD can perforate the uterus, children are gifts of God.

Keywords: Attitude, Practice, Women, Family Planning methods

INTRODUCTION:

Family planning methods is an approach to avoid unplanned pregnancies, promote small family and to regulate the birth spacing.[1] Due to declining death rate, increased birth rate, early marriage, lack of education, poverty, religious believes, poor practice of family planning methods population is increased day by dy. Therefore, adopting family planning methods is essential for managing population size and promoting economic stability. With a population of 1.428 billion, India now makes up 17.8% of the world's 8.091 billion inhabitants (2023 estimations), up from 17.70% in the 2011 census when its

population was estimated to be 1.21 billion.[2] In 2023, Northeast accounted for 17% of India's total population. Assam has 35,824,00 lakh population. As per 2011 census report, the population of Sonitpur district is 1,924,110. It is the 3rd most populous district of Assam, after Nagaon and Dhubri district. Now population of Sonitpur district in 2023 is 2,674,513 (estimates as per aadhar uidai.gov.in Dec2023 data).[3]According to 2011 census, total fertility rate in Sonitpur district is 2.7 also maternal death of Sonitpur district in 2021-22 FY is 29 (as per SSD report NHM).[4]

Being a mother is the pinnacle of womanhood. But not every pregnancy is planned.[5] Every pregnant woman runs the risk of unexpected, unexpected complications that could cause her or her unborn child to die or suffer serious injuries. Family planning interferes with a woman's reproductive cycle and assists her manage the frequency, duration, and spacing of her pregnancies, reducing maternal death and disease and improving a woman's health.[6] Now a days even with adequate knowledge, certain misconception, religious beliefs and myths can lead to negative attitude towards family planning methods. Urgent action is required to stabilize population growth, reduce maternal mortality and lower total fertility rates ensuring a healthier, more sustainable future. Therefore, it is essential to assess attitude and practice of family planning methods among women.

STATEMENT OF THE PROBLEM:
Attitude and Practice of Family Planning Methods among Women in selected Rural Areas, Sonitpur, Assam.

OBJECTIVES:
a) To assess the attitude towards family planning methods among women in selected rural areas, Sonitpur, Assam.
b) To assess the practice of family planning methods among women in selected rural areas, Sonitpur, Assam.
c) To find out the association between attitude towards family planning methods among women with selected socio-demographic variables in selected rural areas, Sonitpur, Assam.
d) To find out the association between practice of family planning methods among women with selected socio-demographic variables in selected rural areas, Sonitpur, Assam.
e) To find out the correlation between attitude and practice of family planning methods among women in selected rural areas, Sonitpur, Assam.

HYPOTHESES:
H1- There is a significant association between attitude towards family planning methods among women and selected socio-demographic variables in selected rural areas, Sonitpur, Assam.
H2- There is a significant association between practice of family planning methods among women and selected socio-demographic variables in selected rural areas, Sonitpur, Assam.
H3- There is a significant correlation between attitude and practice of family planning methods among women in selected rural areas, Sonitpur, Assam.

MATERIALS AND METHODS:
A quantitative cross-sectional research design was adopted to assess attitude and practice of family planning methods among women in selected rural areas of Sonitpur district, Assam. 208 women were

selected using multistage sampling technique and data were collected by interview method through self-structured questionnaire. The analysis was done by using descriptive and inferential statistics in terms of frequency, percentage, mean, median, mode, standard deviation and chi-square test.

RESULTS:

Section 1: Finding related to Socio- Demographic Data

Table 1: Frequency and percentage distribution of women according to selected socio-demographic variables

n=208

Demographic variables	Frequency (f)	Percentage (%)
Age of the women		
18-25 years	69	33.17
26-33 years	91	43.75
38-41 years	39	18.75
42-49 years	9	4.33
Education		
No formal education	16	7.69
Can read and write	4	1.92
Primary school	21	10.09
Middle school	83	39.90
Matriculation	40	19.23
Higher secondary and above	44	21.15
Religion		
Hinduism	189	90.86
Islam	7	3.36
Christianity	12	5.77
Occupation		
Home maker	183	87.98
Daily wage labor	15	7.21
Private services	1	0.48
Government services	7	3.36
Others	2	0.96
Types of family		
Nuclear family	127	61.05
Joint family	80	38.46
Extended family	1	0.49
Monthly Family income		
46095-68961 rupees	10	4.80
27654-46089 rupees	23	11.05
9232-27684 rupees	98	47.11
≤9226 rupees	77	37.01
No. of children		

