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## Knowledge, Attitude, Practice of Contraception among Postnatal Women in a Tertiary Care Hospital in Southern Karnataka, India

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### Abstract

The factors associated with acceptance of various contraceptive methods varies with each individual, family and community with their roots embedded in socio economic and cultural practices of Indian society. This is a hospital based cross sectional study done in the department of obstetrics and gynecology, KOIMS, Madikeri for a period of 3 months. Postnatal women in the age group of 18-45 years living with their husband who deliver either vaginally or by LSCS were included in the study. Our study revealed a high percentage of overall knowledge about methods of contraception., in 87.9% knew at least one method.

## INTRODUCTION

India is the most populous country in the world which is rapidly growing at a rate of 16 million per year as per 2011 population CENSUS<sup>[1]</sup>.

India was the first country in the world to launch family planning programme in the year 1952 so that every family has accessibility to contraceptive services based on their own choices<sup>[2]</sup>, yet there is unmet need for contraception at national level of about 20.5%<sup>[3]</sup>.

The factors associated with acceptance of various contraceptive methods varies with each individual, family and community with their roots embedded in socio economic and cultural practices of Indian society<sup>[2]</sup>.

At 2012 London summit, Government of India made a commitment to increase access to family planning services to 48 million additional users by the year 2020<sup>[3]</sup>.

These measures emphasis on providing effective contraceptive methods so that unintended pregnancy., unsafe abortions can prevented which ultimately contributed to reduction in maternal mortality and morbidity<sup>[3]</sup>.

It is established fact that the states with high contraceptive prevalence rate have lower infant and maternal mortalities.

Family planning can avert more than 30% of maternal death and 10% of child mortality if couple spaced their pregnancies by more than 2 years apart<sup>[3]</sup>.

Even though India has made considerable progress in reducing maternal mortality ratio; it still contributes to 20% maternal deaths worldwide. (WHO 2012 report)<sup>[4]</sup>.

To fill the lacuna., a thorough understanding about knowledge, attitude and practice of contraception is essential to identify the unmet needs.

## MATERIALS AND METHODS

This is a hospital based cross sectional study done in the department of obstetrics and gynecology, KOIMS, Madikeri for a period of 3 months.

Postnatal women in the age group of 18-45 years living with their husband who deliver either vaginally or by LSCS were included in the study.

This study included all women who delivered either full term or preterm gestation.

After taking the informed consent women who fulfilled the inclusion criteria were interviewed with the help of a predesigned questionnaire during their stay in the hospital in the postnatal ward. A total of 91 postnatal mothers were included in the study.

The questionnaire elicited information regarding their age., educational status., occupation., socioeconomic status., type of family., knowledge about various methods of contraception., source of knowledge., the current use of any contraceptive method., method preference. The attitude of women

towards contraception was asked and reason for not using contraception were included. The practice defines the usage of contraceptive methods by either partners. Descriptive statistics was used for data analysis. All the collected data were analysed with regard to the information given by the postnatal women.

**Study Subjects:** Postnatal women of 18-45 years of age living with their husband who delivered either vaginally are by LSCS which includes preterm or fullterm.

## RESULTS AND DISCUSSIONS

In the present study., 91 postnatal women were included out of which majority of them where in the age group of 21-25 years (40.7%).

Most of the women around 87.9% were aware of any one of the methods of contraceptives., whereas 12.1% had no knowledge about contraception.

In 59.3% of postnatal women main source of knowledge about different contraceptive methods was through health professionals followed by media (16.4%) and friends and relatives (13.1%).

Table 3 shows that contraceptive awareness was similar between primipara (85.7%) and multipara (87.7%).

In our study., only 68% of illiterate women knew about contraceptive methods; whereas as education of women increased up to Secondary and Higher levels., awareness increased from 88%-91% respectively.

Women living in joint families and nuclear families has similar knowledge about contraceptive 88.5% and 86.6% respectively.

In the present study., contraceptive prevalence rate was found to be 58.2%. Among them., most common method used was natural method (Safe period., calendar) 36.3%., followed by IUCD 23.6%., condom 23.6%., injectables 5.4%., female sterilization 3.6%.

Majority of the subjects (61.6%) agreed that use of contraception is beneficial.

**Opinion Regarding Contraceptive Usage:** Most common contraceptive that they are willing to adopt was IUCD (29.7%) followed by female sterilization (19%)., natural methods was (18.1%)., condom (14%)., OCP (8.8%).

