



Received: 23-03-2022

Accepted: 03-05-2022

International Journal of Advanced Multidisciplinary Research and Studies

ISSN: 2583-049X

Knowledge and attitude-based study towards family planning practice and prevalence of short birth spacing among suburban population of Guntur

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Abstract

Family planning programme had not met expected goals; however, it has given a universal knowledge about a concept of various family planning methods in the population. Besides this huge knowledge of contraceptives, there is existing a large gap between practice of using contraceptive methods due to various barriers like socioeconomic, geographical and territorial variations. The women who are married and who are requiring any more children, but not following any family planning techniques are known as unmet need or as KAP-GAP. Which gives the non-practice of reproductive intentions and contraception. As only two items like desire for more children and practice of contraception are required for analyzing the data, many fertility studies have been carried out and the survey are reported. The level of knowledge of women and men on short gap births was assessed, in terms of grading which

included, good, average and poor, the knowledge of wife falling under good are observed to be 27.77%, average was observed to be in 31.74%, poor was reported in 40.47% of patients, the knowledge of husbands participated in the study was observed to be good among 29.36%, average among 38.09%, poor among 32.53%, coming to the attitude scores among participants, it was assessed in terms of satisfactory and unsatisfactory, among women, 28.7% fell under satisfactory and 71.42% fell under unsatisfactory scores, and in husbands, 36.5% fell under satisfactory and 63.49% fell under unsatisfactory scores which are given in the table 2. It can be concluded from the study on observations that, most of the study population are not with good compliance with the family planning techniques and are not aware and in practice not giving appropriate gap between child birth.

Keywords: KAP Study, Family Planning, Contraceptives, Short Gap Births

1. Introduction

Family planning programme was not as successful as expected, however, it has given a universal knowledge about a concept of various family planning methods in the population^[1-3]. Besides this huge knowledge of contraceptives, there is existing a large gap between practice of using contraceptive methods due to various barriers like socioeconomic, geographical and territorial variations^[4]. For analyzing and understanding the casual factors of behavior of contraceptives, in Pakistan, which was given by Bongaarts and Bruce by the method called KAP-GAP method^[5]. Which is clearly expressed as GAP between contraceptives related knowledge, attitude and practices^[5].

WHO also has suggested a method in 1975 for estimating the knowledge, attitude and practice of contraceptives and concept of family planning among population^[6]. The women who are married and who are requiring any more children, but not following any family planning techniques are known as unmet need or as KAP-GAP^[7]. Which gives the non-practice of reproductive intentions and contraception^[8]. As only two items like desire for more children and practice of contraception are required for analyzing the data, many fertility studies have been carried out and the survey are reported^[9].

Despite of all these concepts the main aim of contraceptives is to provide individuals and couples to ascertain the number of children desired and determine their need^[10]. It is also observed that spacing between each pregnancy with show its impact on the women's health and outcome of each pregnancy^[11]. Short gap between deliveries shows their effect on both mother and the child as reported in many studies^[12].

2. Aims and objectives

- To study the knowledge of family planning among suburban population of Guntur.

- To study the attitude of suburban population towards family planning and short gap births.
- To study the practice of contraceptive use among men and women of suburban population.
- To assess the rate of awareness and the requirement on awareness about short gap births among women and men of suburban population

3. Methodology

The study was carried out during the period of January 2022 to March 2022, In Guntur medical college, Andhra Pradesh, India. Study was carried out in the general medicine and gynecology departments and pediatric departments of the hospital. Which included both men and women who are interested in answering few KAP related questionnaire that has been repaired for the study and has got approval from the Ethical review board of the institute in prior.

