



## FACTORS HINDERING USE OF FAMILY PLANNING METHODS AMONG WOMEN OF REPRODUCTIVE AGE IN SIALKOT CITY.

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### ABSTRACT

#### INTRODUCTION

The use of contraceptives is one of the major determining factor of reducing fertility. This has increased steadily over the years and currently widespread through the world, but the progress has not been the same in Affiliations terms of geographical area and is not meeting the current demand and making available various types of methods to women wishing and willing to use Globally modern contraceptives utilization has, increased in the recent past from 54% to 57%. However, estimates are much lower in Pakistan i.e. 34% of women of reproductive age are using contraceptives.

#### OBJECTIVE

The goal of this research is to find out the factors affecting/hindering the use of contraceptives among women of reproductive age in Sialkot City, Pakistan.

#### MATERIAL AND METHODS

It was a cross sectional study, conducted in the city of Sialkot. The sample size was of 100 married women ranging age group (15-49 years) having children in OPD of Allama Iqbal Memorial Teaching Hospital, Imran Idrees Teaching Hospital and Mission Hospital of Sialkot. Self-administered questionnaire was used. After consent the selection of married women of reproductive age were included in study. After data collection, it was analysed manually. The variables of study were age, married women having children, education of woman and her husband. However non-willing and non-cooperative women were not included in this study. Permission of the ethical committee was sought.

#### RESULTS & CONCLUSION

From our study we concluded that only 74% women had knowledge about contraceptive methods and 39% women were using contraceptive methods. Majority of women were only matriculate as for as their education status was concerned. None of the illiterate women was using contraceptive methods.



## INTRODUCTION:

A method or device or drug serving to prevent pregnancy is called contraceptive." There are two types of contraceptives, surgical methods and non-surgical methods. The surgical methods include tubal ligation and sterilisation by laparoscopy and non- surgical methods include IUD, condoms, diaphragm, patch, injections, oral contraceptive pills, sponge etc.

The use of contraceptives is one of the major determining factor of reducing fertility. This has increased steadily over the years and currently widespread through the world but the progress has not been the same i.e. not meeting the current demand of these contraceptives. Globally modern contraceptives utilization has increased in the recent past from 54% - 57%.<sup>1</sup> However, estimates are much lower in Pakistan i.e. 34% of women of reproductive age are using contraceptives. The persistent high rate of fertility and low rate of contraceptive usage in Pakistan has given rise to rapid population growth contributing to poverty, environmental degradation and a deteriorating quality of life for majority of people.<sup>1</sup> A National Impact Survey of 1976 revealed that a large population of women of reproductive age expressed a desire to terminate childbearing but were not using any method of contraception.<sup>2</sup> The acknowledged reasons for not accessing family planning services include various hindering factors. The goal of this research is therefore to find out the factors affecting/hindering the use of contraceptives among women of reproductive age in Sialkot City, Pakistan.

About 1.9 billion women of reproductive age (15-49 years) are living in the world in 2019. 1.1 billion (58%) have need for family planning that is they are either, current users of contraceptives out of which 842 million (44%), use modern methods, 80 million (4%) use traditional method, while 190 million (10%) have not met need for family planning, however 790 million (42%) are not using contraceptives.<sup>3</sup> The main reason behind those who are not using contraceptive methods are health concern, infrequent sex, opposition from others, lack of knowledge, lack of access etc. 48% of women of reproductive age (16-49years) are using contraceptives in the developing countries. 71% women using contraceptives in developed countries. 80% contraceptive use in developing countries is accounted by sterilization, IUD, and oral contraceptives.<sup>4</sup>

Reasons of not using of contraceptives in developing countries are seen in the data for study which is collected from 52 countries in 2005-2014. Results are that 26% have side effects, 24% have sex infrequency, 23% are those where close to them oppose contraceptives while 20% are on breastfeed/ haven't resume menstruation.<sup>5</sup>

In Pakistan according to one study of 2019, 34% women of reproductive age are using contraceptives & 66% are not using contraceptives.<sup>6</sup> While according to another study 52% women are not using contraceptives & 48% women are using contraceptives in which following methods are being used, female sterilisation 71%, injections 10%, IUD 9%, pills 7% and implant 2%.<sup>7</sup>



Hence according to them above mentioned two studies 34-48% of women are using contraceptives in Pakistan. The reasons of not using contraceptives in Pakistan are lack of awareness & knowledge, social & cultural unacceptability and perception of husband.

