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**ASSESSMENT OF KNOWLEDGE OF CONTRACEPTION AMONG  
REPRODUCTIVE AGE WOMEN OF FAMILY CLINIC IN JINNAH  
HOSPITAL, LAHORE**

By

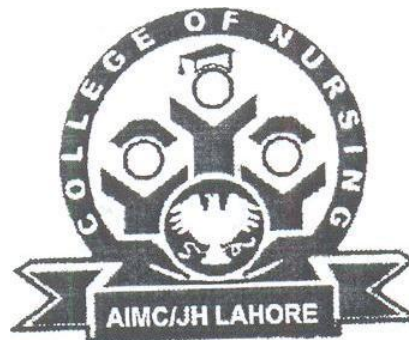
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A Research Project submitted to the College of Nursing, Allama Iqbal Medical  
College, Lahore, Pakistan in partial fulfillment of the requirement for the degree of

**BACHELOR OF SCIENCE IN NURSING  
SESSION 2014-2018**



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LAHORE – PAKISTAN**



## DEDICATION

Dedicated to  
our  
Beloved parents

## ACKNOWLEDGEMENT

All praises and gratitude are for ALLAH ALMIGHTY who is the only source of knowledge and who gave us strength to complete the study.

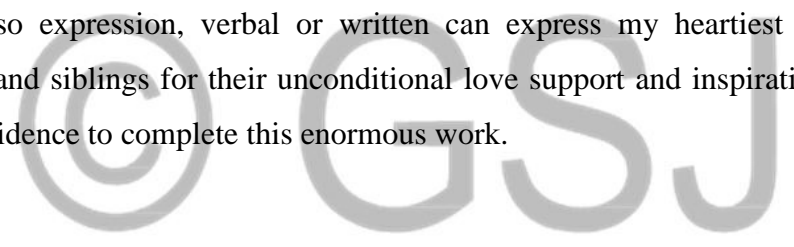
I am extremely grateful to my supervisor Madam Zamurd khursheed, the principal of college of nursing, for valuable guidance, support and attitude of owing her students. I am honored for having the opportunity to learn from her.

I gratefully acknowledge Madam Farzana Malik, nursing instructor of college of nursing, Lahore for the immense support, patience and encouragement at every step.

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We are thankful to all women who gave consent and participated in our studies. We are thankful that the management of Family Clinic to permit us to collect data.

Lastly, so expression, verbal or written can express my heartiest feelings to my parents and siblings for their unconditional love support and inspiration that built up my confidence to complete this enormous work.



## CERTIFICATE OF APPROVAL

It is certified that this research project, entitled “**Assessment of knowledge of contraception among reproductive age women**”; is based on the results of data collected by Ms. Aqsa, Ms. Naila and Ms. Salma under the supervision of Mrs. Zamurd Khursheed, Principal, College of Nursing, Allama Iqbal Medical College, Lahore. It is also certified that they have fulfilled all the academic requirements and are qualified to submit their research project for the degree of Bachelors of Sciences in Nursing (BSc.N).



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Dated: \_\_\_\_\_

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### ABBREVIATION LIST

<b>WHO:</b>	World Health Organization
<b>MMR:</b>	Maternal Mortality Rate
<b>CPR:</b>	Contraceptive Prevalence Rate
<b>STD's:</b>	Sexually Transmitted Diseases
<b>OPD:</b>	Outdoor Patient Department
<b>OCP's:</b>	Oral Contraceptive Pills
<b>IUCD's:</b>	Intra Uterine Contraception Devices
<b>AIMC:</b>	Allama Iqbal Medical College
<b>JHL:</b>	Jinnah Hospital Lahore
<b>LHW's</b>	Lady Health Workers
<b>LHV's:</b>	Lady Health Visitors





## ABSTRACT

### **Background:**

Abandoned population explosion is a burden on resources of many developing countries. The world population 75% lives in developing countries which has high fertility rate. The leading causes of death among reproductive age women are due to complications arising during pregnancy and child birth. Birth spacing not only reduces fertility but also improves health of the mother.

### **Objective:**

To determine the level of knowledge of reproductive age women about contraception.

### **Method:**

The present cross sectional study was carried out in the family clinic of Jinnah Hospital, Lahore, from October 2018 to December 2018. Total 50 reproductive age women were enrolled in the study.

### **Results:**

In the study 58.07% females had awareness regarding any method of contraception. Knowledge about female condoms was relatively low (42%). The main source of information of the respondents regarding contraception was media and husbands, family.

### **Conclusion:**

There is a need to improve the educational status of the females to improve their understanding and uptake of modern contraceptives.

### **Key words:**

Knowledge, Contraceptives, Reproductive Age.

