



# KNOWLEDGE, ATTITUDE AND UTILIZATION ON EMERGENCY CONTRACEPTION AMONG MARRIED WOMEN IN INDIA– A CROSS SECTIONAL STUDY

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## **ABSTRACT:**

The researchers conducted a cross sectional online survey method to assess the knowledge, attitude and utilization of the emergency contraception among married women of reproductive age group.. The study was conducted among 173 purposefully selected women in Varanasi India on the levels of knowledge attitude and practice on emergency contraceptive pill. An online questionnaire was prepared using Google forms where the tool was incorporated. An online consent form was also included in the survey and the survey was restricted in such a way that the tool will open only on accepting the consent form. A validated and translated tool in Hindi was used in the online form. The link of the online form was sent to all the possible samples through social media platform like Whatsapp and Facebook. The form was open for over a week to collect the data. After organizing and analyzing the data the study shows that 77.45% had moderately adequate knowledge, 63% of the samples had neutral attitude and 54.33% were using emergency contraceptive pill. The researchers evaluated the association between the knowledge and attitude on emergency contraception. The values showed that there is significant association at  $p < 0.01$ . The study concludes that though the use of emergency contraception has been a very popular in this 21st century, yet the knowledge about it is very minimal and the talk about the use of emergency contraception is still considered to be a taboo maybe because of the reported long term use side effects.

**Keywords:** emergency contraception, KAP, Utilization, Knowledge, Attitude.

## INTRODUCTION

Abortion is widely used as a solution to the management of unwanted pregnancy but is unsatisfactory in term of economics, emotional and social aspect .Nearly 90% of unsafe abortion are performed in developing countries where around 80,000 women die annually account for 12% i.e. one in eight of all maternal death worldwide . In India, 11 million abortions takes place annually and around 20,000 women die every year due to abortion related complications. Emergency contraception, which prevents pregnancy after unprotected sexual intercourse, has the potential to significantly reduce the incidence of unintended pregnancies. Emergency contraception a vital role in preventing unintended pregnancy which in turn helps to reduce unintended child birth and unsafe abortion.

Despite the fact that different modern contraceptives exist worldwide, the problem of unintended pregnancy still exist, the knowledge and practice might be there but no contraceptive's is 100% effectiveness. Unintended or unwanted pregnancies are pregnancies that are unplanned or unwanted at the time of conception. Sexual activity without the use of effective contraception is the predominant causes of unintended pregnancy. Worldwide the unintended pregnancy rate is approximately 45% of all pregnancies and this is the main cause of induced abortion . Efforts to decrease rate of unintended pregnancy have focused on improving access to effective contraception through improved counseling and removing barriers to contraception access.

Emergency contraception is used to prevent pregnancy within 72 hours of unprotected sexual intercourse. Emergency contraceptive pills (ECP) can reduce unwanted pregnancy and unsafe abortion. This study was carried out among college students to assess knowledge and attitude practices regarding emergency contraceptives pillsociety. It occurs in every social and economic status. Unintended pregnancies are pregnancies that are mistimed, unplanned or unwanted at the time of conception.

Sexual activity without the use of effective contraception through choice or coercion is the predominant cause of unintended pregnancy. Worldwide, the unintended pregnancy rate is approximately 45% of all pregnancies but rates of unintended pregnancy vary in different geographic areas and different socio economic groups.

Emergency contraceptives which prevents or reduced the incidence of unwanted pregnancy and need for abortion or abortion related complications. In India, as per National Family Health Survey,56% of currently married women of age 15 – 49 years were using any method of contraception. Total unmet need for family planning was 13.2% out of which 6.3% was spacing. Despite women's expressed desires to space their children, the condom is used by only 5%, pill used by 3 % and intra uterine device by only 2% of women.

