



Title: Knowledge, Attitude and practice of family planning in married women

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Abstract

Back ground: Health and being healthy is not only a state it is a way of good life. Health is essential for every individual however for a mother it is crucial. Family planning process provide health care services for mother and child. The primary goal of family planning is to safe the maternal and infant death. Use of family planning services is based on its awareness in population. **Aim of study:** To assess the knowledge, attitudes, and practices of family planning among married women of community Ali Raza Abad Pakistan. **Methodology:** A quantitative descriptive cross-sectional study design used to explore the knowledge attitude and practice of family planning in married female of community Ali Raza Abad. The convenient sampling technique use to collect the data. Data was collected through Questionnaire, distributed in 245 participants. **Results:** The mean score of knowledge is 2.01 and overall mean score was 2.01 ± 0.91 . The mean score of attitude was 2.46 and overall mean score was 2.46 ± 0.89 . The mean score of practice was 2.60 and the overall mean score 2.60 ± 0.73 . **Conclusion:** The overall knowledge of the women about family planning is poor. Majority of population had lack of basic information about contraceptive. The overall attitude about family planning was positive. The practices of the family planning was poor most of the participants did not practicing any contraceptive method.

Keywords: Knowledge, Attitude, Practice

Introduction

Health and being healthy is not only a state it is a way of good life. Health provide basis for a productive and meaningful life. The life of a person is expected on the base how much he is healthy. The concept of health has multidisciplinary approaches (Lehoux et al., 2019). The health is essential for every individual however for a mother it is crucial. A healthy mother gave birth to healthy child. Family planning process provide health care services for mother and child. The primary goal of family planning is to safe the maternal and infant death. Family planning services provide opportunity for married couples to plan their family. It is a conscious effort to limits the family (İnal, İnal, Küçükkendirici, Oruç, & Güneç, 2017). The

use of family planning services is based on its awareness in population. It is necessary to provide knowledge and information about the use of family planning methods. Lack of the knowledge about the contraceptive methods decrease its practice. Family planning is not only beneficial for mother and child health but also play important role in population control. The contraceptive methods helps to deal with population explosion and economic problems (Bhusal & Bhattiarai, 2018).The family planning services includes different contraceptive methods. These methods includes birth control pills, devices, chemicals and some permanent surgical procedures. These contraceptive methods available for both male and female (Jain & Muralidhar, 2017).Birth control pills includes different oral medicine. The oral medication is effective if taken in a series of prescribed manners. A regular use of birth control pills in prescribed order gave expected results (Bhusal & Bhattiarai, 2018). Permanent surgical procedures are most suitable and widely used methods for family planning. It involves female sterilization process. The female sterilization is reliable because it's a permanent methods and requires only short hospital stay. The permanent surgical procedure is adopted when the desired family size achieved (Calikoglu et al., 2018). Females which are interested in family planning need education about contraceptive use. Health education is very important before adopting family planning services. Education about the use of contraceptive methods help the suitable selection of the methods, increase the female confidence for consistent use of contraceptives. The selection of a contraceptive method is depend on having knowledge about effectiveness of the results (Pazol, Zapata, Tregear, Mautone-Smith & Gavin, 2015).Females experience many worse effects linked with contraceptive usage like nausea, headache, mood changes, missed periods, migraine and weight gain. If a female experiencing side effects by the use of any specific pills by the changing in that pills side effects can be decreased. The contraceptive pill are restricted in the female surfing from breast, ovarian or cervical cancers. However the contraceptive pills did not causes breast, ovarian or cervical cancer (Smith, 2018).The attitude of the people affects in the choice of family planning method. Attitude naturally affects the beliefs of the people. The attitudes and behavior of the people influences the use of contraceptives (Senosoy, Korkut, Akturan, Yilmaz, Tuz & tuncel, 2018).Age of the female is the directly related to the time of pregnancy. The age of the mother at the time of first childbirth and the level of fertility both are considerable factor effecting the maternal and child health. The early years of the marriage considered the best time for having children. The female with the age group less than 30 year have some advantages in their pregnancy and childbirth (Dougall, Beyene, & Nachtigall, 2015).The family planning is beneficial for both male and female. Men play primary role in decision making about use of contraceptive between couples. The lack of discussion between the husbands and wives on contraception result undesired birth (Mishra, Nanda, Speizer, Calhoun, Zimmerman & Bharadwaj, 2014).Religious and cultural factors influence the acceptance and use of contraception. Some people belongs to such religious and cultural which did not support the use of contraception. Different religious teaching interpret about the use of contraceptive in different ways. Cultural factors are equally important for couples in decisions making about family planning (Srikanthan, & Reid, 2018).

Statement of problem

The population explosion is one of major concern in the growing world. The family planning is the globally concerning issue as the population is exceeding in the world. Most of the countries consider controlling population growth as a significant element of their overall developmental. Limiting the

population is goal to improve living standards and the quality of life of people. But the use of contraceptive is still low and the need for contraception is high in some of the world's poorest and most populous places (Gayathry, Ramana, & Rao, 2017). The Pakistan is currently facing an imbalance between the available resource and the need of the population. The ultimately causes by the over population. The use of the family planning methods are unsatisfactory in the Pakistan. This indicated that the people have lack of knowledge about this issue. In Pakistan the contraceptive uses are at low level which is inadequate to meet the growing need of the services. In Pakistan the level of the services and unmet need of the population is more challenging for the people of which living in the social and economic deprivation. There is an area of great need to provide knowledge, information, counseling, supplies referral services and equality services about the family planning at community level to the women (Najmi, et.al., 2018)

Significance of study

The importance of family planning is now recognized as a basic human right and seen as part of protective health measures. This study provide awareness about the use of family planning to the female of reproductive age. The study also provide information that family planning methods gives the health benefited to women and their child as well. In Pakistan it is very important to provide health related counselling at community level to improve the community health seeking behavior, family planning and reproductive health status. Study help to provide the knowledge and availability of resources related to maternal and child health. The information about family planning will beneficial for the people of the community especially for the married women to get the information about the contraceptive methods to increase their knowledge about it and reduced the misunderstanding related to the family planning issues.

Research Purpose

Propose of the study is to determine the knowledge, attitudes, and practices of family planning among married women of community Ali Raza Abad

Research objective

The objective of the study is to identify the knowledge, attitudes, and practices of family planning among married women of community Ali Raza Abad.

Operational definition

Knowledge

The knowledge is having the information or awareness about something. It is gain by learning or experiences. The knowledge can transferred from one to another person.

Attitude

Attitude is the human behavior which can be positive or negative. It is an evaluation about other which influence human behavior.

Practice

The practice is the way of doing something in a particular way

LITIRATURE REVIEW

The increasing population is big issues of growing world. This effect survival of the human population and limited resources. The control of human population is need of the time. Therefor the family planning methods and its use is the most important phenomenon to study (Murdoch, Chu, Stewart-Oaten & Wilber 2018). A study shows positive knowledge of family planning methods among married couples. The Husband's participation in family decision has major. There is satisfactory practice of family planning methods among married couples in the most of the area. Effectiveness and Partner involvement were the major factors influencing the Choice of Family Planning (Okonkwo, 2018). Use of family planning methods is common in most of the areas. Both modern methods and traditional techniques are equally use. The most commonly used modern methods were intra-uterine devices (IUDs) and condoms, and the most common traditional method used was withdrawal. The use of modern methods was higher among women working outside of the house. It was positively associated with higher education and income and negatively associated with the total number of pregnancies (Calikoglu et al., 2018). A study depicts variation in the use of family planning methods. The study shows that unmet need of family planning were significantly higher among educated women. The study also show that there is still need of education about family planning (Bhusal & Bhattarai, 2018). A study depicts female knowledge is higher than males about the family planning methods. However there was no evidences of any statistical data to show significant difference between the overall knowledge between the males and female in general. The highest knowledge was achieved in the area of permanent contraception uses. The minimum knowledge scores were gained in the area of emergency contraceptives and natural methods of contraception. The knowledge of urban population was compared with rural population which show that urban population have higher score in it. On the other hand, the marked difference in knowledge scores was obtained in the context of gender and area of residence (Gayathry, Ramana, & Rao, 2017). A study shows generally women were aware of both modern and traditional family planning methods. The majority of the women's were in favor of modern in competition with traditional methods. They also had knowledge about risks for future complications if they have a short pregnancy interval. However, they experiencing some conflict about whether to use family planning methods or not. The reason of their conflicts is because of their health and suggestions by their relatives and friends, or may involve to have another child to fulfil their husband's desire. Especially among those with no living child. Some had fear about side effects. While others were concerned that use of family planning methods without involving the husband could bring misunderstandings within the family. A number of women had misconceptions about family planning methods which is also served as a barrier to their use (Bula et al., 2018).

Methodology

Study design

A quantitative descriptive cross-sectional study design used to explore the knowledge attitude and practice of family planning in married female of community Ali Raza Abad.

Study site

This study was conducted in the community Ali Raza Abad Lahore, Pakistan.

Study duration

This study was take 4 month, from September 2019 to December 2019.

Target population

The Target population of study was the married female of community Ali Raza Abad from 18 to 49 years.

Sample size

$$n = pqz^2 / e^2$$

$$p = 80 \quad 80/100 = 0.8$$

$$q = 1 - 0.8 = 0.2$$

$$Z = 1.96 \quad e = .05$$

$$n = 1.96 \times 1.96 \times 0.8 \times 0.2 / 0.0025$$

$$n = 0.61 / 0.0025$$

$$n = 245$$

So the sample size is 245

Sampling Method

Convenient sampling technique was used to gather data.

Inclusion Criteria

All the married female of community Ali Raza Abad with the age 18 to 49 years which were willing and available at the time of data collection included.

Exclusion Criteria

All the unmarried females and greater than 49 year also which are not willing and not available at the time of data collection excluded.

Data collection Plan

An adopted questionnaire will be used for data collection on Likert scale to determine the knowledge attitude and practice of family planning in married female of community Ali Raza Abad. The questionnaire was distributed among married female of community Ali Raza Abad .

Research tool

The likert scale questionnaire adopted from Jay Lincoln, Mohammad Masoud Nezhad and Sabiha Khan (2017) was used to collect the data. The Questionnaire paper filled.

3.12 Data Analysis

Data analyzed on SPSS version 21.0 frequencies and percentage applied on individual item. Data is collected through Questionnaire, distributed in 245 participants. Collected data is analyze and computed using frequencies, table and percentage by SPSS version 21.0.

Ethical Consideration

The rules and regulations set by the ethical committee of university of Lahore will be followed while conducting the research and the rights of the research participants will be respected.

- Written informed consent attached will be taken from all the participants.
- All information and data collection will be kept confidential.
- Participants will remain anonymous throughout the study.
- The subjects will be informed that there are no disadvantages or risk on the procedure of the study.
- They will also be informed that they will be free to withdraw at any time during the process of the study.
- Data will be kept in under key and lock while keeping keys in hand. In laptop it will be kept under password.

