

# KAP of Modern Contraceptive Methods among Women Reproductive Age Group in Kembata Tembaro Zone, Southern Ethiopia, 2018

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## Abstract

Family planning is an important tool in the strategy to lower maternal death by spacing or preventing pregnancy. The objective of this research is to assess Knowledge, attitude and practice towards modern contraceptive methods among reproductive age group who attend Durame General Hospital June 2018. A descriptive cross-sectional community-based study was conducted. Single population proportion formula was used to calculate sample size with confidence interval of 95% assuring 5% marginal error. Proportion of sample size determination was used from Ethiopia Demographic and health survey conducted in 2016 on KAP of the reproductive age women on family planning methods showed that 35% used modern family planning of the method. The final sample size determined to be 312. We used systematic random sampling procedure to select sample. We obtain complete data from 307 participants which make the response rate 98.4%. Among the total women in reproductive age group those who know modern contraceptives were about 74.9%, Attitude were 77.8% and the practice were 50.5%. The study revealed most of women know about contraceptives but their practice is low.

**Key word** - Knowledge, Attitude, Practice, Modern Contraceptive, women of Reproductive Age

## I. INTRODUCTION

The Life time risk of maternal mortality of women in sub-Saharan Africa is 1 in 39 live births which is the highest women compared to the other world region. WHO estimated 350,000 maternal deaths occurred worldwide in 2008, 34% decline from the level of 1990. An estimated in 2012 that 287,000 maternal death occurred in 2010, sub-Saharan Africa (56%) and southern Asia (29%) accounts for the global burden of maternal death [1-2].

Despite these decline the developing countries continues to account for 99% (35,5000) of deaths sub Saharan Africa, south Asia account for, 87%(313,000) of global maternal deaths [3]. The vast majority of maternal and new born deaths can be

prevented with proven intervention to insure that every pregnancies is wanted using modern contraceptive and every birth is safe [4-5]. Women and couples who want safe and effective protection against pregnancies would benefit from access to more contraceptive choices, including long acting and permanent contraceptive methods[2,6-7].

A better use of family planning could reduce many of these mistimed and unplanned pregnancies, while at the same time it could reduce the numbers of unsafe abortion as well as mortality related with child birth [8].

There are many factors which influences women decision in FP use. Although vast majority of people everywhere know about FP. Studies have uncovers numbers of reason why women don't use contraceptive even when they would prefer to avoid pregnancies [9-13]. Decision about FP size can more favorably determined if there is discussion among the concerned partly. Many women don't use FP services because of such as fear of side effects of contraceptives, couples possession on contraceptive method for religious reason, difficulty in obtaining contraceptive and shortage of trained person who gives information on usage of contraceptive [14]. This study assessed knowledge, attitude and practice on modern family planning methods (IUCD, implant, inject able) contraceptive methods among reproductive age group women (15-49 yrs) in Durame General Hospital, Kembata Tembaro Zone, Southern Ethiopia, 2018 G.C.

## II. METHODOLOGY AND DESIGN

### A. Study area

Kembata Tembaro is a zone in the Ethiopian Southern Nations, Nationalities, and Peoples' Region (SNNPR). It formerly known as Kembata, Alaba and Tembaro. Durame general hospital is found in kembata Tembaro zone, SNNP region which is located 130 kilometers away from Hawassa, the regional state and 361 kilometers from Addis Abeba. Currently the hospital is provided out patient service, Inpatient service, Emergency service, surgery, maternal health service, and different

specialty level service to Kembata Tembaro Zone and surrounding Zone peoples. Regarding the maternal health service the hospital provides the service in separate compound and the service provided at specialty includes family planning (short acting, long acting and permanent methods), ANC, PNC, Delivery and Neonate ICU service.

### B. Study design and period

Institutional based cross-sectional study design was conducted on selected mothers who attended Durame General Hospital from April 10 to June 30, 2018 Durame general hospital.

### C. Study population

All selected reproductive age group women (15-49) who attend Durame General Hospital for any services from April 15, 2010 E.C to March 20, 2010 E.C.

### D. Inclusion criteria

Child bearing age women (15-49 yrs.) who attain health center during the data collection period.

### E. Exclusion criteria

Women were not willing to give information.

