



Highlighting the influencing factors of the knowledge of contraceptive methods and its use among women age 15-49: National Family Health Survey- IV

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Abstract

Background: the status of family planning in India is not something the same all over India. So many factors are contributing to shaping the phenomenon of family planning. In the present article, the factors such as age, area of the residence, educational status, and women's exposures to the mass media have been analyzed by considering the following objectives. **Objectives:** To understand how social-economic characteristics have an impact on knowledge and current use of contraception among women age 15-49. And to examine role education and mass media on knowledge and current use of contraception among women age 15-49.

Methodology: A secondary data have been used from the National Family Health Survey (NFHS-IV), which was conducted in 2015-16. It covers all 29 states and six union territories of India's population. This survey has gathered information from 699,686 women from the reproductive age group from 15-49 years. It provides cross-sectional survey data on women's contraceptive practice, marriage, fertility, unmet need of FP, social and demographic determinants of India. The socio-demographic features of the women respondents such as age group education, income, occupation, and other features, data have been analyzed by using a distribution frequency test. Different variables have been used to analyze data further. The variables such as levels of education, age, social status, wealth index, the residence of the respondent and exposure to the media have been analyzed to justify the objectives by using the SPSS software

Results and Conclusion: knowledge and use of contraception have been influenced by many factors. Based on the results and analysis, factors such as the age of the women, marital status, wealth index, residential status, and their exposure to the mass media are determining their knowledge and practice of family planning in small or large proportions.

Keywords: family planning, mass media, determinants of the family planning, reproductive health

1. Introduction

According to WHO family planning allow person or couple to have the desired number of children along with many other aspects of it. Family planning has been considered to be one of the major components of reproductive health. Family planning means not only limiting family size but with the use of various contraceptive methods, we can maintain space between two births. Family planning is beneficial in many ways for the individual as well as for country also, with the use of modern or traditional method a person or couple can limit family size, they can delay first birth if a mother is younger and they achieve good health of the mother as well as of baby. Also with the use of various contraceptive methods they can avoid STD, STI, and RTI. However, the whole range of objectives of the family planning are remained ignored because of dominant focus has been given only to reduce the fertility rate by ignoring other aspects of family planning.

As we know India is the second-largest populated country in the world and very soon India will pass China. Currently, China is the largest populated country but due to its effective and strict policies, they controlled their fertility rate. As of now, India's fertility rate is 2.2(NFHS-4) which has also been dramatically reduced. It may be because India is the first country in the world that adopted family planning by establishing a family planning commission in 1951. In a country like India, it's very difficult to execute policies and

programs uniformly because India is a very vast country and their peoples living with different religions and different castes, cultures, traditions, and different ideologies too. All these factors matter a lot when it comes to the use of the different types of contraceptive methods of family planning. The use of contraceptives methods varies from caste to caste; religion to religion (NFHS-3), and also use of contraceptive methods depend on education and residential status. Sometimes families or couples not using contraceptive methods because they think this is against nature or it is against rituals and sometimes many communities think this may harmful to their health. Governments taking efforts to spread awareness and conveying benefits of contraception use through the various health workers, ASHA, ANM but still there are some loopholes and gaps due that many goals of the family planning remain unachieved.

Cecilia Larsson et. al (2014) ^[1] wrote that education is positively associated with the use of contraceptives, yet the impact of a woman's education varies according to context, reflecting region, culture, and level of development, education matters more for deciding between use versus non-use than it does for the choice of method. Even more, Rizwan S A et. al (2012) ^[6] in their study highlighted that more illiterate women had a preference for a male child as compared to literate women Even so half of the literate women preferred a male child and also author mentioned in

a study how knowledge of use contraception method is low among illiterate women so the rate of unsafe abortion high among them. The status of family planning in India is not something the same all over India. So many factors are contributing to shaping the phenomenon of family planning. In the present article, the factors such as age, area of the residence, educational status, and women’s exposures to the mass media have been analyzed by considering the following objectives.

2. Objectives

1. To understand how social-economic characteristics have an impact on knowledge and current use of contraception among women age 15-49.
2. To examine role education and mass media on knowledge and current use of contraception among women age 15-49.

3. Methodologies

Data

A secondary data have been used from the National Family Health Survey (NFHS-IV), which was conducted in 2015-16. It covers all 29 states and six union territories of India’s population. This survey has gathered information from 699,686 women from the reproductive age group from 15-49 years. It provides cross-sectional survey data on women`s contraceptive practice, marriage, fertility, unmet need of FP, social and demographic determinants of India.

Methods and Statistical Analysis

The socio-demographic features of the women respondents such as age group education, income, occupation, and other

features, data have been analyzed by using a distribution frequency test. Different variables have been used to analyze data further. The variables such as levels of education, age, social status, wealth index, the residence of the respondent, and exposure to the media have been analyzed to justify the objectives.

