

Knowledge, Attitude and Practice about Contraception in Females Visiting a Tertiary Care Public Hospital in Mumbai

Charu Dutt Arora*, Monika M. Bhagat**, Reena J. Wani***, Abhiram M. Kasbe****

Topiwala National Medical College, Mumbai, India

E-mail: charuarora2@gmail.com

Background

India was the first country in the world to formulate the national family planning program in the year 1952 with the objective of "reducing the birth rate of the extent necessary to stabilize the population at a level consistent with requirement of National economy". One of the main objective of the programme is to spread the knowledge of family planning methods and develop among the people an attitude favourable for adoption of contraceptive methods. The progress achieved in this sphere is normally assessed from the result of Knowledge, Attitude and Practice (KAP) Survey. Despite the fact that contraceptive usage has increased over a period of time, there exists a KAP- gap i.e. a gap between the knowledge, attitude and practices regarding contraception. In a developing country like India, over population is a major concern. Despite progress resulting from making contraception widely available, there is poor acceptance of contraceptive methods either due to ignorance or fear of complications using them. Inadequate knowledge about contraceptive methods and incomplete or erroneous information about their use or where to procure them are the main reasons for not accepting family planning. Keeping all the se facts in view this study was carried out to assess the knowledge, attitude and practice of contraceptive methods among females visiting a tertiary care public hospital in Mumbai.

Aims & Objectives

To assess the knowledge, attitude regarding family planning and the practice of contraceptives among females visiting a public hospital in Mumbai.

Materials & Methods

This is a cross-sectional study with 200 females in the reproductive age group. The primary tool in this study was predesigned and pretested questionnaire for recording of individual informations.

Result

The knowledge about one or more methods of contraception, particularly modern contraceptive methods was 56% (112). The knowledge about traditional methods of contraception was a mere 30% (60). The most common source of knowledge for females in general was the "Exposure to family planning messages" (62%) followed by discussion with doctors and other health care workers (30%). Of 200 interviewed subjects, 82 (41%) were practicing different contraceptive methods. Completion of family was found to be the most common reason for using contraception (81%). Fertility related reasons (45%) followed by husband's opposition (28%) were the common reasons for not using contraception. Positive attitude for contraception was shown by 158 (79%) females.

Conclusions

The study reveals good knowledge and favourable attitude of females towards contraception. The study also highlights that awareness does not always lead to the use of contraceptives. A lot of educational and motivational activities and improvement in family planning services are needed to promote the use of contraceptives and reduce the high fertility rate.