### F. Sample size determination

Single population proportion formula was used to calculate the sample size with confidence interval of 95% assuring 5% marginal error. Proportion of sample size determination was used from Ethiopia Demographic and health survey conducted in 2016 on KAP of the reproductive age women on family planning methods showed that 35% (P=0.35) used modern family planning of the method [15].

Since our reproductive age group women in Durame general is 1500, which is less than 10000, the sample size will be determined by using correction formula:

$$n = \frac{n_1}{1 + \frac{n_1}{N}}$$
 Where: n is required sample size for not

very large HHs (N<10,000) n=284 and considering 10% non-response rate, the final sample size determined to be 312.

### G. Sampling Procedure

Systematic random sampling technique from women of child bearing age who attend Durame General Hospital for any service. The interval of which study population be selected can be calculated as follow:  $K = \frac{N}{n}$  Where K= is number of interval between study subjects. n= sample size and N= Reproductive age group methods who attend Durame General Hospital.  $K = \frac{1500}{312} = 4.8076 \sim 5$ . To get the study subjects, source population were listed. A

lottery method were applied for the first five participant for the rest every five interval was used.

### H. Data collection Tool and Procedures

Data was collected through questionnaires by interviewer which consist closed and open ended question in relation to modern family planning prepared by group students.

### I. Operational Definitions

Knowledge: the act or conditions of knowing something with considerable degree of familiarity gained through experience of contact or association with the individual or things know, as study conducted by WHO among married women of reproductive age in factors associated with utilization of long acting and permanent method.

Good knowledge: those respondents who are able to score  $\geq 75\%$  of total knowledge questions

Fairly knowledge: those respondents who are able to score 60-74% of total knowledge questions.

Not knowledgeable: those respondents who are able to score <60% of total knowledge questions.

Attitude: a persistent disposition to act either positively or negatively towards a situation

Positive Attitude: those respondents who are able to score  $\geq 75\%$  of total attitude questions towards the infection prevention practice.

Negative attitude: is those respondents who are able to score 60- 74% of total attitude questions

Practice: is the utilization skill or ever use of modern contraceptive when the study subjects are exposed to sexual intercourse to prevent an intended pregnancy. Measure based on the questionnaires which they would answer.

Practice: - any previous history of family planning methods used.

### J. Ethical consideration

Ethical clearance was obtained from the Woliata Sodo University college Health science and medicine, school of nursing. Official letter from Woliata Sodo University was submitted to Durame General Hospital further more; data collectors be secured verbal consent from respondents during data collection. The rights of the participants regarding to confidentiality and oral consent were taken and maintained.

## III. RESULTS

### A. Socio-demographic characteristics

According our study a total of 312 women of reproductive age group of Durame General Hospital who took service had participated with response rate of 307(98.4%). The study participants were

interviewed from Durame health center. Out of the total respondents 85(20%) were in the age group (20-24) making the group with the highest proportion.

Regarding their marital status 209(68%) was married. The majority, 184(59.9%) of the respondent were protestant by religion and followed by orthodox Christians' 58(18.9%). By occupation, most of the respondent 165(53.7%) were house-wives followed by merchants 98(31.8%). Concerning their educational status the result showed that the majority of the respondents 113(36.9%) were attained primary education. Regarding to ethnicity 202(65.9%), 65(21.2%) of participant were Kembata and Hadiya, respectively.

Regarding Income out of total respondent, the majority 66(20%) and 50(16.3%) were 1000-1499 ETB and 500-999 ETB respectively and regarding residence of respondent 162(52.8%) and 148(48.2%) urban and rural respectively.

**Table 01: socio-demographics characteristics of women in reproductive age at durame general hospital, april – june, 2018.**

Variables	Frequency (%)
<b>Age</b>	
15-19	21(6.8%)
20-24	85(28%)
25-29	57(18.6%)
30-34	61(20%)
35-39	48(15.6%)
40-44	24(7.8%)
45-49	11(3.2%)
<b>Marital status</b>	
Never married	85(28%)
Married	209(68%)
Widowed	4(1.3%)
Divorced	9(2.7%)
<b>Religion</b>	
Orthodox	58(18.9%)
Protestant	184(59.9%)
Catholic	46(14.9%)
Muslim	6(1.9%)
Others	13(4.4%)
<b>Occupational</b>	
Merchant	98(31.8%)
House wife	165(53.7%)
Governmental employer	32(10.6%)
Students	12(3.9%)