### Material and Method

It was a cross sectional study, conducted in the main city of Sialkot. The sample size was of 100 women who were married having children with age group (15-49 years) in OPD of Allama Iqbal Memorial Teaching, Imran Idress Teaching and Mission hospitals of Sialkot. A self-administered questionnaire was used. After consent the married women of reproductive age were included in study. Data collected and was analysed manually. The variables of study were age, married and having children, years of marriage, number of children, education of woman and her husband. However non-willing and no-cooperative women were not included in this study.

### Ethical Consideration:

A consent was taken from all women and it was assured that the confidentiality about information of every women would be kept. The permission from the ethical committee was taken priorly.

### RESULTS

**Table No. 1:** Frequency distribution table of age in years

Age Group	Frequency	%
20-25	16	16
26-30	37	37
31-35	21	21
36-40	16	16
41-45	8	8
46-49	2	2
Total	100	100%

The descriptive analysis of participants age shows that out of 100 women of reproductive age, the participants age ranges from 21-48 years. The mean age as 31.4. Mode is 30 years, standard deviation is 6.53. Table one represents that majority 37% were between ages 26-30 years.

**Table No. 2:**

### Number of years married

### Years of Frequency %

Years of married life	Frequency	%
1-5	25	25
6-10	28	28
11-15	30	30
16-20	7	7
21-25	10	10
Total	100	100%

This table show the relationship between the participants and for how many years they have been married.

Out of 100 married women, majority 30% were married for 11-15 years, 28% married for 6-10 years, 25% were married for 1-5 years, 10% were married for 21-25 years and only 7% were married for 16-20 years.

**Table No.3:**

### Number of children of women Number of Number of % children women

Number of children	Number of women	%
1-3	56	56
4-6	42	42
7-9	2	2
Total	100	100%

This table depicts the number of women had at the time of survey. Out of hundred married women majority 56% had 1-3 children, 42% had 4-6 children whereas 2% had 7-9 children.



**Table No.4:**  
**Educational status of women and their partners**

	Wife	%	Husband	%
Illiterate	15	15	13	13
Primary	19	19	19	19
Middle	19	19	13	13
Matric.	16	16	19	19
Inter	11	11	13	13
Graduate	16	16	14	14
Post-Graduate	4	4	9	9
Total	100	100%	100	100%

This table shows the educational status of women and their partners out of which 15% were illiterate while majority (85%) were literate. Among literate 19% had education upto primary level, 19% had middle level education, 16% did matriculation, 16% were having graduation and only 4% had post graduate degrees.

Among their partners 13% were illiterate and 87% were literate. Out of 100, 19% had education upto primary level, 13% had middle level education, 19% had done matriculation, 14% were having graduation and 9% had post graduate degrees.

**Table No.5:**  
**Current usage of modern contraceptives**

Using	%	Not Using	%	Total
39	39	61	61	100

This table reveals the percentage of women that were currently using modern contraceptive methods. Among hundred women of reproductive age 39% were actually using modern contraceptive

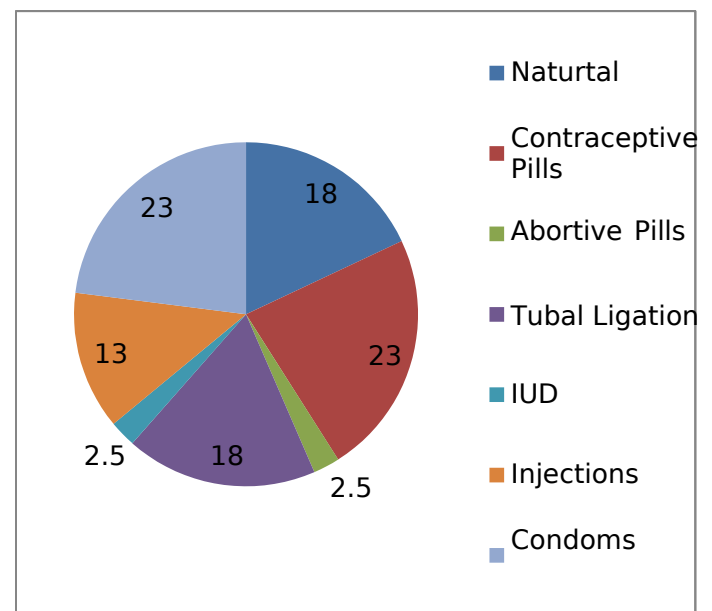
methods, while majority (61%) was not using any contraceptive method.

