

Factors Involved in Avoidance of Contraceptives

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ABSTRACT

Objective: To determine the frequency of factors involved in avoidance of contraceptive methods in multigravida female.

Study Design: Cross sectional survey

Place and Duration of Study: This study was conducted at the obstetrics and Gynaecology unit in Bahawal Victoria Hospital Bahawalpur from 16-08-2018 to 10-09-2019.

Materials and Methods: 250 Multigravida women not practicing contraception, of Reproductive age, Para 2 or more were included in the study. All those women fulfilling the inclusion/exclusion criteria were included in the study. Software SPSS was used and Chi-Square test was applied. Frequency and percentages were calculated for factors involved in avoidance of contraceptive methods.

Results: Factors involved in avoidance of contraceptive methods was recorded which shows that 6.8%(n=17) had age <18 years, 55.6%(n=139) had will of sons and 37.6%(n=94) had religious reasons. Stratification for factors involved in avoidance of contraceptive methods with regards to parity was done, 100% were between 2-5 para, Out of 139 cases having will of sons, 71.94% were between 3-5 gravidas and 28.06% had >5 gravidas and 94 cases for religious reason, 53.19% were between 3-5 gravidas and 46.81% had >5 gravidas.

Conclusion: We concluded that age <18 years, will of sons and religious affiliation are the leading factors involved in avoidance of contraceptive methods in multigravida female

Keywords: Avoidance of contraception, multigravida females, multiparity factors, Reproductive age <18 years, will of sons, religious reasons in multiparity.

INTRODUCTION

A technique or gadget used to prevent conception is called contraception. Family planning refers to both the preparation and provision of birth control. Young people's reproductive health is a societal concern that has not received the attention it deserves in many countries. As a result of rising levels of sex activity and unsafe sex, unintended pregnancy and STDs continue to be serious reproductive health issues.^{1,2} Globally, an estimated 80 million unwanted pregnancies take place each year. More than one-third of pregnancies in underdeveloped nations are regarded as unplanned, and about 19% of these result in abortions, which are frequently dangerous and account for 13% of all maternal deaths worldwide.³

The Pakistan Demographic and Health Survey (PDHS) has released statistics on unmet need, which shows a contraceptive prevalence rate (CPR) of 29.6%, with only 21.7% of women using modern methods. On the demand side, 55% of women want to use family planning, but the programmes and services fall short of the demand and leave a 25% unmet need. This applies to both women who wish to limit their family size and those who want to space out their children.³ The survey also reveals that there are numerous causes for the unmet requirement.^{4,5}

Even individuals who fervently wish to space out their children are unable to use contraception due to religious resistance and misinterpretations of family planning. Contraceptive use may be discouraged by difficulties in use, worries about adverse effects or long-term health impacts, and access issues.⁵ According to a study done by Saleem, a higher degree of education for the husband and wife leads to a woman having more control over her reproductive system and having more pro-contraception beliefs. The primary obstacles to using contraceptives are the husband's desire for more children, the woman's low level of education, and a preference for the sex of the next child.^{6,7,8}

My study's goal is to identify the variables that influence people's decisions to forego contraceptive measures. Because these are closely tied to the rise in both the maternal death rate and the increased fertility rate. According to the WHO, Pakistan has a maternal mortality rate of 320/100,000, a fertility rate of 4.1, and a contraceptive use rate of 35%. Roughly one-fourth of women

in Pakistan say they would like to put off having children altogether or delay the birth of their next child. We can therefore change our maternal health after assessing the significance of these elements.^{9,10,11}

MATERIALS AND METHODS

This Cross-sectional study was planned on Multigravida patients who were not using contraception, admitted in department of obstetrics and gynecology in Bahawal Victoria Hospital Bahawalpur from 16-08-2018 to 10-09-2019. Patients of Reproductive age, Multigravida not practicing contraception and Para 2 or more were included in the study. Women not willing to participate in the study and Primigravida were excluded from study.

"Study was approved by ethical committee and written informed consent was taken from every patient".

Factors involved in avoidance of contraceptive methods i.e. age < 18 years, sons and religious affiliation were recorded. "All this information was recorded on a pre-designed proforma. The collected data was entered in computer software SPSS software (version 13.0). The demographic data was presented as frequency and percentages". Tables were formed frequency and percentages were calculated for factors involved in avoidance of contraceptive methods i.e. age<18 years, will of sons, religious reason. Mean and S.D. was calculated for age, the data was stratified for age, parity, gravidity, educational studies to control effect modifier. Applying Chi-Square test taken, p value < 0.05 as significant.