No child	34	16.35
One child	87	41.82
Two children	68	32.69
More than two children	19	9.13
Previous knowledge regarding family planning methods		
Yes	158	75.96
No	50	24.04
Source of information(n=158)		
Health workers	122	77.21
Neighbors and friends	19	12.03
Family members and relatives	8	5.06
Mass media	9	5.70
Age at marriage		
18-28years	197	94.71
29-39 years	11	5.29
Age of husband		
21-30 years	54	25.96
31-40years	104	50
41-50 years	41	19.71
>60 years	9	4.32
Duration of marriage		
<1year	14	6.73
1-3 years	31	14.90
3-5 years	22	10.58
>5 years	141	67.79
Size of the family		
>5 no.	81	38.94
<5 no.	127	61.06
Age of the last child (in years)(n=174)		
<1year	34	19.65
1-3 year	48	24.86
>3 year	97	55.74

Table 1 shows the frequency and percentage distribution of selected socio-demographic variables among women. The study showed that majority of women i.e., 91 (43.75%) belongs to age group 26-33 years, 83(39.90%) are middle school passed, 189 (90.86%) are belongs to Hinduism, 183 (87.98%) are home maker, 127 (61.05%) have nuclear family, 98(47.11%) have 9232-27684 rupees monthly income, 87

(41.82%) have one child, 158 (75.96%) have previous knowledge regarding family planning methods, 122 (77.21%) get information regarding family planning methods from health worker, 197 (94.71%) women married at the at age of 18-28 years, 104 (50%) husband belongs to 31-40 years of age, 141 (67.79%) have more than 5 years of marriage, 127 (61.06%) have less than 5 numbers of family member in their family, 97 (55.74%) have their last child belongs to more than 3 years of age.
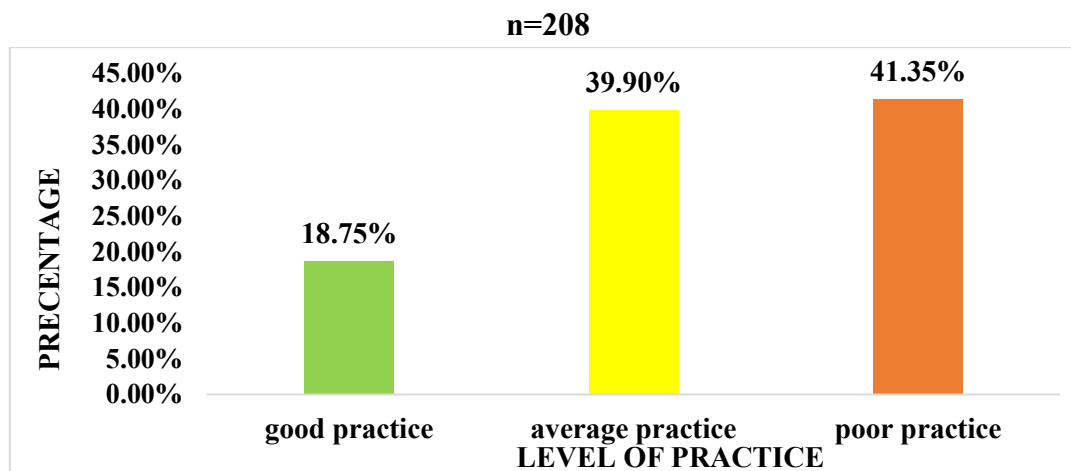
Section-2: Frequency and percentage distribution of women on the basis of attitude of family planning methods

