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Awareness and Perception regarding Family Planning Methods among Married Women of Kamrup, Assam: A Cross- Sectional Study

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ABSTRACT

Background: Family planning is a crucial aspect of reproductive health and has been highlighted as a fundamental human right which empowers individuals and couples to make informed decisions about their reproductive health and overall well-being. Family planning allows couples to control the number and spacing of children they have through contraception and other reproductive techniques, with the goal of reducing population growth, improving living standards, reducing maternal and infant mortality rates, preventing premature pregnancies, and minimizing unsafe abortions. Title: "Awareness and Perception Regarding Family Planning Methods Among Married Women of Kamrup, Assam: A Cross-Sectional Study". Objectives: To evaluate awareness and perception of family planning methods among married women of Kamrup, Assam, and determine the correlation between awareness and perception, as well as to identify the association between awareness/ perception with selected demographic variables, regarding family planning methods among married women. Method: Non-Experimental Quantitative Cross - Sectional Research approach was adopted using self-structured questionnaire among 109 married women (15-49 years of age) from selected area of Nij Sindhurighopa, Changsari, Kamrup (R)Assam were selected respectively by using Convenient sampling technique. Result: Results were analyzed by description and inferences statistics and the study reveals that, 84.4% of women have adequate knowledge about family planning methods, 55% having average knowledge, 43.1% having poor knowledge, but 73.2% women have privacy concerns and lack of access to services hinder their participation. And 89%women have good perception,11% having poor perception regarding family planning methods. There is a significant association between awareness and demographic variables such as age in years at $p<0.05$ level. And there is a significant association between perception and demographic variables such as age in years at $p<0.05$ level regarding family planning methods. Conclusion: The awareness and perception regarding family planning methods in selected areas of Nij Sindhurighopa, Changsari, Kamrup (R), Assam was average. Health care provider needs to educate the women regarding family planning methods to improve awareness.

Keywords: Awareness, Perception, Family Planning, Married Women

INTRODUCTION

"Family planning is not just about preventing unwanted pregnancies; it's about giving every child the best possible start in life".

_Melinda Gates

Family planning is considered as an important component of reproductive health, which refers to the practice of using methods, including modern contraceptives and natural techniques, to determine the number, spacing, and timing of pregnancies, ultimately allowing individuals to achieve their desired family size. Moreover, it is fundamental rights that enables the couples to make informed choices about their reproductive lives plan their families and improve their overall well-being. [1]

The goals of family welfare planning are to reduce population growth and ensure a higher standard of living; from an economic and social standpoint, basic needs such as food, clean water, clothing, housing, education, and proper health care. Birth spacing, and small family standards will improve the health of women and their children, allowing a healthier society to be established. To minimize maternal and new born mortality rates; to avoid premature, frequent, and multiple pregnancies; and to limit the incidence of unsafe abortions[2]

Many people have insufficient information especially in the developing countries, lacks knowledge regarding family planning method and how to use the contraceptive devices properly.[3]

NEED OF THE STUDY

Overpopulation leads to increased demand for resources, causing ecological degradation, conflicts, and increased disaster risk due to the exhaustion of non- renewable resources and the growing global population. With the combination efforts of spreading knowledge about family planning, increasing agency among women, and debunking widely held myths about contraception will measurably change the trajectory of the world‘s population. Also spreading awareness about family planning methods and the ecological and economic benefits of having smaller families can change reproductive behaviour.[4]

Family planning significantly affects public health outcomes, including maternal and child mortality rates. Lack of awareness and misconceptions about contraceptive methods contribute to unintended pregnancies, unsafe abortions, and high maternal mortality rates. A well-informed approach to family planning allows women to space pregnancies, leading to improved health for both mother and child. According to studies, appropriate birth spacing reduces infant mortality and enhances child development.[5]

STATEMENT OF THE PROBLEM

Awareness and Perception regarding Family Planning Methods among Married Women of Kamrup, Assam: A Cross -Sectional Study.

OBJECTIVES

1. 1.To assess the awareness regarding family planning methods among married women of Kamrup, Assam.
2. 2.To know about the perception regarding family planning methods among married women of Kamrup, Assam.
3. 3.To find out the correlation between awareness and perception regarding family planning methods among married women of Kamrup, Assam.
4. 4.To determine the association between awareness regarding family planning methods with selected demographic variables among married women of Kamrup, Assam.
5. 5.To determine the association between perception regarding family planning methods with selected demographic variables among married women of Kamrup, Assam.