# CHAPTER I

## INTRODUCTION

### 1.1. INTRODUCTION:

Contraception is the deliberate use of artificial methods or techniques to prevent pregnancy as a consequence of sexual intercourse. WHO states family planning as “ a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decisions by individuals and couples, in order to promote the health and welfare of family group and thus contribute effectively to the social development of a country”.(Pegu, Gaur et al. 2017)

Various methods of contraception used now-a-days are: tubal ligation, intra uterine devices (IUDs), implantable birth control, and hormone-based methods including oral pills, patches, vaginal rings and injections. But the most effective methods are tubal ligation, intra uterine devices (IUDs) and implantable birth control. (WHO Department of Reproductive Health and Research, 2011)

Abandoned population explosion is a burden on resources of many developing countries. Of the world population 75% live in developing countries which has high fertility rate that will increase by 2.5 billion over the next 43 years, passing from the current 6.7 billion to 9.2 billion in 2050. The leading causes of death among reproductive age women are due to complications arising during pregnancy and child birth. Birth spacing not only reduces fertility but also improves health of the mother. (Pegu, Gaur et al. 2017)

In teenagers, pregnancies are at greater risk of poor outcomes (Black, A.Y. et al. 2012) Comprehensive sex education and access to birth control decreases the rate of unwanted pregnancies in this age group.(Rowan et al.,2012) While all forms of birth control can generally be used by young people.(World health organization department of reproductive health and research,2011). Some methods of contraception can be used instantly after the child birth, while others require a delay of up to six months.

There is ample evidence that maternal deaths can be significantly reduced by providing modern contraceptive methods of good quality. Many Timorese women

want to stop having children or delay the occurrence of their pregnancies. But the provision of contraceptive methods by the health services does not mean that they are used by them. (Wallace, McDonald et al. 2018) The reason behind this is the unawareness about contraceptive methods and their usage.

This is a fact that contraception knowledge has increased over the recent years but still there is a gap present between the knowledge, attitude and practices about contraception. The total contraceptive prevalence rate (CPR) of Pakistan was 30% in 2011. (Pegu, Gaur et al. 2017) This proves that a wide gap is observed between knowledge of contraception and its practice. (Malik, Habib et al. 2015).

The degree of contraceptive usage varies according to cultural factors, age, parity, education, occupation, family attitude, motivation, availability and acceptability of contraception. Religion and tradition has an irrefutable impact on social and cultural structure of the society. (Malik, Habib et al. 2015).

Lack of awareness about contraception not only affects the reproductive health of the women but also the future lives of the women and the nation as a whole. Unwanted pregnancies, sexually transmitted diseases (STDs), maternal deaths and so many other social problems exist among the population. That is why there was a demand of the day to assess the knowledge of contraception among reproductive age women. (Akpan, Inyang et al. 2016).

## **1.2. Problem Statement:**

Unintended pregnancies are associated with increased risk of unsafe abortions, maternal morbidity and mortality (Summers 2013). In order to avert the unintended pregnancies and consequent adverse outcomes, contraceptive use has been prioritized as a key intervention (Nsubuga, Sekandi et al. 2015).

## **1.3. Significance of the topic:**

The significance of my topic is quite clear and beneficial for everyone. Today, our country is facing serious crisis and majority of the people are living from hand to mouth. In this situation, over population is affecting our economy very badly. Pakistan is the most notorious for having poor reproductive health indicators. Over

population, unemployment, poverty, illiteracy and much more elements like these directly contribute to birth rate. (Bashir 2016)

#### **1.4. Objective:**

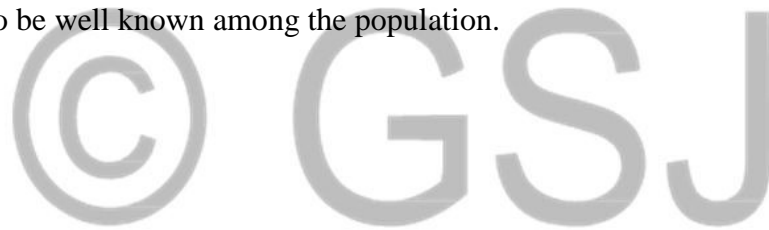
- To determine the level of knowledge about contraceptive methods among women of reproductive age.

#### **1.5. Research question:**

What is the level of knowledge about contraception among reproductive age group women of Jinnah Hospital?

#### **Summary**

In summary, population explosion is the most crucial issue that needs to be addressed as early as possible. Contraception has a very important role in doing so. Maternal death can be significantly reduced by appropriate use of different methods of contraception. Hence, knowledge about different methods of contraception is needed to be well known among the population.



## Operational Definitions

### **Research:**

The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.

### **Hospital:**

An institution providing medical and surgical treatment and nursing care for sick and injured care.

