

**A STUDY OF MODERN CONTRACEPTION PRACTICES IN AN URBAN SLUM AREA****<sup>1</sup>Dr. Ravindra Gurav, <sup>2</sup>Dr. Keerthana C. and <sup>3</sup>Dr. Sambasivan Venkat**<sup>1</sup>Professor (Addl.), <sup>2,3</sup>Junior Resident

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Article Received on 03/09/2022

Article Revised on 24/09/2022

Article Accepted on 14/10/2022

**ABSTRACT**

**Background:** India is the first country in the world to adopt an official population policy and launch official family planning program way back in 1952. This program remains the foundation of family planning efforts. During its early years, the program focused on the health rationale of family planning. Family planning as a strategy for population stabilization received attention only after 1971 population censuses. This strategy can have a positive impact on population growth, maternal mortality, and infant as well as new-born outcomes. **Methods:** A community based cross-sectional study was conducted in a randomly selected locality from a slum area catered by an urban health training center of a Medical College. All married males in the age group of 21 to 60 years and all married females in the reproductive age group of 15 to 49 years residing in it were included in the study. The complete enumeration technique was used to conduct the present study, to eliminate sampling bias. **Results:** The prevalence of modern contraception use including use of condom by husband among married females in the reproductive age group of 15 to 49 years was 80.52% and in case of married males in the age group of 21 to 60 years, it was 18.57%. **Conclusion:** In the present study, it is observed that the prevalence of use of modern contraception among married females in the age group of 15 to 49 years in urban slum area is higher than the finding of NFHS-5(2019-21).

**KEYWORDS:** Contraception Practices, Urban Area.**INTRODUCTION**

Population explosion is a major problem of India since 1947. Considering the consequences of this problem, population stabilization has been identified as an essential pre-requisite for the economic development of the nation resulting in improved quality of life. India became the first country in the world to formulate National Family Planning Program in 1952. The main objective of this program was to reduce birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of national economy. Over the years, the program has undergone transformation in terms of policy and implementation.<sup>[1]</sup> Acceptance of contraceptive methods is influenced by various factors at the individual, family and community level with the roots in the socio-economic and cultural background of Indian society.<sup>[2]</sup> Contraception is one of the most important health interventions of the Twenty-First century which is crucial in reducing rapid population growth and improving women and family health. The present study was conducted to know the status of use of modern contraceptive methods by the study subjects in an urban slum area. Family planning saves lives and improves quality of life of women, children and family at large. It also prevents pregnancy related health risks in women, infant mortality, sexually

transmitted infection, HIV/AIDS and adolescent pregnancies.<sup>[3]</sup>

**MATERIAL AND METHODS**

This is a community based descriptive cross-sectional study, conducted in an urban field practice area of a Medical College. All married males in the age group of 21 to 60 years and all married females in the reproductive age group of 15 to 49 years residing in a randomly selected locality were included in the study. The complete enumeration technique was used to conduct the present study, to eliminate sampling bias. The study subjects were approached for data collection during one week period. A pre-designed, pre-tested, semi-structured and anonymous interview schedule was used for the study purpose. The collected data was analyzed with the help of appropriate statistical methods. The results were represented in suitable tables. Chi-square test was used to analyze the data. A two-sided p value of < 0.05 was considered as statistically significant.

**RESULTS AND DISCUSSION**

In the study area, there were 140 married males in the age group of 21 to 60 years. Of these 140 subjects, 26(18.57%) were using modern contraception, while

114(81.43%) were not using any contraceptive method. 01(00.71%) subject has undergone vasectomy and 25(17.86%) subjects were using condom. According to NFHS-5(2019-21),<sup>8</sup> in India, the overall prevalence of male sterilization was 0.3% and of condom use was

9.5%. As per this survey, the urban prevalence rate of male sterilization and condom use was 0.2% and 13.6% respectively. The prevalence rate of contraceptive use among married males was 18.57% in our study in urban slum area. (Table-1).