## METHODOLOGY

The study was conducted among 173 purposefully selected women in Varanasi India on the levels of knowledge attitude and practice on emergency contraceptive pill. An online questionnaire was prepared using Google forms where the tool was

**Table – 1: Distribution of the demographic variables**

**N=173**

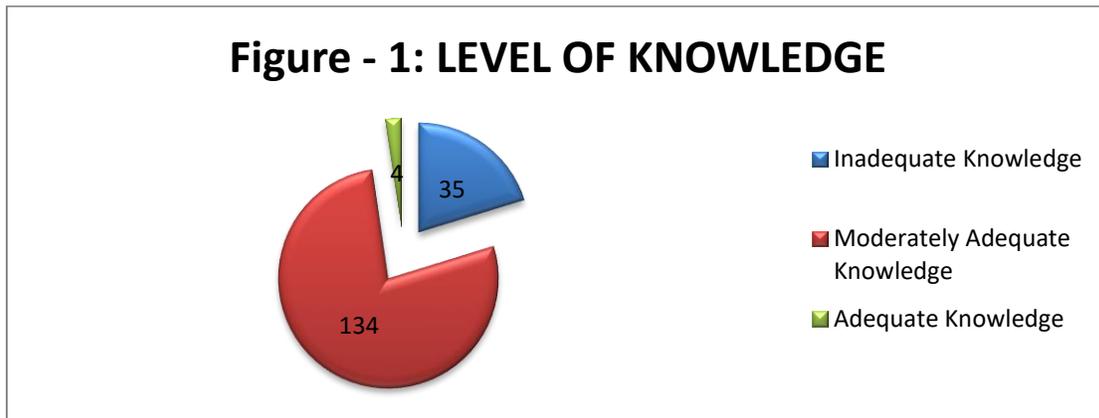
incorporated. An online consent form was also included in the survey and the survey was restricted in such a way that the tool will open only on accepting the consent form. A validated and translated tool in Hindi was used in the online form. The link of the online form was sent to all the possible samples through social media platform like Whatsapp and Facebook. The form was open for over a week to collect the data. Descriptive and inferential statistics were used using SPSS (20.0 Version) to understand the level of knowledge attitude and practice on emergency contraception.

## RESULTS:

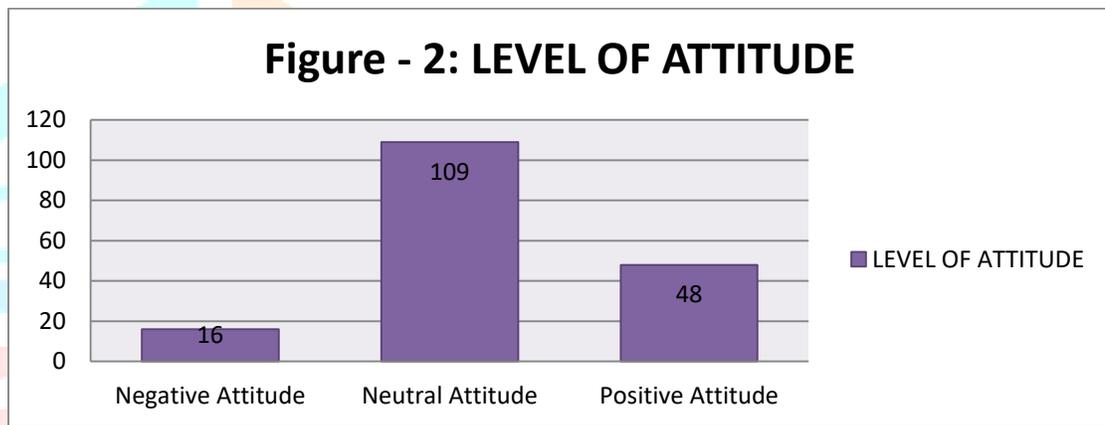
Out of the 173 sample, 13 basic demographic details were collected and as the table 1 depicts About 58.96% were from the age group of 18-24 years of age group, 68.79% were house wife, 8.68% had more than two abortions, 85.55% had undergone normal delivery, 45.67% were mothers of one child, 26.59% had received information on emergency contraception from their family members, 30.06% of the mothers had an monthly income of 5000-10000, 49.14% of the mothers had their last child 1-2 years ago, 56.65% of the women were using orall pills as a contraceptive methods, 41.62% of the women had history of unwanted pregnancy, 87.29% were Hindus and 41.05% have been educated till 12th standard or diploma.

