



KNOWLEDGE, ATTITUDE, AND PRACTICES OF WOMEN WITH REPRODUCTIVE AGE REGARDING FAMILY PLANNING AT TERTIARY CARE HOSPITAL

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ABSTRACT:

Background: family planning refers to the practice of controlling the number and spacing of children within a family, typically the use of contraception or other methods. **Aim:** The aim of the study was to identify the knowledge attitude and practices of women with reproductive age regarding family planning. **Methodology:** A descriptive cross-sectional research study design was used. The study population was women with reproductive age regarding family planning. The purposive sampling technique was used and sample size were 129. **Result:** The study was descriptive cross-sectional so descriptive statistics was applied, frequency distribution was calculated, data normality was checked. The study reported that the participants with low knowledge regarding family planning were 51(39.5%) those with moderate knowledge were 41(31.8%) and the participants with High knowledge were 37(28.7%). The participants with positive attitude were 69(53.5%) those with negative attitude were 60(46.5%). The participants with bad practice were 68(52.7%) and those with good practice were 61(47.3%). **Conclusion:** The study concluded that the majority of women with reproductive age having low knowledge and bad practices, but have positive attitude regarding family planning in a tertiary care hospital.

Key word: (Family planning) knowledge, attitude and practice

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INTRODUCTION

Background:

Family planning refers to a couple's decision to use contraceptive techniques to space out their pregnancies and the number of children they will have (Andeskebtso & Ugochukwu, 2023). More than 200 million women in underdeveloped nations do not want to get pregnant and do not use contemporary contraceptive techniques (Lincoln, Mohammadnezhad, & Khan, 2018).

According to the world Health organization (WHO), the global prevalence of modern methods of family planning among aged 15-49 is 58.5%, as of 2021. This includes the use of contraceptives such as condoms, intrauterine devices (IUDs), oral contraceptives, injectables, and sterilization (Su et al., 2023).

In Pakistan, the prevalence of modern methods of family planning among women aged 15-49 is 34.1%, as of 2021, according to the United Nations population fund (UNFPA). This is lower than the global average and highlights the need for increased access to and use of family planning services in Pakistan (Abdullah et al., 2023).

Contraception tries to stop the egg production, keeping the egg and sperm apart, or stopping the fertilized egg from being inserted into the uterus. Contraception is the act of preventing pregnancy, and contraceptive methods are preventive measures that help women avoid unintended pregnancies (Heil, Melbostad, & Rey, 2019).

Women's decisions regarding family planning and reproduction are frequently influenced by their husband's views. The woman's opinions are never taken into account. In order to have a successful family and individual life, discussion between the couples regarding issues of reproduction and family planning is vitally essential (Wani, Rashid, Nabi, & Dar, 2019).

The main goals of family planning are to assist couples in preventing unintended pregnancies while allowing desired pregnancies to occur, control the intervals between pregnancies, manage the timing of a child's birth in relation to the parent's ages, and decide how many children a family wants (Sharma, Zangmo, Kumari, Roy, & Bharti, 2020).

Make sure that all pregnancies are wanted or intended on a global as well as a national level. By avoiding unwanted pregnancies, risky abortions, and sexually transmitted illnesses, the use of contraceptives can avert at least 25% of all maternal deaths (Ewerling et al., 2021).

As compared to rural women, women who live in urban areas may have easier access to a wider range of contraceptive services and methods. In this

context, it becomes clear that low-income people cannot afford family planning counselling or other services, which accounts for unmet needs and low fertility planning coverage (Tucho, Workneh, Abera, & Abafita, 2022).

The term "knowledge" relates to a woman's comprehension of the various family planning options, their efficacy, and any potential drawbacks (Delbaere, Verbiest, & Tydén, 2020).

The benefits of family planning, such as lowering the risk of unwanted births, enhancing mother and child health outcomes, and advancing women's empowerment, are also included. Research have demonstrated a positive correlation between women's understanding of family planning and their use of contraceptive techniques. In order to enhance the uptake of family planning, it is essential to raise women's understanding and awareness of it (Stiennon et al., 2020).

In order for family planning to be implemented successfully, positive attitudes are essential. On the other hand, negative attitudes can make it harder to implement, social norms, gender roles, cultural and religious beliefs, and attitudes toward family planning are all factors. As a result, it is absolutely necessary to address these issues in order to foster favorable attitudes toward family planning (Sundararajan et al., 2019).

The actual use of family planning methods by women is referred to as practice. It is influenced by knowledge, attitudes, accessibility, and the availability of services, among other things. The use of family planning methods is linked to better health outcomes for mothers and children, according to studies. However, different countries and regions have different rates of adoption of family planning methods. As a result, it is critical to address the barriers to adoption of family planning methods and increase their accessibilities (Stiennon et al., 2020).

The success of family planning is greatly influenced by women's knowledge, attitudes, and practices. It is possible to reduce maternal mortality rates and improve maternal and child health outcomes by increasing women's knowledge and awareness of family planning, addressing negative attitudes toward family planning, and promoting the accessibility and availability of family planning services (Gao, Schulman, & Hilton, 2022).