HYPOTHESES (Hypotheses are tested at 0.05 level of significance):
H1: There is a significant association between the knowledge regarding family planning methods with selected demographic variables.
H2: There is a significant association between perception regarding family planning methods among the selected demographic variables.
H3: There is a significant correlation between awareness and perception regarding family planning methods among married women of Kamrup, Assam.

ASSUMPTIONS:
1. The married women may have little knowledge regarding family planning methods.
2. The married women may have positive good perception towards family planning method.

DELIMITATION:
The study is delimited to 109 sample including Married women of Kamrup, Assam.

RESEARCH METHODOLOGY
RESEARCH APPROACH - In this study a quantitative non-experimental research approach has been found to be suitable to assess the awareness and perception of family planning among the married women.
RESEARCH DESIGN - In this study a descriptive cross – sectional research design is used. Descriptive research design is used to observe, describe and document aspects of a situation as it naturally occurs, and sometimes to serve as a starting point for hypothesis generation or theory development.

STUDY SETTING
In this study Changsari (Nij-Sindhurighopa) of Kamrup, Assam is selected for undergoing the research study. The reason for which the study is being selected – availability of study sample and feasibility for conducting of study in terms of times and distance.

POPULATION
In this study, total population was married women of Nij-Sindhurighopa, Kamrup, Assam.

TARGET POPULATION
The target population of the study are the married women of Changsari area (Nij Sindhurighopa) who meets the designated sets of criteria.

ACCESSIBLE POPULATION
The accessible population of the study are the married women of Changsari area (Nj Sindhurighopa) who meets designated sets of criteria and who are available at the time of data collection.

SAMPLE
In this study the sample are the married women who fulfills inclusion and exclusion criteria

SAMPLE SIZE
In this study the sample size was 109 married women of Kamrup, Assam.

SAMPLING TECHNIQUE
In this research study convenient sampling technique was used for selection sample.

CRITERIA FOR SELECTION OF SAMPLE
INCLUSION CRITERIA:
- Women of age group 21 – 49 years of age.
- Women who are willing to participate.
- Women who are available at the time of the data collection.
- Women who are married.

EXCLUSION CRITERIA:
- Women who refuse to participate or withdraw consent at any point.
- Women with severe physical or mental health conditions.
- Women who are health care providers, family planning counselors, or community leaders directly involved in promoting family planning in the area.
- Women who got early menopause.

VARIABLES
- **Demographics variables:** The demographic variables in this study are Age, Occupation, Family type, Religion, Sources of information regarding the family planning, Monthly family income, Distance of health centre, Knowledge regarding family planning methods, Using any contraceptive methods, Number of children, Any barriers that prevent you from accessing family planning Services, Family planning services are readily available in your community, Most desirable variant of family planning.
- **Research variables:** In this study research variables are the awareness and perception among married women regarding family planning methods.

DESCRIPTION OF THE TOOL
Section - I: Demographic data of married women of reproductive age.
Age in years, No. of children, educational status, Occupation, Family types, Religion, Source of health-related information, Monthly family income, Source of family planning materials, Distance of sub-center, do you use any contraceptive method?
Section - I: Questions related to awareness regarding family planning method.
Section - III: Statement related to perception regarding family planning method.

PLAN FOR DATA ANALYSIS
The plan for data analysis will be done by Descriptive and Inferential statistics:
- Frequency and percentage distribution is used to describe demographic variables among married women.
- Frequency and percentage, Mean, Median and SD is used for distribution of level of awareness regarding family planning methods among the married women.
- Frequency and percentage, Mean, Median and SD is used for distribution of level of perception regarding family planning methods among the married women.

- Spearman Correlation Coefficient is used to analyze correlation between awareness and perception regarding family planning methods among married women.
- Chi square test is used to analyze association between awareness regarding family planning methods among married women with their demographic variables.
- Chi square test is used to analyze association between perception regarding family planning methods among married women with their selected variables.

ANALYSIS AND INTERPRETATION OF DATA

ORGANIZATION AND PRESENTATION OF DATA

The data was edited, tabulated, analyzed and interpreted and obtained results were organized and presented under the following sections.