Frequency distribution and cross-tabulation have been performed while analyzing the data SPSS software has been used.

4. Result & Discussion

Age and the knowledge of the contraceptives and its use

The table following table (4.1) cross-tabulation of women’s age and their knowledge and use contraception has been given. In the table, we can see how age influences the knowledge of contraceptive methods. We see that among the 15-19 age group 6.6 % of women don’t know any method of contraception and 93.3 % of women among the same age group know modern contraceptive methods. As the age increases we see that women are not aware of any contraceptives are reducing to the less %age comparatively. Further in the age group 30-34 near about 99 % of women know modern methods and almost 1 % averagely doesn’t know about any method.

Further, in the same table we observe that in the age group 15-19 almost 98.1% are not using any method which means there is no attempt of avoiding early motherhood or postponing 1st delivery. As the age increases then we find that more and more % of the women using different methods of family planning.

Table 1: Age group of the women and the knowledge of the contraceptives and its use N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Age in 5-year groups	15-19	6.6%	0.1%	93.3%	98.1%	0.6%	1.3%	124878
	20-24	1.9%	0.1%	98.0%	83.0%	3.6%	13.4%	122955
	25-29	1.2%	0.1%	98.8%	60.1%	5.8%	34.1%	115076
	30-34	1.0%	0.1%	99.0%	44.4%	6.7%	49.0%	97048
	35-39	1.1%	0.1%	98.9%	39.4%	6.8%	53.8%	90433
	40-44	1.3%	0.1%	98.6%	41.2%	5.7%	53.0%	76627
	45-49	1.6%	0.1%	98.3%	47.3%	3.5%	49.2%	72669

Impact of residence on the knowledge and use of the methods of family planning: Table no 4.2 displays information on how residence of the women in India has an impact on the knowledge and use of the different contraceptive’s method. In the table, it could be seen that the women living in rural areas are more likely to have less knowledge of contraceptives than women who live in the

urban area. Even more, when we compare the use of contraceptives on the basis of residence of the women then we find the little gap. Though the gap is not huge but it is visible. However, we also observe that impact of residence is neutral when it comes to the use of traditional methods of family planning.

Table 2: Impact of residence on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Type of place of residence	Urban	1.4%	0.0%	98.5%	61.9%	4.5%	33.6%	204735
	Rural	2.6%	0.1%	97.3%	63.0%	4.5%	32.5%	494951

Impact of wealth index on the knowledge and use of the methods of family planning: Table 4.3 could be used as an evidence to prove the fact that how wealth quintile of the

women in India has an impact on the knowledge and use of different methods of contraceptives. In the table, it is easily observed those women who are in the poorest quintile are more likely to lack knowledge of

any contraceptives. As the wealth quintile improves then even the level of knowledge is also increases. The same table shows that near about 95.6 % of poorest women know modern methods and 4.2% don't know any methods whereas poorer and middle class averagely 97 % women knowing modern contraceptive methods, richer women near about 98.5% and among the richest 91.1 % women know

modern methods and almost 1 % women don't know any method
 Even more when it comes to the use of different methods of contraceptives, we find that rich women are more likely to use modern methods of contraceptives than the poorest women. Surprisingly wealth quintile doesn't show a clear understanding of the use of traditional methods and the proportion of it is more among the rich women.

Table 3: impact of wealth index on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Wealth index	Poorest	4.2%	0.2%	95.6%	68.2%	4.4%	27.4%	133249
	Poorer	2.7%	0.1%	97.2%	63.7%	4.7%	31.5%	149466
	Middle	2.2%	0.1%	97.8%	61.9%	4.3%	33.8%	147168
	Richer	1.5%	0.0%	98.5%	61.0%	4.3%	34.7%	138502
	Richest	0.9%	0.0%	99.1%	58.4%	4.8%	36.8%	131301

Further, when it comes to the current use of contraceptive methods above 68 % of poorest women and 63.7 % poorer women currently not using any contraceptive methods and in the middle, richer and richest category 61.6, 61 and 58.4 % women respectively currently not using any method of contraception and in same category 33.8 % middle class, 34.7 % richer and 36.8 richest women currently using modern contraceptive methods and 4.8 % richest women using traditional contraceptive methods which high among categories as well as 4.7 % poorest, 4.4 % poorer women currently using traditional contraceptive and remaining

all 4.3 % of women from each category currently using a traditional contraceptive method.

Impact of marital status on the knowledge and use of the methods of family planning: Table no 4.4 is helpful to understand how marital status of women influences the knowledge and practice of family planning in India. Those women who are currently married are more likely to know and use the different methods of family planning. The women who are widowed and divorced are less likely to use contraceptives. It may be because of a lack of partner or no involvement in sexual intercourse.