Part-I Demographical Data

1. Age of participants:

Age	f	%
16-27 Years	30	12.0
28-37 Years	175	70.0
38-47 Years	40	16.0
Total	245	100.0

Table No.1

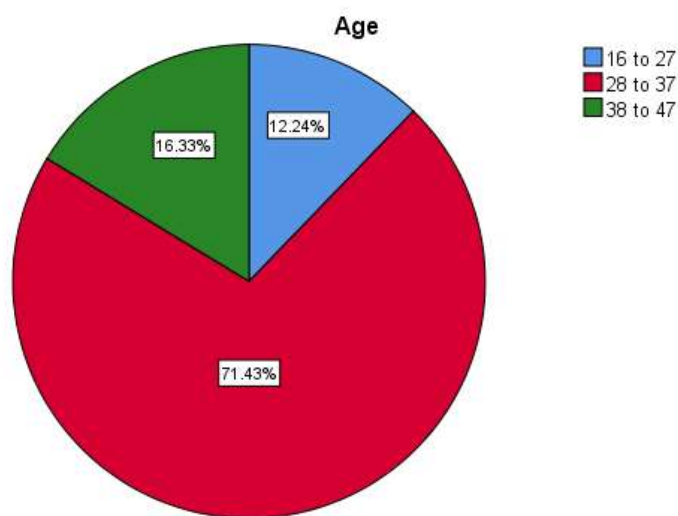


Figure 1

Table and figure no 1 show that 12% (n=30) participants age 16 to 27 years, 70% (n= 175) participants had age 28- 37 years and 16% (n=40) participants age 38 to 47 years.

2. Education of participants:

Education	f	%
Uneducated	97	38.8
Primary	12	4.8
Middle	18	16.0
Matric	118	47.2
Total	245	100.0

Table No.2

Table and figure no 2 show that 38.8% (n=97) participants uneducated, 4.8% (n=12) primary, 7% (n=18) Middle, and 47.2% (n=118) were Matric education.

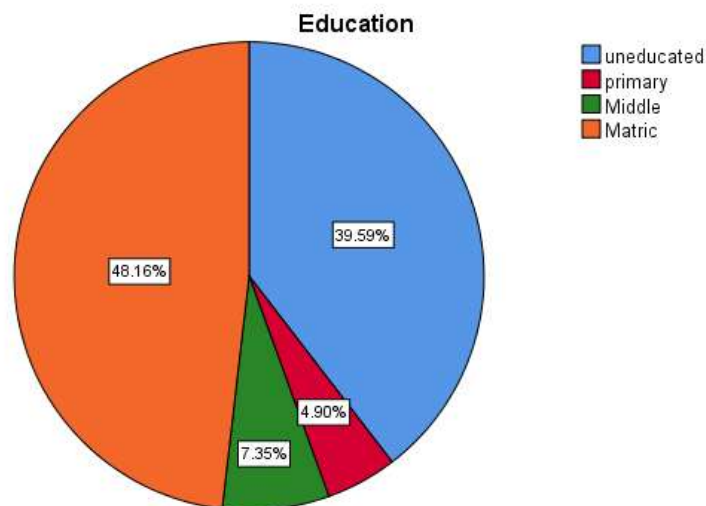


Figure 2

3. Employment status:

Employment Status	f	%
Job	9	3.6
Labor	15	6.0
House Wife	221	88.4
Total	245	100.0

Table No. 3

Table and figure no 3 show that 3.6% (n=9) participants had job, 6% (n=15) labor and 88.4% (n=221) participants were House wives.

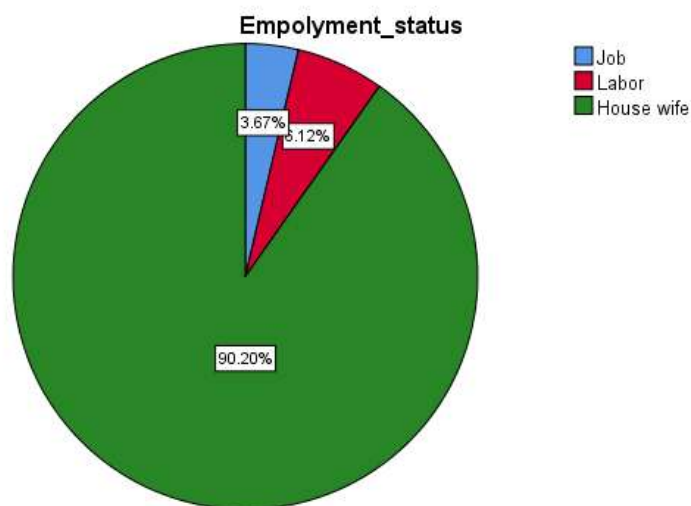


Figure 3

Part-II
Have you ever heard about contraceptive?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	164	65.6	66.9	66.9
	No	17	6.8	6.9	73.9
	Don't know	64	25.6	26.1	100.0
	Total	245	100.0	100.0	

Table 4

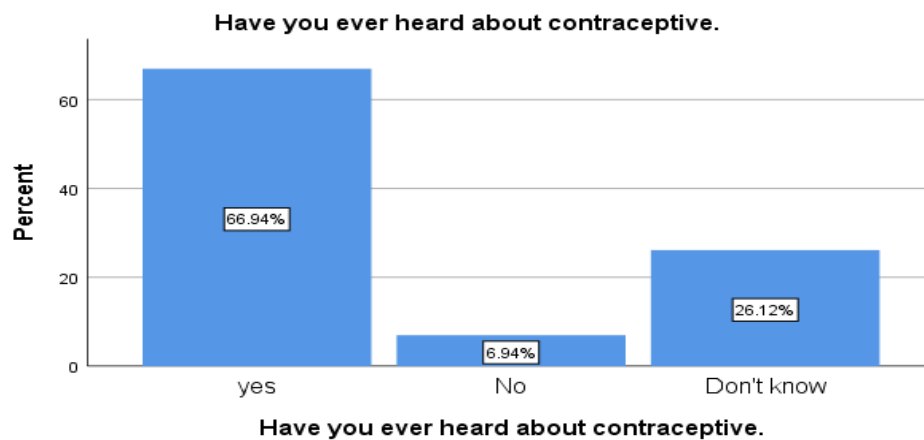


Figure 4

The table and Figure no 4 show that 65.6% (n=164) participants heard about contraceptive, 6.8% (n=17) Not heard and 25.6% (n=64) don't know about contraceptive.

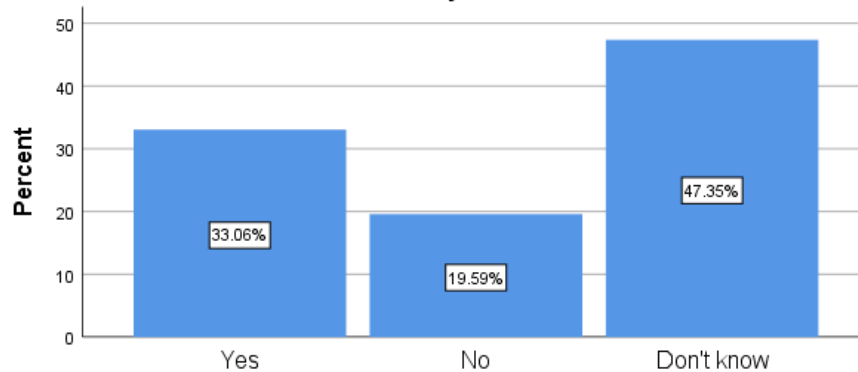
Birth control pills are effective are in even if a women misses taking them for two or three days in a row.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	81	32.4	33.1	33.1

No	48	19.2	19.6	52.7
Don't know	116	46.4	47.3	100.0
Total	245	100.0	100.0	

Table 5

Birth control pills are effective even if a woman misses taking them for two or three days in a row.



Birth control pills are effective even if a woman misses taking them for two or three days in a row.

Figure 5

Table and figure no 5 show that 32.2% (81) participants choose Yes and 19.2% (n=46) choose No, 46.4% (n=116) don't know about Birth control pills are effective if a woman misses taking them for two or three days in a month.

Female sterilization is the one way to avoid pregnancy.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	104	41.6	42.4	42.4
	No	80	32.0	32.7	75.1
	Don't know	61	24.4	24.9	100.0
	Total	245	100.0	100.0	

Table 6

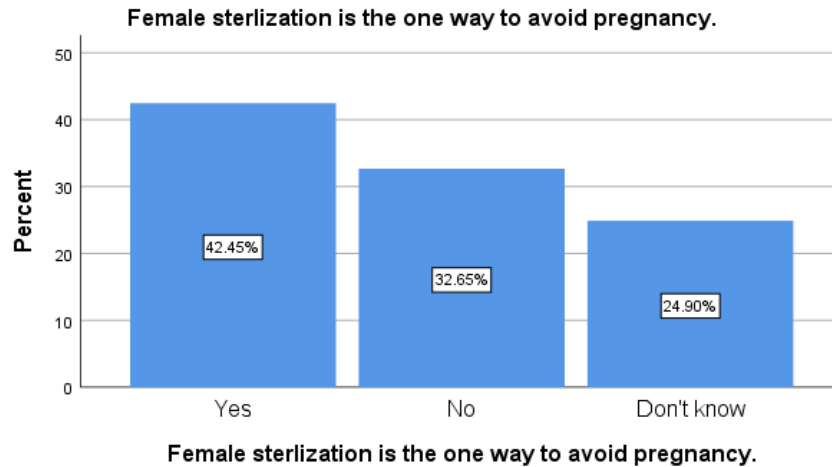


Figure 6

The Table and Figure No 6 show that 42.45% (n=104) answers Yes the female sterilization is the one way to avoid pregnancy. 32.65% (n=80) answer No and 24.90% (n=61) don't know about female sterilization.

