

Contraception from Accessibility to Effectiveness(2017)

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Abstract

Background:Understanding the motives and factors that form the attitudes, behaviors and actions taken to control birth among the community is necessary to reach the fertility rate goals. It is worth mentioning that many studies have been developed in different Egyptian governorates to investigate the obstacles facing fertility reduction.**Aim of the work:** Assessment of knowledge and attitude towards family planning methods utilization and help to improve any defect in the family planning program.**Methodology:** Randomized controlled Data collected through personal interview with the females attended to Salama Abd-alaah mother and child care center and Elmahamda Elbahria family medicine unit and satisfy the inclusion and exclusion criteria using a specially designed multi-item **questionnaire**.**Results:**A descriptive study was conducted with 625 ever-married women aged 15–49 years in a household. The most common contraceptive methods ever used were oral contraceptive pills (47.4%) and intrauterine device (23.5%). Of the women interviewed, 57.6% were currently using contraception and seeking for pregnancy (75%) were the most reported reasons for not using contraceptives, while fearing of contraception side effects were reported by 22.3% of the women. About 96.6% of the women agreed that using family planning had positive advantages for health. The results highlight some educational needs among these women.**Conclusion:** Despite the women's knowledge about many modern and traditional methods of contraception, the use was limited to certain methods: Pills, IUCD and injectables. Attention should be given to other methods to provide multiple choices for the women who found that pills, IUCD or injectables are unsuitable for her instead of not using any method.

Introduction

Most women today want two, three or four children fewer than in the past generations. The use of modern contraceptive methods has increased rapidly over the past 30 years, especially in less developed countries with strong family planning programs. However, contraceptives are used by

only 60 % of couples in these countries. Most of programs reflect a greater contraceptive use by women. The challenge is to provide services for the remaining 40 percent, who represent unmet needs. Poverty and profound inequalities between men and women limit women's ability to

plan their pregnancies. So does lack of access to effective contraceptive protection. An integral part of reproductive health is ensuring contraceptive security, by which all persons are able to choose, obtain and use high-quality contraceptives whenever they need them¹. Having information and knowledge about modern contraceptive methods is mandatory to utilize the service. A study conducted identified that high proportion of women (75%) who belonged to various clubs and associations that discussed health related topics were knowledgeable and contraceptive users, which indicated that information exchanges through discussion in such organization increase the desire for modern contraceptive use². Attitudes of family planning discussion among women are related to their husband's attitudes there is a significant association between attitudes among married couples toward family planning discussion but there is no significant association between uses of contraceptives and husbands attitudes³. Many factors can account for a decline in fertility, including⁴:

- An increase in the age at marriage and/or a decline in the percentage of women of reproductive age who are married.
 - An increase in natural sterility.
 - An increase in the period of postpartum infertility associated with prolonged breastfeeding.
 - An increase in spontaneous and induced abortion.
 - Increased use of contraception in
- Such factors are measured by index numbers that demographers call proximate determinates.

In this study we had focused on married women in child bearing period in rural and urban areas in Sohag city, regarding their knowledge and attitude

toward family planning methods utilization. We assess knowledge and attitude in relation to socio demographic variables.

Aim of the work:

Assessment of the knowledge and attitudes of married women attending family centers in Sohag city in both rural and urban areas regarding family planning methods utilization. The type of the study was a descriptive cross sectional study.

Methodology

Across sectional study carried out among married women in child bearing period who were attending Salama Abdullah mother and child care center and Elmahamda Elbahria family medicine unit by using the sample size equation; the sample was calculated to be 312 but the sample was doubled to 622 to get more accurate results for the study.

Study tool:

Data collected through personal interview with the females attended to the predetermined centers and satisfy the inclusion and exclusion criteria using a specially designed multi-item questionnaire was divided into six parts; the first part included the Sociodemographic data of studied women such as age, residence, educational level and occupation. The second section included Gynecological history including age of first menstruation, regularity of menses and if she had bleeding before. The third part represents Obstetric history including age of marriage, age of first baby, consanguinity with husband, if she used contraception before first baby and if she had abortion before. The fourth section assessed knowledge about family planning methods including the source she got her information about contraception for first time, family planning methods she know, the best age for getting her first

baby, the best space between babies and if she had information about contraception before marriage. The fifth section assessed the attitudes by asking questions about their opinion toward family planning methods and service, discussion about using methods, role of husband in family planning, from where she get the service and obstacles facing them in obtaining the service. The last section discussed Using and effectiveness by asking about any pregnancy happened with utilization of contraception, family planning methods preferred, side effect with utilization if present. The knowledge and attitude was scored, the knowledge were scored by giving one for the correct answer and zero to the wrong answer. It calculated from ten degrees 5 from 10 and more had adequate knowledge and below