Table 4: Impact of marital status on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Current marital status	Never in union [includes: married gauna not performed]	5.8%	0.1%	94.2%	99.7%	0.0%	0.2%	171797
	Married	1.1%	0.1%	98.8%	49.4%	6.3%	44.3%	499627
	Widowed	1.9%	0.1%	98.0%	65.5%	0.1%	34.3%	20408
	Divorced	2.2%	0.2%	97.6%	92.3%	0.2%	7.5%	3112
	No longer living together/separated	2.4%	0.1%	97.4%	81.1%	0.3%	18.6%	4742

Note- Gauna is the Hindi word indicates that women are married but there are not involved in the sexual intercourse

Those women never married and those women whose Gauna was not performed among them 5.8 % women don't know any method of contraception and 94.2 % women from the same category knows modern contraceptive methods 98.8 % married women know modern contraceptive methods and only 1 % among them unaware about any method of contraception. 98 % widow and 97.6% of divorced women know the modern method. 2.4 % of Separated women don't know any method of contraception but 97.4% knows modern methods. Only 0.2 % women never married and Gauna has not performed women currently using modern contraceptive methods and 99.7 % women among same category currently not using any methods, 44.3 married and 34.3 % widowed women currently using modern methods whereas 98.2 % of divorced women currently not using any method but 7.5% of divorced women currently using modern contraceptive

methods which lowest among categories. 18.6 % of separated women also using currently modern contraceptive methods. Near about 6.3 % married women using the traditional methods currently.

Working status, the knowledge and use of contraceptives: table no 4.5 displays message on the impact of working status of women in the knowledge and use of contraceptive methods. Working status of the respondents is also having an impact on knowledge of contraception methods as we see in the able those women are currently working among them near about 98.5 % of women knows modern contraceptive methods and those women not working among them 97.8 % women knows modern methods of contraception and 2.1 % not knowing any method, 0.1 % working and non, -working women knows traditional methods.

Table 5: Impact of working status on the knowledge and use of the methods of family planning N-122,351

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Respondent currently working	No	2.1%	0.1%	97.8%	63.7%	4.9%	31.4%	93713
	Yes	1.5%	0.1%	98.5%	54.8%	4.3%	40.9%	28638

In terms of use in the same table, we observe the difference that near about 40.9% of the working women currently using modern contraceptive methods and other hands only 31.4 % non-working women currently using modern contraceptive methods but when we talk about tradition method use 4.9 % non-working women and 4.3 % working women using tradition method currently but the %age of using no methods is high among non-working women which is 63.7 and 54.8 % working women not using any method of contraception currently.

Educational status of women and contraceptive knowledge and practice: in the table no 4.6, it could be observed that how education of the women influences on contraception knowledge and use. We clearly see women with no education their %age high of knowing no method

which 2.6. % almost similar of knowing no methods of those women completed primary and secondary education among them respectively 97.6 and 97.5 % both are knowing modern contraceptive methods but when we looking for knowing no method %age of higher educated women we found only 0.7 % higher educated women not knowing any method of contraception, when we try to find about current use contraception 52.2 % women with no education, 53.6 % women with primary education, 68.4 % women with secondary education and 74.2 % women with higher education they currently not using any contraceptive methods. Currently, modern contraceptives using 42.8 % women with no education, 41.6 % of women with primary education, 27.4 % secondary education, and 21.6 % higher educated women.

Table 6: Impact of educational status on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Highest educational level	No education	2.6%	0.1%	97.2%	52.2%	4.9%	42.8%	196556
	Primary	2.3%	0.1%	97.6%	53.6%	4.8%	41.6%	88290
	Secondary	2.5%	0.1%	97.5%	68.4%	4.2%	27.4%	334927
	Higher	0.7%	0.0%	99.3%	74.2%	4.2%	21.6%	79913

Impact of media exposure on the family planning of women: as it has been also proven that media affects the knowledge level of humans. The same thing happens when it comes to family planning and media exposure. For instance, even the reading newspaper has an impact on family planning. The information regarding it has been displayed in the table no 4.7. In the table we see mass media like newspaper also affecting on knowledge and use of contraception, those women not reading newspaper or magazine at all near, about 2.7 % women not aware about any method of contraception but those are reading at least in

a week or daily among them respectively 1.9 and 1.4 % women not knowing any method of contraception. 97.2 % of women those not reading newspapers at all they know modern contraceptive methods and 98 % women those reading once a week and 98.6 % women those reading newspapers and magazines daily they knowing modern contraceptive methods. It is not there is a huge difference but there are so many factors influence family planning therefore we need to consider every factor even if it contributes a less.

