

Research Paper

Awareness and Uses of Different Contraceptive Methods among Women in Nandigram II Health Block, Purba Medinipur, West Bengal

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ABSTRACT:

This study aims to examine the awareness about family planning and uses of different contraceptive methods in rural India. India launched Family Planning Program way back in 1952 and making it the first country in the world to do so and spent huge resources; and currently, is still facing serious problems resulting from huge population growth. The family welfare program has traveled a long way, but still fertility control has not reached its desired level and that is to reduce India's overall fertility rate to 2.1 by the year 2025. Factors known to affect contraceptive use extend from the attributes of the individual, through resources of the household and community in which person lives, to socio-cultural mores and institutions that affect autonomy, behavior and lifestyle, and access to healthcare services. Rural Health Mission and different mass media are helping the rural India to aware about family planning and different methods of it.

Keywords: Family Planning, Contraceptive, Rural Health Mission, Fertility rate, Population growth

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I. INTRODUCTION

India launched an official family planning program in 1952 as a part of its First-Five year plan and over the years, the program has been expanded considerably through the extension of a network of Maternal and Child health Services. The main target of family planning is to reduce India's overall fertility rate to 2.1 by the year 2025^[3]. In 2005 India embarked on the National Rural Health Mission to strengthen the health system and to meet the Millennium Development Goals of 2000^[4]. India's focus for family planning should be on how to address the unmet need for contraception and ensure access to adolescent, maternal and child care. To improve reproductive health in the long term engagement with young people is essential. The attributes of the individual, the household and community in which person lives, socio-cultural norms that affect autonomy, behavior and lifestyle etc affect the extension of contraceptive use^[2]. Socio-economic status of eligible couple is also an important determinant of contraceptive prevalence. The program has been expanded to reach every nook and corner of the country and has penetrated the Primary Health centers and Sub Centers in rural areas, Urban Family Welfare Centers and Post-partum Centers in the urban areas^[2]. Contraceptive Basket of Choice under National Family Planning Program provides two type of contraception. These are- Temporary Methods Condoms (Nirodh), Oral Contraceptive Pills-, Centchroman (Chhaya), Emergency Contraceptive Pills (Ezy Pill), Intra-Uterine Contraceptive Devices (IUCD) Two types: Cu IUCD 380A (10 yrs) and Cu IUCD 375 (5 yrs), Injectable MPA. There are permanent methods also, Male Sterilization (Conventional Vasectomy/NSV) Female Sterilization (Minilap/Laparoscopic). A woman's ability to choose whether and when to become pregnant directly affect her health and well-being^[7]. Though main purpose of family planning is to prevent the growth of population, the methods of family planning have its own impact on mothers health. Family planning is achieved through contraception, defined as any means capable of preventing pregnancy and through the treatment of involuntary infertility. The contraceptive effect can be obtained through temporary and permanent means. The main goals of the study are-to know the awareness about family planning among the women. How much extent they adopt the modern contraception for family planning.

II. METHODOLOGY

Study design and respondents

The study is conducted in 3 villages of Nandigram II Health Block named Amratallya, Jayanpur and Pathuria. The area is under Reapara Rural Hospital and Nandigram Super Specialty Hospital. The main respondents are married women, residing in the study area, aged 18-49 years, who are sexually active, not in the menopause with no contraindication from getting pregnant. Respondents are selected randomly who visited the health care services for any reason and invited to undergo an interview. The study is a cross-sectional study with 100 samples. Primary survey was done in 2021 during Covid lockdown.

Data collection and analysis

A predesigned questionnaire was used to interview the selected respondents and the questionnaire included socio-demographic information regarding age, educational status, religious, family income, number of living child; awareness about family planning, adoption of different contraception for family planning etc. After data collection the data are arranged and analyzed using statistical and cartographic techniques. Then the final step of the study is to discuss the whole findings.