Section I: Assess frequency and percentage distribution of demographic variables.

N=109

Sl.	Demographic Variables	Frequency	Percentage (%)
1.	Age in years		
	a. 21-30	51	46.8
	b. 31-40	45	41.3
	c. 41-50	13	11.9
	d. Above 50 years	0	0
2	Educational status		
	a. Graduate	16	14.7
	b. Higher education	20	18.3
	c. Secondary	37	34
	d. Primary	28	25.7
	e. Illiterate	8	7.3
3.	Occupation		
	a. Professional	1	0.9
	b. Semi-skilled worker	14	12.9
	c. Skilled worker	8	7.3
	d. Clerical/ shop/ farm	12	11
	e. Unemployed	74	67.9
4.	Family type		
	a. Nuclear	71	65.1
	b. Joint	38	34.9
	c. Extended	0	0
5	Religion		
	a. Hindu	106	97.2
	b. Muslim	1	0.9
	c. Christian	2	1.8
6	Sources of information		
	a. Family members	32	29.4
	b. Mass media	33	30.3

	c. Peer group d. Health care workers e. Other sources	9 22 13	8.3 20.2 11.9
7.	Monthly family income a. Less than 2390 b. 2391-7101 c. 7102-11836 d. 11837-17755 e. 17756-23673	 20 34 27 19 9	 18.3 31.2 24.8 17.4 8.3
8.	Distance of health centre a. 1 – 5 KM b. 6 – 10 KM c. 11 – 15 KM d. More than 15 KM	 81 21 5 2	 74.3 19.3 4.6 1.8
9.	Any knowledge regarding family planning methods a. Yes b. No	 92 17	 84.4 15.6
10	Using any contraceptive methods a. Yes b. No	 17 92	 15.6 84.4
11	No of children a. One b. Two c. More than two d. None	 55 33 8 13	 50.5 30.3 7.3 11.9
12	Any barriers that prevent you from accessing family planning services? a. Poor family income b. Lack of transportation c. Privacy concerns d. No barriers	 9 10 10 80	 8.3 9.2 9.2 73.2
13	Do you feel family planning services are readily available in your community? a. Yes b. No	 44 65	 40.4 59.6

SECTION – II

Assess distribution of level of awareness regarding family planning methods among the married women of Kamrup, Assam

Table 2: Distribution of level of awareness regarding family planning methods among the married women of Kamrup, Assam

N=109

Level of knowledge	F	%	Score range	Median	Mean	SD
Poor knowledge (1-10)	47	43.1	3-24			
Average knowledge (11-20)	60	55	21	12	11.82	3.969
Good knowledge (21-30)	2	1.8				

SECTION – III

Assess distribution of level of perception regarding family planning methods among the married women of Kamrup, Assam

Table 3: Distribution of level of perception regarding family planning methods among married women of Kamrup, Assam.

N=109

Level of perception	F	%	Score range	Median	Mean	SD
Poor perception (1-25)	12	11				
Good perception (26-50)	97	89	18-25 27	37	35.69	6.115

SECTION-IV

Assess correlation between awareness and perception regarding family planning methods among the married women of Kamrup, Assam

Table 4: Correlation between awareness and perception regarding family planning methods among married women of Kamrup, Assam

N=109

Correlation	r value	P value
Awareness and Perception	0.198	0.039*

SECTION – V

Association between awareness regarding family planning methods among married women with their demographic variables.

Table 5.1: Association between awareness regarding family planning methods among married women with selected socio demographic variables

Sl.No	Demographic Variables	Knowledge			Fishers $\chi 2$ value	df	p value	Remarks
		Poor	Average	Good				
1.	Age in years:							

	a. 21-30 b.31-40 c.41-5 d.Above 50 years	25 21 1 -	26 24 10 -	0 0 2 -	13.57	4	0.003*	*=Significant
2.	Educational status: a.Graduate b.Higher education c.Secondary d.Primary e.Illiterate	 6 7 17 15 2	 10 13 20 13 4	 0 0 0 0 0	11.41	8	0.106NS	NS=Not significant
3.	Occupation: a.Professional b.Semi-skilled worker c.Skilled worker d.Clerical/ shop/ farm e.Unemployed	 0 2 1 1 8	 1 12 7 11 66	 0 0 0 0 0	1.464	4	0.953NS	NS=Not significant
4	Family type: a.Nuclear b.Joint c.Extended	 8 4 -	 63 34 -	 1 1 -	3.526	2	0.155NS	NS=Not significant
5	Religion: a.Hindu b.Muslim c.Christian d.Others	 45 1 1 -	 59 0 1 -	 2 0 0 -	5.351	4	0.736NS	NS=Not significant
6	Sources of information: a.Family members b.Mass medica c.Peer group d.Health care workers e.0ther sources	 9 19 1 13	 23 14 7 8	 0 0 1 1	16.94	8	0.010*	*=significant