### **Contraception:**

It is birth control, to put it bluntly; the general term for the use of a number of devices or acts that prevent impregnation during intercourse.

### **Family planning:**

Planning intended to determine the number and spacing of one's children through birth control.

### **Maternal mortality ratio (MMR):**

The number of maternal deaths per 100,000 live births. Information on all maternal deaths occurring in a period (usually 1 year) and information on the total number of live births occurring in the same year.

### **Contraceptive prevalence rate (CPR):**

Is the percentage of women of reproductive age who are currently using, or whose sexual partner is currently using, at least one contraceptive method, regardless of the method used.

### **World Health Organization (WHO):**

The World Health Organization is a specialized agency of the United Nations that is concerned with international public health.

### **Birth Control:**

The control of the number of children or offspring borne especially by preventing or lessening the frequency of conception.

## **CHAPTER 2**

### **LITERATURE REVIEW**

The intention of this topic is to provide a review of literature related to assessment of knowledge of contraception among reproductive age women. This review provides basis for the development of overall plan for current study. Search methods and results related to my topic are discussed here. In addition, a summary of main themes found in literature is also given in the end.

#### **2.1. Search Methods:**

The literature was searched using articles identified through various searches of subsequent databases: Pub med, Science Direct and Google scholar. The searches include articles of recent five years. After searching the electronic data bases, 20 articles were reviewed with 10 included in this review of literature.

#### **2.2. Search Results:**

Search results of various studies are discussed under following headings:

- knowledge of contraception among university students
- Knowledge about contraception among general population
- Factors affecting contraception use

#### **2.3. Knowledge of contraception among university students:**

The study conducted on university students in Rivers State using the simple random sampling technique showed poor knowledge of contraception among students. The results of their studies are shown below:

The respondents from the control group did not show good information about contraceptive methods. A total of 28% of control group knew the meaning of contraception. 30.7% of the control group believes that contraception helps in preventing unwanted pregnancies, 28.7% from control group also consented that contraceptives come in different forms the results of the study showed significant increases in contraception knowledge for sampled students in the study group (62.7%). (Akpan, Inyang et al. 2016).

A quantitative descriptive study was carried out among 14–25-year-old female and male adolescents. Data were collected through a web-based survey using the online survey software Qualtrics (Qualtrics, Provo, UT, USA) and was distributed via the social networking site Facebook. The survey was started by 1185 participants. The most popular contraceptive method among females was the oral contraceptive pill (63.7%). Four out of ten females (42.6%) did not know that when using an emergency pill, they must still take their regular contraceptive pill on the same day.

The interviews conducted on undergraduates in Uganda used a team of well trained assistants. The students were asked questions about contraception knowledge, attitude, perception, and use. According to the survey, knowledge, attitude was almost universal but use was sub optimal. The results of their survey are shown as below:

Knowledge of any contraceptives was almost universal (99.6 %) but only 22.1 % knew about female condoms. apparent acceptability of contraceptive use at the university (93 %) or being beneficial to male partners too (97.8 %) were high. Overall, 46.6 % reported current contraceptive use, with male condoms (34.5 %) being the commonest methods. (Nsubuga, Sekandi et al. 2015).

A cross-sectional analytical study was conducted from May to June 2015 among undergraduate female students in four universities in Kilimanjaro region. A self-administered questionnaire was given to the participants. The study reveals the findings that the majority (93.8%) of the participants had knowledge of contraception. One hundred and seventy-five (43.6%) reproductive age women reported that they used contraceptives in the past, while 162 (40.4%) were current contraceptive users. (Sweya, Msuya et al. 2016).

#### **2.4. Knowledge of contraception among general population:**

The cross sectional studies carried out in OPD of obstetrics and gynecology using 500 married parous females showed satisfactory knowledge about any method of contraception but the knowledge about emergency contraception was quite low. The main reason behind non use of contraceptives was fear of side effects. 68.04% had knowledge about contraception and knowledge about emergency contraception was 8.60%. (Malik, Habib et al. 2015)

A cross sectional baseline household survey was conducted among the reproductive age women of Bhakkar, Chakwal and Mianwali. The current contraceptive use in the surveyed districts ranged from 17% in Mianwali to 18% in Bhakkar and 21% in Chakwal. Interestingly, much lower use of traditional methods across the districts was reported than the national average. (Azmat, Ali et al. 2015).

A cross sectional study was design to assess the knowledge, attitude and family planning practices among rural married women of Ali Raza Abad Lahore. Data was collected through questionnaire, 200 results were used to analyze. The study reveals the findings and showed that about more than half of the married women (56%) were had the knowledge about family planning methods. But only few (25%) respondents in the community were active in using family planning techniques. The study shows the good knowledge and positive attitude of women regarding family planning; while negative response about practices.(Bashir 2016)

## **2.5. Factors affecting contraceptive use:**

Despite of the universal knowledge about contraception measures, still there is a wide gap between their knowledge and use.