Results:

Six hundred and twenty two women were participated in this study, As shown in table (1) Our results revealed that Mean age of the respondents was 29.56 years, regarding educational level, it was accepted but highly educated were 21.9% of married women. Average marriage age was 18-25 years old, marriage under 18 years was high percentage about 13.1%. Regarding the occupation of the respondents, most of them were house wife 82.2%. Regarding the consanguinity marriage the percentage was 30.1%. The family size, number of children of 66.7% of the respondents was 2 to 3 children's, but 33.3% had more than 3 children. Table 2 shows that the medical staff had an important role as a source of knowledge about contraception (68.2%), the media had limited role 3.8%. Regarding the knowledge about methods of contraception, 64.5% of women knew about contraception method before marriage. 100% of married females knew most of methods available at family planning unit. But not all of them know about surgical method 50.8% only. 57% of married women saw that the best age to had the first baby between 22-27 years old, and 42.3% saw it is between 18-21 years old. Regarding attitudes of the respondents about methods of contraception, they had positive attitude (77.5 %) towards discussion with their families.

74% had positive attitude toward using family planning methods after they used it. 35.2% had negative attitude that contraception affect fertility. 42.2% had positive attitude towards introducer of family planning services , but 55.4% had negative attitude toward the service. Regarding using methods and effectiveness, 57.6% of couples using contraception in study time, only 2.2% of husband were used the condom method, and 42.4% of couples not using any methods. 22.3% of participated women not using contraception because of fearing from side effects and 75% seeking for pregnancy. Regarding the planning for their pregnancies, 95% of females have planned to their pregnancies, failure rate (pregnancy during using contraception) was 5% only mainly in rural areas.

this inadequate knowledge. The attitude were scored by giving the positive attitude one and the negative attitude zero. It calculated from 12 degrees 6 from 12 and more had positive attitude below this had negative attitude.

Statistical Analysis of data:

Data was subjected to statistical analysis and tabulation using SPSS program 18 edition. Description of quantitative and qualitative data was presented as mean, standard deviation and range. Qualitative data were expressed as number and percentage. Statistical tests for non-parametric data; Spearman correlation coefficient was used to study correlation between scores. P value of <0.001 was considered to be statistically significant. The results will be presented to fulfill the objectives of the study.

Discussion:

The widespread adoption of FP in a society is an integral component of modern development and is essential for the integration of women into social and economic life⁶. The strength of this study lies on the fact that it focused on women in childbearing age rather than young females. Many studies have been concerned with college females and health care providers but not with women in childbearing period, who are the first and last beneficiary especially in Muslim countries. A similar cross sectional study in South western Nigeria⁶ about contraceptive practices among women in rural communities, 11.4% were illiterate, 24.3% had primary education, 50.6% had secondary education and 13.5% had higher education. The result was nearly similar to our study, the secondary education was common. In the opposite to our result at Menya Egypt⁷ 60% of married women were can't read a simple. Another study in Iraq⁸ women primary and secondary were 57.5%. A study in the rural southern region⁹ of Jordan about knowledge, attitudes and practices towards family planning was 28.4% were illiterate and 71.6% were educated. Regarding occupation of married women in our study, 82.2 % didn't work and 17.8% had occupation. In my opinion that was a low percentage of occupation among married women. The finding of the current study were near in live with¹⁰, 63.8% were house wives and 20.5% had jobs. But in Iraqian majority 85.7% were housewives⁸. Regarding age of marriage of the studied women in the current study, 13.1% were less than 18 years old, 18-25 years old were 77.8%, 26-35 years were 8.3% and > 35 years were 0.8% which means that common age of marriage at Sohag city was 18-

25 years. Regarding the source of knowledge of the respondents, medical staff role were the main (68.2%), Family 28% and media had limited role (3.8%). These data indicates the limited role of media were inconsistent with study in Zagazig¹⁰, the media played an important role there (66.2 %) and the medical staff had limited role (10.4%). According to the EDHS 2005¹¹ that compared between upper and lower Egypt (urban and rural area), about source of their message about contraception, television was the principal source of family planning information. Around 90 percent of women had seen a recent family planning message on television, compared to 63 percent who have listened to a message on the radio. Other communication channels as websites, social media and newspapers reach fewer to women than messages broadcast on television or the radio. Another cross sectional study in Portsaid¹² showed that all the studied women knew about pills, IUCD and the majority of them know about injections (93.2%) and more than three quarter knew about condom (75.2%) followed by (70.1%) knew about implant. Other studies came to the opposite of our finding, 8.4% of females didn't know any method of contraception⁹. Prolonged breast feeding is the most commonly recognized traditional method (65 %)¹¹. The questioner included questions about the appropriateness of a couple's use of family planning before the first pregnancy. Most ever-married women (98.5%) in Sohag city consider it inappropriate for a couple to begin using family planning before the first birth. In sharp contrast only 1.5% considered contraception use before the first pregnancy as appropriate.