n=208
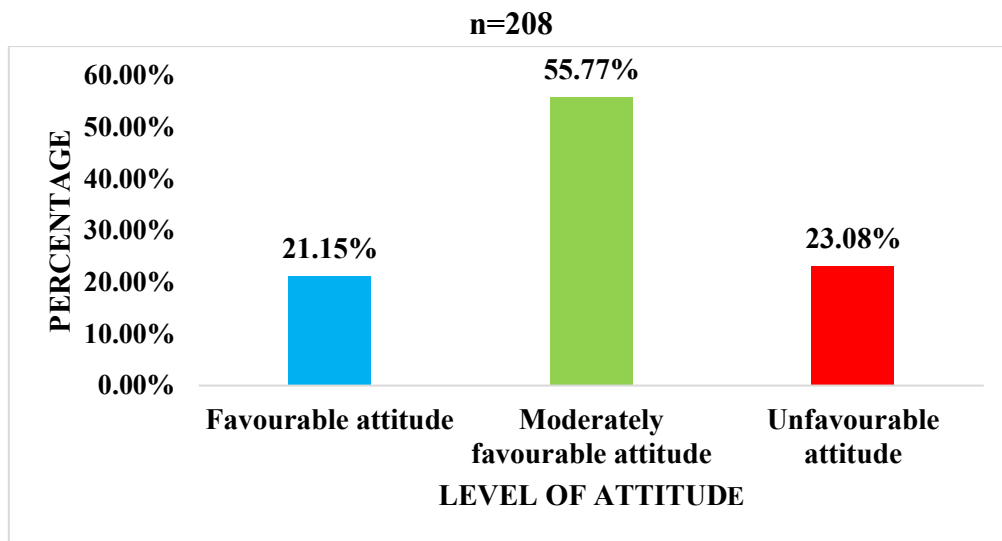
Fig 1: Bar diagram representing percentage distribution of women on the basis of attitude of family planning methods

Data on figure 1 depicts the percentage distribution of attitude on family planning methods among women. Results reveled that majority 116 (55.77%) subjects had Moderately favorable attitude followed by 48(23.08%) had Unfavorable attitude and 44(21.15%) had Favorable attitude.

Section 3- Frequency and percentage distribution of women on the basis of practice of family planning methods

n=208

Fig 2: bar diagram representing percentage distribution of women on the basis of practice of family planning methods

Data on fig.2 depicts the frequency and percentage distribution of practice on family planning methods among women. Results reveled those 86 (41.35%) subjects had poor practice followed by 83 (39.90%) had average practice and 39 (16.35%) had good practice.

Section 4: association between attitude towards family planning methods among women with selected socio-demographic variables

Table 2: - Association between attitude towards family planning methods among women with selected socio-demographic variables

n=208

Sl No	Variables	Level of attitude			χ²/fisher's exact test	df	P value
		Adequate	Moderately adequate	Inadequate			
1	**Age (in years)** 18-25 26-33 34-41 42-49	19 16 10 3	34 56 20 6	19 17 8 0	6.96	6	0.33^{NS}
2	**Education** No formal education Can read and write Primary school Middle school Matriculation Higher secondary and above	3 2 9 19 8 7	9 1 11 55 20 20	3 1 0 11 10 19	25.9	10	0.000**
3	**Religion** Hinduism Islam Christianity	43 1 4	105 5 6	43 0 1	3.26	4	0.53^{NS}
4	**Occupation** Home maker Daily wage Private job	43 4 0 0	143 3 1 6	43 4 0 0	15.31	8	0.005*

	Government job	1	1	1			
	Others						
5	**Types of family**						
	Nuclear	35	65	20			
	Joint	12	51	24	11.20	4	0.005*
	Extendent	1	0	0			
6	**Monthly family income (in rupees)**						
	46095-68961						
	27654-46089	2	3	5			
	9232-27648	2	12	9	18.65	6	0.000**
	<9226	21	65	12			
		23	36	18			
7	**No. of children**						
	no child						
	one child	19	12	2			
	two children	13	52	23	32.7	6	0.000**
	more than two children	10	42	18			
		6	10	1			
8	**Previous knowledge**						
	Yes	12	102	44	91.3	2	0.000**
	No	36	14	0			
8(i	**Source of information (n=158)**						
	Health workers	4	81	41			
	Neighbors and friends	6	10	1	2.49	6	0.000**
	Family members and relatives	0	6	0			
	Mass Media	2	5	2			