Problem statement:

Family planning methods, particularly the use of modern contraception continue to be difficult and complex issues for the majority of the groups in today's society. Along with female education family planning is one of the most important

strategies for enhancing the health of mothers and children. It has been demonstrated that controlling fertility through family planning can effectively reduce population growth rates which is necessary to strike a sustainable balance between socio-economic development and resource availability.

Research Objectives:

1. To assess the knowledge, attitude, and practices of women with reproductive age regarding family.

Research Question:

1. What is the level of knowledge, Attitude and Practices regarding family planning among women with reproductive age.

METHODOLOGY

The aim of this research was to evaluate the knowledge, attitude and practice of women with reproductive age regarding family planning. A descriptive cross-sectional research study design was used. The study setting was Tertiary care hospital/ Jinnah Hospital of Lahore. The study population was women with reproductive age of outpatient department in Jinnah Hospital of Lahore,

Pakistan. Purposive sampling technique was used to gather the sample from total number of populations. Data was gathered from all women with reproductive age in outpatient department. All the unmarried women in the outpatient department were excluded from the study. The study sample was calculated through Slovin formula. An adopted questionnaire was used to collect the data on measuring women’s level of knowledge, attitude and practices regarding family planning After getting the require data, data was entered on Spss for analysis, descriptive statistics was applied.

ANALYSIS

Demographic Characteristics:

Demographical, the highest percentage of participants were in the category of age 29-34 years, which is 43(33.3%). Majority of the participants in this study had 1-3 children 74(57.4%). Majority of the participants in this study had 1-5 years of married life span53(41.1. %). Most of the participants in this study had intermediate education 48(37.2%). Most of the participants were Housewife 90(69.8%).

Table 1: Socio- demographics characteristics of the women (n=129)		
Demographics variables	Frequency	Percent
Age		
17-22 years	16	12.4
23-28 years	47	36.4
29-34 years	43	33.3
35-40 years	15	11.6
41-46 years	8	6.2
No of children		
1-3 children	74	57.4
4-6 children	52	40.3
7-9 children	2	1.6
10-12 children	1	.8
Married life Span		
1-5 years	53	41.1
6-10 years	47	36.4
11-15 years	19	14.7
16-20 years	3	2.3
21-25 years	7	5.4
Education		
Primary	4	3.1
Secondary	8	6.2
Matric	37	28.7
Intermediate	48	37.2
Graduate	30	23.3
Other	2	1.6
Occupation		
Student	2	1.6
Employee	31	24.0
Housewife	90	69.8
Others	6	4.7

The Table no 2 show that the participants with low knowledge were 51(39.5%) the participants with moderate knowledge were 41 (31.8%) and the participants with High knowledge were 37(28.7%).

Level of knowledge	Frequency	Percent
Low knowledge	51	39.5
Moderate knowledge	41	31.8
High knowledge	37	28.7

Table no 3 shows that participants with positive attitude were 69(53.5%) and participants with negative attitude were 60(46.5%).

Level of Attitude	Frequency	Percent
Positive Attitude	69	53.5
Negative Attitude	60	46.5

Table no 4 show that the participants with bad practice were 68(52%) and participants with good practice were 61(47.3%).

Level of practice	Frequency	Percent
Bad practice	68	52.7
Good practice	61	47.3

DISCUSSION

The current study was aimed to describe the knowledge Attitude and practices of women regarding family planning. The study was descriptive cross sectional and use descriptive statistic distribution was applied data normality was checked and data reliability and validity were also checked. The current study used adopted version of questionnaire. The participants with low knowledge were 51(39.5%) the participants with moderate knowledge were 41 (31.8%) and the participants with High knowledge were 37(28.7%). Also, the participants with positive attitude were 69(53.5%) and participants with negative attitude were 60(46.5%). And the participants with bad practice were 68(52%) and participants with good practice were 61(47.3%).

Conclusion:

The study concludes that majority participants have poor Knowledge and practice but they have positive attitude regarding family planning. The study highlights the significance of addressing the knowledge - practice gap in family planning, as it can potentially lead to improved reproductive health outcomes. Despite the positive attitude towards family planning, the lack of knowledge and limited implementation suggests that there is a significant need that the healthcare providers provide education and awareness and they should be ready to address any misconception or fears that

women may have about family planning. And also, there is a need of experimental study to check the knowledge, attitude and practices.

Limitation:

The current study used the cross-sectional study design to identify the knowledge attitude and practice of women regarding family planning, The sample was too small to generalized the study findings.

Recommendation:

The current study investigates level of knowledge attitude and practice regarding family planning in tertiary care hospital. The further researcher can work on the enhancement of knowledge attitude and practice to conducted experimental study by which they can assess knowledge attitude and practice to give intervention of the enhancement of knowledge attitude and practice regarding family planning, and there is need to provide more information regarding family planning.

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