		5	8	0				
7	Monthly family income: a.Less than 2390 b.2391-7101 c.7102-11836 d.11837-17755 e.17756-23673	 7 13 12 10 5	 12 21 15 8 4	 1 0 0 1 0	6.283	8	0.612NS	NS=Not significant
8	Distance of health centre: a.1 – 5 KM b.6 – 10 KM c.11 – 15 KM d.More than 15 KM	 35 8 4 0	 45 13 1 1	 1 0 0 1	11.51	6	0.069NS	NS=Not significant
9.	Any knowledge regarding family planning methods: a.Yes b.No	 42 5	 48 12	 2 0	1.876	2	0.493NS	NS=Not significant
10	Using any contraceptive methods: a.Yes b.No	 4 43	 12 48	 1 1	4.794	2	0.074NS	NS=Not significant
11	No. of children: a.One b.Two c.More than two d.None	 25 14 1 7	 30 18 6 6	 0 1 1 0	8.152	6	0.180NS	NS=Not significant
12	Any barriers that prevent you from accessing family planning services? a.Poor family income b.Lack of transportation c.Privacy concern d.No barriers	 2	 7	 0				

		7 6 32	3 3 47	1 1 0	11.82	6	0.154NS	NS=Not significant
13	Do you feel family planning services are readily available in your community? a.Yes b.No	14 33	29 31	1 1	4.093	2	0.142NS	NS=Not significant

SECTION-VI

Association between perception regarding family planning methods among married women with their demographic variables.

Sl.No	Demographic Variables	Perception		Fishers χ2 value ue	df	P value	Remarks
		Poor	Good				
1.	Age in years: a. 21-30 b.31-40 c.41-50 d.Above 50 years	 4 3 5 --	 47 42 8 --	12.52	3	0.002*	*=Significant
2.	Educational status: a.Graduate b.Higher education c.Secondary d.Primary e.Illiterate	 2 5 3 2 0	 14 15 34 26 8	4.545	4	0.288NS	NS=Not significant
3.	Occupation: a.Professional b.Semi-skilled worker c.Skilled worker d.Clerical/ shop/ farm e.Unemployed	 0 2 1 1 8	 1 12 7 11 66	1.464	4	0.953NS	NS=Not significant
4	Family type:						

	a.Nuclear b.Joint c.Extended	8 4 -	63 34 -	0.104	1	0.590NS	NS=Not significant
5	Religion: a.Hindu b.Muslim c.Christian d.Others	12 0 0 -	94 1 2 -	1.012	2	0.701NS	NS=Not significant
6	Sources of information: a.Family members b.Mass media c.Peer group d.Health care workers e.0ther sources	7 4 1 0 0	25 29 8 22 13	9.228	4	0.023*	S=significant
7	Monthly family income: a.Less than 2390 b.2391-7101 c.7102-11836 d.11837-17755 e.17756-23673	1 6 2 2 1	19 28 25 17 8	2.420	4	0.671NS	NS=Not significant
8	Distance of health centre: a.1 – 5 KM b.6 – 10 KM c.11 – 15 KM d.More than 15 KM	9 2 1 0	72 19 4 2	1.280	3	0.763NS	NS=Not significant

9.	Any knowledge regarding family planning methods: a.Yes b.No	11 1	81 16	0.621	1	0.687NS	NS=Not significant
10	Using any contraceptive methods: a.Yes b.No	3 9	14 83	0.807	1	0.395NS	NS=Not significant
11	No. of children: a.One b.Two c.More than two d.None	5 5 0 2	50 28 8 11	1.768	3	0.625NS	NS=Not significant
12	Any barriers that prevent you from accessing family planning services? a.Poor family income b.Lack of transportation c.Privacy concern d.No barriers	0 2 2 8	9 8 8 72	2.983	3	0.483NS	NS=Not significant
13	Do you feel family planning services are readily available in your community? a.Yes b.No						NS=Not significant