9	**Age at marriage (women)** 18-28 years 29-39 years	42 6	110 6	41 3	0.46	2	0.82^{NS}
10	**Age of husband** 21-30 years 31-40 years 41- 50 years <60 years	17 18 10 3	28 60 23 5	7 28 8 1	7.60	6	0.27^{NS}
11	**Duration of marriage** < 1years 1-3 years 3-5 years > 5 years	8 12 3 25	7 16 12 81	1 4 7 32	13.84	6	0.01*
12	**Size of the family** >5 nos. <5 nos.	11 37	51 65	24 20	10.21	2	0.006*
13	**Age of the last child (in years) (n=174)** <1 year 1-3 years >3 years	5 6 18	23 24 57	7 11 23	1.03	4	0.91^{NS}

*p <0.05 level of significance   **strongly significant

NS-non-significant

Data presented on the table 2 shows that there is a statistically significant association between attitude of family planning methods among women with the education, occupation, types of family, monthly family income, no. of child, previous knowledge regarding family planning methods, source of information, duration of marriage, size of family at 0.05 level of significant. Therefore, research hypothesis H_1 was accepted.

Section 5: Association between practice of family planning methods among women with selected socio-demographic variables

Table 3: Association between practice of family planning methods among women with selected socio-demographic variables.

n=208

Sl No	Variables	Level of practice			X²/fisher's exact test	Df	P value
		Good	Average	Poor			
1	**Age (years)**						
	18-25	17	21	34	8.30	6	0.22[NS]
	26-33	17	40	32			
	34-41	5	14	19			
	42-49	0	5	4			
2	**Education**						
	No formal education	1	9	5	9.86	10	0.43[NS]
	Can read and write	1	1	2			
	Primary school	3	7	10			
	Middle school	12	32	41			
	Matriculation	8	16	14			
	Higher secondary and above	14	15	17			
3	**Religion**						
	Hinduism	37	73	81	3.78	4	0.43[NS]
	Islam	1	4	1			
	Christianity	1	3	7			
4	**Occupation**						
	Home maker	36	72	82			
	Daily wage	1	3	4			
	Private job	0	1	0			
	Government job	1	4	2	5.06	8	0.84[NS]
	Others	1	0	1			

5	**Types of family** Nuclear Joint Extendent	17 22 0	47 33 0	56 32 1	5.84	4	0.21^{NS}
6	**Monthly family income (in rupees)** 46095-68961 27654-46089 9232-27648 <9226	2 8 12 17	5 7 41 27	3 8 45 33	8.03	6	0.24^{NS}
7	**No. of children** no child one child two children more than two children	1 18 19 1	3 35 32 10	29 35 19 6	38.59	6	0.000^{**}
8	**Previous knowledge** Yes No	39 0	76 4	43 46	69.60	2	0.000^{**}
8(i	**Source of information (n=158)** Health workers Neighbors and friends Family members and relatives Mass Media	37 2 0 0	64 4 5 3	25 11 1 6	22.24	6	0.000^{**}

9	Age at marriage (women) 18-28 years 29-39 years	37 2	77 3	83 6	0.79	2	0.72^{NS}
10	Age of husband (years) 21-30 31-40 41-50 <60	1 4 1 0	34 84 30 6	17 18 10 3	6.05	6	0.37^{NS}
11	Duration of marriage (years) < 1 1-3 3-5 > 5	1 3 8 27	3 8 8 61	12 21 6 50	19.39	6	0.03*
12	Size of the family >5 nos. <5 nos.	22 17	33 47	31 58	5.21	2	0.07^{NS}
13	Age of the last child (in years) (n=174) <1 year 1-3 years >3 years	4 15 18	17 15 45	14 11 35	8.31	4	0.08^{NS}

*p <0.05 level of significance   ** strongly significant
NS-non-significant

Data presented on the table 3 shows that there is a statistically significant association between practice of family planning methods among women with selected socio-demographic variables is accepted in regards to no. of child, previous knowledge regarding family planning methods, source of information, duration of marriage at 0.05 level of significant. Therefore, research hypothesis H_2 was accepted.