III. RESULT AND DISCUSSION

Socio-demographic structure of an area are highly influencing for the family planning scenario of the area. The socio-cultural circumstances are one of the indicator of adoption of any type of family planning methods. Mainly the mothers use the contraception for the family planning purpose^[1]. Whether the mother should use the method or not it depends on different demographic and social behavior such as education of the mother, income of the family, age of mother, religion, number of living children etc.

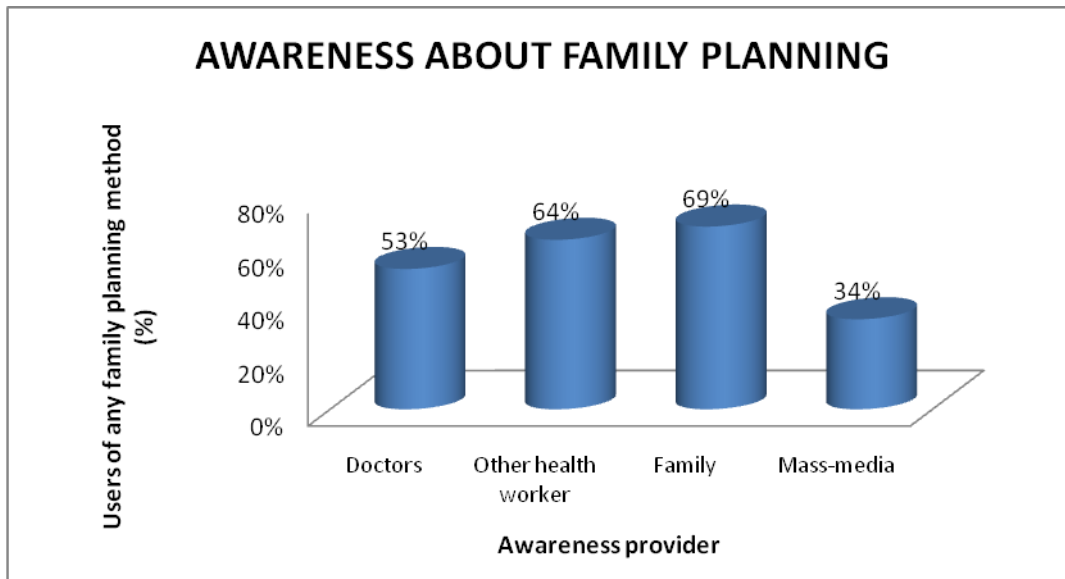
TABLE: DIFFERENT SOCIO-DEMOGRAPHIC FACTOR AND THE USERS OF ANY FAMILY PLANNING METHODS

Socio-demographic Indicators		Users of any family planning methods (%)
Age group of the mother	<25	13
	25-29	43
	30-39	57
	40+	69
Educational level of the mother	5-9 year complete	16
	10-more year complete	31
	12-more year complete	78
Number of living children	0-1	17
	2-3	47
	≥4	78
Religion	Hindu	42
	Muslim	23
	Others	2

SOURCE: Primary survey, 2021 (N=100)

In the study area the mother of the age group 25-39 are mostly the users of any family planning methods. When the mothers have more than 2 children they are more interested about family planning. When the mothers are more educated they are well aware about family planning and mostly adopted the contraception methods. Income of the family also an important factor for the users. Large amount of monthly income is the reason of more children of the family. According to rural India thought children are the investment for the future. If one family can bear the expense of more children then they have more investment for their future. In this process the large income family is not interested in family planning. Different religious behaviors also influence the family planning method. The Hindus are more active on family planning than the Muslims of the area.

Government of India announces different contraception for the purpose of family planning. The right path of use of these method should known by the users. The wrong use of contraception may infertile the mother so women should use the methods with right guidance^[5]. Awareness about family panning and uses of contraception is much mandatory. Government of India has increased domestic investment for family planning for the better demographic future of India^[6]. In rural India family planning methods are now familiar due to the rural health centers and the service providers such as ASHA workers and also people are influenced by mass media also. Different types of contraception are used by the couple in my selected study area.