**Method of Contraception Willing to Adopt:** In the present study., it was found that 68.1% of postnatal women are willing to advise contraceptive methods to their friends and relatives.

It was found that most common reason for using that particular method of contraception was comfortable and easy to use (37%)., followed by husband's choice (24 )., easy availability (18.5%)., inexpensive (14.8%).

**Reason for Non-usage of Contraceptive:** 31% of non-users did not use contraception because of the fear of side effects. 9.5% did not use because of lack of awareness. Perceiving not at the risk of pregnancy (4.7%) and opposition by family members (2.2%) were important factors.

This study was conducted to determine the knowledge, attitude, practice of contraception among

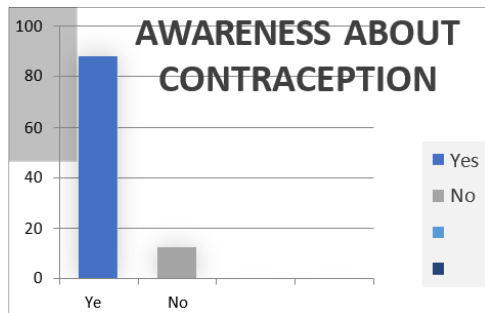


Fig 1: Awareness about contraception

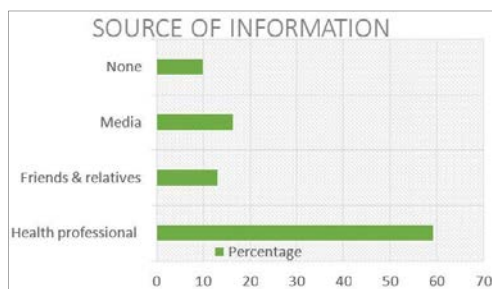


Fig 2: Source of information on contraception



Fig 3: Knowledge about contraceptives was less among housewives (88.3%) when compared to working women (96%).

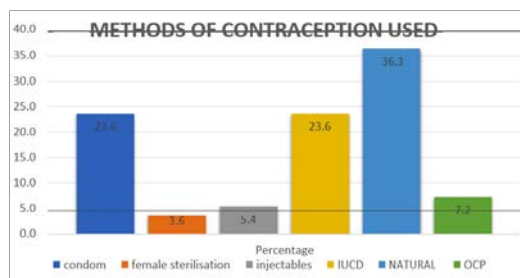


Fig 4: Methods of contraception used

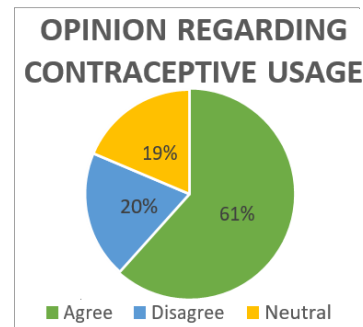


Fig 5: Opinion regarding contraceptive usage

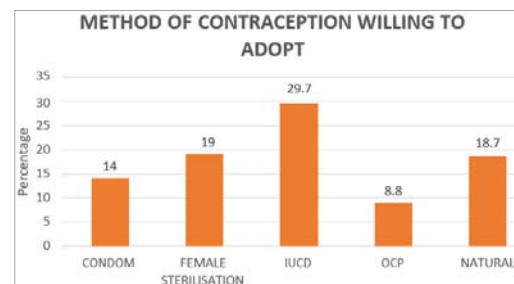


Fig 6: Method of contraception willing to adopt

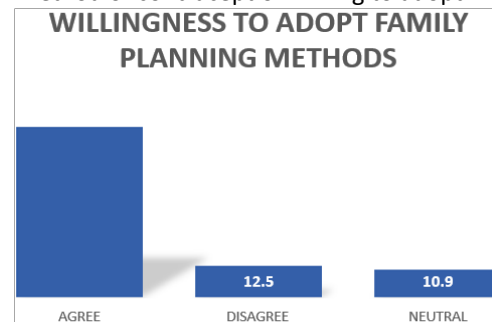


Fig 7: Willingness to adopt family planning method

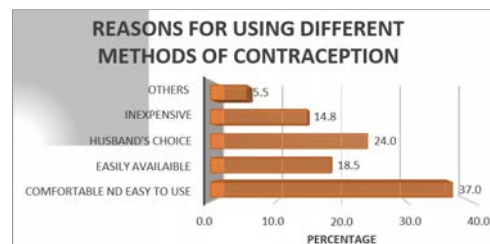


Fig 8: Reasons for using different methods of contraception.