**Table 1: Distribution of married males according to current use of contraception (n=140).**

Contraceptive Method	n	%
Condom	25	17.86
Vasectomy	01	00.71
Subjects using Contraception/ Prevalence	26	18.57
Subjects not using Contraception	114	81.43

Of the total 140 males, 108(77.14%) were in the age group of 21 to 40 years and 32 (22.86%) were in the age group of > 40 to 60 years. Of the 108 (77.14%) subjects, 23(21.30%) were using condom and nobody has accepted vasectomy. Of the 32(22.86%) subjects, 02(06.25%) were using condom while 01(03.12%) has undergone vasectomy. 85(78.70%) subjects in the age

group of 21 to 40 years while 29(90.63%) in the age group of > 40 to 60 years were not using the modern contraceptive methods. As far as the practice of contraception is concerned, there is no significant difference between these two age groups ( $p > 0.05$ ). (Table-2)

**Table 2: Distribution of married males according to age in years and use of contraception (n=140).**

Age groups	No. of Subjects	Condom n (%)	Vasectomy n (%)	Using n (%)	Not using n (%)
21-40	108(77.14%)	23(21.30)	00(00.00)	23(21.30)	85(78.70)
>40-60	32(22.86%)	02(06.25)	01(03.12)	03(09.37)	29(90.63)
					$p > 0.05$

There were 154 married females in the reproductive age group of 15 to 49 years in the locality, of which 132 (85.71 %) were in the age group of 15 to 32 years, while 22(14.29%) were in the age group of > 32 to 49 years. Of the 132(85.71%) subjects,110(83.33%) were practicing modern contraception and of the 22(14.29%) subjects,14(63.64%) were practicing contraception ( $p<0.05$ ). Of the 154 subjects, 13(08.44%) were illiterate while 141(91.56%) were literate. Of the 13(08.44%) illiterate subjects, 09(69.23%) were practicing contraception and of the 141 literate, 115(81.56%) were practicing contraception( $p>0.05$ ). Of the 154 subjects,

103(66.88%) belong to nuclear family and 51(33,12%) were belong to joint family. Of the 103(66.88%) subjects, 89(86.41%) were practicing contraception and of the 51(33.12%) subjects, 35(68.63%) were practicing contraception ( $p<0.05$ ). Of the 154 subjects, 133(87.50%) were having per capita income less than Rs.5000 and 21(13.81%) were having above Rs.5000. Of the 133(87.50%) subjects,109(81.95%) were practicing contraception while of the 21(13.81%) subjects, 15(71.43%) were practicing contraception ( $p>0.05$ ). (Table - 3)

**Table 3: Distribution of married females according to Socio-demographic characteristics and contraception practices (n=154).**

Characteristics	n	%	Subjects practicing contraception	Subjects not practicing contraception	P value
<b>Age groups in years</b>					
15-32	132	85.71	110(83.33%)	22(16.67%)	$p<0.05$
>32-49	22	14.29	14(63.64%)	08(36.36%)	
<b>Education</b>					
Illiterate	13	08.44	09(69.23%)	04(30.77%)	$p>0.05$
Literate	141	91.56	115(81.56%)	26(18.44%)	
<b>Type of Family</b>					
Nuclear	103	66.88	89(86.41%)	14(13.59%)	$p<0.05$
Joint	51	33.12	35(68.63%)	16(31.37%)	
<b>Per Capita Income</b>					
<5000	133	87.50	109(81.95%)	24(18.05%)	$p>0.05$
>5000	21	13.81	15(71.43%)	06(28.57%)	

Of the 154 subjects, 87(56.49%) were using spacing methods and 37(24.03%) have undergone tubectomy. Nobody's spouse has undergone vasectomy. The prevalence of spacing methods among married females was 56.49% and of terminal method was 24.03%. Thus 124(80.52%) females were using contraceptive method. So, the prevalence of contraceptive use among females in reproductive age group was 80.52% in our study in urban slum area. (Table – 4) As per the report of NFHS-5(2019-21),<sup>[8]</sup> the overall prevalence of contraception use among currently married women in the age group of 15-49 years in India was 66.70% and in urban area it was

69.30%. The NFHS-5,<sup>[8]</sup> has mentioned, the prevalence of only modern contraception use among currently married women in the age group of 15-49 years in India was 56.50% and in urban area it was 58.50%. According to NFHS-5,<sup>[8]</sup> the prevalence of female sterilization in India was 37.90% and in urban area it was 36.30%. Rupal D. Girase et al<sup>[7]</sup> observed, 52.14% women were using contraception in their study in urban slum area of Solapur city in married women aged between 15 to 45 years. This prevalence rate is less as compared to our finding.