A descriptive cross-sectional study was conducted in Talensi district in the Upper East Region of Ghana. Systematic random sampling was used to recruit 280 residents aged 15-49 years. The study revealed that 89% (249/280), of respondents were aware of family planning services, 18% (50/280) of respondents had used family planning services in the past. Parity and educational level of respondents were positively associated with usage of family planning services ( $P < 0.05$ ). Major motivating factors to the usage of family planning service were to space children, 94% (47/50) and to prevent pregnancy and sexual transmitted infections 84% (42/50). Major reasons for not accessing family planning services were opposition from husbands, 90% (207/230) and misconceptions about family planning, 83% (191/230) (Apanga and Adam 2015).

## **2.6. Summary:**

The comprehensive review of above literature highlights the importance that knowledge about contraception is a crucial topic that needs to be addressed. In order



to control the population explosion and reduce the maternal death rate, compliance with the use of contraception is needed to be encouraged.

Various studies provided clear impact of contraception in controlling population explosion and reducing burden on the economy of a country.

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## CHAPTER 3

### METHODOLOGY

This topic covers the research methodology, which is used to investigate the research problem. Research methodology is a systematic theoretical approach used to collect and analyze information. (Polite & Beck, 2004) It includes study design, study setting, sample size, methods of data collection, data collection tools and data analysis.

#### **3.1. Study design:**

The research design is the overall plan to address the research problem (Polite & Beck, 2004). This study followed a quantitative research approach using a descriptive cross-sectional research design. Quantitative is a systematic process in which numerical data is used to obtain information. The quantitative research is further divided into descriptive, co-relational, quasi experimental and experimental research. Descriptive research is a description of phenomenon in real situation. It is used to describe the characteristics of population, situations and occurrence of certain phenomenon (Burns & Grove, 2003). A survey method of data collection was used to collect information in the current study.

The justification for use of this methodology to investigate contemporary phenomenon has been recognized by many researchers (Halinen & Tornross, 2005). The descriptive research is concerned with describing real world phenomenon. The Cross-sectional approach is highly appropriate method for investigating phenomenon in real world and planning & allocating health resources.

#### **3.2. Population and Sample:**

“Sampling is the process of selecting a sub-set of population in order to represent the whole population” (Polite & Beck, 2004). A population is aggregation of all elements (population, situations or objects) out of which a sample has to be drawn. The target population “is the aggregate of elements to which the researcher wishes to generalize the research findings (Polite & Beck, 2004). The target population of the current study includes all the reproductive age women. The accessible population “is the aggregate of elements that meet certain criteria and to which the researcher has

practical access.” Keeping time and money in mind the accessible population in this study includes reproductive age women particularly women of general population as well as university students.

1. Family health clinic at Jinnah hospital Lahore
2. College of Nursing AIMC/JHL

### **3.3. Sampling Technique:**

The Non probability convenient sampling technique was utilized in the current study. Convenience sampling is a non-probability sampling method in which selection is generally made on opportunity basis where subjects are selected because of their convenient accessibility (Polite & Beck, 2004).

### **3.4. Sample Selection:**

The following criteria were set for the selection of sample:

### **3.5. Inclusion criteria:**

All the reproductive age women from the age of 14years to 45years before the start of data collection.

### **3.6. Exclusion Criteria:**

Women older than 45 year, younger than 14 year and all men were not involved in data collection.

### **3.7. Sample size:**

Sample size is the number of subjects that require to be studied in a research work. The whole accessible population was studied because of population was very small. Hence a sample of 50 Reproductive age women was included.

### **3.8. Formula for sample collection:**

$$n= Z^2 \cdot 1-a/2 \cdot P(1-P)/d^2$$

(Lwange & Lemeshow, 1991)

$$Z^2 \cdot 1-a/2 = \text{For 95\% confidence level} = 1.96$$

P =Anticipated Population = 20%

D =Margin of Error =9%

n =Sample Size =50

A total of 50 reproductive age women are included in the study from target population in the study setting area.

### **3.9. Duration:**

The study duration was 3 months after the approval of synopsis. It took 2 weeks for data collection from Jinnah Hospital, Lahore.

### **3.10. Setting:**

The study was carried out at College of Nursing, Allama Iqbal Medical College Lahore, while the data was collected in Family Health Clinic at Jinnah Hospital.

### **3.11. Tool for baseline survey:**

The questionnaire was adopted from (Akpan, Inyang et al. 2016). The questionnaire is based on three components:

#### **3.11.1. Part 1**

Consist of Demographic characteristics such as age, gender, marital status, education and employment.

