



Knowledge and practices of contraceptive methods among rural women: A case evidence from Coimbatore district

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Abstract

Every woman has the right to protect her health. In the modern world women facing more problem to protect reproductive health. Due to economic dependency and high fertility cause morbidity among them. Contraceptive practices help them to get good health. The present study discusses about the knowledge of contraceptive practices among rural women to attain reproductive rights. The present study was conducted in Thenamanallur village located in Thondamuthur Block of Coimbatore District. Based on krejeice Morgan (1970s) table the data was collected from 200 married women in the age group of 15-49 years (reproductive age). The result found that most of the respondents got married after the legal age of marriage. The respondents have good knowledge about contraception. Media plays vital role to get knowledge about contraception. But certain barriers like family pressure, fear about side effects results women unwillingness of use.

Keywords: contraception, knowledge, reproductive health, women

Introduction

India is one of the important developing nation among the developing countries. Women secured half of the total population instead of that concentration on their health is very essential. But still women are fighting to safeguard their body as well as their rights. In this aspect reproduction plays an important role to secure women health. New reproductive technologies disrupt women health like excessive fertility and termination of foetus. It negatively influences the economic wellness of nation. Similarly it affects better policy implementation. Unattained health benefits to rural women cause the high morbidity condition and excess child birth. Lack of knowledge about contraceptive practices among rural women negatively influences their health. Every woman has the right to protect her reproductive health through their reproductive rights. But still women are fighting to access the reproductive rights in the modern world due to economic dependency. Knowledge of contraception among women can help fertility regulation and better health condition of women. Because securing health is most important challenge for women in the present scenario.

This gender inequality decreases women's ability to have a healthy life, and increases their risk of illness too. The present study discusses about the knowledge of contraceptive practices among rural women to attain reproductive rights.

Review of literature

Suniha Ghike *et al.*, (2010) has described that media is one of the important source followed by ANM and health workers getting knowledge about contraceptives among rural women. The study shows majority of the respondents has clear knowledge about contraceptives but its practice is very few

due to family pressure, son preference and myths regarding family planning.

Problem Formulation

Contraceptive practices are one of the challenging issues among women especially in rural areas. Reproductive rights supports women sexual and reproductive health, but Lack of implementation of proper laws, social norms and family pressure restraints women to access their rights in better way. This study mainly focuses on knowledge about contraceptive practices among rural women.

Objectives of the study

- To study the personal profile of respondents
- To study the contraceptive knowledge and its practices among rural women
- To identify barriers of contraceptive practices

Methodology

The present study was conducted in Thenamanallur village Thondamuthur Block which located in rural setting of Coimbatore District. The tool used in the study was developed after reviewing the literature. Both primary and secondary data was included in the study. The data was collected from married women who are in the reproductive age (15-49years}. Interview schedule was used to collect primary data from the respondents. Secondary data was collected from the books, journals and related websites.

Sampling

The data was collected from 200 married women who are in the age group of 15-49 years (reproductive age) in

Thenamanallur village of Coimbatore District. The sample population was identified based on Krejcie Morgan (1970s) table. The data was collected from the respondents through proportionate random sampling. A pre-test was conducted among 20 respondents to validate the interview schedule.

Scope of the study

The study is limited to knowledge of contraceptive practices among married women who are living rural areas.

The study has been conducted from the point of view selected

respondents. The study also focused knowledge and practice of contraceptives among married women and data collection was done in the month of August 2017.

Results of the study

Personal profile of the respondents plays an important role in analyzing the data. Primary data like age, education, family income, age at marriage and number of children was collected from 200 respondents and the result is given in the table 1.

Table 1: Personal profile of the respondents

Responses/ Variables	Categories			
	Age	<20 years 18 (9.0%)	20-29 years 86(43%)	30-39 years 69(34.5%)
Education	No formal education 9(4.5%)	Up to 5 th 76(38%)	6-10 th 94 (47%)	11 th -12 th 21(10.5%)
Family income	Less than/5000 59(29.5%)	5001-10,000 82 (41%)	10001-15000 36(18%)	15,001-20,000 23(11.5%)
Age at marriage	Less than 18years 68 (34%)	18-21 years 91(45.5%)	22-25years 33 (16.5%)	Above 25 years 8(4%)
Number of children	Single child 12(6%)	Two children 124(62%)	More than two children 64(32%)	

Source: Primary data

It is observed from the table 1 that 43 percent of the respondents in the age group of 20-29 years. 47 percent of the respondents completed their secondary education. 41 percent of the respondent's family income is 5001-10,000 Rs/month. 45.5 percent of the respondents got married after the age of 18-21 years which shows most of them are married after the legal age at marriage. 62 percent of the respondents have two

children.

