

Prevalence and factors associated with different contraceptive methods among target couples in rural Bihar: Community-based mixed method study

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About, **three out of four participants were not currently using any contraceptives**. Among users, the maximum method was **permanent sterilization**. Education of the study participant showed a statistically significant association with the prevalence of contraceptive usage. **Lack of knowledge and awareness regarding contraceptive methods, non availability, non participation of male partner in family planning counselling, side effects and myths** related to various contraceptive methods were the major challenges faced.

BACKGROUND

- According to World Health Organization (WHO); **contraceptive prevalence** is the percentage of women who are currently using, or whose sexual partner is currently using, at least one method of contraception, regardless of method used.
- For married women aged 15-49, as per **NFHS-5 (2019-21)** report current use of contraceptive method in Patna is **49.3%**.
- The study aims to find out **prevalence of unmet needs of family planning and usage of different contraceptive methods among target couples** and to study factors affecting contraception use in rural Bihar.
- Understanding these factors is imperative for designing targeted interventions to improve contraceptive usage and its programme utilization.

METHODS

- Study Design:** Community based mixed method study
- Study Setting:** Six villages located within 5 kms of AIIMS Patna in the rural areas of Phulwarisharif block
- Study duration:** 3 months (September-November 2021)
- Study participants:** Any partner of all the target couples Persons not willing to participate and not giving consent were excluded.
- Sample size:** Assuming the proportion of total unmet needs of family planning among general population in Patna according to NFHS-5 is 15% and 10% non-response rate, the minimum sample size is calculated to be 218 using online tool, Statulator at 5% absolute precision.
- Sampling technique:** Six villages within 5 kms of AIIMS Patna in rural areas of Phulwarisharif block were selected conveniently and random number generation was utilized for selecting 60 target couples from each village.
- Study tool:** A pre-tested semi-structure questionnaire administration and key informant interviews were conducted among target couples, ASHAs and Anganwadi workers till the saturation was reached.
- Data analysis:** Quantitative data was analyzed using IBM SPSS software version 24 and Qualitative data using systemic texts condensation.

RESULTS

- The qualitative part of the study revealed, there was **lack of knowledge and awareness** regarding different types of contraceptives among the beneficiaries. **Non-availability** of the condoms and OCPs at the health care facilities and **reluctance** in availing condoms publically was a major challenge.
- Non participation of male partner** during the counselling session with front line workers is another major challenge to be tackled.
- Side effects of contraceptives** like Cu-T and **myths** like usage of IUCDs will lead to cancer were the reasons for withdrawal.
- A total of **240 study participants** were included in the quantitative part of the study among which majority, **209(87.1%) were females**, following **Hindu religion 223(92.9%)**, majorly belonging to **Social Class IV** as per Modified B.G. Prasad Classification for 2021 and majority of them **136(56.6%) were from joint family**.

RESULTS CONTINUED

Figure 1: Distribution of study participants based on their contraceptive usage (N=240)

