

## ORIGINAL PAPER

# Contraceptive knowledge, practice and acceptance among women seeking termination of pregnancy

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## ABSTRACT

**Background:** The widespread adoption of family planning in a society is an integral component of modern development.

**Objectives:** The study was conducted to assess the contraceptive knowledge, practice and acceptance among women seeking termination of pregnancy at Guwahati Medical College and Hospital. **Methods:** Between 1<sup>st</sup> January, 2015 to 31<sup>st</sup> December 2015, 699 women who were put for Medical termination of pregnancy (MTP) by suction evacuation, after workup and investigation were taken up for the study in Guwahati Medical College and Hospital. They were interrogated on a structured questionnaire. After termination of pregnancy, the contraceptive method opted by the women was noted down. **Results:** Of the 699 women who came for voluntary termination of pregnancy, 594(84.98%) did not use contraception earlier; though (81.69%) women were aware of more than one method of contraception. The request for MTP was on grounds of family being completed (29.61%), previous child was small (25.75%), and financial instability (22.32%). Post abortion 32.47% accepted concurrent sterilisation and 26.04% had an IUCD inserted immediately.

**Conclusion:** Though the awareness about various contraceptive methods was high, yet practice of contraception was low. Acceptability was high once the women underwent termination of pregnancy.

**Keywords:** Intra uterine contraceptive device; oral contraceptive pill

## INTRODUCTION

The population explosion is affecting the whole world, particularly detrimental to the infrastructure of developing country like India. There is a definite need of giving utmost importance to regular contraception and emergency contraception.<sup>1</sup> MTP should be offered in case of

unwanted pregnancy. With the use of regular and emergency contraception the need for MTP will be much reduced.<sup>2</sup> Our country is the second most populous in the world having a rapidly growing population and contraceptive practice is the only answer.

**Objectives:** The study was conducted to assess the contraceptive knowledge, practice and acceptance among women seeking termination of pregnancy.

## MATERIALS AND METHODS

In this study conducted in the Department of Obstetrics and Gynaecology, Guwahati Medical College and Hospital, from 1st January, 2015 to 31<sup>st</sup> December 2015. A total of 699 women were put for termination of pregnancy by suction evacuation, after examination, workup and investigations. These women were questioned based on a standardised questionnaire. MTP was done and the method opted or taken concurrently was noted down. Those who came with incomplete abortion or underwent MTP for obstetric reason like missed abortion, molar pregnancy, congenital anomalies or came with spontaneous abortion were excluded from the study as they might not be willing to use contraception because they would want a pregnancy. Cases of medical abortion

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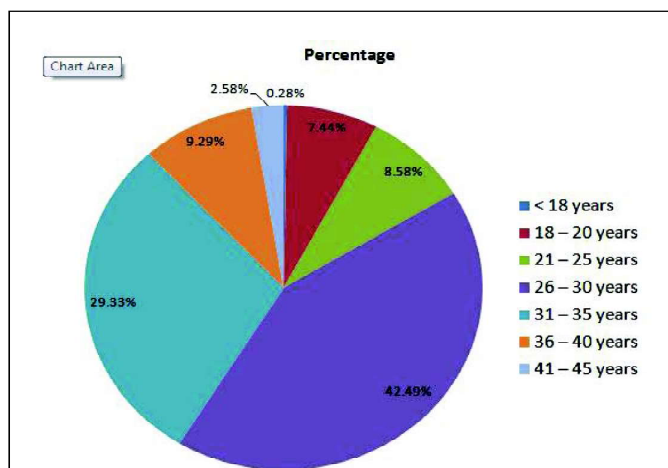
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using mifepristone and misoprostol were excluded as they were mostly lost to follow up and some ended in incomplete abortion for which evacuation had to be performed at a later date.

## RESULTS

In this study 42.49% belonged to the age group of 26 – 30



**Figure 1** Showing Age wise distribution of clients seeking MTP

years of the 699 women, 18.31% were not aware of any contraceptive methods. But the majority knew about more than one method of contraception. Though awareness level was high, only 15.02% practiced some form of contraception previously. This is depicted in **Table 1** below.

**Table 1** Awareness of contraceptive methods (Number overlaps as some are aware of more than one method)

Method	Number	Percentage
Female sterilization	566	81%
Condom	450	64.38%
OCP	426	60.94%
IUCD	358	51.22%
Emergency contraception	200	28.61%
Natural methods	98	14.02%
Male sterilization	60	8.58%
Injectables	51	7.30%
Not aware	128	18.31

Most of the women came to know about contraception from family and friends (46.35%), Doctors/nurse/paramedics (43.78%), television (36.62%) and School and College education (32.90%). Majority of termination of pregnancy were done at the gestational age of < 12 weeks (97.57%). This is depicted in **Table 2** below.