4. Results and discussion

About 120 couples have been enrolled into the study and the reports have been drawn in timely manner. Various socio-demographic characteristics of respondents have been collected which included the level of education of both wife and husband, which has been divided into 3 levels namely primary, secondary education, college and higher-level education, among husbands, 36.50 % of them were of primary education and in wives 15.87% were of primary education, secondary education included 53.96% of men and 58.73% of women, college and higher education included 9.52% of men and 25.39% of women. On data collected over occupation of the respondents, it was recorded that number of housewives are 69.04% in wives, self-employed were of 47.61% in men and 5.55% in women, government employees were of 15.07% in men and 8.73% in women, private employees are of 36.50% in men and 16.66% in women. Retired men were of 1 in men and no women has been found to be retired in the study.

Table 1: Socio-demographic characteristics of the respondents

Variable	Husband (n = 120)		Wife (n = 120)	
	N	(%)	n	(%)
Level of education				
Primary	50	36.50	20	15.87
Secondary	70	53.96	74	58.73
College and higher	12	9.52	32	25.39
Occupation				
Housewife	-	-	87	69.04
Self-employed	60	47.61	7	5.55
Government	19	15.07	11	8.73
Private	40	36.50	21	16.66
Retiree	1	0.79	-	-

Variable (income)	Husband (n =120)		Wife (n =120)	
	(n)	(%)	(n)	(%)
< 50,000	46	36.50	74	58.73
>50,000	64	51.60	20	15.87

The level of knowledge of women and men on short gap births was assessed, in terms of grading which included, good, average and poor, the knowledge of wife falling under good are observed to be 27.77%, average was observed to be in 31.74%, poor was reported in 40.47% of patients, the knowledge of husbands participated in the study was observed to be good among 29.36%, average among

38.09%, poor among 32.53%, coming to the attitude scores among participants, it was assessed in terms of satisfactory and unsatisfactory, among women, 28.7% fell under satisfactory and 71.42% fell under unsatisfactory scores, and in husbands, 36.5% fell under satisfactory and 63.49% fell under unsatisfactory scores which are given in the table 2.

Table 2: Level of knowledge and attitudes towards family planning among wives and husbands

Variables	n (%)	95% CI
Wife's knowledge		
Good	30(27.77)	20.2, 41.4
Average	40(31.74)	11.2, 27.8
Poor	50(40.47)	43.6, 65.8
Husband's knowledge		
Good	37(29.36)	22.6, 42.4
Average	48(38.09)	23.7, 43.6
Poor	41(32.53)	26.1, 45.8
Wife's Attitude		
Satisfactory	36(28.57)	14.4, 31.9
Unsatisfactory	90(71.42)	71.1, 87.9
Husband's Attitude		
Satisfactory	46(36.5)	13.3, 30.4
Unsatisfactory	80(63.49)	71.8, 87.9

Various other aspects like participation of both men and women in family planning, idea over contraceptives and their timely use, planning over desire of children have been questioned and summarized as given in the table 3.

Table 3: Comparison of proportion of positive attitudes (strongly agree) for questions on attitudes towards family planning among husbands and wives

S. No	Items	Wife	Husband
		n (%)	n (%)
1.	Pregnancy must be properly planned and not just allow it to happen on its own	35(27.77)	42(33.33)
2.	A mother who has just delivered and her husband should be given adequate information regarding family planning	45(35.71)	37(29.36)
3.	Pregnancy should be planned and discussed together between husband and wife	51(40.47)	46(36.5)
4.	Pregnancy which is too closely spaced should be avoided by using family planning method	39(30.95)	37(29.36)
5.	Husband should involve during the planning and ensuring the use of contraceptive method by his wife	45(35.71)	41(32.53)
6.	Modern contraceptive method is more effective than traditional method	30(23.80)	28(22.22)
7.	The use of contraceptive method will not interfere sexual relationship between husband and wife	29(23.01)	28(22.22)
8.	Support from husband is important to determine the success of family planning programme	31(24.60)	27(21.42)

5. Conclusion

It can be concluded from the study on observations that, most of the study population are not with good compliance with the family planning techniques and are not aware and in practice with giving appropriate gap between child birth. Thus, awareness must be created in suburban population who are at lesser educational levels for effective implementation of healthy mother and child birth.

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