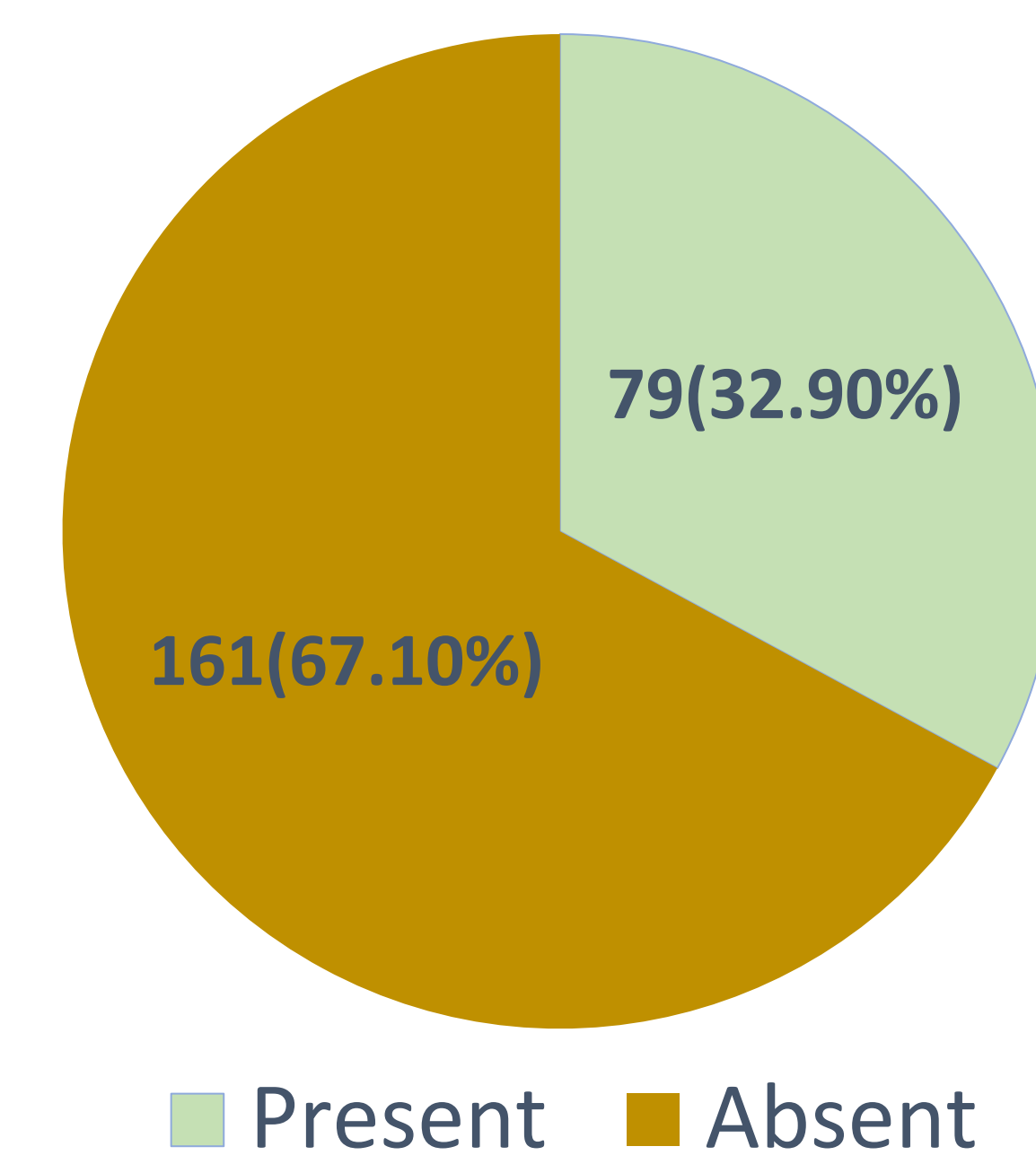


Figure 2: Distribution of study participants based on the usage of different types of contraceptives (N=79)

