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KNOWLEDGE, PREVALENCE AND FACTORS ASSOCIATED WITH NEVER USE AND DISCONTINUATION OF CONTRACEPTION IN WOMEN ATTENDING TERTIARY CARE HOSPITAL

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ABSTRACT

OBJECTIVE: *To assess the knowledge, prevalence of contraception and to find out different reasons for never use and discontinuation of contraception in women attending private sector tertiary care hospital at Hyderabad Sindh Province Pakistan.*
METHODS: *This was a cross sectional survey carried out over the period of six months from May 2008 to October 2008 in the Obstetrics and Gynecology out patient department of Isra University hospital Hyderabad Sindh. Socioeconomic, reproductive parameters and different reasons for never practicing and discontinuation of contraception were gathered from 791 married women of reproductive age. Data was entered and analyzed by SPSS V. 15.*
RESULTS: *The mean age ±S D of women was 29±8.013 years while mean age of their husbands was 36±9.9 years. Illiteracy was a common feature of 499 (63.1%) women interviewed, however their husbands were more educated. The number of children ranges from 1-13, with mean of 3.82±2.24 children per women. The mean number of sons and daughters were 1.83±1.47 and 1.96±1.42 respectively. The major reasons for never use of any contraceptive method were intention to have baby133 (31%), fear of side effects 92(21.4%), religious constraint 56(13%) and intention to have baby boy 32(7.4%).The different reasons for discontinuation of contraceptive methods were intention to have baby 39(26.1%), experience of side effects 37(24.8%), failure of contraceptive method used 27(18%), and difficult to get method 14(9.3%).*
CONCLUSION: *contraceptive prevalence is very low. Contraceptive discontinuation is one of the recognized risks for low prevalence of contraceptive methods. The reasons for not using and discontinuation of contraceptive methods can be eliminated by regular and earlier follow up, an effective counseling, earlier management of side effects and elimination of misbelieves regarding religion and contraceptive use for family planning.*

KEY WORDS: Contraception Knowledge, contraceptive Prevalence, Contraception discontinuation.

INTRODUCTION:

Pakistan is the 6th most populous country of the world .[1] According to population reference bureau the estimated population of Pakistan in 2005 was 162.4 millions and it is expected to be doubled in the year 2050.[2] This high population growth rate will dilute the limited development resources and it will be difficult for Government to provide basic human facilities like food, clothing, housing, health and education to the peoples.

Family planning promotion and improvement in contraception prevalence is essential for controlling growth of population and to keep pace between socioeconomic growth and population expansion. [3,4]. More ever family planning is one of the 6th interventions recommended by World Health Organization to achieve safe Motherhood with subsequent reduction of maternal morbidity and mortality.[5]

The community uptake of the contraceptive methods in Pakistan is only 29 %,[6] In order to improve the contraception prevalence, it is important to understand the needs, concerns and preferences of client and it is imperative to investigate the components of contraceptive dynamics such as contraceptive non use and discontinuation.

The purpose of present study was to assess the knowledge and prevalence of contraception and to find out different reasons for Non use as well as discontinuation of contraceptives in the women who visited Obstetrics and Gynecology out patient department of Isra University Hospital Hyderabad Sindh Province Pakistan.

MATERIAL AND METHODS:

This was a hospital based survey conducted for a six months period from May 2008 to October 2008 at Gynecology and Obstetrics out patient department (OPD) of Isra University hospital. Isra University hospital is one of big tertiary care private sector hospital. It caters patients from Hyderabad and near by villages.

During the study period 800 women in their reproductive life were selected by a non probability convenience sampling, who attended OPD as patients or their attendants. Out of them 9 women refused to participate. The sample for present study finally comprised of 791 women.

Participants were interviewed after taking informed consent. The structured questionnaire was used to gather information regarding sociodemographic and reproductive parameters like age of women and their husbands, education of couple, working status of women, monthly income, number of live children, knowledge and use of contraceptive methods. The reasons for non use and discontinuation of contraceptive were also inquired from respondent.

The data gathered was entered and analyzed by SPSS V16. Frequencies, Mean and standard deviation were calculated.

RESULTS:

The mean age ±S D of women was 29±8.013 years while mean age of their husbands was 36±9.9 years. Overwhelmingly the majority 757(95.7%) women were Muslims. Illiteracy was a common feature of women interviewed, however their husbands were more educated.

A great proportion of respondents 442(55.9%) have monthly income of 5000-10,000 Pk rupees.

The number of children ranges from 1-13, with mean of 3.82±2.24 children per women. The mean number of sons and daughters were 1.83±1.47 and 1.96±1.42 respectively. As shown in Table I.

Majority of respondents 751(95%) were aware about different methods of contraception, however only 214(27%) were practicing it and 577(73%) were not using any method of contraception at the time of survey.

Out of five hundred seventy seven women

Table 1.