**Table no. 6:**  
**Distribution of use of contraception and education status of females**

	Using	Not Using	Total
Literate	39	46	85
Illiterate	0	15	15
Total	39	61	100

Value of chi square showed significant difference between illiterates and literates as the usage of contraceptive methods are concerned.

**Figure-I**  
**Percentage of current usage of modern contraceptives**

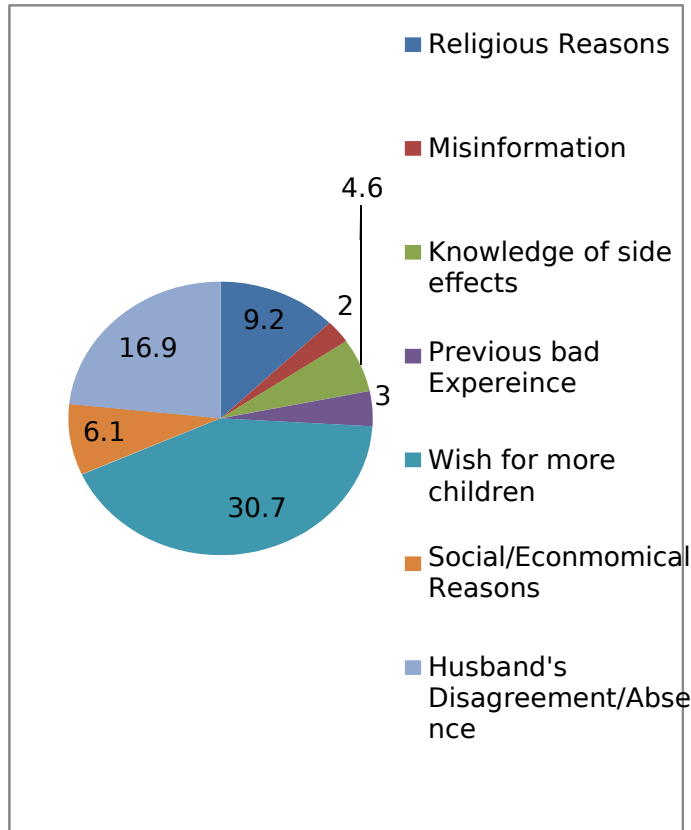


Majority (23%) are using contraceptive pills as method of contraception.



**Figure-II**

**Reasons for not using modern contraceptive methods.**



Pie chart shows that among the reasons for not using contraceptive methods majority (30.7%) wish for more children.

**DISCUSSION**

Family planning includes all methods of fertility control those emphasise on couple's awareness during the women's fertility period. Family Planning helps in spacing of the children and decrease in their numbers which is important for mother and child's health<sup>8</sup>. This study was conducted in order to find out awareness about family planning methods & percentage of women who are using contraceptive methods.

In our study the data of 100 women of reproductive age was collected, in which only 39 were using contraceptive methods whereas in remaining 61 women 26% had no awareness about family planning

methods. The mean age of women was 31 with 56% had 1-3 children & 44% had more than 3 children. Whereas in other studies conducted in Northern Saudia Arabia out of 400 women 341 (85.3%) were using contraceptive methods. This is far higher than our study.

The difference could be explained on background of awareness, education & personal views of women of Northern Saudia Arabia<sup>9</sup>. Another study in Uganda shows 6 in every 10 women reported currently using a method of family planning. This prevalence is also higher than our study<sup>10</sup>. The difference between our study and reference study might be due to that the referred study was conducted on large number of women than our study<sup>10</sup>. Another reason for difference might be the lack of awareness in our women because 26% women who were not using contraceptive methods in our study had no awareness about family planning methods and astonishingly 30.7% of them wish for more children while 16.9% of them were not using contraceptive methods due to Husband's disagreement or absence. 9.2% were not using contraceptive methods due to religious reasons. 4.6% were afraid of side effects and that's why they were not using contraceptive methods. 3% had previous bad experiences while in 6.1% social/economic reasons were the causes. 2% had misinformation regarding contraceptive methods.

**CONCLUSION**

From our study we concluded that only 74% women had knowledge about contraceptive methods and only 39% women were using contraceptive methods.



women were using contraceptive methods. None of the illiterate women was using contraceptive methods.

## RECOMMENDATION

Education can play a vital role, as all the women were literate to some level who were using contraceptive methods. So, it is highly recommended that more awareness through health education campaigns, media portals and by trained lady health workers should be created. Women's education must be promoted to fight the challenge of increasing population.

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