Section 5: Correlation between attitude and practice about family planning methods among women
n=208
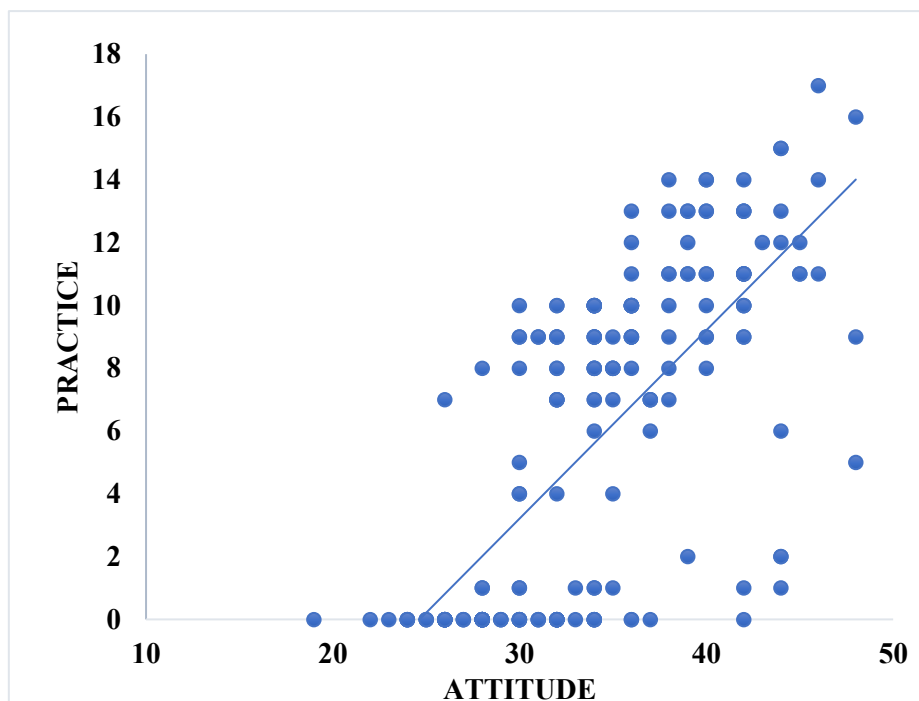
Fig 3: Scatter diagram representing moderately positive correlation between attitude and practice about family planning methods.

Fig 3 depicts that "r" value is 0.71, p value is <0.00001, which is significant at 0.05 level of significance. The r value 0.71 confirm that there is moderately positive correlation between attitude and practice among the women. Hence, the research hypothesis (H_3) stating there is a significant correlation between attitude and practice of family planning methods among women is accepted.

RECOMMENDATIONS:

On the basis of this present study, the following recommendation have been made for further studies-

a) A qualitative study can be designed to explore perceived barriers and elucidate the factors driving poor practice of contraception.

b) A similar study can be planned with addition of partner's (husband) contribution in family planning methods.

c) A similar study can be conducted to assess the knowledge of family planning methods among women.

d) A homogeneous study can be conducted with large sample size so that findings can be generalized.

CONCLUSION:

In order to evaluate the attitudes, and practice of family planning methods in a selected rural area, Sonitpur, Assam, 208 women participated in a cross-sectional descriptive study employing a self-structured questionnaire and a multistage random sampling. The study's findings indicate that despite women's neutral attitude toward family planning technologies, their contraceptive behavior is poor. The government's effort to diversify contraceptive options have not yet resonate with women, most of them only know about OCP, IUCD and condom. Women's understanding of family planning methods is often

clouded by misconception such as IUCD can perforate the uterus, children are gifts of God, so there is no question of adopting family planning methods etc.

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