

Knowledge, Attitude, and Practice Towards Family Planning Among Married Women in ALTI City, AL-Gezira State, Sudan, March-2023

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ABSTRACT

Background: Researches have shown highest awareness but low utilization of contraceptives making the situation a serious challenge. Most of women in reproductive age group know little or have incorrect information about family planning methods. Even when they know the name of some of the contraceptives, they do not know where to get them or how to use it. These women have negative attitude about family planning, whereas some have heard false and misleading information, the current study aimed in assessing the knowledge, attitude, and practice of family planning among married women in ALTI city.

Justification: Considering the high risk of maternal morbidity and mortality, increased risks of unintended pregnancy, this study aims to explore the knowledge, attitude, and practice (KAP) of family planning (FP) and associated factors among married women living in ALTI city February 2023.

Methods: 45 women were interviewed. Data were collected using a structured and pretested questionnaire, which included study participants socio-demographic characteristics, access to FP services, knowledge, attitude, and practice of FP.

Study Population: This study targeted married women in childbearing age in ALTI city February-2023.

Introduction

Family planning (FP) is defined as a way of thinking and living that is adopted voluntarily upon the bases of knowledge, attitude, and responsible decisions by individuals and couples [1]. Family planning refers to a conscious effort by a couple to limit or space the number of children they have with contraceptive methods [2].

Family planning deals with reproductive health of the mother, having adequate birth spacing, avoiding undesired pregnancies and abortions, preventing sexually transmitted diseases and improving the quality of life of mother, foetus and family as a whole [3,4].

The Federal Ministry of Health (FMOH) has undertaken many initiatives to reduce maternal mortality. Among these initiatives, the most important is the provision of family planning at all levels of the healthcare system [5,6]. Currently, short-term modern family planning methods are available at all levels of governmental and private health facilities, while long-term method is being provided in health centres, hospitals and private clinics [6].

Most of reproductive age women know little or incorrect information about family planning methods. Even when they know some names of contraceptives, they don't know where to get them or how to use it. These women have negative

attitude about family planning, while some have heard false and misleading information [10,11].

Objectives

General Objective

To assess knowledge, attitude, and practice toward family planning among married women in Alti town February 2023.

Specific objectives:

1. / To assess the Concept of family planning among married women in Alti town.
2. / To assess the attitude of married women toward family planning.
3. / To assess the practice of family planning.
4. / To know does the married women know all the methods of contraceptive.
5. / To assess the knowledge of the complications from this contraception.

Literature Review

Previous Study

Measuring family planning quality and its link with contraceptive use in public facilities in Burkina Faso, Ethiopia, Kenya and Uganda July 2018.

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Pill Magic The Economist January 2018.

Factors associated with non-adherence to instructions for using the Nestorone ®/ethinyl estradiol contraceptive vaginal ring January 2018.

Effects of immediate postpartum contraceptive counseling on long-acting reversible contraceptive use in adolescents December 2017.

Knowledge and opinions of postpartum mothers about the lactational amenorrhea method: the Turkish experience December 2017.

Methodology

Descriptive Cross-Sectional Facility Based Study

45 women were interviewed. Data were collected using a structured and pretested questionnaire, which included study participants socio-demographic characteristics, access to FP services, knowledge, attitude, and practice of FP.

Study Population

This study targeted married women in childbearing age in ALTI town February-2023. Study area: Alti rural hospital, Alti city, Gazira state, Sudan

Inclusion and Exclusion Criteria

Inclusion Criteria

1/ married women in childbearing age in ALTI town. Exclusion criteria

1/ All women outside ALTI town. 2/ All unmarried women.

3/ Older women in menopause age. Ethical Approval

Verbal consent from selected samples without mentioning their name for keeping their privacy Sample size and Sample Technique

N= 450 10 % of N =45 N=45

Sample Technique

Quantities Random technique.

KAP Study

I adopted it on old questionnaire and adjusted to my research.

Knowledge: 8 questions

80 % if true : good knowledge

60 % - 79 % : average knowledge

Less than 60%. : Poor knowledge

Results

The study showed that the overall proper knowledge, attitude and practice of women towards family planning (FP) was 63%, 40%, and 41% respectively. Factors associated with the practice of FP were residence, marital status, educational status, age, occupation, and knowledge, and attitude and number of children. In this study, the level of knowledge and attitude towards family planning was relatively low and the level of family planning utilization was quite low in comparison with many studies. Every health worker should teach the community on family planning holistically to increase the awareness so that family planning utilization will be enhanced. Besides, more studies are needed in a thorough investigation of the different reasons affecting the non-utilizing of family planning and how these can be addressed are necessary

Discussion

The results of the present study showed that 63% of study participants had good knowledge, 41% had favourable attitude, and 40% had good practice towards family planning.

It has also found that women who completed primary & secondary education were practicing family planning than those who were uneducated (64% and 20.6%) respectively. This finding was in line with a study done in Jemma, Ethiopia [9]. This might be due to the fact that women who were able to read and write would think in which FP activities are useful to be economically, self-sufficient and more likely to acquire greater confidence and

personal control in marital relationships including the discussion of family size and contraceptive use.

This study showed that, age of the study participants had an association with practicing FP. Those reproductive age women whose age >30 years were practicing family planning better than those whose age <18 years. This finding was in line with a study done in India [20]. This might be due to the reason that, when age increases mothers awareness; attitude and practice towards family planning may increase. In addition, as age increases the chance of practicing sexual intercourse increases and as a result they would be interested to utilize family planning in one or another way. The current study also showed that knowledge and attitude of reproductive age women were related to FP utilization. Those reproductive age women who had good knowledge were utilized FP better than from those who were less knowledgeable.

Those participants with favourable attitude were practicing better than those who had unfavourable attitude. This might be because knowledge and attitude for specific activities are the key factors to start behaving and maintaining it continuously.

Conclusion & Recommendation

In conclusion The study showed that married women in ALTI city were a marginalized group in terms of family planning and that their overall capacity for family planning, practices and professional practices were low. Contraception was unpopular among the women of Altay, mainly due to the lack of educational qualifications and awareness of family planning. In addition, there were no family planning initiatives and campaigns in ALTI city. Therefore, strengthening family planning interventions and increasing access to basic health services and education is indispensable to improve maternal and child health.

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