Health education is important for women who want use contraception.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	74	29.6	30.2	30.2
	No	77	30.8	31.4	61.6
	Don't know	94	37.6	38.4	100.0
	Total	245	100.0	100.0	

Table 7

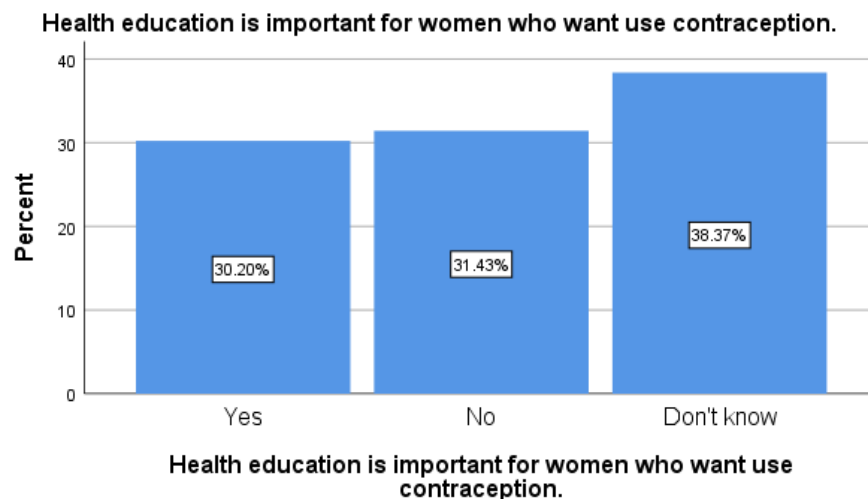


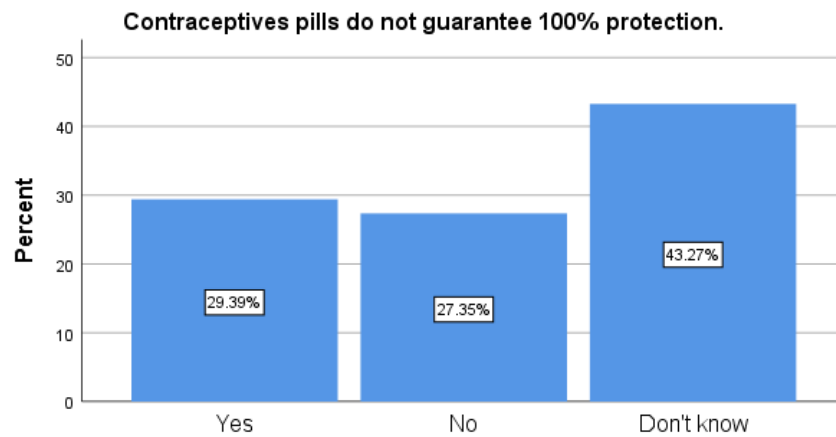
Figure 7

The table and figure no 7 show that 29.6% (n=74) Answers Yes that health education is important for women who want to use contraceptives, 31.43% (n=77) answers No, and 37% (n=94) don't know.

Contraceptives pills do not guarantee 100% protection.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	72	28.8	29.4	29.4
	No	67	26.8	27.3	56.7
	Don't know	106	42.4	43.3	100.0
	Total	245	100.0	100.0	

Table 8



Contraceptives pills do not guarantee 100% protection.

Figure 7

Table and figure 7 show that 28.8% (n=72) Answer Yes Contraceptive pills not guarantee 100% protection, 26.8% (n=67) and 42.4% (n=106) don't know about contraceptive protection.

Condom prevents STIs.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	81	32.4	33.1	33.1
	No	73	29.2	29.8	62.9
	Don't know	91	36.4	37.1	100.0
	Total	245	100.0	100.0	

Table 8

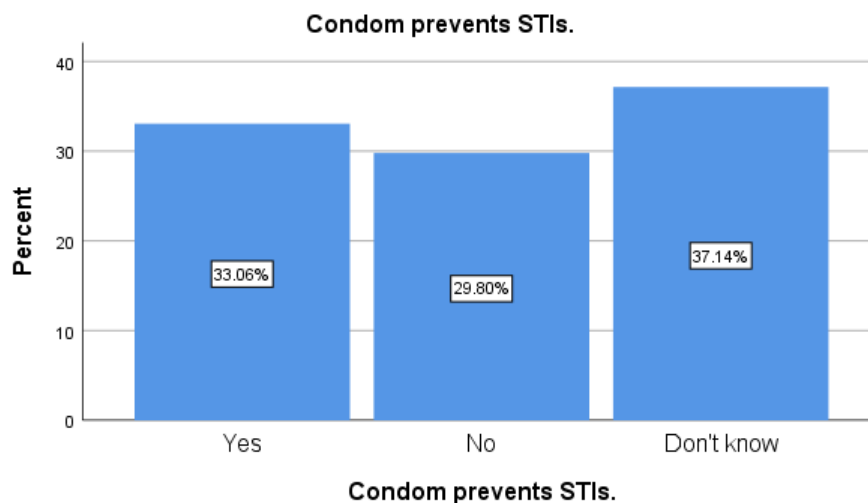


Figure 8

Table and figure no 8 show that 32.4% (n=81) Choose yes, 29.2% (n=73) choose and 36.7% (n=91) Choose Don't know about Condom prevents STIs.

Common side effects of contraceptives pills includes mood swings and weight gain.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	64	25.6	26.1	26.1
	No	73	29.2	29.8	55.9
	Don't know	108	43.2	44.1	100.0
	Total	245	100.0	100.0	

Table 9

Common side effects of contraceptives pills includes mood swings and weight gain.

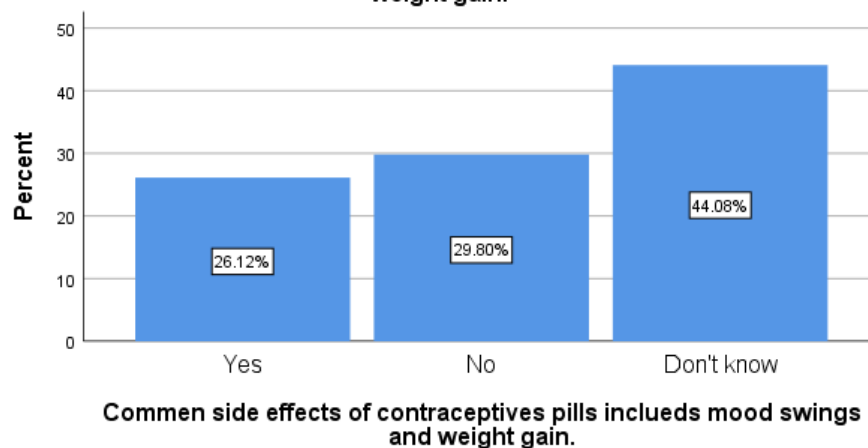


Figure 9

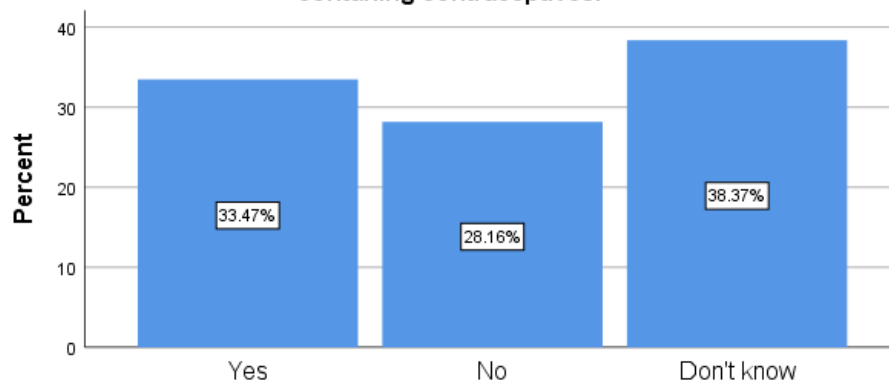
Table and figure no 9 show that 25.6 (n=64) Participants Answers Yes about contraceptives side effects, 29.2 % (n=73) answer no and 43.2% (n=108) don't know about contraceptive side effects.

There is an increased risk of breast cancer in women taking estrogen-containing contraceptives.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	82	32.8	33.5	33.5
	No	69	27.6	28.2	61.6
	Don't know	94	37.6	38.4	100.0
	Total	245	100.0	100.0	

Table 10

There is an increased risk of breast cancer in women taking estrogen-containing contraceptives.



There is an increased risk of breast cancer in women taking estrogen-containing contraceptives.

Figure 10

Table and figure no 10 show that 33.4 (n=82) Yes there is increased risk of breast cancer in women with estrogen containing contraceptives 28.16% (n=69) Answer no and 38.3% (n=94) answer don't know.

Women using the birth control shot (Depo Provera) must get an injection every three month.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	95	38.0	38.8	38.8
	No	71	28.4	29.0	67.8
	Don't know	79	31.6	32.2	100.0
	Total	245	98.0	100.0	

Table 11

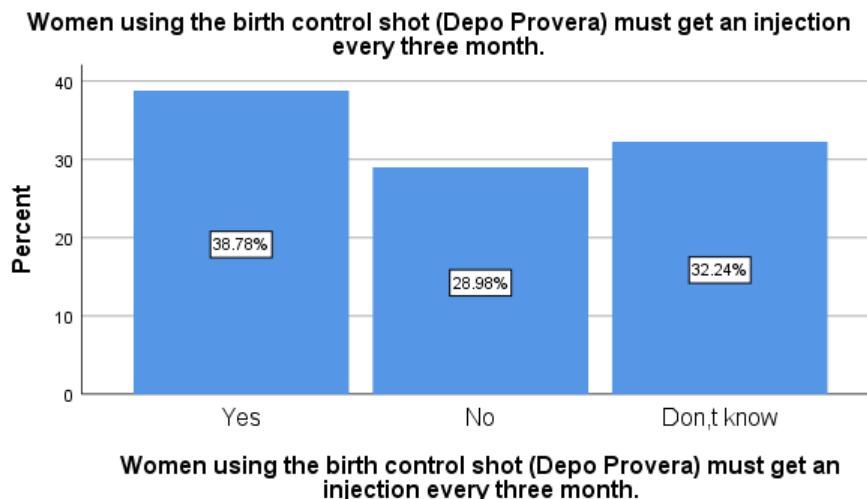


Figure 11

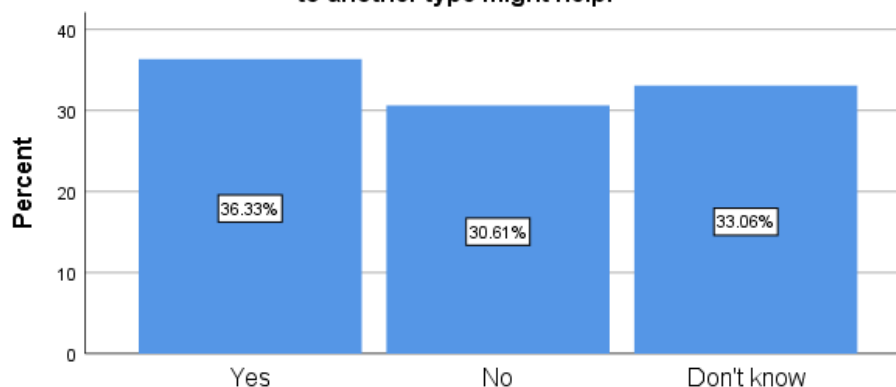
Table and figure no 11 show that 38.78% (n=95) Choose yes women using birth control shot must get injection every three month 28.98% (n=71) choose no and 32.24% (n=79) choose don't know.

If a women is having side effects of one kind of contraceptives pills, switching to another type might help.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	89	35.6	36.3	36.3
	No	75	30.0	30.6	66.9
	Don't know	81	32.4	33.1	100.0
	Total	245	100.0	100.0	

Table 12

If a women is having side effects of one kind of contraceptives pills, switching to another type might help.



If a women is having side effects of one kind of contraceptives pills, switching to another type might help.