These were in line with the findings in EDHS 2005¹¹ that showed that 93 % refused to use contraception before the first baby .Despite the highly positive attitude toward discussion about using contraception, only 0.8% of males accepted to use it by themselves.According to the findings of current study, to had more children (75%) was the most common cause for not using contraceptive method currently.Across sectional study in Saudi Arabia¹³ about knowledge, attitude and practice of contraceptives among Saudi women in Asser region, majority of sample (79.6%) had favorable attitude while (20.4%) were not in favor towards contraceptive methods. Regarding the using of contraception, (24.6%) were not using, (32.2%) of respondents were using pills, (15.4%) used IUD, while tubal ligation was done for (0.6%). Multiple responses to the reason for non-use were given by the interviewed women. They were primarily the desire for more children (10.2%), the fear of side effects (6.0%), followed by husband's disapproval (3.4%), and medical reasons (1.6%). The current study revealed that 2.3% of the participant thought that contraception methods affect the relation with their husbands, 28.6% had side effects like bleeding, amenorrhea or gastric problems. In addition, 18.5% had a bad concept that family planning methods delay pregnancy and 16.7% saw that it causes infertility.Every method has some disadvantages associated with it, which interfere with successful use and result in discontinuation or faulty use¹⁴.The current study revealed that the pills was the most widely used methods by the studied women representing near half (47.4%) of participated, this is followed by IUDS (23.5%). No one of husbands of studied women used male sterilization as a contraceptive method as it does not match with our traditions and culture. Moreover, the pills was the most widely method (46.5%) they want to use in the future after completing there

family.These findings were not in agreement with the finding of^{15,12} in which the IUDs was the most widely adopted method (60.4%) (64.1%) respectively, in addition to another study in Zagazig¹⁰ showed that IUD users were 31.8%, pills was 15.7% and condom were 5.6%.In sharp contrast to the pattern of contraceptive use in the present study, the pattern of contraceptive use in United States¹⁶, showed that the most widely ever used method is the female sterilization representing 99.1% followed by male condom (93%) then pills (82.3%) then withdrawal method representing 58.8%. This could be explained by religious differences, as Islam prohibited sterilization. The high percent of the use of condom could be explained by its benefit in reducing the transmission of STD specially AIDS which is prevalent in United States due to sexual behavior which is related also to religious factors.The most effective way to get the family planning methods was family health units (76.1%) in rural to (52.8%) in urban, this may view the role of these unites now a days than the past. Findings in the present study showed that the public sector, including primary health care units, public hospitals and mobile clinics, are the main source of family planning methods (57.3%) followed by private sector pharmacy(25.4%) and private clinic (17.3%), which is almost the same pattern as Egyptian Demographic Health Survey¹⁵. Another study compare between two upper Egyptian governorate, although 63.4% of participant answered that child care center away from their homes but 42.2 % of all studied cases thanked in introduced service in child care centers, this may the cause that encourage them to go there¹⁷. The low income and low cost of service there may be another cause.In another study all the respondents took the medical advice from family units (100%), which an excellent indicator, 10.2% of females facing problems in

having the service but 15.7% of them had bad impression or were not satisfied with medical services¹⁰. In line with findings of the current study, increased level of utilization can be proved by the adequate knowledge about family planning methods which is almost universal among married women in the reproductive age and 82% of them had used contraceptive methods sometimes during their reproductive life, in addition to the decline in fertility rate estimated at 3 birth/woman¹⁸⁻¹⁵. Findings of this study showed that most of the participants (47.8%) reported experience of mistimed or unwanted pregnancies prior to the time of the study, most of them were in rural areas 70.3% . 5% got pregnancy during the use of contraception, which emphasizes the importance of this study. Knowledge and attitude scores: Regarding score of knowledge in the sample, 84.6% of women had adequate family planning knowledge and 15.4% of them had inadequate knowledge. These were typical results with study in Alzagazig Egypt 81% adequate knowledge¹⁰, also India¹⁹ 81% have good knowledge. Regarding attitudes towards family planning, 84.6% of the respondent had positive attitudes towards family planning methods utilization and 15.4% of females have negative attitudes. These results were consistent with another