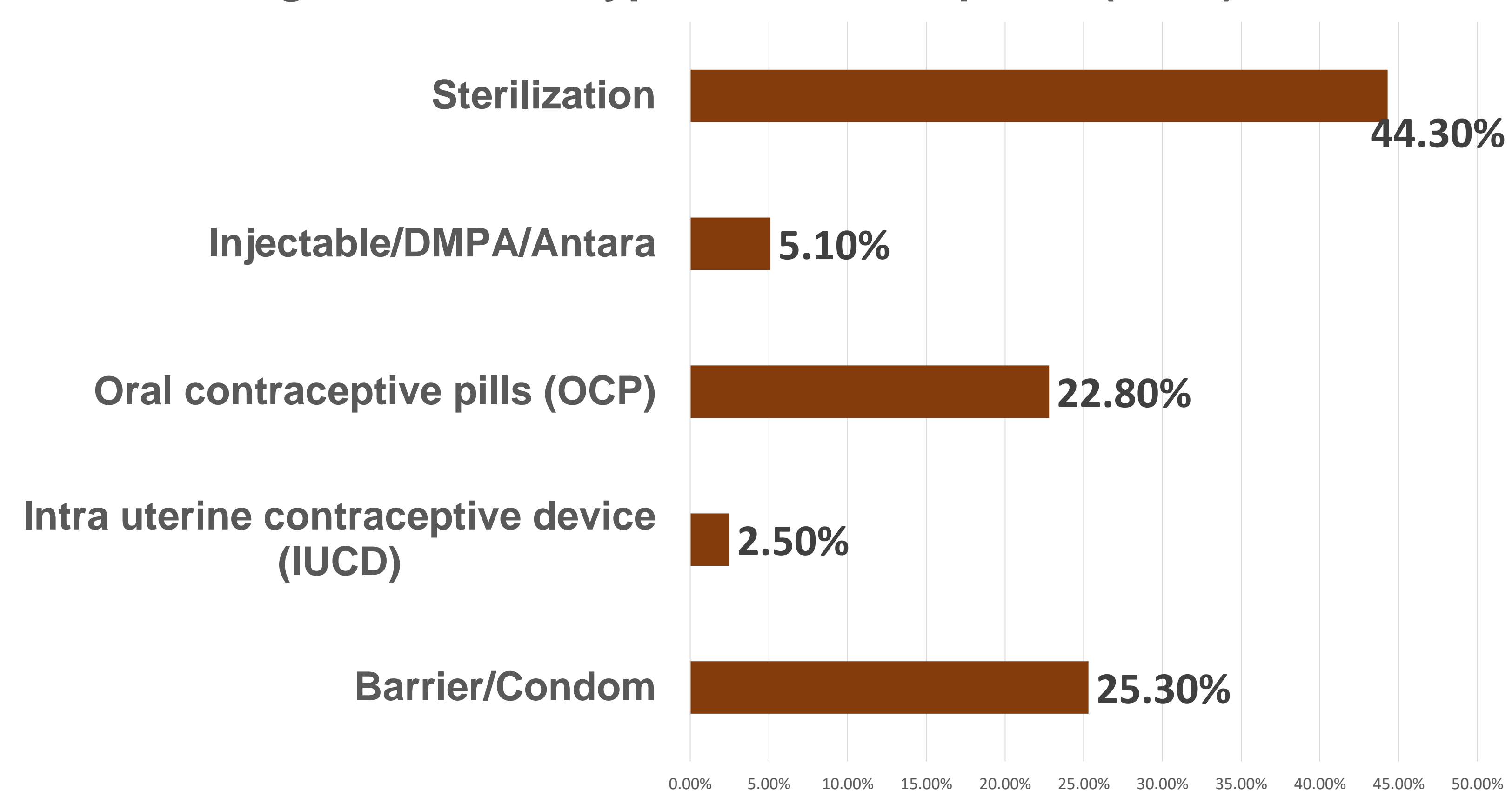


Table: 1- Association between prevalence of contraception usage with sociodemographic profile of the study participants (N=240)

Independent Variables	Category	Contraception usage		Chi-square Test X ² (p-value)
		Present n (%)	Absent n (%)	
Gender	Female	70(33.5)	139 (66.5)	0.243 (0.662)
	Male	9 (29.0)	22 (71.0)	
Religion	Hindu	74(33.2)	149 (66.9)	0.102 (0.750)
	Muslim	5(29.4)	12 (70.6)	
Socioeconomic Status	Upper Class	2 (28.6)	5 (71.4)	7.66 (0.176)
	Upper Middle Class	14(46.7)	16 (53.3)	
	Middle Class	16(30.2)	37 (69.8)	
	Lower Middle Class	26(26.0)	74 (74)	
	Lower Class	21 (42.9)	29 (57.1)	
Education of the respondent	Literate	65 (36.5)	113(63.5)	4.04 (0.04)*
	Illiterate	14(22.6)	48 (77.4)	
Education of the Spouse	Literate	67(32.4)	140 (67.6)	0.206 (0.650)
	Illiterate	12(36.4)	21 (63.6)	

CONCLUSIONS

- Only one out of three** are currently using any type of contraception.
- Both partner irrespective of gender** should receive counselling to ensure the proper utilization of contraceptive methods.
- It is **necessary to promote awareness** on sex education, birth spacing, and benefits of having a small family.

ADDITIONAL KEY INFORMATION

KEYWORDS: Contraception, Barrier Methods, Family Planning

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Funding status: Non funded **Conflicts of Interest:** Non to declare