Figure 12

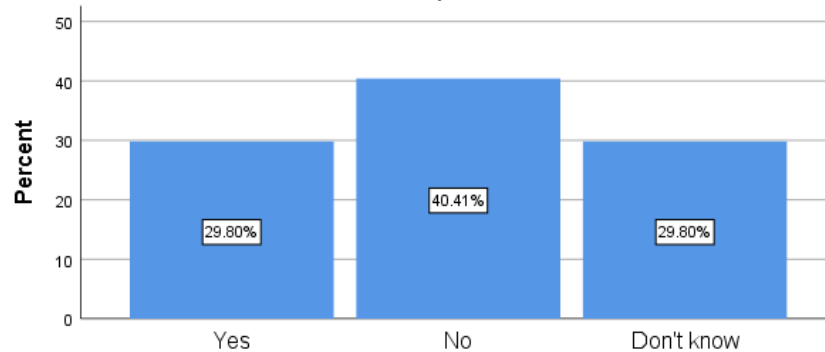
Table and figure no 12 show that 36.3 % (n=89) participants answer yes if a women is having side effects of one kind of contraceptives pills, switching to another type might help, 30.61(n=75) answers no and 33.06% (n=81) answers don't know.

Using both a condom and the pill is considered to be a very effective contraceptive.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	73	29.2	29.8	29.8
	No	99	39.6	40.4	70.2
	Don't know	73	29.2	29.8	100.0
	Total	245	100.0	100.0	

Table 13

Using both a condom and the pill is considered to be a very effective contraceptive.



Using both a condom and the pill is considered to be a very effective contraceptive.

Figure 13

Table and figure no 29.80% (n=73) participants answers yes using a condom and pills is considered to be very effective contraceptive, 40.4% (n=99) answers no and 29.8% (n=73) answers don't know.

Using the pill increase a women's risk of ovarian, endometrial or cervical cancer.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	71	28.4	29.0	29.0
	No	61	24.4	24.9	53.9
	Don't know	113	44.8	45.7	99.6
	Total	245	98.0	100.0	

Table 14

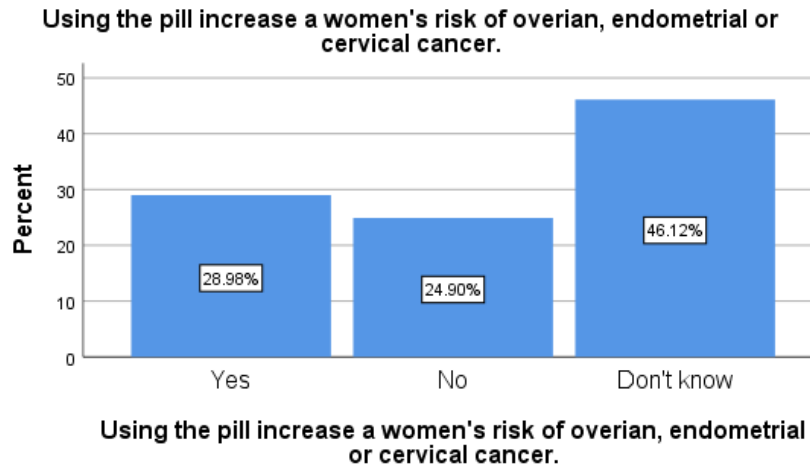


Figure 14

Table and figure no 14 show that 28.98% (n=71) participants answers yes using the pills increase a women's risk of ovarian, endometrial or cervical cancer 24.9% (n=61) answer no and 46.12% (n=113) don't know.

Attitude

Contraceptives should be used to limit my number of children.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	57	22.8	23.3	23.3
	Agree	110	44.0	44.9	68.2
	Neutral	67	26.8	27.3	95.5
	Disagree	9	3.6	3.7	99.2
	Strongly disagree	2	.8	.8	100.0
	Total	245	100.0	100.0	

Table 15

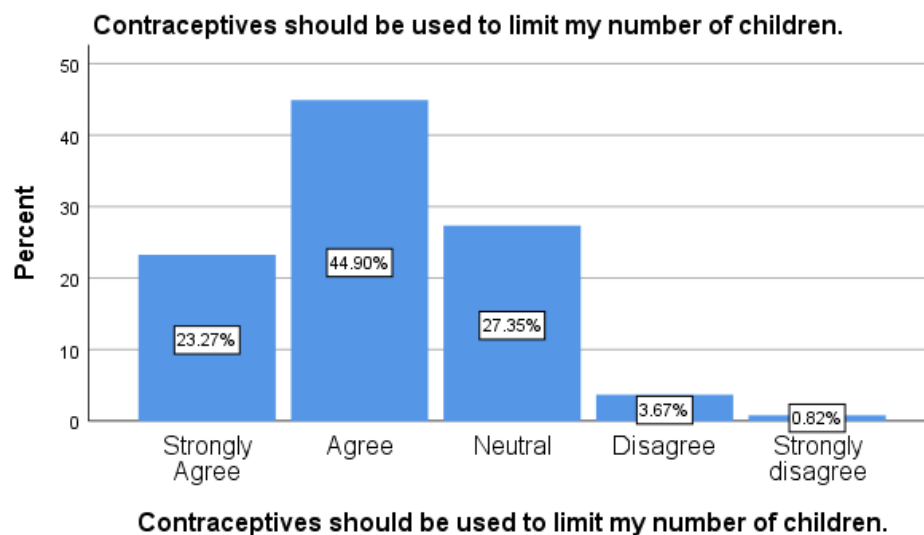


Table 15

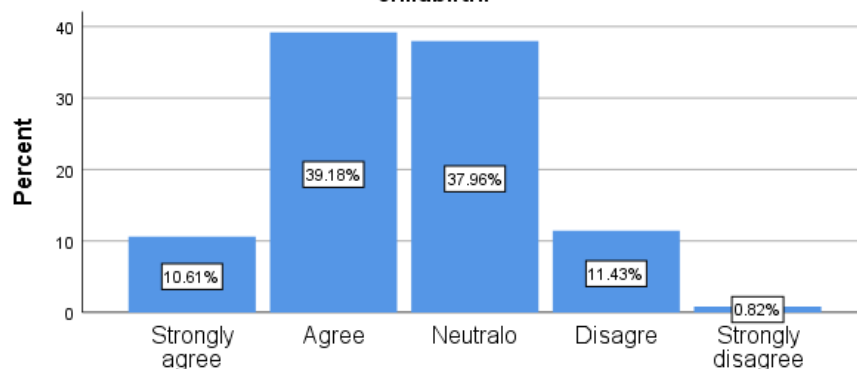
The table and the figure no 15 show that 23.2% (n=57) participants strongly agreed that contraceptives should be used to limit my number of children, 44.50% (n=110) Agreed, 27.35% (n=67) Neutral, 3.67% (n=9) disagreed and 0.82% (n=2) strongly disagreed.

Contraceptives should be used to increase the time interval between my childbirth.

		Frequen cy	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	26	10.4	10.6	10.6
	Agree	96	38.4	39.2	49.8
	Neutral	93	37.2	38.0	87.8
	Disagree	28	11.2	11.4	99.2
	Strongly disagree	2	.8	.8	100.0
	Total	245	98.0	100.0	

Table 16

Contraceptives should be used to increase the time interval between my childbirth.



Contraceptives should be used to increase the time interval between my childbirth.

Figure 16

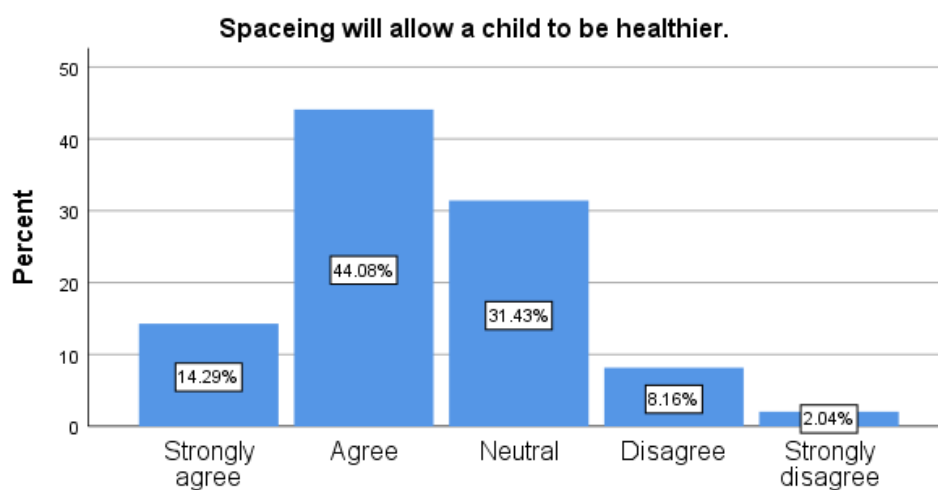
The table and the figure no 16 show that 10.61% (n=24) participants strongly agreed that contraceptives should use to increase the time interval between my children, 39.18% (n=90) Agreed, 37.96% (n=93) Neutral, 11.43% (n=28) disagreed and 0.82% (n=2) strongly disagreed.

Spacing will allow a child to be healthier.

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	35	14.0	14.3	14.3
	Agree	108	43.2	44.1	58.4

Neutral	77	30.8	31.4	89.8
Disagree	20	8.0	8.2	98.0
Strongly disagree	5	2.0	2.0	100.0
Total	245	98.0	100.0	

Table 17



Spacing will allow a child to be healthier.

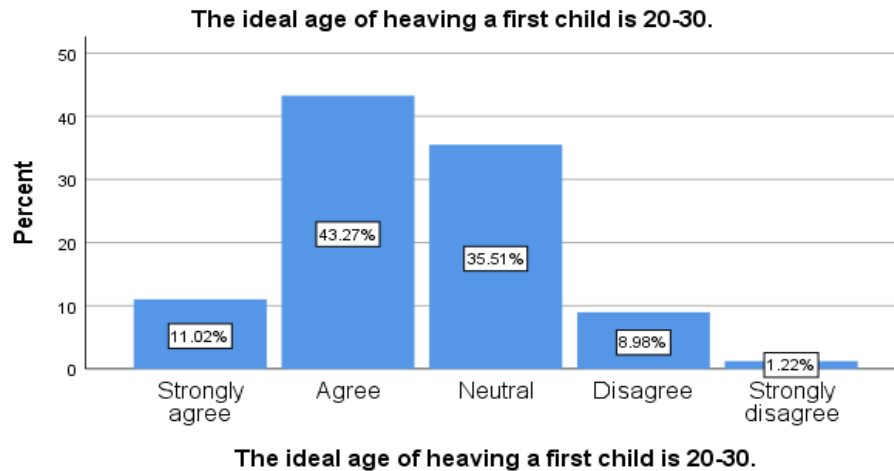
Figure 17

The table and the figure no 17 show that 14.29% (n=35) participants strongly agreed that spacing will allow a child to be healthier, 44.08% (n=108) Agreed, 31.43% (n=77) Neutral, 8.6% (n=20) disagreed and 2.04% (n=5) strongly disagreed.

