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Study to Assess Knowledge and Attitude Regarding PPIUCD among Antenatal Mothers at Selected Hospitals, Gurugram, Haryana

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Abstract

Background

Antenatal care is the comprehensive care of woman before and throughout the pregnancy as well as it is an important chance to teach mothers new technique in health management such as family planning, that are essential in reduction of maternal and neonatal morbidity and mortality. Postpartum family planning is a crucial intervention for promoting maternal and child health, with Postpartum Intrauterine Contraceptive Devices (PPIUCD) being a reliable, long-term, and reversible contraceptive option. Despite its benefits, the acceptance of PPIUCD remains low due to lack of knowledge, cultural barriers, and misconceptions. This study assesses the knowledge and

attitudes regarding PPIUCD among antenatal mothers in a selected hospital in Gurugram, Haryana.

Methods

This is a questionnaire-based study including 50 antenatal women.

Results

The majority (56%) demonstrated adequate knowledge about PPIUCD, while 28% had moderate knowledge, and 16% exhibited inadequate knowledge. Attitudinally, 88% of participants had moderately favorable perceptions, 6% showed favorable attitudes, and 6% expressed unfavorable attitudes. A significant positive correlation ($r = 0.46$) was found between knowledge and attitude.

Keywords: Antenatal Mothers, Assess, Knowledge, Attitude, Postpartum Intrauterine Device

Introduction

In current scenario population explosion is a most important problem in India. The drive for population stabilization has been a long hard public health battle in India. Recent study showed that almost 48.1 million pregnancies in India were unwanted ^[1]. Unwanted pregnancies are one of the most distressing public health issues and a significant reproductive health concern globally, placing a significant socioeconomic burden on people and society. The World Health Organization recommends spacing pregnancies apart by at least 24 months. ^[3] In developing countries, about 61% of births occur at interval that is shorter than 36 months. Preterm birth, low birth weight, and preeclampsia are all associated with shorter intervals between pregnancies ^[2].

Antenatal care is the comprehensive care of a woman before and throughout her pregnancy, as well as during her postpartum period, with the aim of safeguarding her health and that of the fetus. This is an important chance to teach mothers new techniques in health management, such as family planning, that are essential in the reduction of maternal and neonatal morbidity and mortality. Antenatal mothers are one of the populations targeted for promotion on PPIUCD utilization, since they primarily come for repeated antenatal care visits where family planning counselling can easily be incorporated.

PPIUCD is now being appreciated as a safe, effective and long-lasting method of contraception which can be started post-childbirth. The understanding of PPIUCD, along with their perceptions and attitudes towards its use, directly influences its acceptance. The literature from various studies reveals that misunderstandings, poor knowledge, and sociocultural factors are amongst the factors responsible for the lower level of uptake of PPIUCD.

The advantages of PPIUCD is that it is convenient; saves additional visits, an effective method for contraception before discharge from hospital, has low risk of uterine perforation because of the thickened wall of the uterus, reduced perception of initial side effects (bleeding and cramping) due to normal puerperal changes, no effect on lactation. It saves time and effort and resources as procedure is performed on the same delivery table for post placental intra caesarean insertions and reduces overcrowding in outpatient facilities. Counselling for PPIUCD should be ideally in the antenatal period for postpartum family planning, introducing all other methods (POPs, cent chroman, Injectable, implants, barriers, LAM) as a basket of choice, including PPIUCD insertion and mentioning her choice on the antenatal card.

Methods

A descriptive study was conducted on 50 antenatal mothers attending Civil Hospital, Gurugram, using a purposive sampling technique. Data collection was done from November 15 to 19, 2024, through a structured

questionnaire comprising sections on demographic details, knowledge, and attitudes towards PPIUCD. Statistical analysis included descriptive measures and inferential tests like Chi-square and Pearson's correlation.

Inclusion Criteria:

- Antenatal mothers aged 18 and above.
- Mothers attending antenatal care services in the hospital.

Exclusion Criteria:

- Mothers who are not unwilling to participate in the study.

Result

50 antenatal women were included in the study. All the participants were evaluated regarding knowledge and attitude regarding Postpartum Intra uterine device. Table1 depicts the frequency and distribution of antenatal mothers according to their demographic variables.

Table 1: Frequency and distribution of antenatal mothers according to their demographic variables

N=50			
Variable	Options	Frequenc y (f)	Percentag e (%)
Age (in Years)	a) 18-23	14	28%
	b)24-28	18	36%
	c)29-34	10	20%
	d)35 and above	8	16%
Religion	a) Hindu	23	46%
	b) Muslim	12	24%
	c) Sikh	6	12%
	d) Christian	2	4%
	e) Others	7	14%
Area of residence	a) Rural	36	72%
	b) Urban	14	28%
Educational qualificatio n	a) No Formal education	10	20%
	b) Primary education	13	26%
	c) Secondary education	19	38%
	d) Graduation & above	8	16%
Occupation	a) Homemaker	43	86%
	b) Entrepreneur	2	4%
	c) Government employee	4	8%
	d) Private job	1	2%
Type of family	a) Joint	4	8%
	b) Nuclear	41	82%
	c) Extended	5	10%
Family Income (in rupees)	a) < 10,000	8	16%
	b) 10,001-20,000	13	26%
	c) 20,001-30,000	21	42%
	d) >30,001	8	16%
Present obstetric status	a) Primigravida	28	56%
	b) Multigravida	22	44%
Number of living status	a) 1	8	16%
	b) 2	25	50%
	c) 3	5	10%
	d) More than 4	4	8%
Have you ever used PPIUCD?	a) Yes	7	14%
	b) No	43	86%
Having knowledge regarding PPIUCD? If yes, source of information.	a) No, Information	12	26%
	b) Social media	5	10%
	c) Family/Friend s	10	20%
	d) Health worker	16	32%
	e) Any Other	7	14%
Further desire for children	a) After one year	6	12%
	b) After two or more	15	30%
	c) Do not want	22	44%
	d) Not sure	7	14%