#### **3.11.2. Part 2**

Consist of 9 items on knowledge of contraception. Each item is closed ended question with 2 answers yes or no. Each question is scored 1 for yes and 2 for no.

### 3.11.3. Part 3

Consist of 1 item on their source of knowledge about contraception.

DOMAIN	QUESTIONS
<b>Part 1</b> Demographic characteristics: -Age -Gender -Marital Status -Education -Profession	Question no. 1-5
<b>Part 2</b> Knowledge about contraception among reproductive age women	Question no. 6-14
<b>Part 3</b> Source of knowledge about contraception	Question no. 15

Fig: 3.1

### 3.12. Outcome Variable:

All respondents were provided with questionnaire that contains questions regarding contraception knowledge. This outcome variable (current knowledge of contraception) was asked similarly on(Akpan, Inyang et al. 2016).If a woman reported sufficient knowledge on contraception, the answer was coded as 1 and coded as 0 if there was insufficient knowledge.

### 3.13. Validity and reliability of data collection tool:

The two most essential criteria to evaluate the data collection tool are validity and reliability.

#### 3.13.1. Validity:

It is termed as the degree to which an instrument measures what it is intended to measure. In this study, content validity was measured by a panel of field experts

who checked the appropriateness and relevancy of the questions in relation to study objectives.

### **3.13.2. Reliability:**

It is the consistency with which an instrument measures the attribute. It is the accuracy of measuring instrument.

### **3.14. Ethical consideration:**

Ethical approval was taken from Ethical Review Board of UHS Lahore. Written permission was obtained from deans/principals/medical directors of respective study hospital. Written consent, describing the purpose and benefits of the study, was obtained from study participants.

- Ethical considerations were followed according to the Ethical Review Board.
- Confidentiality and privacy of the participants were taken care of.
- The collected information was used for research purpose only.
- Any risk or threat to the participants was avoided.

### **3.15. Data Analysis:**

All the data was processed and analyzed using SPSS software version IBM 21.

### **3.16. Summary:**

In short, this chapter covers the various components of research methodology including study design, study setting, sampling, data collection and data analysis. A quantitative descriptive research design was used to explore knowledge of women by using questionnaire.