**Educational status**

No education	15(4.9%)
Primary(1-8)	113(36.9%)
Secondary(9-12)	99(32.2%)
Higher education(>12)	80(26%)

**Ethnicity**

Kambata	202(65.9%)
Hadiya	65(21.2%)
Alaba	22(7.2%)
Others	18(5.7%)

**Monthly Income**

<500 etb	<500 etb
500-999 etb	500-999 etb
1000-1499 etb	1000-1499 etb
1500-1999 etb	1500-1999 etb
2000-2499 etb	2000-2499 etb
2500-2999 etb	2500-2999 etb
≥3000 etb	≥3000 etb

**Residence of the respondent**

Urban	162(52.8%)
Rural	148(48.2%)

**B. Knowledge of women on Modern contraceptive**

Concerning knowledge of women on modern contraceptive from the total of 312 respondents with response rate of 307(98.4%) the rest were non respondent. From this 230(74.9%) know about modern contraceptive the rest were not know about modern contraceptive. From those Not Know about Modern contraceptive 23(60.5%) and 15(39.5%) were said “I don’t use and since I had not sex before” respectively. From those know about modern contraceptive the method they use 95(35.3%), 94(34.9%), 36(13.4%) Injection, Pill, and Implant respectively.

From modern contraceptive they method they Know 162(29%), 146(26.3%), 129(23.2%), 53(9.5%), 41(7.4), and 25(4.6%) which are inject able, Implant, Pill, Male condom, IUCD, and emergency contraceptive respectively. Regarding the source of information those know about modern contraceptive 181(58.9%), 48(15.6%), 40(13%) and 22(7.2%), Health facilities, Health Extension Worker and Television/Radios respectively.

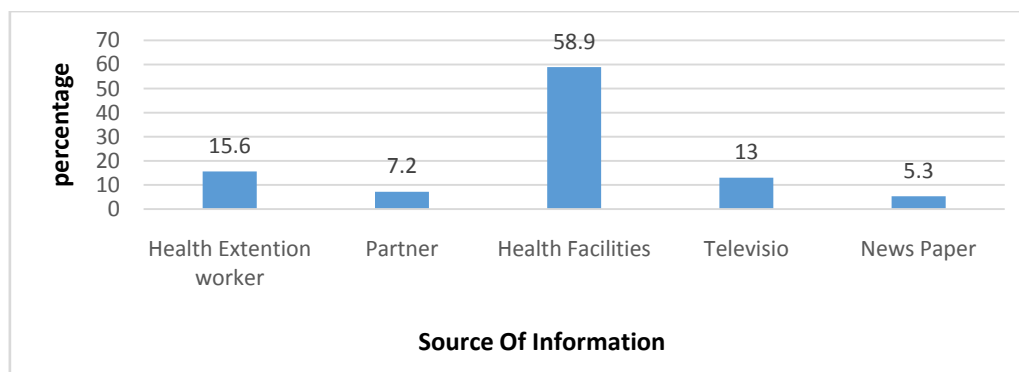


Fig 1: Source Information From Where They Get About Modern Contraceptive of Wome Reproductive Age Durame General Hospital June 2018.

Regarding those know the source modern contraceptive from where they get 307(100%) Health center. The reason why they use modern contraceptive while the get 181(59%), 94(30.6%) and 32(10.4%), to space child birth, to prevent unwanted pregnancy and to prevented STI respectively.

### C. Attitude toward Modern contraceptive.

Concerning attitude of women toward modern contraceptive out of the total respondent, from those express their feeling about modern contraceptive 239(77.8%), 58(18.9%), and 10(3.3%) of them Modern contraceptive are very important, Modern contraceptive are not important, and Modern contraceptive are not as important as some people say respectively.

Regarding discussion about modern contraceptive with their partner from total respodent 252(82.1%) discussed with their partner and the rest were not discussed about with their partner about modern contraceptive. Those use modern contraceptive at adolescent out of total respondent 262(85.3%) were not use and the rest were use modern contraceptive at adolescent.

Concerning sexually history out total respondent from those have partner were 230(74.9%) the rest were no have partner. Among those have partner all were no have more than one partner 230(74.9%). From those have partner those have ever had sexually intercourse before 176(76.5%) and the majority sexually intercourse age were 20-24 (73.9%) and 163(92.6%) were pregnant, from those the pregnancy outcome were 134(82.3%), 25(15.3%), and 4(2.4%) of them were live birth, currently pregnant, and still birth respectively.