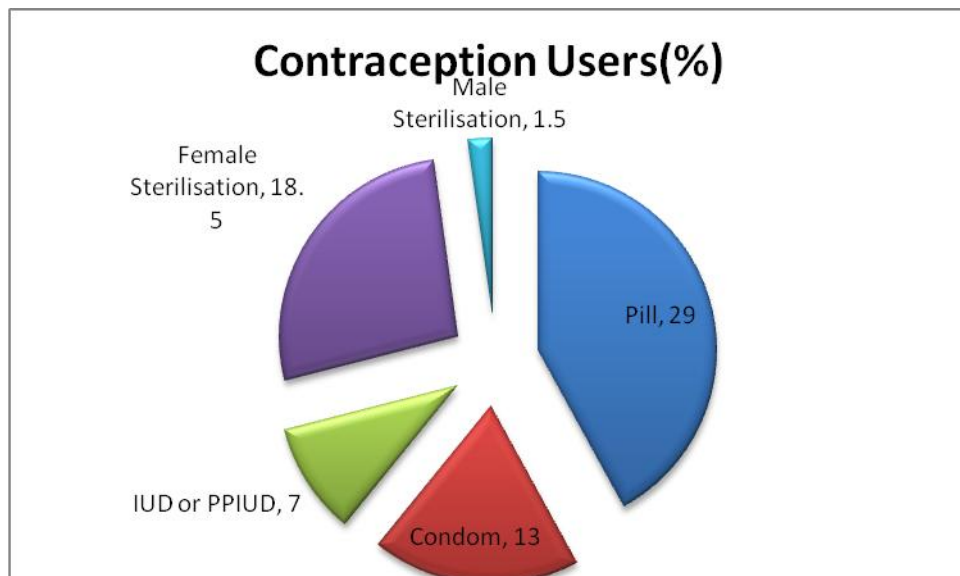
SOURCE: Primary Survey, 2021 (N=100)

The respondents of the survey are from different backgrounds and they have different view about uses of contraceptive methods.

Contraceptive methods used by couples

Type of contraceptive	Users(%)
Pill	29
Condom	13
IUD or PPIUD	7
Female Sterilization	18.5
Male Sterilization	1.5

SOURCE: Primary Survey, 2021 (N=100)



Most of the mothers of my study area used contraceptive methods for family planning purpose. There are mothers who believe in traditional methods of contraception also. 29% of mothers uses different type of contraceptive pills. Using pills is not good for the health of mother. Most of the pills users suffer from weakness, drowsiness. 70% of them suffer from irregular menstruation.

67% of couple of the selected study area uses the modern contraception method for family planning purpose. Religious faith makes a barrier for the Muslim people to take contraception. Only 23% Muslim couple

uses the modern type of family planning methods. It is clearly found that the religious believe plays a vital role in family planning. Though the traditional contraceptive methods have higher rate of failure but in the selected area a large percentage of people today in the time of modernization uses these methods. When the mothers are educated they are aware about the importance of family planning and they spontaneously use the modern contraceptive methods. Mothers' behaviors whilst pregnant and delivery are the important factors for the outcome of the health of both mother and child and family planning also. But most of the women of my study area are not bothered about their own health, they only think about family's betterment that many times effect badly to themselves.

IV. CONCLUSION:

The study reveals that the moat of the women of Nandigram II Health block of Purba Medinipur are aware about family planning and have a positive attitude towards it. The majority of women used the family planning methods to prevent the family and it somehow resultant the low birth rate and low growth rate of population of India. The Rural Health Mission and the workers of different health sectors of the area have a great role on the awareness process of family planning. Most of the couple uses the Government products for the contraceptive methods and it helps the economic condition also. From the study it is clearly interpreted that rural India is also aware about family planning and its betterment nature for our own future.

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