The ideal age of heaving a first child is 20-30.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	27	10.8	11.0	11.0
	Agree	106	42.4	43.3	54.3
	Neutral	87	34.8	35.5	89.8
	Disagree	22	8.8	9.0	98.8
	Strongly disagree	3	1.2	1.2	100.0
Total		245	100.0	100.0	

Table 18



The table and the figure no 18 show that 11.02% (n=27) participants strongly agreed that ideal age of having first children is 20-30 years, 43.27% (n=106) Agreed, 34.8% (n=87) Neutral, 8.8% (n=22) disagreed and 1.2% (n=3) strongly disagreed.

The ideal number of children should be between 3-5.

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	34	13.6	13.9	13.9
	Agree	104	41.6	42.4	56.3
	Neutral	79	31.6	32.2	88.6
	Disagree	24	9.6	9.8	98.4
	Strongly disagree	4	1.6	1.6	100.0
	Total	245	100.0	100.0	

Table 19

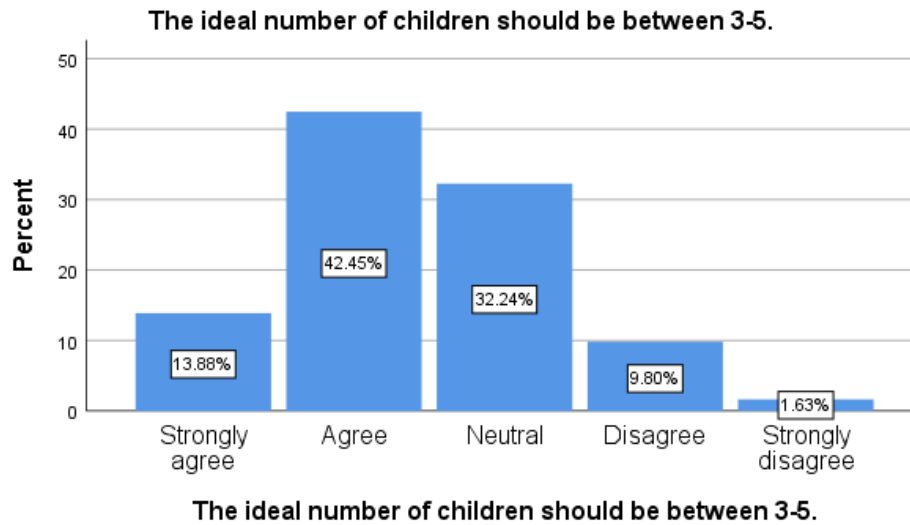


Figure 19

The table and the figure no 19 show that 13.88% (n=34) participants strongly agreed that ideal number of children should be between 3-5, 42.45% (n=104) Agreed, 32.24% (n=79) Neutral, 9.80% (n=24) disagreed and 1.63% (n=4) strongly disagreed.

Contraceptives provides a senses of safety.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	36	14.4	14.7	14.7
	Agree	88	35.2	35.9	50.6
	Neutral	89	35.6	36.3	86.9
	Disagree	26	10.4	10.6	97.6
	Strongly disagree	6	2.4	2.4	100.0
	Total	245	100.0	100.0	

Table 20

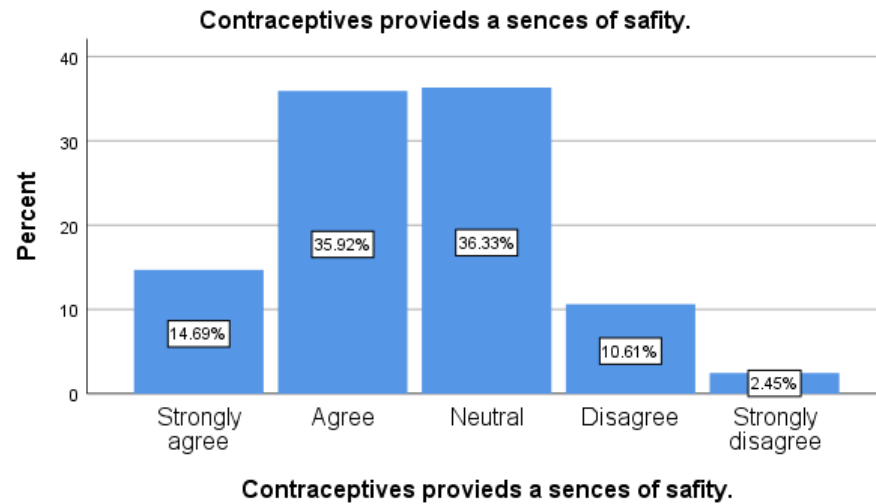


Figure 20

The table and the figure no 20 show that 14.69% (n=36) participants strongly agreed that contraceptives provide sense of safety, 36.92% (n=88) Agreed, 36.33% (n=89) Neutral, 10.61% (n=26) disagreed and 2.4% (n=6) strongly disagreed.

The method of contraceptives I am using is adequate.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	29	11.6	11.8	11.8
	Agree	88	35.2	35.9	47.8
	Neutral	99	39.6	40.4	88.2
	Disagree	28	11.2	11.4	99.6
	Strongly disagree	1	.4	.4	100.0

Table 21

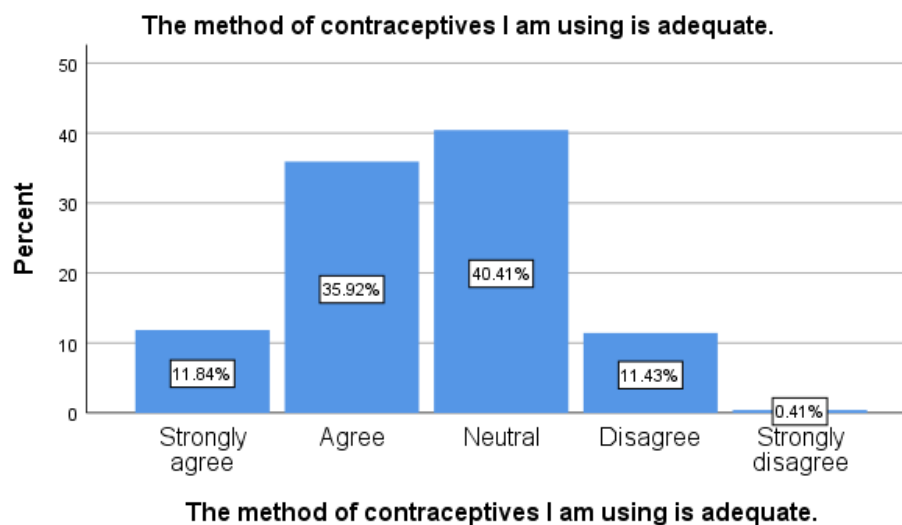


Figure 21

The table and the figure no 21 show that 11.64% (n=29) participants strongly agreed that the method of contraceptives I am using is adequate, 35.92% (n=88) Agreed, 40.41% (n=99) Neutral, 11.43% (n=28) disagreed and 0.41% (n=1) strongly disagreed.

Contraceptives benefit males too.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	25	10.0	10.2	10.2
	Agree	87	34.8	35.5	45.7
	Neutral	100	40.0	40.8	86.5
	Disagree	33	13.2	13.5	100.0
	Total	245	100.0	100.0	

Table 22

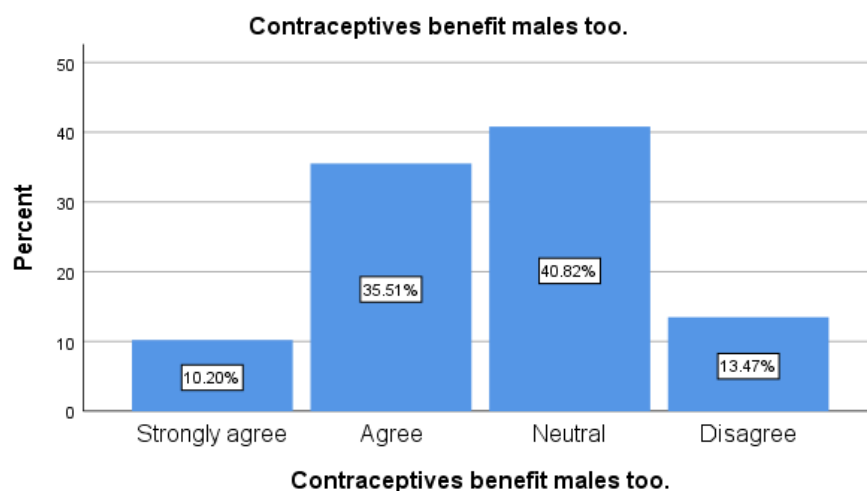


Figure 22

The table and the figure no 20 show that 10.20% (n=25) participants strongly agreed that contraceptives benefit males too, 35.51% (n=87) Agreed, 40.62% (n=100) Neutral, 13.47% (n=33) disagreed.

Discussion about contraceptives with spouse is embracing.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	31	12.4	12.7	12.7
	Agree	94	37.6	38.4	51.0
	Neutral	93	37.2	38.0	89.0
	Disagree	24	9.6	9.8	98.8
	Strongly disagree	3	1.2	1.2	100.0
	Total	245	100.0	100.0	

Table 23

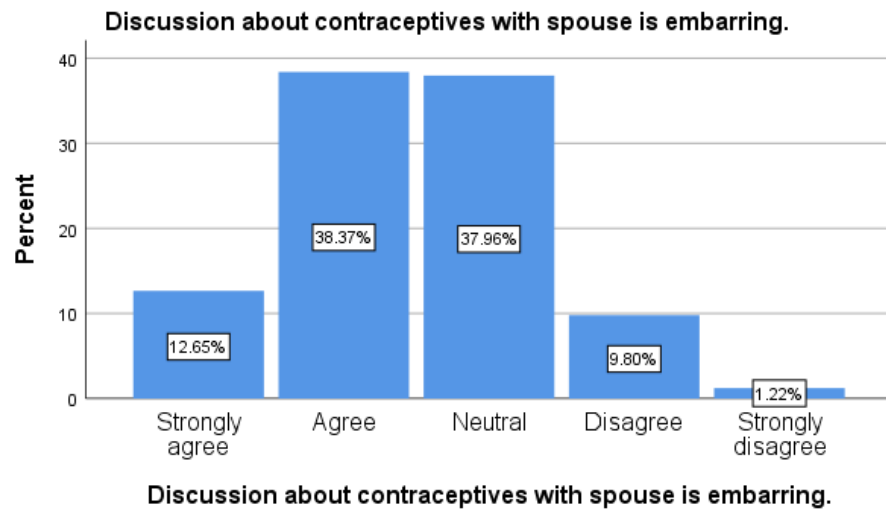


Figure 23

The table and the figure no 23 show that 12.65% (n=31) participants strongly agreed that the discussion about contraceptive with spouse is embracing, 36.37% (n=94) Agreed, 37.96% (n=93) Neutral, 9.80% (n=24) disagreed and 01.2% (n=3) strongly disagreed.