### D. Practice of Modern contraceptive women reproductive age group

Out of the 307 respondents included in this study 155(50.5%) of them have used modern contraceptive, while 95(49.5%) of them have never used a modern contraceptive before. Among those who have ever used a modern contraceptive, the majority 88(41.5%) of them used pill.

Concerning the reason why they prefer to use modern contraceptive, out of the respondent 113(53.3%) were use modern contraceptive the reason why use were 17(15%), 53(46.9%), 26(23.1%), and 17(15%) of the were Easy to secret it, Easy to get it, Cheap to buy, and Have better knowledge about it respectively. From those who have never used modern contraceptive the reason for not using, 38(40%) of them have responded the reason for not using modern contraceptive is desire to have many children, followed by 15(15.8%) religious restriction, 22(23.2%) husband refusal, 20(21%) fear of side effect, lastly 20(21%) of them because of medical problem. Regarding those planning to use modern contraceptive at future 250(81.4%) the rest were not use at the future. Out of the respondent the purpose using modern contraceptive were 53.1%, 42.5%, 4.4% of them were to prevented unwanted pregnancy, to space child birth, and to prevent sexually transmitted Infection respectively. According the pattern use of modern contraceptive out of the respondent those use modern contraceptive Were 121(57.1%), 56(26.4%), and 35(16.5%) of them were Sometime, Always, and Never respectively.

## IV. DISCUSSION

According to our study majority of women 85(28%) were between age of 20-24 years. The list proportions of women 11(3.2%) were above age of 45 years.

According to our study 230(74.9%) were know about modern contraceptive the rest were not know about modern contraceptive. A cross-sectional study conducted on knowledge, attitude, and practice of women and their husband toward time in Gonder town shows that from total population of 13799 respondents on long acting family planning important. Most of them had information about family planning 49%[15].

As study conducted among married couples in Jimma zone, 2013 shows that higher percentage of women ever used contraceptive method, out of 811 women married 517 (64%) ever used and 350 (43%) were using contraceptives .among users 283(81%) were using short acting type of contraceptives

.injectable and 33(9%) uses oral contraceptive.[16] As these survey shows many women wives starts any contraceptives after first and second pregnancy around 265(51%)wives had one to two children at 1<sup>st</sup> contraceptives, their starts with commonly injectable types of method .out of 515 respondents 316(39%) of women uses it 174(21%) uses hormonal contraceptive method[17].

According our study women toward modern contraceptive out of the total respondent, from those express their feeling about modern contraceptive 239(77.8%), of them were said modern contraceptive are very important.

According our study 155(50.5%) of them have used modern contraceptive, while 152(49.5) of them have never used a modern contraceptive before. According EDHS 2016 show that overall, 36 percent of currently married women are using a method of family planning from this.

Among those who have ever used a modern contraceptive, the majority 88(41.5%) of them used pill. A similarly study conducted in Gonder town and 10 surrounding peasant association march ,1999 shows that more than 307 (39.3%) Of women child bearing age ever used contraceptive and 224(28.6%) uses contraceptives users, and low percentages are Norplant ( implant ) users (29). out of 224 total users as in these survey 89( 39.7%) users injectables ,79(35%) pills, and 23(10.3%) uses permanent method , 10(7.17%) uses IUCD and 5(2.2%)uses Implant [15].

## V. CONCLUSION AND RECOMMENDATION

The study revealed most of women were known about contraceptives and had single sexual partners. Women in Durame General Hospital have low knowledge, low attitude and poor practice of modern contraception and also showed the source of their knowledge is from the health facilities.

To increase practice modern contraceptives of the Hospital should prepare a program for their service provides for experience sharing in order to improve the quality initiation. Furthermore, the health institutes such as hospital, health center and other related institutes would be encouraged for better initiation and motivation.

Durame General Hospital should provide health education on modern contraceptive, about the benefits and importance of modern contraceptive methods for the community to increase knowledge base utilization.

Durame General Hospital should work on Behavioral change communication and demonstration be done regularly as part of the routine service and through the outreach (School /Visits) program about optional modern contraceptive practice to all women

of reproductive age groups who came to health institution and outreach services.

Information, Education and Communication (IEC) activities regarding FP services should be strengthened by the MOH and RHB through mass media, messages and encouraging and broadening the activities of health workers in rural area.

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