Table 7: impact of reading newspaper on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Frequency of reading newspaper or magazine	Not at all	2.7%	0.1%	97.2%	58.8%	4.9%	36.3%	427417
	Less than once a week	1.6%	0.0%	98.4%	68.5%	4.3%	27.2%	102276
	At least once a week	1.9%	0.0%	98.0%	70.7%	3.4%	25.8%	86196
	Almost every day	1.4%	0.0%	98.6%	67.1%	3.8%	29.1%	83797

Further, those women who were not reading newspapers at all, from them near about 36.3% of women currently were using modern contraceptive methods. From the same category, near about 4.9 % of the women were using traditional methods currently. Those reading it less than a week from them near about 27.2 % of women were using a modern contraceptive method currently and 4.3 % traditional. 29.1 % women those reading newspaper or magazine daily they using the modern contraceptive method and those who are not currently not using any methods and

their %age are high of those reading newspaper at least a week and less than a week of which is 69.4 and 68.4 respectively.

Listening radio, knowledge and use of the methods of family planning: after referring the table no 4.8, we understand that Those women listening radio not at all among them 97.6 % women knows modern contraceptive methods and those 2.3 % not knowing any method of contraception, 97.2 and 97.9 % women those listening radio

at least once a week and those listening daily they know modern contraceptive methods respectively and among them 2.7 % women those listening radio at least a week and 2.0 % women those listening daily they don't know any method of contraception, those women listening radio, not at all among them 33.9 % women using currently modern

contraceptive and other hands those women listening radio at least week and those listening daily among both 26.9 % women currently using modern contraceptive methods, 4.9 % women those not at all listening radio they using traditional method currently.

Table 8: Impact of listening radio on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Frequency of listening to radio	Not at all	2.3%	0.1%	97.6%	61.4%	4.6%	33.9%	585631
	Less than once a week	1.6%	0.1%	98.3%	68.4%	3.9%	27.8%	41394
	At least once a week	2.7%	0.1%	97.2%	69.4%	3.7%	26.9%	43668
	Almost every day	2.0%	0.1%	97.9%	69.2%	3.9%	26.9%	28993

Watching television, and family planning in India: table no 4.9 could give an evidence on the impact of women watching television on their practice of family planning. The table shows that near about 4.2 % of those women don't know any method of contraception they were not watching television at all but among them, 95.6 % of women know modern contraceptive methods. Those watching television at least a week among them 2.2 % of women don't know any method of contraception and 97.8 % of women know modern contraceptive methods. Those watching television daily among them 1.5 % women don't know any method of contraception which is very low among them 98.4 % women know modern contraceptive methods and when we talk about current use of contraception only 27.8 % women those not watching television at all they using currently

modern methods and those women watching television less than a week, at least in the week and those watching daily they using currently modern contraceptive methods among them 30.6%, 32.2% and 35.5 % respectively, women currently using modern contraceptive methods respectively. Here we can see 67.2 % women not using any method of contraception and they not watching television at all and those women watching television at least week among them 63.6 % women not using any method of contraception and those watching television daily among them 60.3 % women not using any method currently, those using traditional contraceptive method among them 5.0 % women those not watching television at all and 5.4 % those watching television at less than week.

Table 9: impact of watching television on the knowledge and use of the methods of family planning N-699,686

		Know of methods			Current use by method type			Total
		knows no method	knows only folk or traditional method	knows modern method	No method	Traditional method	Modern method	
Frequency of watching television	Not at all	4.2%	0.2%	95.6%	67.2%	5.0%	27.8%	170542
	Less than once a week	1.9%	0.1%	98.0%	64.0%	5.4%	30.6%	52768
	At least once a week	2.2%	0.1%	97.8%	63.6%	4.3%	32.2%	81777
	Almost every day	1.5%	0.0%	98.4%	60.3%	4.2%	35.5%	394599

5. Conclusion

While concluding it can be said the knowledge and use of contraception have been influenced by many factors. Based on the results and analysis, factors such as the age of women, marital status, wealth index, residential status and, exposure to the mass media are determining their knowledge and practice regarding family planning in small or large proportions. More importantly, the wealth index of the women in India putting significant impact on the current use of contraception and knowledge of contraception where can see the poorest and the poorer women having a lack of knowledge and current use of contraception as compared to women from middle, richer and richest wealth quintile. We also found that employment also putting an impact on knowledge of contraception and the current use of contraception. working women having more knowledge about contraception and the current use of contraception also high among working women as compare to non-working women.

Main factors such as education of the women and exposure to the mass media having a significant impact on knowledge and current use of contraception,

Therefore, it could be highlighted how indicators related to the education of the women and other factors are important while framing the family planning policy. Therefore, the government needs to give focus on them; at least they can provide free education to every girl so they will able to read and write which later would have an impact on their family planning. we know the government running several schemes for them but still, they did not reach completely to ground level. Even more importantly it is really important to focus on other equally important indicators of family planning where we can improve the health of the women by avoiding early motherhood and keeping the space between two births.

6. References

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