**Table 2** Source of knowledge of contraception (Number exceeds as source overlaps)

Source	Number	Percentage
Family members/friends	324	46.35%
Radio	126	18.02%
Television	256	36.62%
News paper/magazine	120	17.17%
Doctors/nurse/paramedics	306	43.78%
School and college education	230	32.90%
No knowledge	128	18.31%

29.61% women did not want a child as their family was complete followed by 25.75% wanted termination as their previous child was small. On questioning whether they regretted that they had to terminate pregnancy, 86.84 had no regret. Out of 699 women who underwent MTP, concurrent sterilization was done in 227 (32.4%) cases and IUCD was given in 182 (26.04%) cases. This is depicted in **Table 3** below.

**Table 3** Reason given by clients for termination of the present pregnancy

Reason	Number	Percentage
Previous child was small	180	25.75%
Family complete	207	29.61%
Pursuing studies	82	11.73%
Financial instability	156	22.32%
Not married	62	8.87%
Contraceptive failure	10	1.43%
Widow (Social cause)	2	0.29

Of the remaining 290 cases majority promised to start oral contraceptive pills. This is depicted in **Table 4** below.

**Table 4** Choice of method for future use by women who did not accept immediate contraception

Method	Number(n =290)
OCP	125
Condom	55
Interval IUCD	50
Female sterilization	20
Male sterilization	2
Injectable	2
Undecided	36

## DISCUSSION

In our study 51% coming for voluntary termination were in the age group of 21–30 years which is comparable to the study by Parvati V, Bhat et al<sup>3</sup> (70%), Sonali Gaikwad et al<sup>4</sup> (37%) and Sanjay R Quraishi et al<sup>5</sup> (75.24%). In this study the percentage of illiterate were only 10.73% which is comparable to Parvati V, Bhat et al.<sup>3</sup> Education, religion and place of residence had no influence in the percentage of women seeking abortion.

In this study 43% of MTP seekers were Para-1, in contrast to Parvati V, Bhat et al<sup>3</sup> where 80.4% women were Para-1.

Awareness level about different contraceptive methods was very high in our study. Only 18.31% were not aware of any method of contraception. Most of the women knew about more than one method. Highest awareness was about female sterilization (81%), which is comparable to the study by Srivastava Reena et al<sup>6</sup> (82.1%) and Sonali Gaikwad et al<sup>4</sup> (82%). Though these women were aware of various contraceptive methods, 84.98% were not practicing any method of contraception which is comparable to the study by Parvati V, Bhat et al<sup>3</sup> (76.3%) and Srivastava Reena et al<sup>6</sup> (55.2%). In the study by Sunceta Mittal et al<sup>7</sup> only 39.1% were not using contraceptive methods earlier. Most of the termination done were <12 weeks (97.57%) in our study comparable to Parvati V, Bhat et al<sup>3</sup> (97.9%). In our study the main reason given for seeking abortion was because the family was complete (29.61%), which is comparable to the study by Sanjay R Quraishi et al<sup>5</sup> (31.25%). The second leading cause for seeking termination of pregnancy was that the first child was very small (25.75%). Financial instability and marital status were two other independent factors determining the outcome of pregnancy in our study. Unfortunately 86.84% did not have any regrets about the termination of pregnancy which is comparable to the study by Parvati V Bhat et al<sup>3</sup> (94.8%).

After termination of pregnancy, 32.47% had concurrent sterilization done and 26.04% had an IUCD inserted immediately. This is comparable to the study by Mukhopadhyay et al<sup>8</sup> on fertility regulation at Kolkata, where 35.8% accepted Copper T and 30% accepted permanent sterilization after MTP as a mode of contraception. The rest of the women decided to opt for a method of contraception at a later date. Even after counseling 36 women (5%) who underwent MTP remained undecided whether to opt for a contraceptive method or not.

There is lack of awareness amongst many women about the availability of regular contraception and emergency contraception makes them more prone to unintended pregnancy and its complications.<sup>9,10</sup>

Among the family planning seekers, the majority of women opted for IUCDs or permanent tubal sterilization which continues to be popular in India.<sup>11-14</sup>

## CONCLUSION

The present study highlights the fact that though awareness about contraceptive methods was high, the use of

contraceptive methods was very low. This is the main reason for a high fertility rate. Hence we recommend spread of correct knowledge about the different contraceptive methods and motivation for contraceptive use by doctors and health workers. The media and non-government organizations (NGO) can play a role to improve the female healthcare in the larger perspective. Another important factor is regular availability of contraceptives and adequate health care services at the peripheral level.

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