

Knowledge of Family Planning Methods and Emergency Contraception in Rural Women of Reproductive Age Group (15-45 Yrs)

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Background

Unintended pregnancies are pregnancies that were unwanted at the time of conception. Unwanted pregnancies are the primary cause of induced abortion. Unwanted pregnancy is linked to numerous maternal and child health problems. Most of the deaths occurred in less developed parts of the world, where family planning and reproductive health services were less available. In recent years, unwanted pregnancy has emerged as an important public health concern in both developed as well as developing countries because it is not only distressing for the affected women and children, but can also have far-reaching health, social and economic consequences.

Aims & Objectives

To obtain information from women of reproductive age group regarding knowledge of family planning and emergency contraception in rural area.

Material & Methods

A cross sectional survey of 102 eligible women was carried out in rural area of malawe di kothi, distt. Gurdaspur from March to May 2013. After taking consent from the subjects, they were given self completing questionnaire in their regional language (punjabi). Questions were asked to those who were illiterate. Only volunteered responses were recorded.

Results

Total 102 participants were enrolled in the study from the age group of 15 - 45 years out of which only 70.2% (71

females) ever heard about family planning ; most common source being either television or friends. Percentage of women ever heard about oral contraceptive pills (OCP) were 61% (62 females) and 33.4% (34 females) were the ones to use them. Percentage of women ever heard about Copper-T (Cu-T) were 27.45% (26 females) and 14.7% (15 females) were the ones to use them. Percentage of women ever heard about barrier method (Condom) were 65% (66 females) and 40.19% (41 females) were the ones to support their use. Percentage of women ever heard about emergency contraception were 3.92% (4 females) and 0.98% (1 female) were the ones to use them. Percentage of women having adequate knowledge of correct time of administration of OCP were 3.92% (4 females). Percentage of women ever heard about sterilization were 61.76% (63 females) and those who were interested in getting the procedure done after completing their family were 43.13% (44 women).

Conclusions

Emergency Contraception should be taken as a part of Family Planning methods. Information about Emergency Contraception must be disseminated to the people by all the service providers of Family Planning. Educational media campaign on Emergency Contraception would be an effective method to disseminate knowledge about Emergency Contraception for the large number of people in a short period of time. Activities to uplift the educational status of people should be accelerated, there should be provision of appropriate information and access to Emergency Contraception and the practice of Emergency Contraception should be encouraged. Further studies are needed to find out the level of knowledge about Family Planning & Emergency Contraction in other parts of the country and among the Family Planning service providers.