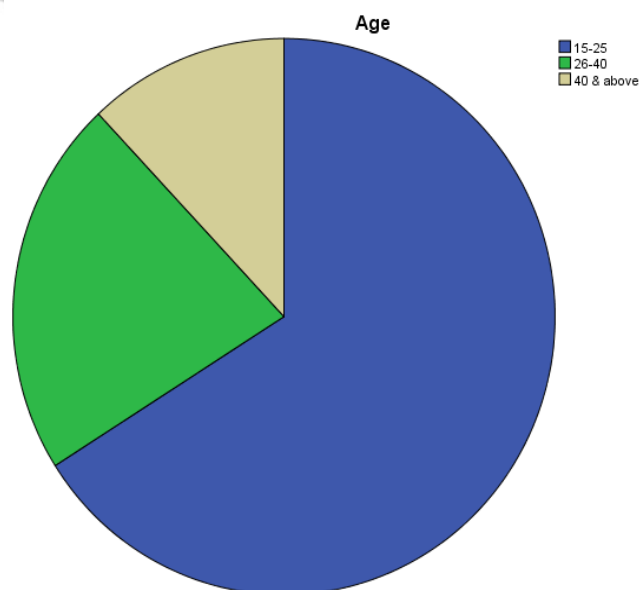
## CHAPTER 4

### RESULTS

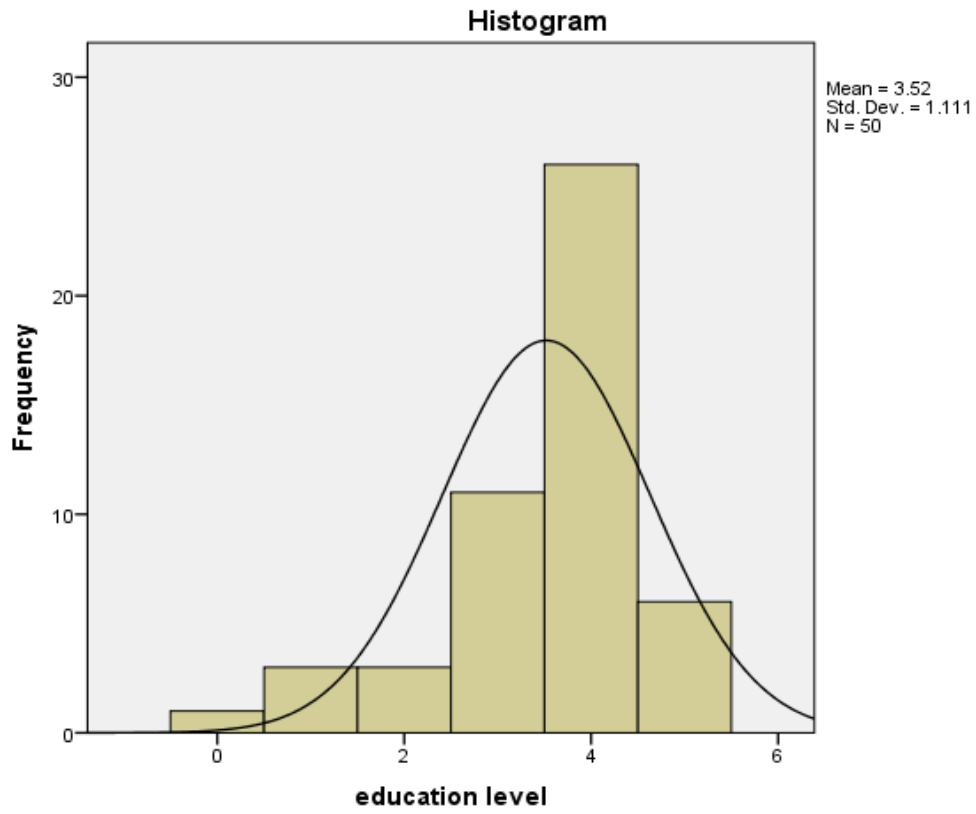
This chapter deals with the analysis and interpretation of data for current study “Assessment of knowledge about Contraception among reproductive age women”. SPSS version IBM 21 (Statistical Package for Social Sciences) was used to analyze data. The demographic and other variables are presented in the form of Frequencies, Percentages, Graphs, Means and Standard deviations.

#### 4.1. DEMOGRAPHIC:

Out of total respondents, 33 were lying in the range of 15-25 years which comprises 66% of the whole sample, 11(22%) lie in the range of 26-40 years, while 6(12%) were above 40. Sample comprises 100% of the females out of which 24 were single reproductive age women, 19 were married while 02 were widows which comprises 48%, 38%, and 4% of the total respectively. 6(12%) patients were totally uneducated while others were somehow educated; primary=3(6%), middle=3(6%), intermediate=11(22%), 26(52%) were graduated, 26 females included in the study were employed which were 52% while 24 (48%) were unemployed.



**Fig.4.** This Pie Chart shows the age distribution of women involved in our research. Blue of the pie chart shows that maximum percentage of the respondents 33(66%) lie within the range of 15-25 years, while light area shows that minimum percentage 6(12%) lie above 40. On the other hand green portion of this pie chart shows that the percentage of participants 11(22%) lie within the range of 26-40.



**Fig.4.2**

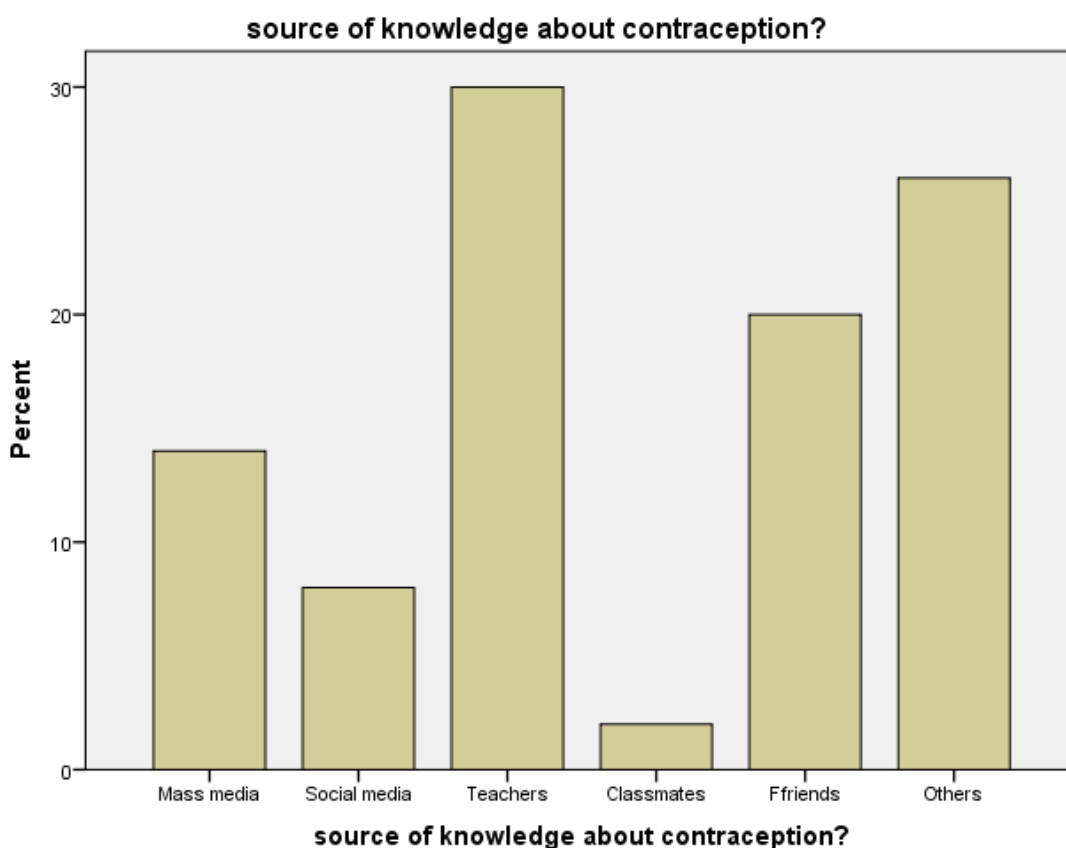
This Histogram shows that the education level of respondents is comparatively high.