**Table 4: Distribution of married females according to current use of contraception (n=154).**

Type of Contraception	n	%
Spacing Method		
Use of Condom by Husband	44	28.57
O. C. Pills	12	07.79
Cu-T	31	20.13
Prevalence of Spacing Methods	87	56.49
Terminal Method		
Vasectomy	00	00.00
Tubectomy	37	24.03
Prevalence of use of Terminal Method	37	24.03
Overall Prevalence of Contraception Use	124	80.52
Not Using Contraception	30	19.48

Of the 132(85.71%) subjects in the age group of 15 to 32 years, surprisingly 25(18.94%) females have undergone tubectomy while 30(22.73%) were using Cu-T, 12 (09.09%) were consuming O. C. pills, 43(32.58%) subject's husbands were using condom and 22(16.67%) subjects were not using contraception. Of the 22(14.29%) subjects, in the age group of > 32 to 49

years, 12(54.54%) have undergone tubectomy, 01(04.55%) was using Cu-T, 01(04.55%) subject's husband was using condom and 08(36.36%) subjects were not practicing contraception. There is a significant difference between two age groups, as far as the practice of contraception is concerned ( $p < 0.05$ ). (Table-5).

**Table 5: Distribution of married females according to age in years and use of contraception (n=154).**

Age groups	No. of Subjects	Tubectomy n (%)	Cu-T n (%)	O.C. Pills n (%)	Use of Condom by Husband n (%)	Not using n (%)
15-32	132	25(18.94)	30(22.73)	12(09.09)	43(32.58)	22(16.67)
>32-45	22	12(54.54)	01(04.55)	00(00.00)	01(04.55)	08(36.36)
						$p < 0.05$

Use of condom by husband was common contraception practice before first pregnancy which was practiced in case of 17(56.67%) out of 20(12.99%) married females. During first and second pregnancy again, condom use by husband was common i.e., in case of 22(37.29%) married females, followed by Cu-T by 19(32.20%) out of

46(29.87%) subjects. Again, use of Cu-T was common between second and third pregnancy i.e., in case of 10(28.57%) out of 28(18.18%) married females. After third pregnancy outcome, 30(19.48%) married females have accepted tubectomy. (Table-6).

**Table 6: Distribution of Contraception practices before first pregnancy, between first and second pregnancy and after third pregnancy outcome (n=154).**

Interval	Practiced Contraception n (%)	Use of Condom by Husband n (%)	O.C. Pills n (%)	Cu-T n (%)	Tubectomy n (%)
Before first pregnancy	20(12.99)	17(56.67)	01(03.33)	02(06.67)	00(00.00)
During first and second Pregnancy	46(29.87)	22(37.29)	04(06.78)	19(32.20)	01(01.69)
During second and third Pregnancy	28(18.18)	05(14.29)	07((20.00)	10(28.57)	06(17.14)
After Third Pregnancy	30(19.48)	00(00.00)	00(00.00)	00(00.00)	30(100.00)

Jenit A. Osborn<sup>[2]</sup> observed contraceptive prevalence rate of 75% among eligible couples in their study in Tamil Nadu. In India according to NFHS-4, the prevalence of contraceptive use among women in the reproductive age was 53.5%.<sup>[1]</sup> Anita Thakur et al<sup>[1]</sup> observed the modern contraceptive prevalence of 67.7% among women of reproductive age group 15-49 years. They also observed, male condom 36%, followed by sterilization 30% were the most common methods preferred in rural North India. B.P. Singh et al<sup>[4]</sup> observed the total prevalence of contraceptive use was 58.6%. They also found that practice of family planning methods was high among Hindu (87.2%) compared to Muslims (12.8%). 46% of the acceptors of contraceptives were held from nuclear family as compared to 32% from joint family in their study in Bhagalpur, Bihar.

Anila Tresa Alukal et al<sup>[6]</sup> observed around 71.60% of the study population has used some form of contraception in their study in Kerala. The most common contraceptive method was natural methods (69.60%) followed by barrier methods (59.90%). IUCD was the method which was least practiced (02.90%) followed by OC pills (19.10%). Gupta RK et al<sup>[9]</sup>, in their study in a rural population of Northern India observed, contraception prevalence rate of 71.11% among 270 eligible couples. According to the National Family Health Survey (NFHS)-3 and 4, the prevalence of modern methods of contraception use is 48.50% and 47.80% respectively. The NFHS-5 Survey<sup>[8]</sup> also observed prevalence of 56.50% by all methods of contraception use, which is still below the expected rate of 60% to have a stable population.

Despite serious efforts and progress, India has yet to achieve its family planning goals. There is a need for greater male participation both as facilitators and beneficiaries. Family planning is crucial for the achievement of the sustainable development goals and subsequent efforts need to be made to improve access and strengthen quality of family planning services.<sup>[5]</sup>

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