Demographic and Reproductive Characteristics of couples (n= 791)

Variables	number	Frequencies
Age of Female		
15-25	295	37.3
26-36	350	44.2
37-47	126	15.9
>47	20	2.5
Age of Male		
15-25	142	18
26-36	244	30.8
27-47	242	30.6
>47	163	20.6
Education of Female in years		
No formal education	499	63.1
5 years	117	14.8
8 years	47	5.9
10 years	55	7.0
12 years	49	6.2
> 12 years	24	3.0
Education of Male in years		
No formal education	244	30.8
5 years	91	11.5
8 years	143	18.1
10 years	100	12.6
12 years	97	12.3
> 12 years	116	14.7
Religion of couples		
Islam	757	95.7
Hindu	23	2.9
Christians	11	1.4
Residence		
Rural	442	55.9
Urban	349	44.1
Number of living child		
1-3	397	50.2
4-6	273	34.5
>6	121	15.3
Occupation of women		
House wife	673	85.1
Working women	118	14.9
Monthly Income in PK rupees		
< 5000	184	23.2
5000-10000	442	55.9
>10000	165	20.9
Knowledge about contraception		
Yes	721	91.2
No	70	8.8

Results are expressed as number and percentages.

who were not using contraceptive, 149(25.9%) women were former users who have discontinued contraceptive due to different reasons.

The major reasons for never use of any contraceptive method were intention to have baby133 (31%), fear of side effects 92(21.4%), religious constraint 56(13%), intention to have son 32(7.4%). Ninety Six (22.4%) women did not give any specific reason for non use of contraceptive methods. Regarding the different reasons for discontinuation of contraceptive methods, frequently reported answer was intention to have baby 39(26.1%), experience of side effects 37(24.8%), failure of contraceptive method used 27(18%), difficult to get method 14(9.3%) while 13(8.7%) reported that contraceptives are expensive and similar number responded that they do not require it. As shown in table: II.

Table II.

Different Reasons for Never use and discontinuation of contraceptive method:

Reasons	number	percentage
Reasons for Never use of any contraceptive methods n=428		
Intention to have child	133	31
No specific reason	96	22.4
Fear of side effects	92	21.4
Religious constraint	56	13
Intention to have Son	32	7.4
Husband/In laws did allow	10	2.3
Not necessary	9	2.1
Reasons for discontinuation of contraceptive method used previously n=149		
Intention to have baby	39	26.1
Side effects	37	24.8
Failure of contraceptive method	27	18
Difficult to get method	14	9.3
Expensive	13	8.7
Not required	13	8.7
Disapproval by husband	6	4

Results are expressed as number and percentages.

DISCUSSION:

In Pakistan Family planning Programm was incorporated in public sector since 1960, since then Government adopted many strategies to increase the use rate of contraceptive methods, but although the knowledge of contraceptive methods increased up to 96% ,[6] the use rate has not been increased up to target level.

The awareness and knowledge of contraceptive methods in present study was 95% similar to the literature, [6, 7] however contraceptive use was only 27%. It is comparable to Contraceptive prevalence rate (CPR) of 28% in district Khairpure and Lahore [8,9] and 29% in district Jamshoro and Tando Allahyar [7], but very low in comparison to CPR of neighboring countries as 48% in India, 58% in Bangladesh and 70% in Sri Lanka.[2].

The literature on non use of contraceptive method for family planning have reported a number of socio demographic factors such as education, residence, socioeconomic status and reproductive parameters like no of living children and fertility goals. Women who are less educated, live in rural areas, are poorer and desire more children are less likely to be using contraception.[10, 11]. Similar findings have been demonstrated in present study as most of women interviewed are less educated, belong to rural areas, have limited amount of monthly income and desire for more children. Other main reason for non use was fear of side effects similar to literature. [7]

The contraceptive continuation rate has been suggested as a useful summary measure of over all effectiveness of Programm.[12] A study of contraceptive dynamics suggest that at least one third of total fertility rate (TFR) in less developed countries was associated with either contraceptive failure or contraceptive discontinuation, [13] the consequences of which can be unintended pregnancy and unsafe abortion.

Major reasons for discontinuation in present study were intension to have baby 39(26%), experience of side effects 37(24.8%) and failure of contraceptive method 27(18%). Similar results were reported in the literature.14, 15, 16, and 17

CONCLUSION:

Contraceptive discontinuation is one of the recognized risks for low prevalence of contraceptive methods and an important issue in family planning service Programm. All the factors associated with contraceptive discontinuation have programmatic implication.

The reasons for not using and discontinuation of contraceptive methods can be eliminated by regular and earlier follow up, an effective counseling, earlier management of side effects and elimination of misbelieves regarding religion and contraceptive use for family planning.

The present study also concludes that awareness of contraceptive methods is very high but the contraceptive prevalence is very low.

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