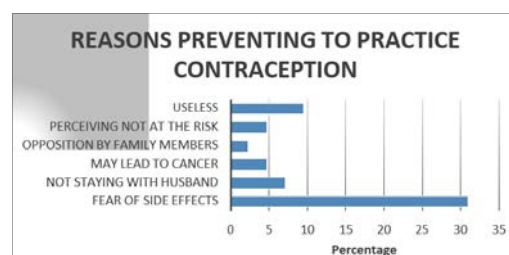


Fig 9: Reasons preventing to practice contraception

**Table 1: Age distribution**

Age (Years)	Frequency	Percentage
< 20	8	8.8
21-25	37	40.7
26-30	30	33
31-35	12	13.2
>36	4	4.4

**Table 2: Shows that awareness to be lowest among the adolescents less than 20 years of age (36.4%).**

Age	Total number	Knowledge of contraceptive methods yes n %	Knowledge of contraceptive methods no n %
<20	91	4(50%)	4(50%)
21-25	37	35(94.5%)	2(5.4%)
26-30	30	27(90%)	3(10%)
31-35	12	10(83.3%)	2(16.6%)
>35	4	4(100%)	0(0%)

**Table 3: Parity V/s awareness**

Parity	Aware	Total	Percentage
Primipara	36	42	85.7%
Multipara	43	49	87.7%

**Table 4: Aware v/s Occupation**

Occupation	Aware	Total	Percentage
Working	12	14	86%
Housewife	68	77	88%

**Table 5: Type of family v/s awareness**

Type of family	Aware	Total	Percentage
Joint	54	61	88.5%
Nuclear	26	30	86.6%

postnatal women with a view to identify culturally sensitive and appropriate measures that will create an empowering atmosphere for effective contraceptive programme in our hospital / tribal area like Madikeri.

Our study revealed a high percentage of overall knowledge about methods of contraception., in 87.9% knew at least one method. Similar awareness rate was found in studies by Tejaswini<sup>[3]</sup> (52%)., Jahan<sup>[5]</sup> (93%).

In the present study., major source of knowledge regarding contraceptives were health professionals (59%)., in contrast to Jahan<sup>[5]</sup> Ramaiah<sup>[2]</sup> was mass media (53%) and (64%) respectively as a most common source.

A study conducted in Ethiopia concluded that 80.3% of health workers contributed in dissemination of contraceptive information<sup>[6]</sup>.

Women's education is an important influencing factor on contraceptive awareness.

In our study., only 68% of illiterate women knew about contraceptive methods., as education increases from secondary to higher levels., awareness increased from 88%-91% respectively. Similar findings were found in studies by Sunita TH<sup>[7]</sup> S. Ghosh<sup>[8]</sup> and by R Srivastava<sup>[9]</sup>.

In present study., IUCD was the most common contraception willing to adopt., which is similar to a study done by Kripa<sup>[10]</sup>

Our study showed a moderate prevalence rate of contraceptive usage of about 58.2% which is similar to studies by Tejaswini<sup>[3]</sup> (52%) and Jahan<sup>[5]</sup> (62.9%). In the present study., 61% of postnatal woman agreed that use of contraception is beneficial and 68% of them are willing to advice to their friends and relatives to use

contraception. This reveals positive attitude towards contraception.

Striking finding is the fact that 31% of non-users did not use contraception due to fear of side effects. This is similar to studies by Agarwal<sup>[11]</sup> (47%).

A study conducted in Nigeria., it was found that fear of side effects (33.8%) as the leading cause of non-usage of contraception<sup>[12]</sup>.

Fear of side effects have constituted as deep seated grounds in impeding the practice of contraception which should be crucially inscribed.

## CONCLUSION

In summary., this study revealed a high level of awareness and positive attitude about contraception among postnatal women., but with a self-disclosing report of low rate of contraceptive usage. This points out that there is a wide knowledge practice lacuna.

More emphasis should be given to impose comprehensive information and education about contraception from antenatal clinics.

Sustained effort should be taken to ensure constant availability of contraceptives at all healthcare facilities round the clock to alleviate the unmet needs. Fear of side effects have constituted a deep seated grounds in impeding the practice of contraception which should be crucially inscribed by counselling in the antenatal period to the family as whole.

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