My husband does not approve my use of contraceptives.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	44	17.6	18.0	18.0
	Agree	80	32.0	32.7	50.6
	Neutral	93	37.2	38.0	88.6
	Disagree	25	10.0	10.2	98.8
	Strongly disagree	3	1.2	1.2	100.0
	Total	245	100.0	100.0	

Table 24

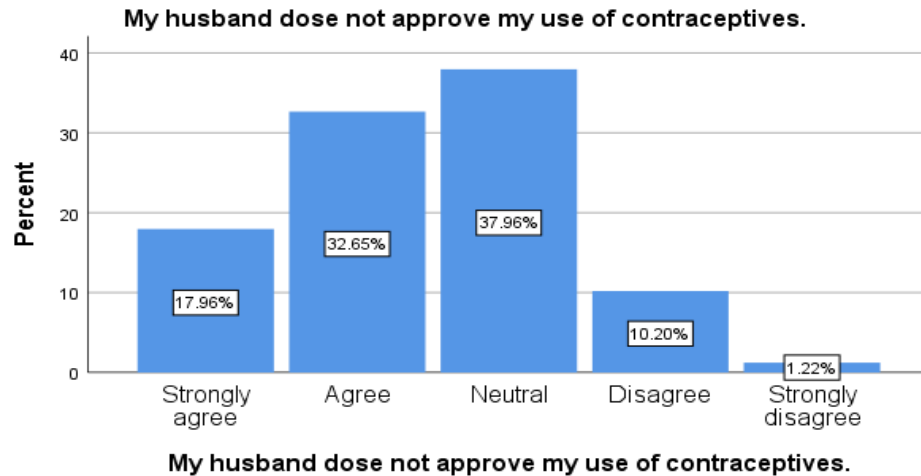


Figure 24

The table and the figure no 24 show that 17.6% (n=44) participants strongly agreed that my husband does not approve my use of contraceptives, 32.65% (n=80) Agreed, 37.96% (n=93) Neutral, 10.20% (n=25) disagreed and 1.2% (n=3) strongly disagreed.

Contraceptive methods can protect the health of family and community.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	40	16.0	16.3	16.3
	Agree	89	35.6	36.3	52.7
	Neutral	88	35.2	35.9	88.6
	Disagree	26	10.4	10.6	99.2
	Strongly disagree	2	.8	.8	100.0
	Total	245	100.0	100.0	

Table 25

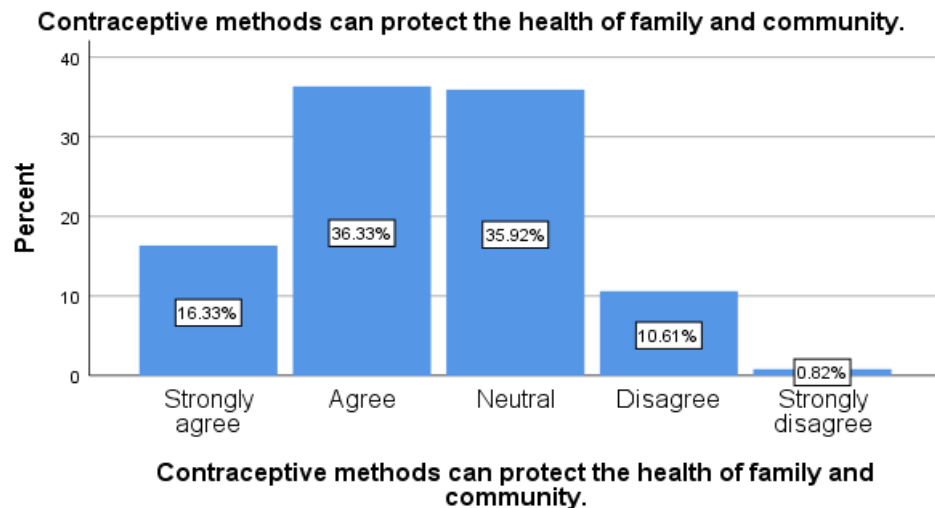


Table 25

The table and the figure no 25 show that 16.33% (n=40) participants strongly agreed that contraceptives methods can protect the health of family and community, 36.33% (n=89) Agreed, 35.92% (n=88) Neutral, 10.61% (n=26) disagreed and 0.82% (n=2) strongly disagreed.

Religious beliefs can prevent women from using contraceptives.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	38	15.2	15.5	15.5
	Agree	86	34.4	35.1	50.6
	Neutral	96	38.4	39.2	89.8
	Disagree	19	7.6	7.8	97.6
	Strongly disagree	6	2.4	2.4	100.0
	Total	245	100.0	100.0	

Table 26

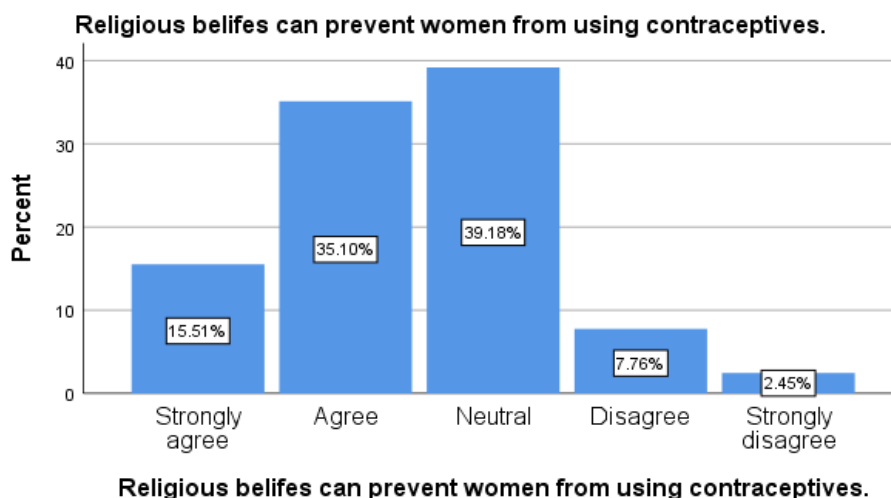


Figure 26

The table and the figure no 26 show that 15.51% (n=38) participants strongly agreed that contraceptives methods can protect the health of family and community, 35.10% (n=86) Agreed, 39.18% (n=96) Neutral, 7.76% (n=19) disagreed and 2.45% (n=6) strongly disagreed.

Culture beliefs can prevents women from using contraceptive.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	31	12.4	12.7	12.7
	Agree	100	40.0	40.8	53.5
	Neutral	88	35.2	35.9	89.4
	Disagree	23	9.2	9.4	98.8

Strongly disagree	3	1.2	1.2	100.0
Total	245	100.0	100.0	

Table 27

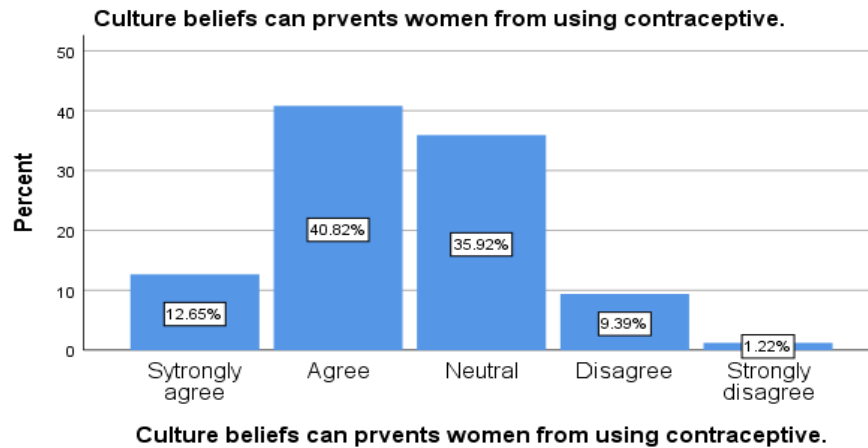


Figure 27

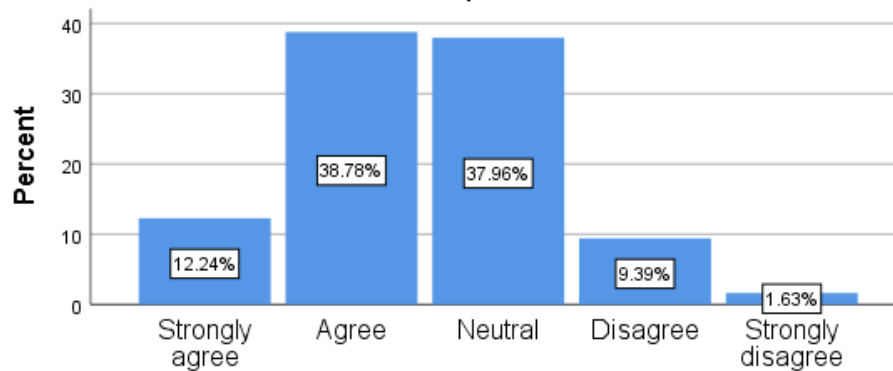
The table and the figure no 27 show that 12.65% (n=31) participants strongly agreed that culture beliefs can prevents women from using contraceptive, 40.82% (n=100) Agreed, 35.92% (n=88) Neutral, 9.39% (n=23) disagreed and 1.22% (n=3) strongly disagreed.

Husbands' objection to contraceptives can prevent women from using contraceptives

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	30	12.0	12.2	12.2
	Agree	95	38.0	38.8	51.0
	Neutral	93	37.2	38.0	89.0
	Disagree	23	9.2	9.4	98.4
	Strongly disagree	4	1.6	1.6	100.0
	Total	245	100.0	100.0	

Table 28

Husband's objection to contraceptive can prevent women from using contraceptives.



Husband's objection to contraceptive can prevent women from using contraceptives.

Figure 28

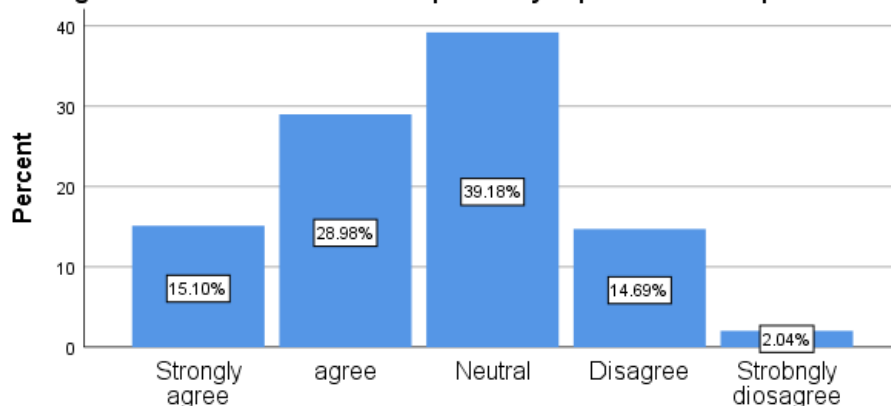
The table and the figure no 28 show that 12.24% (n=30) participants strongly agreed that Husband's objection to contraceptives can prevent women from using contraceptives, 38.78% (n=95) Agreed, 37.96% (n=93) Neutral, 9.39% (n=23) disagreed and 1.63% (n=4) strongly disagreed.