Sr. No.	Characteristics	Frequency (f)		Percentage (%)	
		Yes	No	Yes	No
01.	Ever heard of contraception?	43	07	86	14
02.	Process of preventing pregnancy?	43	07	86	14
03.	Helps in preventing unwanted pregnancies?	45	05	90	10
04.	Know any contraceptive methods?	39	11	78	22
05.	Condoms prevent STDs?	31	19	62	38
06.	Know about female condoms?	21	29	42	58
07.	Know about male condoms?	42	08	84	16
08.	Heard about withdrawal method?	30	20	60	40
09.	Know about IUCDs?	34	16	68	32
10.	Know about diaphragms?	23	27	46	54
11.	Know about cervical caps?	26	24	52	48
12.	Know about OCPs?	45	05	90	10
13.	Know about injectables?	39	11	78	22
14.	Heard about abstinence?	39	11	78	22
15.	Source of knowledge?	Mass media = 07 Social media = 04 Teachers = 15 Classmates = 01 Friends = 10 Others = 13		14 08 30 02 20 26	

**Fig. 4.3**

A total of 43 (86%) group know the meaning of contraception. 43 (86%) believe that contraception helps in preventing unwanted pregnancies, and 39 (78%) participants out of total sample of 50 also consented that they know about the different methods of contraception. 21 (42%) participants had knowledge about female condoms that was considerably low. Majority of the participants 42 (84%) agreed on that male condoms is the most common contraceptive type. Knowledge about IUCD's was 34 (68%) and about oral contraceptive pills was 45 (99%). Out of total participants 32 (62%) agreed that condom use prevents sexually transmitted infections while only 11 (22%) of the study group had no knowledge about abstinence as contraceptive method. The results of the study showed significant level of knowledge among reproductive age women. 29(58.73%).



**Fig 4.4**

Majority of the sampled participants got their source of information on contraception through teachers 15(30%) mass media 07(14%), social media 04(08%). Other sources of contraception include classmates 01(02%), friends 10(20%), and others 13(26%). In others, the majority of source includes husbands or partners. The least of all the sources of information on contraception include classmates 01(02%).

## CHAPTER 5

### DISCUSSION

Family planning is defined by World Health Organization as, “a mode 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 family groups and thus contribute effectively to the social development of a country”.

The widespread adoption of family planning in a society is a fundamental part of present developmental era and is crucial for the integration of women into social and economic life. In spite of the fact that more than 3000 family planning centers are working in the country, population growth rate is still 1.57(Likert 1932).

For contraceptive usage, woman’s will and motivation is necessary. Awareness and knowledge is the key to choose the correct method for contraception. In our study, result showed that 58% women had knowledge about contraception whereas (93.8%) knowledge is seen in study conducted in Kilimanjaro region.(Sweya, Msuya et al. 2016).

The present study was designed to assess the knowledge of contraceptive methods to enhance the contraceptive practice. Literacy rate in this study was 52% which is good. This figure is contradictory to the study by Zafar Iqbal Malik et al in 2015.(Malik, Habib et al. 2015).

Awareness and knowledge of different contraceptive methods is the key to choose different contraceptive and to practice them. Although most of the respondent of this study knew about at least single method but there is a wide gap between the knowledge and practices. Commonly used methods were oral contraceptive pills, male condoms and injectables respectively which is different from the work of Zafar Iqbal Malik et al in 2015 in which most common methods are traditional, inject able and female sterilization. (Malik, Habib et al. 2015) The knowledge about female condoms was very low which is in parallel with the results by akpan in 2016(Akpan, Inyang et al. 2016).