		5 7	39 58	0.109	1	0.578NS	

MAJOR FINDINGS OF THE STUDY:

- Major findings of demographic variables:
- 46.8% of women are under 21-30 years of age group.
- 34% of women having secondary education.
- 67.9% of women are unemployed.
- 65.1% of women are from nuclear family.
- 97.2 % of women are belongs to Hindu religion.
- 30.3% of women get the information from mass media.
- 31.2% of women‘s monthly family income is under 2391-7101.
- 74.3% women‘s distance of health centre from home is 1-5 km.
- 84.4% of women having knowledge regarding family planning method.
- 84.4% of women not using any contraceptive methods.
- 50.5% of women having one child.
- 73.2% women having privacy concerns as a barrier that prevent from accessing family planning services.
- 59.6% of women feel family planning services are not readily available in their community.

MAJOR FINDINGS REGARDING AWARENESS AND PERCEPTION:

- It was found that majority of the married women i.e. 55% (60) having average knowledge. 43.1% (47) having poor knowledge and 1.8% (2) having good knowledge regarding family planning methods.
- It was found that majority of married women i.e. 89% (97) having good perception and 11% (12) having poor perception regarding family planning methods.

MAJOR FINDINGS REGARDING ASSOCIATION BETWEEN AWARENESS AND DEMOGRAPHIC VARIABLES:

Demographic variables such as age in years and source of information of married women was found significant association at $p<0.05$ but other demographic variables such as educational status, occupation, family types, religion, distance of health centre, any knowledge regarding family planning methods, use of contraceptive methods, number of children, any barriers that prevent from accessing family planning services and availability of family planning services in their community were found to be non- significant at $p<0.05$ with awareness regarding family planning methods among married women.

MAJOR FINDINGS REGARDING ASSOCIATION BETWEEN PERCEPTION AND DEMOGRAPHIC VARIABLES:

Demographic variables such as age in years and source of information of married women was found significant association at $p<0.05$ but other demographic variables such as educational status, occupation, family types, religion, distance of health centre, any knowledge regarding family planning methods, use of contraceptive methods, number of children, any barriers that prevent from accessing family planning

services and availability of family planning services in their community were found to be non-significant at $p<0.05$ with perception regarding family planning methods among married women.

IMPLICATIONS OF THE STUDY:

The nursing implications of the study could be discussed under nursing practice, nursing education, nursing administration and nursing research.

Nursing practice:

- Nurse should participate in assessing needs and they should be involved in planning, organizing, administering and monitoring health attainment program.
- They must plan a program for family planning.
- Nurse can play an important role in -providing care, support and educating people about family planning methods; take active participation in recognising the need of carrying out the research studies regarding awareness and perception of family planning methods.

Nursing education:

- Community health nurse need to be educated regarding the use of family planning methods among married women. Nurses can provide information regarding family planning methods in a variety of settings and inform women about their family planning choices.
- Nurses should be exposed to some training or workshop for upgrading their knowledge regarding use of family planning methods.

Nursing research:

- Nursing research should be conducted to explore further effect of negligence regarding use of family planning methods.
- Nursing research should be conducted to prepare various educational and motivational materials and strategies for nurses working in communities with family and supply same in their practice.
- The community health nurse should take initiative in conducting studies regarding family planning/contraceptives.

Nursing administration:

- Nurse administrator should take initiative to organize such program to improve the awareness regarding family planning methods.
- Imparting training program for the nurses.
- A hospital policy should be adopted to provide health education or written information to all inpatient and outpatient.
- Health education should be made available to the public.
- Offer and encourage, support staff through continuing education regarding the use of family planning methods.

CONCLUSION

From this study findings, it can be concluded that most of the married women had average knowledge regarding family planning methods. The chi- square test shows that there is a significant association between the knowledge level of married women with the selected demographic variables that is age, educational status, occupation, family type, religion, source of information, monthly family income, distance of health centre, knowledge regarding family planning methods, using any contraceptive

methods, number of children, barriers that prevent from accessing family planning services, availability of family planning services in the community. The experience of investigator during the study helped to give suggestion and recommendation for further studies.

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