Change in male attitude on contraceptive may improve contraceptives use.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	37	14.8	15.1	15.1
	agree	71	28.4	29.0	44.1
	Neutral	96	38.4	39.2	83.3
	Disagree	36	14.4	14.7	98.0
	Strongly disagree	5	2.0	2.0	100.0
	Total	245	98.0	100.0	

Table 29

Change in male attitude on contraceptive may improve contraceptives use.



Change in male attitude on contraceptive may improve contraceptives use.

Figure 29

The table and the figure no 29 show that 15.10% (n=37) participants strongly agreed that change in male attitude on contraceptives may improve contraceptives use, 28.98% (n=71) Agreed, 39.18% (n=96) Neutral, 14.69% (n=36) disagreed and 2.04% (n=5) strongly disagreed.

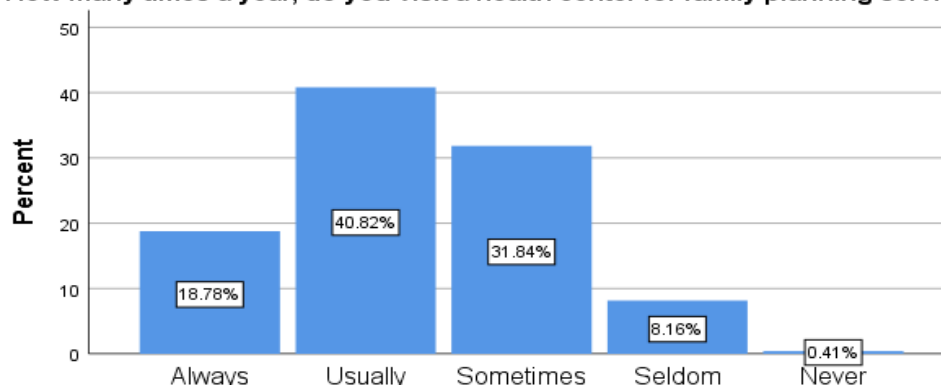
Practice

How many times a year, do you visit a health center for family planning services

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	46	18.4	18.8	18.8
	Usually	100	40.0	40.8	59.6
	Sometimes	78	31.2	31.8	91.4
	Seldom	20	8.0	8.2	99.6
	Never	1	.4	.4	100.0
	Total	245	100.0	100.0	

Table 30

How many times a year, do you visit a health center for family planning servil



How many times a year, do you visit a health center for family planning servil

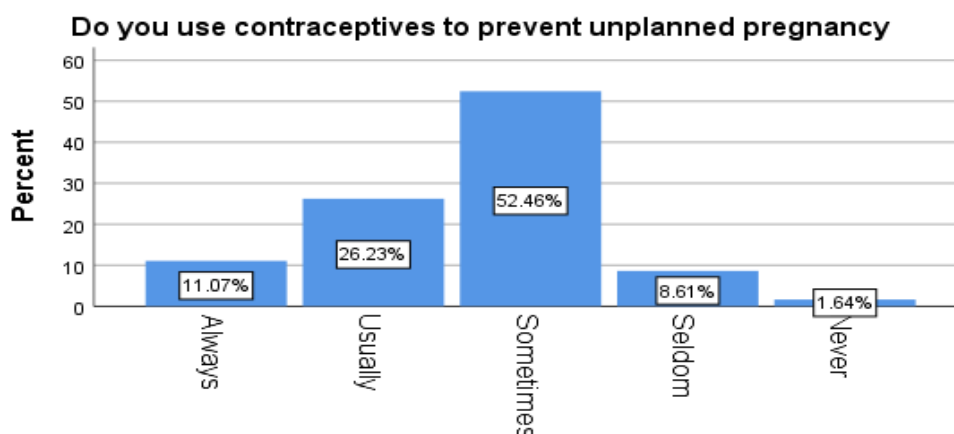
Figure 30

Table and figure no 30 show that 18.78% (n= 46) participants Always visit a health center for family planning services, 40.82% (n=100) respondent usually, 31.84% (n=78) sometimes, 81.16% (n=20) seldom and 0.4% (n=1) never visit.

Do you use contraceptives to prevent unplanned pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	27	10.8	11.1	11.1
	Usually	64	25.6	26.2	37.3
	Sometimes	128	51.2	52.5	89.8
	Seldom	21	8.4	8.6	98.4
	Never	4	1.6	1.6	100.0
	Total	245	100.0	100.0	

Table 31



Do you use contraceptives to prevent unplanned pregnancy

Figure 31

Table and figure no 31 show that 11.07% (n= 27) participants Always use contraceptives to prevent pregnancy, 26.23% (n=64) respondent usually, 52.46% (n=128) sometimes, 8.61% (n=21) seldom and 1.64% (n=4) never use.

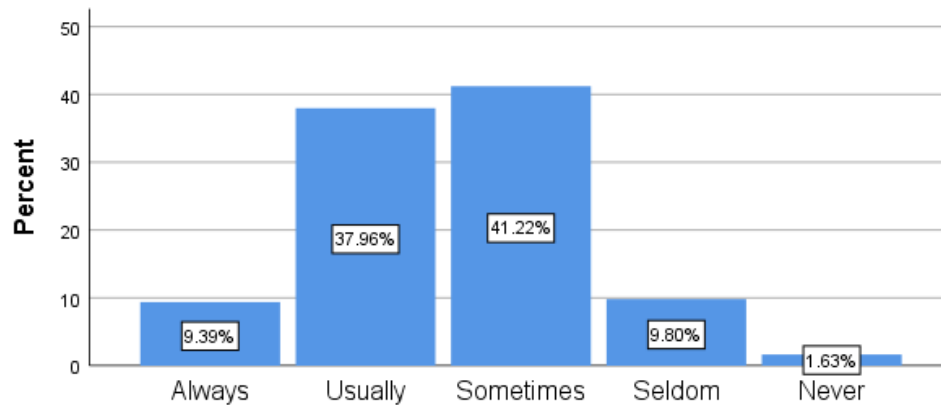
Have you ever had any unplanned pregnancy due to lack of contraceptive use

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	23	9.2	9.4	9.4
	Usually	93	37.2	38.0	47.3

Sometimes	101	40.4	41.2	88.6
Seldom	24	9.6	9.8	98.4
Never	4	1.6	1.6	100.0
Total	245	100.0	100.0	

Table 32

Have you ever had any unplanned pregnancy due to lack of contraceptive use



Have you ever had any unplanned pregnancy due to lack of contraceptive use

Figure 32

Table and figure no 32 show that 9.39% (n= 23) participants Always had unplanned pregnancy due to lack of contraceptives 37.96% (n=93) respondent usually, 41.22% (n=101) sometimes, 9.80% (n=24) seldom and 1.63% (n=4) never had unplanned pregnancy.

Do you use contraceptives every time when you do not intend to get pregnant

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	16	6.4	6.5	6.5
	Usually	82	32.8	33.5	40.0
	Sometimes	118	47.2	48.2	88.2
	Seldom	23	9.2	9.4	97.6
	Never	6	2.4	2.4	100.0
	Total	245	100.0	100.0	

Table 33

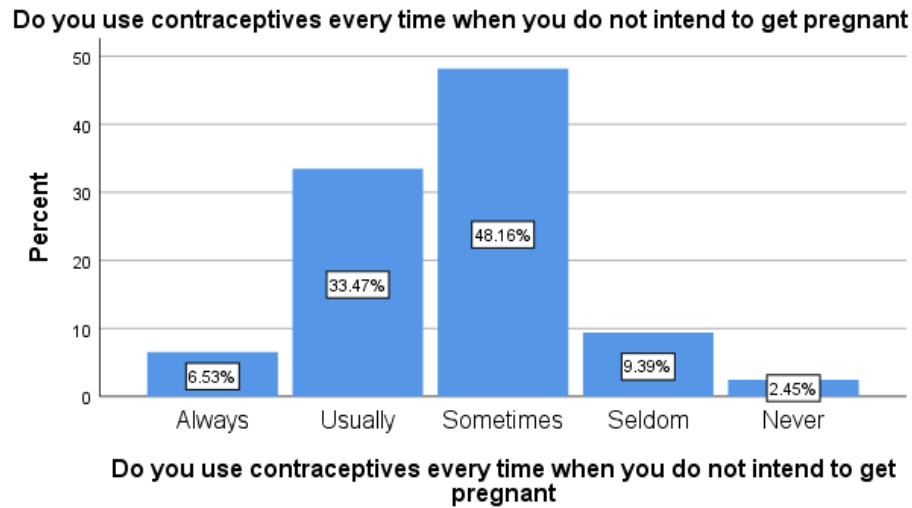


Figure 33

Table and figure no 33 show that 6.53% (n= 16) participants Always use contraceptives every time when they not intended to get pregnant, 33.47% (n=82) respondent usually, 46.16% (n=118) sometimes, 9.39% (n=23) seldom and 2.45% (n=6) never used.

I use different types of contraceptives

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	31	12.4	12.7	12.7
	Usually	78	31.2	31.8	44.5
	Sometimes	102	40.8	41.6	86.1
	Seldom	25	10.0	10.2	96.3
	Never	9	3.6	3.7	100.0
	Total	245	98.0	100.0	
Missing	System	5	2.0		
Total		250	100.0		

Table 34

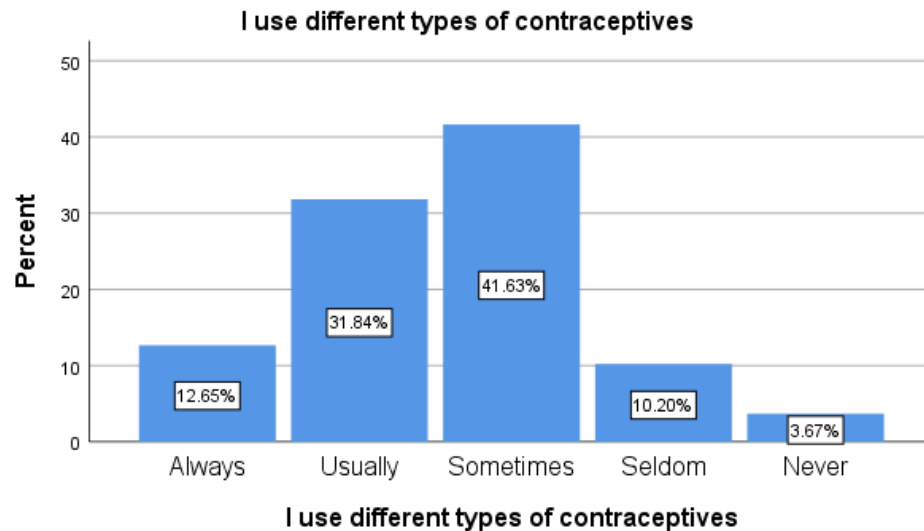


Figure 34

Table and figure no 34 show that 12.65% (n= 31) participant Always use different types of contraceptives 31.64% (n=78) respondent usually, 41.63% (n=102) sometimes, 10.20% (n=25) seldom and 3.67% (n=9) never use different types of contraceptives.