The study reveals that with regard to knowledge regarding PPIUCD, the majority, 56%, demonstrated adequate knowledge with scores between 14–20. Additionally, 28% of participants displayed moderate knowledge, scoring between 6–13, while 16% had inadequate knowledge, with scores between 0–6. This indicates that a significant proportion of participants have a sufficient understanding of PPIUCD, while a smaller segment requires further awareness and education on the subject.

Table 2: Frequency and percentage distribution of antenatal mothers according to their level of knowledge

N=50

Knowledge regarding PPIUCD			
Level of Knowledge	Score	Frequency	Percentage
Adequate	14-20	28	56%
Moderate	06-13	14	28%
Inadequate	0-05	8	16%

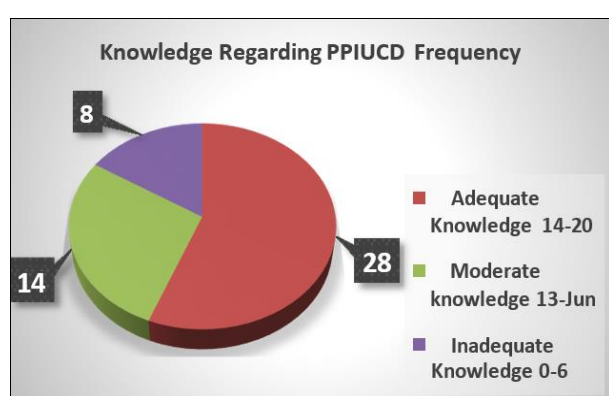


Fig 1: Frequency and distribution of antenatal mothers according to the level of knowledge

Whereas the attitude scores of antenatal mothers towards PPIUCD depicts that most (88%) displayed a moderately favorable attitude, with 6% each showing favorable and unfavorable attitudes.

Table 2: Frequency and percentage distribution of antenatal mothers related to attitude score

N=50

Attitude	Score	Frequency	Percentage
Favorable	38-50	3	6%
Moderately Favorable	24-37	44	88%
Unfavorable	10-23	3	6%

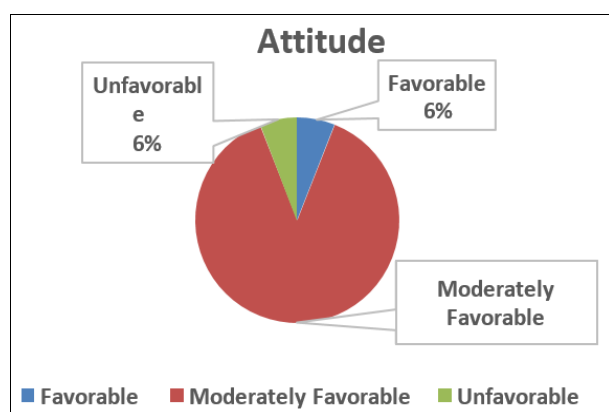


Fig 2: Frequency and distribution of antenatal mothers according to the attitude

Discussion

The findings from this study reveal several key insights regarding the knowledge and awareness of antenatal mothers about PPIUCD (Postpartum Intrauterine Contraceptive Device) in Gurugram, Haryana. Despite the availability of information through various channels, such as healthcare workers and family members, a significant proportion of participants (86%) reported never having used or even heard about PPIUCD. This suggests potential challenges related to access, misinformation, and cultural barriers to the adoption of PPIUCD as a contraceptive method.

Overall, the findings of this study highlight the need for targeted educational programs and public health campaigns to raise awareness about PPIUCD among antenatal mothers in Gurugram, Haryana. By addressing issues related to access, misinformation, and socio-cultural barriers, there is potential to increase the uptake of PPIUCD and improve contraceptive choices for women postpartum.

Conclusion

The study revealed that the majority of participants were in the 31-40 age group. A significant finding was that 46% of participants received information about PPIUCD from health personnel. However, despite this information source, gaps in both knowledge and usage were observed, as 86% of participants had never used PPIUCD.

In terms of education, 44% of participants had completed secondary education, while 24% had completed graduation or higher. The majority (54%) of participants were homemakers, and 32% had a monthly income exceeding ₹25,000.

The assessment of knowledge regarding PPIUCD showed that 6% of participants had good knowledge, 66% had average knowledge, 20% had poor knowledge, and 8% had very poor knowledge.

In conclusion, while there is a moderate level of awareness about PPIUCD, significant gaps in knowledge and the low usage rate emphasize the need for targeted educational interventions and public health campaigns to enhance both knowledge and utilization of PPIUCD among the population.

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