RESULTS

Age distribution of the patients was done which shows that 24.4%(n=61) were between 16-25 years, 37.2%(n=93) were between 26-30 years and 38.4%(n=96) were between 31-35 years. Mean±SD: 28.04±5.34. Factors involved in avoidance of contraceptive methods was recorded which shows that 6.8%(n=17) had age <18 years, 55.6%(n=139) had will of sons and 37.6%(n=94) had religious reasons. (Table No. 1)

Stratification for factors involved in avoidance of contraceptive methods with regards to age was done which shows that out of 17 cases in age<18 years, 100%(n=17) were between

16-30 years and no patient between 31-35 years of age. Stratification for factors involved in avoidance of contraceptive methods with regards to parity was done which shows that out of 17 cases of age<18 years, 100%(n=17) were between 2-5 pars and no case having >5 paras, p value 0.0000, out of 139 cases of will of sons 71.94%(n=100) were between 2-5 paras and 28.06%(n=39) had >5 paras, p value 0.0000 while out of 94 cases for religious reason 53.19%(n=50) were between 2-5 paras and 46.81%(n=44) had >5 paras, p value 0.380. (Table No. 2)

Stratification for factors involved in avoidance of contraceptive methods with regards to Gravida was done which shows that out of 17 cases of age<18 years, 100%(n=17) were between 3-5 gravidas and no case having >5 gravidas, p value 0.0000, out of 139 cases of will of sons 71.94%(n=100) were between 3-5 gravidas and 28.06%(n=39) had >5 gravidas, p value 0.0000 while out of 94 cases for religious reason 53.19%(n=50) were between 3-5 gravidas and 46.81%(n=44) had >5 gravidas, p value 0.380. Educational Status was done which shows that out of 17 cases of age<18 years, 58.82%(n=10) were having primary education while 41.18%(n=7) were upto intermediate, p value was 0.303, out of 139 cases of will of sons, 61.15%(n=85) were having primary education and 38.85%(n=54) were having upto intermediate, p value was 0.0002 while religious reason was recorded in 94 cases and among them 57.45%(n=40) were primary and 42.55%(n=54) were upto intermediate education, p value was calculated as 0.411.(Table no. 3)

Table 1: Factors involved in avoidance of contraceptive methods (n=250)

Factors	No. of patients	%
Age<18 years	17	6.8
Will of sons	139	55.6
Religious reason	94	37.6
Total	250	100

Table 2: Stratification for factors involved in avoidance of contraceptive methods with regards to parity (n=250)

Factors	Parity		P value
	2-5	>5	
Age<18 years (n=17)	17(100%)	--	0.0000
Will of sons (n=139)	100(71.94%)	39(28.06%)	0.0000
Religious reason (n=94)	50(53.19%)	44(46.81%)	0.380

Table 3: Stratification for factors involved in avoidance of contraceptive methods with regards to educational status (n=250)

Factors	Educational status		P value
	Primary	Upto intermediate	
Age<18 years (n=17)	10(58.82%)	7(41.18%)	0.303
Will of sons (n=139)	85(61.15%)	54(38.85%)	0.0002
Religious reason (n=94)	40(57.45%)	54(42.55%)	0.411

DISCUSSION

In Pakistan there are currently 162.4 million people living there, and by 2050, that number is projected to rise to 295 million. Consequently, it is challenging for the government to provide the necessities of life, such as food, clothing, shelter, health care, and education, to its citizens. In order to maintain a balance between population increase and socioeconomic development, the government of Pakistan places a high focus on the promotion of family planning.¹²

Factors involved in avoidance of contraceptive methods was recorded in our study, which shows that 55.6%(n=139) had will of sons and 37.6%(n=94) had religious reasons. These findings are in agreement with other study showing contraception barriers for women’s age <18 years in 75.9%, number of living sons (1-2)

77.1%, and most religious affiliation in another study by Rustag N and workers showing 48% in Muslims^{13,14}.

“It is argued that religious beliefs in Pakistan are not favorable to the practice of family planning and contribute to a lack of self-efficacy in limiting family size¹⁵. Based on the information from the Pakistan Demographic and Health Survey of 1990-91, about 13 percent of women cite “religion” as a reason for not intending to use contraception in the future, while the percentage among husbands is higher, (18 percent generally and 22 percent for husbands over 30 of age). In terms of ‘the ideal number of children’, about 60 percent of both husbands and wives give “up to God” as a response; this percentage is unprecedented in both previous national surveys and among the 30 other DHS country surveys that have been completed thus far”.^{16,17}

“Women with single parity and women having more than four children are less likely to use contraception than the women who have 2-3 children. women who take decision about family planning are more likely to use contraception than those whose husband take decision for family planning^{17,18}. Pakistan is one of the few where son preference is still evident in excess female mortality among female infants and children both historically and in the present^{19,20}. In a review of the survey data on sex preference, Nag found that a preference for sons was higher in Pakistan than in neighboring India and Bangladesh, based on the evidence that the number desiring no more children was higher for those with more sons, as well as the higher mortality for female than male children of 1 to 4 years old”.^{21,22}.

The above findings of the study are of the view that age<18 years, will of sons and religious affiliation are the leading factors. Age <18 years is justified for not avoiding contraceptive method to complete their families.

CONCLUSION

We concluded that age<18 years, will of sons and religious affiliation are the leading factors involved in avoidance of contraceptive methods in multigravida female. In this society, more living sons leads to better contraception adoption in comparison to daughters. Avoidance of contraceptive is also a factor for higher maternal mortality rate. Religious beliefs in Pakistan are not favorable to the practice of family planning and contribute to a lack of self-efficacy in limiting family size.

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