My current method of contraceptive changes from time to time.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	22	8.8	9.0	9.0
	Usually	90	36.0	36.7	45.7
	Sometimes	104	41.6	42.4	88.2
	Seldom	21	8.4	8.6	96.7
	Never	8	3.2	3.3	100.0
	Total	245	100.0	100.0	

Table 35

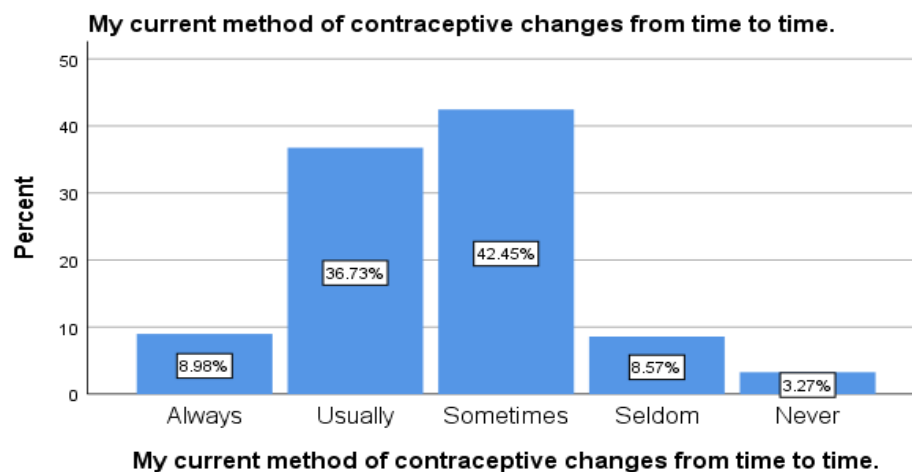


Figure 35

Table and figure no 35 show that 8.96% (n= 22) participants Always current method of contraceptive change time to time, 36.73% (n=90) respondent usually, 42.45% (n=104) sometimes, 8.57% (n=21) seldom and 3.27% (n=8) never had unplanned pregnancy.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	25	10.0	10.2	10.2
	Usually	58	23.2	23.7	33.9
	Sometimes	108	43.2	44.1	78.0
	Seldom	38	15.2	15.5	93.5
	Never	16	6.4	6.5	100.0
	Total	245	98.0	100.0	

Table 36

Do you practice any traditional contraceptive methods including withdrawal, infertility period, herbal and breast feeding if you were not using any contraceptives

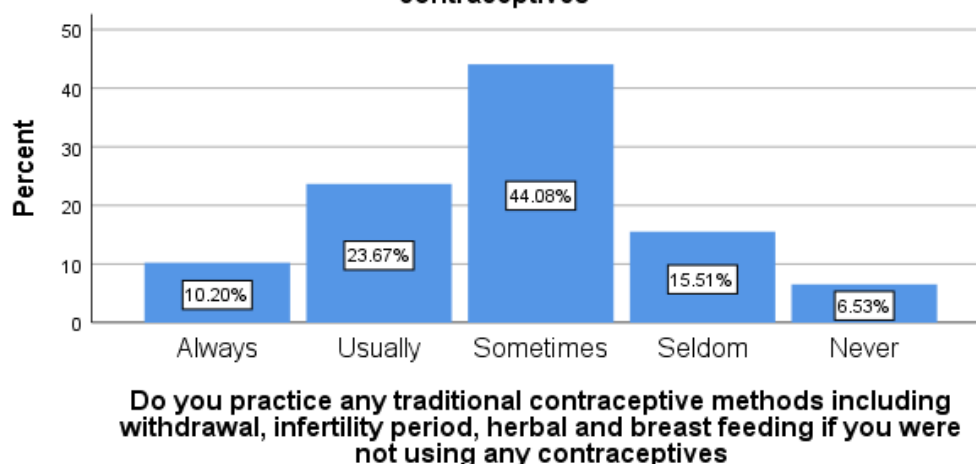


Figure 36

Table and figure no 36 show that 10.20% (n= 25) participants Always practice traditional contraceptives methods if not using any other contraceptives 23.67% (n=58) respondent usually, 44% (n=108) sometimes, 15.51% (n=38) seldom and 16.53% (n=16) never practice traditional contraceptives.

Results

The mean score of knowledge is 2.01 and overall mean score was 2.01 ± 0.91 . The question related to knowledge about family planning show results that a majority of the participant 56.6% (n=164) heard about contraceptives. Most of the respondent did not know 47.35% (n=116) the birth control pills are effective even if a women misses taking them for two to three days in a row. Only 19.2% (n=46) correctly answers no they are not effective if misses the dose two to three days in a row. Majority of the participants 42.45% (n=104) were aware about female sterilization is the one way to avoid pregnancy.

The mean score of attitude was 2.46 and overall mean score was 2.46 ± 0.89 . The question about attitude of participants show results that large majority of the respondent agree that 44.90% (n=110) that contraceptives should be used to limited the number of a women children. 0.82% (n=2) were strongly disagreed. A majority of the respondent 39.18% (n=18) agree that Contraceptive should be used to increase the time interval between a women children. A majority 44.08% (n=108) of the participant agree that spacing will allow a child to be healthier only 8.18% (n=5) disagreed. The majority of the participants 43.27% (n=106) were agreed that the ideal age of having first children is 20-30 years. The mean score of practice was 2.60 and the overall mean score 2.60 ± 0.73 . The question related to the practice of family planning show results that majority of the respondent 40.82% (n=100) Usually visit a health center for family planning services in a year. The majority of the respondent 52.46% (n=128) were Sometimes use contraceptives to prevent unplanned pregnancy. A majority of the participants 41.22% (n=101) Sometimes had unplanned pregnancy due to the lack of contraceptive use and 1.63% (n=4) never experience unplanned pregnancy.

DISCUSSION

The aim of the study is determined the knowledge, attitude and practice about family planning of women in community Ali Raza Abad. This study address the current knowledge, attitude and the practice of the participant's about family planning in community Ali Raza Abad. The question about the knowledge show that in community Ali Raza Abad female have a low level of knowledge about contraceptive. Another study results show that the women of the rural community have a lower level of knowledge about the family planning (Mutombo, Bakibinga, Mukiira, Kamande, 2014). The majority of the participant 56.6% (n=164) already heard about contraceptives. Another study show that most of the participants have heard of some kinds of contraceptive in their life, the 293 (90.2%) of total participants know about family planning methods (Lincoln, Mohammadnezhad, & Khan, 2018). In the study the majority of the participants 42.45% (n=104) were aware about female sterilization is the one way to avoid pregnancy it is match to the result of another study the mostly women, 275 (84.6%) were aware that sterilization was one way of preventing pregnancy in the females (Lincoln, Mohammadnezhad, & Khan, 2018). A study by Lincoln, nezhad, & Khan, 2018 gives the similar results that three quarters, 291 (89.5%), agreed and strongly agreed that the ideal age of a woman's child-bearing age is 20-30 and About 221 (68%) of the participants agreed and strongly agreed that the ideal number of the children should be between 2 to 3. The contraceptive gives a senses of safety answer of the question by the respondent were Neutral with 36.33% (n=89) and same answer with Agreed 36.92% (n=88) in other study the respondent 54.76% were agreed that contraceptive provide sense of safety (Mutombo, Bakibinga, Mukiira, & Kamande, 2014). The majority of the participant 40.41 (n=99) neutral about the methods of contraceptives they using were adequate in another study 18 (27.7 %) were not satisfied with the current method used (Nansseu, Nchinda, Katte, Nchagnouot, & Nguetsa, 2015). The majority of the participants 40.62% (n=100) neutral and agree about the contraceptive benefit males also the similar finding of results participant 59% agreed that males also benefited by use of contraceptives (Mishra, Nanda, Speizer, Calhoun, Zimmerman & Bharadwaj, 2014). The majority of the women neutral that their husband does not improve their use of contraceptive and 32.56% (n=80) agreed that their husband does not improve their use of contraceptive. In this study a large majority 39.16% (n=96) of the respondent neutral that

religious beliefs can prevent women use of contraceptives and respondent 40.82% (n=100) agreed that Cultural beliefs can prevent women from using contraceptives in another study the results show that 67.4% (183) participants agreed that cultural and religious factor prevent from use of contraceptives (Srikanthan, & Reid, 2018). The majority of the respondent 40.82% (n=100) usually visit a health center for family planning services in a year in another study the most of the respondent 42.1% visit the family planning center for most of the time for care services contraceptives (Mishra, Nanda, Speizer, Calhoun, Zimmerman & Bharadwaj, 2014). In the current study majority of the respondent 52.46% (n=128) were Sometimes use contraceptives to prevent unplanned pregnancy a study show that majority of the participants sometime use the contraceptive for reduction of the unwanted pregnancy (Mutombo, Bakibinga, Mukiira, & Kamande, 2014). A majority of the participants in this study 41.22% (n=101) Sometimes had unplanned pregnancy due to the lack of contraceptive use and 1.63% (n=4) never experience unplanned pregnancy, the majority of the respondent 48.16% (n=118) were sometimes use contraceptives every time when they do not intend to get pregnant in another similar study same results funded the participants sometimes or usually practiced family planning every time when they did not intend to get pregnant, (196) 60% (Lincoln, Mohammadnezhad, & Khan, 2018). A large majority of the respondent 48.16% (n=118) were sometimes use contraceptives every time when they do not intend to get pregnant and majority of the participants 41.63% (n=102) sometimes use different types of contraceptives in another study same results were fund y 27 (8%) of the participants sometimes changed their family planning method from time to time (Lincoln, Mohammadnezhad, & Khan, 2018). In the current study A majority of the respondent 44.08% (n=108) sometimes practice any traditional contraceptive method when not using any contraceptive and 6.53% (n=16) never practice any traditional method of contraceptive this finding similar to another study in which the participants 84% (88) sometimes use some traditional methods of contraceptives when they are not involve in using any other contraceptive method (Richie et al., 2015).

Conclusion

This study was conducted to determine the knowledge, attitude and practice of the family planning in the married female of community Ali Raza Abad. Generally the study show that the overall knowledge of the women of community Ali Raza Abad about family planning is poor. The majority population had lack of basic information about contraceptive. The overall attitude about family planning was positive. The practices of the family planning was poor most of the participants did not practicing any contraceptive method.

Limitation

The study was focusing only females. Time duration was too short. Cross sectional method of study was used. Closed ended questionnaire used.

Recommendations

This study should be conducted in other communities. Study should be compare with other study. Counseling services should provide to women. Health education should be directed for female about family planning methods.