Sl. No	Demographic Variable	Options	Number	Percentage (%)
1	Age	18-24 years	102	58.96
		25-31 years	37	21.39
		32-38 years	28	16.19
		39-45 years	06	3.47
2	Occupation	Housewife	119	68.79
		Agriculture	20	11.57
		Employed	34	19.66
3	Number of abortion	None	77	44.51
		Once	70	40.47
		Two	17	9.83
		Two or more	109	63.01
4	Mode of delivery	Vaginal delivery	148	85.55
		Cesarean section	25	14.46
5	Number of children	None	37	21.39
		1	79	45.67
		2	42	24.28
		More than 2	15	8.68
6	Source of information	Friend	31	17.92
		Family member	46	26.59
		Neighbor	18	10.41
		Health personnel	43	24.86
		Social media	35	20.24
7	Income	Less than 5000	25	14.46
		5000-10000	52	30.06
		10000-15000	49	28.33
		More than 15000	47	27.17
8	Age of last child	< than 1 year	39	22.55
		1-2 year	85	49.14
		>than 2 year	49	28.33
10	History of type of contraceptives	Barrier method	25	14.46
		Pills	98	56.65
		Injection	23	13.3
		IUD	27	15.61
11	History of previous unwanted pregnancy	Yes	72	41.62
		No	101	58.39
12	Religion	Hindu	151	87.29
		Muslim	13	7.52
		Christian	3	1.74
		Others	2	1.16
13	Education	Illiterate	19	10.99
		Upto 10 <sup>th</sup>	35	20.24
		Upto 12 <sup>th</sup> or diploma	71	41.05
		Graduate and above	48	27.75

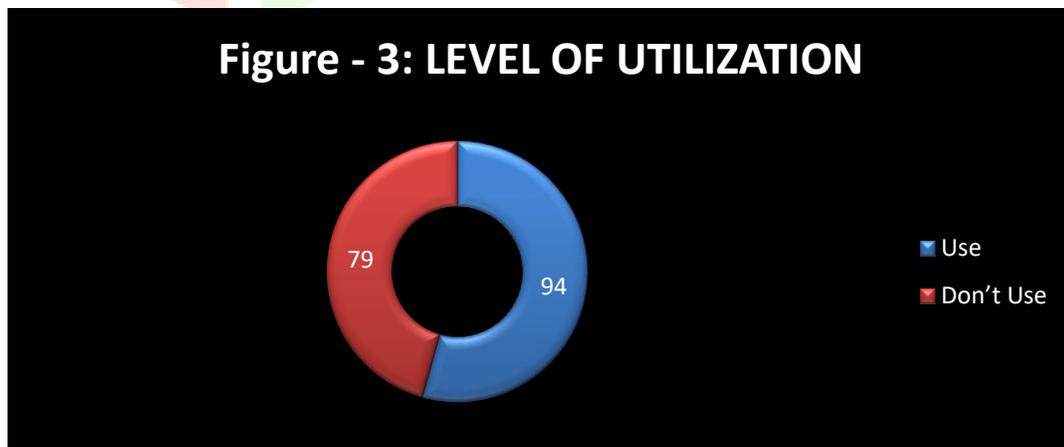
On assessing the knowledge of the samples on emergency contraception the researchers understood that 20.33% of the samples had inadequate knowledge, 77.45% had moderately adequate knowledge and 2.31% sample had adequate knowledge.



On assessing the attitude of the samples on emergency contraceptive pill the researchers understood that 9.24% sample had negative attitude, 63% samples had neutral attitude, 27.74% had positive attitude and no sample had highly positive attitude.



On assessing the utilization of the samples on emergency contraceptive pills the researchers understood that 54.33% were using emergency contraceptive pill and 45.67% were not using emergency contraceptive pill.



On associating the knowledge and attitude on emergency contraceptive pills by using chi square 2x3 table method, the  $\chi^2$  value was 46.88 and the p value is less than 0.00001 and the results shows that there is an significant association between the knowledge and attitude at  $p < 0.01$ .

## CONCLUSION

The study concludes that though the use of emergency contraception has been a very popular in this 21<sup>st</sup> century, yet the knowledge about it is very minimal and the talk about the use of emergency contraception is still considered to be a taboo maybe because of the reported long term use side effects.

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