In our study, the major sources of information were teachers (30%) and in others were mostly partners (26%). This figure is contradictory to the research of

Azmat et al in 2015 in which major sources of information were LHW's. (Azmat, Ali et al.2015).

We also found that the major reason for non use of contraception was myths about the use. People considered it as non religious as opposed to the findings in Sweya, Msuya et al.in 2016 in which the reason was fear of side effects.(Sweya, Msuya et al. 2016)

### **5.1. Strengths of the Study:**

- The results show that majority of our sample, about 58% respondents were aware about contraception knowledge. Remaining had little knowledge.
- Through our study, many respondents got a lot of information about modern contraceptive methods.
- Public would get awareness about modern and unknown contraceptive methods, their use and associated side effects.

### **5.2. Study Limitations:**

- The current study was restricted to JHL only; hence results cannot be generalized equally to setting in other parts of the country.
- A large sample size will be needed to validate the findings in more detail.
- Non probability sampling technique is a limitation as results will be more generalizable if probability sampling technique would have been used.

### **5.3. Conclusion:**

Based on the findings of the study, it is concluded that respondents in JHL have satisfactory knowledge about any method of contraception.

The lack of knowledge among respondents is indicative of the fact that majority of them have lack of interest, fear of side effects and myths (e.g. many people consider it as non religious). Hence, lady health workers (LHW's and LHV's) should be arranged to enhance their awareness and knowledge about contraception use.

### **5.4. Recommendations:**

- ❖ Contraception should be included in important health programs.
- ❖ Importance of evidence-based practices for controlling population explosion should be emphasized in health programs.
- ❖ Health care systems should develop guidelines and protocols for birth spacing.

- ❖ Health care system should guarantee the availability of sources of information and training of health care providers to create awareness among general population for preventing overpopulation.
- ❖ Religious scholars should play their role to create awareness by clearing the myths regarding contraception among people.

**5.5. Recommendations for future researchers:**

- ❖ Replication of study on a large sample size is required.
- ❖ Barriers predisposing to practice of contraception are needed to be identified.
- ❖ Study can be applied on effectiveness of structured training programs on women's knowledge and practice regarding birth control.
- ❖ Women from different settings should be included in the study sample in order to get better results.



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## Appendix 1

### CONSENT FORM

#### College of nursing, Allama Iqbal Medical College, Lahore

I \_\_\_\_\_, the daughter of \_\_\_\_\_ Hereby finally agree to contribute in the above mentioned study. My ID no. is \_\_\_\_\_. I understand that the study is designed to add knowledge to the problem involved. I had the opportunity to ask any question about the study and I agree to give my response as requested by the researcher. I have no objection in case the data obtained from my investigation is published in research publication while maintaining confidentiality.

Participant's sign: \_\_\_\_\_ Researcher's sign: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_



## Appendix 2

### QUESTIONNAIRE

#### **Knowledge of Reproductive Age Women about Contraception Questionnaire:**

This study is being conducted to assess the level of knowledge of reproductive age group women about contraception.

#### **Demographic data:**

Name (optional): \_\_\_\_\_ Age: \_\_\_\_\_

Gender:            1 - Male      2- Female

Marital status:    1- single    2- married    3- divorced

Education level:    1- primary    2- middle    3-intermediate    4- graduate  
5- uneducated :

Profession: \_\_\_\_\_ Residence: \_\_\_\_\_

Date: \_\_\_\_\_

#### **Questions regarding knowledge of contraception:**

**Note:** Read the questions carefully and choose the correct answer.

1-Have you ever heard of contraceptives?

- Yes
- No

2-Do you think contraception is the process of preventing pregnancy using medication, device or other method?

- Yes
- No

3-Do you agree contraception helps in preventing unwanted pregnancies?

- Yes
- No



4-Do you know any contraceptive methods?

- Yes
- No

5-Do you agree condoms prevent sexually transmitted diseases (STD's)?

- Yes
- No

6-Do you know about female condom?

- Yes
- No

7-Do you know about male condom?

- Yes
- No

8-Have you ever heard about withdrawal method?

- Yes
- No

9-Do you know about intra uterine contraceptive devices (IUCD's)?

- Yes
- No

10-Have you heard about contraceptive diaphragms?

- Yes
- No

11-Do you know about cervical caps?

- Yes
- No

12-Have you knowledge about oral contraceptive pills (OCP's)?

- Yes
- No

13-Have you heard about injectable contraceptive medications?

- Yes
- No

14-Have you ever heard about abstinence as a contraceptive method?

- Yes
- No

15-What is the source of your knowledge about contraception?

- Mass media
- Social media
- Teachers
- Classmates
- Friends
- Others -----

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