Conclusion:

This study aimed at comparison of Contraception prevalence rate, calculated through statistics approach and those obtained from FHC in rural and urban areas in Sohag city. In general, rural areas were of low socioeconomic. The median rural illiteracy rate was 37.3%, 15.4% of rural women married under age of 18 years, 38% of them had more than 3 children. 57.6% of currently married women were using family planning at the time of the survey pills, IUDs, and injectables were the most widely used contraceptive methods : 47.4% were relying on the pill, 23.5% were using the

finding 76.3% of married females have positive attitude toward utilization, also 67.4% of sample had positive attitude toward utilization¹⁰. Moreover, there was association between occupation and knowledge, that means that employed women had better knowledge. There was appositve, moderate and highly significant correlation between knowledge score and age at marriage, this mean that that females that have married late had more good knowledge. The correlation between the attitude score and age at marriage was insignificant. Regarding the association between the knowledge and attitudes, there was positive and significant correlation between knowledge and attitude.

Enhance the role of media in providing family planning message. Enhance the role of social marketing to decrease load on health care centers, effectiveness of social marketing includes strong branding, robust distribution networks, and appropriate pricing strategies. Conduct periodic field household surveys on contraceptive utilization in villages, either on a comprehensive scale or on a sample basis, to draw an accurate picture of family planning practices, service providers and to measure changes over time.

IUD, 10% were using injectable and 0.6% were using condom. 57.3% of current family planning users obtained their contraceptive methods from primary health care units, whereas other sources shared by only 42.7%. There was no correlations between age or age of marriage and knowledge or attitude and this came in opposite to the expected. Based on these results, we cannot rely solely on primary health care units records to estimate the amount of contraceptives used by women in a certain village. In addition, conducting regular field household surveys to assess

contraceptive prevalence is the best approach to assess the real contraceptive prevalence rate and the contribution of

FP provider other than the primary health care

Recommendations:

Contribution of family planning provider to introduce more accurate knowledge about methods in all health care centers to increase experience of population about family planning methods to increase experience of population about family planning methods.

Table (1): Socio demographic variables in selected rural and urban areas in Sohag city, 2016.

Variables	No.	age (%)
Age (years):		
<20	8	1.2
20	349	56.1
30	229	36.8
40-50	36	5.7
Educational level:		
Illiterate	174	28
Primary	53	8.5
Secondary	259	41.6
Higher education	136	21.9
Occupation:		
Not working	511	82.2
Employed	111	17.8
Residence :		
Urban	212	34
Rural	410	66
Relative marriage		
Yes	187	30.1
No	430	69.9
Age at marriage		
18>		
18	81	13.1
25	484	77.8
>35	02	0.3
No. of children		
1 child	110	17.7
2 child	134	21.0
3 child	171	27.0
4-6child	196	31.0
7 or more	11	1.8

Table (2): knowledge and attitude towards using contraception in selected rural and urban areas in sohag city,2016.

Variables	No.	Percentage (%)
Source of information		
Family	174	28
Medical staff	424	68.1
media	24	3.9
Knowledge about contraception methods		
IUD		
Pills	622	100
Injections	622	100
Condom	622	100
Surgical	619	99.5
	316	50.8
Age of first baby		
18	263	42.3
22	300	57
27	3	.5
>30	1	.2
Methods used during the study :		
IUD	146	23.5
Pills	290	46.4
Injections	62	10
Breast feeding	110	17.5
Condom	4	.6
Causes for didn't using contraception :		
Fear from side effects		
Pregnancy seeking	139	22.3
Prefer traditional method	467	75
	16	2.7
Who of partners use contraception :		
Husband		
Wife	14	2.2
No one	344	55.4
	264	42.4

Table 12: Knowledge and attitude scores among rural and urban groups in Sohag city, 2016.

	Rural (%)	Urban (%)	Total (%)	χ^2 - value	P- value
Knowledge					
Inadequate	75 (18.5%)	20 (9.4%)	95 (15.4%)	8.802	0.003 (S)
Adequate	335(81.5%)	192 (90.6%)	527 (84.6%)		
Attitude					
Positive	349 (84.9%)	178 (84%)	527 (84.6%)	0.097	0.755 (NS)
Negative	61(15.1%)	34 (16%)	95 (15.4%)		

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