Table 2 shows the respondents knowledge about contraceptives. The data was collected from married women who are living in the study area and those who come under the reproductive age of 15-49 years. The respondents' point of view was further analyzed and it is given below.

Table 2: Knowledge of contraceptives

Sl. No	Particulars	Responses	
		Yes	No
	Knowledge		
1	There are two type of contraceptives	132(66.0%)	68(34.0%)
2	Contraceptive methods are used to space between the children	167(83.5%)	33(16.5%)
3	Permanent contraceptive includes family planning	182(91%)	18(9%)
4	Natural contraceptive is good for women health	92(46.0%)	108(56.0%)
5	Natural method has more chances of failure	179(89.5%)	21(10.5%)
6	Temporary contraceptives(pills, coper-T) causes health issues among women	146(73.0%)	54(27.0%)
7	Contraceptive helps for population control	188(94.0%)	12(6.0%)

Source: Primary data

It is inferred from the table 2 that majority of the respondents (66%) knew about two type of contraceptives. 83.5 percent of the respondents say that contraceptive methods are used to space between the children and 91 percent of the respondents states permanent contraceptive includes family planning. Women can choose natural method of contraceptives like calendar method, breast feeding it never cause health problems and it is good for women (46%) but it has more chances of failure(89.5%) compare with other methods due to that women not interested to accept. 73 percent of the

respondents reported that temporary contraceptives like copper-t, pills causes morbidity among women. It is observed that 94 percent of the respondents accepted contraceptives helps to reduce unwanted pregnancy ultimately it result population control.

Table 3 shows the respondents who are practiced the contraceptive and what are the barriers they faced to use contraceptives. The data was collected from 200 respondents and the result is given below.

Table 3: Contraceptive practice and barriers

Sl. No	Particulars	Responses	
		Yes	No
	Practice		
1	Have you(spouse) used any type of contraceptives	124(62.0%)	76(38.0%)
2	If yes specify	i. Copper-T	86(69.3%)
		ii. Condom	26(20.9%)
		iii. Pills	12(9.6%)
3	You felt any kind of health issues due to contraceptives	52(41.9%)	-
4	Who suggested to accept contraceptives?	i. My own wish	41(33.0%)
		ii. Family members	12(9.6%)
		iii. Health workers	36(29.0%)
		iv. Neighbors	07(5.6%)
		v. Information from media	28(22.5%)
	Barriers to Practice	Yes	No
5	Your family supported to accept contraceptive	112(56.0%)	88(44.0%)
6	You felt any barriers while using contraception	136(68.0%)	64(32.0%)
7	If yes specify	i. Fear about health issues	79(58.0%)
		ii. Family pressure	28(20.5%)
		iii. Myths	7(5.1%)
		iv. Son preference	22(16.1%)

Source: Primary data

It is observed from the table 3 that 62 percent of the respondents used available contraceptives like copper-T (69.3%), Condom (20.9%) and pills (9.6%). 41.9 percent of the respondents felt certain health issues due to contraceptive use. The questions who suggested to accept contraceptives and the responses was collected which shows 33 percent of the respondents are accepted based on their own wish, 9.6 percent of the respondents are accepted by the family members opinion, 29 percent of the respondents say that the health workers available in the area are advised to use contraceptives, 5.6 percent of the respondents got opinion from the neighbors, media plays an important role to spread the health information to the people which shows 22.5 received information about contraceptives through media.

It is inferred that 56 percent of the respondents' family supported to use contraceptives. But the respondents felt some kind of barriers to choose contraceptives (68%) like fear about health issues (58%), family pressure(20.5%), myths about contraception (5.1%) and finally son preference(16.1%).

Conclusion

India is one of the developing nation has high number of population. Fertility regulation and population control is essential at present. The study focused contraceptive knowledge and practices of rural women which helps the society. In this study respondents has good knowledge about contraceptives unfavorable attitude regarding contraception and lack of knowledge causes more number of children in the family. Myths regarding family planning, family pressure related to son preference are the major barrier to practice contraception.

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