

## Knowledge, Attitude and Practice of Family Planning

(A Study of Vishunpura Village of Rohtas District of Bihar, India)

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### ABSTRACT

*The main objective of the family welfare programme of Government of India is to spread the knowledge of family planning method and develop among the people and attitude favourable for adoption of contraceptive method. Several KAP studies have been conducted.*

*The present study was conducted in Vishunpura Village of Rohtas District of Bihar, India which is at a distance of 10 km from Rohtas District headquarter. The present paper is an effort to assess the knowledge, attitude and practice of family planning (KAP) among the rural women of Bihar (India).*

*The findings show that the maximum educational level of the respondents is Matric. Since agriculture is the primary occupation they are farmers which accounts for 50 per cent. Their income ranges between Re.2000-3000. 48 per cent of the respondents had the knowledge of tubectomy. As for the family planning method they are using 60 per cent are satisfied. 44 per cent of the respondents say that it is through friends they come to know about the different contraceptive methods. The percentage is high regarding the attitudes towards approval of abortion. 56 per cent of the respondents agrees to use a method to delay/avoid pregnancy.*

**Key Words:** KAP (Knowledge, Attitude and Practice), Family Planning

### I. INTRODUCTION

In the early 1950s, the Government of India launched a family welfare programme. This programme is to accelerate the country's economic and social development, and has formulated an official policy with the aim of reducing the rate of population growth. The programme was accorded special priority during the 1960s and 1970s, but so far only met with marginal success, that is, till 1989-1990, only 41.9 per cent of the total eligible couples has been effectively protected.

Family planning through contraception tries to achieve two main objectives; firstly, to have only the desired number of children and secondly, to have these children by proper spacing of pregnancies. Mass media also plays an important role in promotion and acceptability of contraception.

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Since the inception of the programme several knowledge, attitude and practice studies have been conducted. Earlier KAP studies were conducted on small sample of specific population and were more descriptive in character. In the late 1960s, scales were developed and utilized in KAP surveys, sample size increased and studies were done concerning the correlates of knowledge, attitude and practice of family planning. Knowledge and practice of family planning is strongly related to higher level of education, to labour force participation, to fertility.

One of the main objective of the programme is to spread the knowledge of family planning method and develop among the people and attitude favourable for adoption of contraceptive method. The progress achieved in this sphere is normally assessed from the result of K.A.P. Survey<sup>5</sup>.

In most of the studies, it was found that education is the prime influencing factor. It may have a direct influence on fertility, since education affects the attitudinal and behavioural patterns of the individuals. A number of K.A.P. survey has been carried out covering different population groups. In their study among rural Rajputs and SCs found that raise in education beside providing knowledge and the contraceptive methods helps in improving acceptance of family control devices<sup>6</sup>. There are also other studies carried out in this sphere<sup>7,8,9</sup>.

In recent years, the need for such kind of studies was very important. Because more specific knowledge can be acquired about factor that determines the fertility and family acceptance. This in turn can be used to develop suiExhibit programme for them.

The present paper is an attempt to assess the knowledge, attitude and practice of family planning (KAP) among therural women of Bihar (India).

## II. MATERIAL AND METHODS

The present study is based on data collected at random from 50 married women from the Vishunpura Village, a rural village and lies at a distance of 10 km from the Sasaram city of Rohtas district. The village consists of 154 households with a population of 4263, out of which 2134 are males and 1129 are females.

The primary data has been collected with an interview schedule. For the collection of the data, female investigators were employed.

## III. RESULTS AND DISCUSSION

Socio-demographic characteristics of the 50 married rural women interviewed, such as current age, level of education, occupation and income at the time of the survey are presented in Exhibit 1.

**Exhibit 1: Demographic characteristics of the study population**

| Characteristics                  | N=50 | Per cent |
|----------------------------------|------|----------|
| <b>1. Present age (in years)</b> |      |          |
| 20-25                            | 24   | 48.0     |
| 26-30                            | 10   | 20.0     |
| 31-35                            | 4    | 8.0      |
| 36-40                            | 12   | 24.0     |
| <b>2. Level of Education</b>     |      |          |
| Illiterate                       | 12   | 24.0     |
| Matric                           | 27   | 54.0     |
| Undergraduate                    | 7    | 14.0     |
| Graduate                         | 3    | 6.0      |
| Postgraduate                     | 1    | 2.0      |
| <b>3. Occupation</b>             |      |          |
| Housewife                        | 8    | 16.0     |
| Business                         | 12   | 24.0     |
| Farmers                          | 25   | 50.0     |
| Govt. servants                   | 5    | 10.0     |
| <b>4. Income (in rupees)</b>     |      |          |
| 0-1000                           | 9    | 18.0     |
| 1001-2000                        | 11   | 22.0     |
| 2001-3000                        | 13   | 26.0     |
| 3001-4000                        | 5    | 10.0     |
| 4001-5000                        | 8    | 16.0     |
| 5001 and above                   | 4    | 8.0      |

It is seen from the Exhibit1 that the current age of the married women ranged from 20-40 years. 48 per cent of these women are in the age group of 20-25 years; 24 per cent in the age group of 36-40 years; 20 per cent in the age group of 26-30 years and 8 per cent in the age group of 31-35 years respectively.

As for the level of education, it is seen from the Exhibit that 24 per cent of the women are illiterate. 54 per cent of them did their matric; 14 per cent are undergraduate; 6 per cent are graduate and 2 per cent are postgraduate. Here the maximum educational level they attained is matric.

It is also seen that 50 per cent of the respondents are farmer. Because, agriculture is primary occupation. 24 per cent are into business like running groceries. 16 per cent are housewives and 10 per cent are working in offices and as teachers in schools and colleges. 26 per cent of the respondents has an income in the range of Rs.2001-3000; 22 per cent of the respondents in the range of Rs.1001-2000. 18 per cent of the respondents has an income of Rs.1000. 16 per cent of the respondents has income in the range of Rs.4001-5000. 10 per cent of the respondents has income in the range of Rs.3001-4000 followed by 6 per cent of the respondents in the range of Rs.5001 and above.

Exhibit 2 given below shows the distribution percentage of the respondents with knowledge of different family planning method by age group. It indicates that family planning knowledge was widespread, and that all the respondents were aware of at least one method of contraception. Among the various method, female sterilization or tubectomy is more popular among the women who reported knowledge of the contraceptive method. As it can be seen from the Exhibit that in all the age group, the percentage varied from 48.0% to 46.0% to 42.0% to 36.0% respectively. The next known method was male sterilization or vasectomy. In the age group of 20-25 years, 26-30 years, and 31-35 years, the respondents have the knowledge of vasectomy also with percentage varied from 42.0% to 30.0%. It is in the age group of 36-40 years that 20.0% have the knowledge of vasectomy.

**Exhibit 2: Distribution (%) of respondents with knowledge of family planning methods**

| Knowledge of Various family planning methods |    |           |    |                      |    |                                  |    |                              |    |
|--|----|-----------|----|----------------------|----|----------------------------------|----|------------------------------|----|
| Tubectomy                                    |    | Vasectomy |    | Condom/Loop/<br>Cu T |    | Diaphragm/Jelly/<br>Foam tablets |    | Rhythm/withdrawal<br>methods |    |
| %  | N  | %         | N  | %                    | N  | %                                | N  | %                            | N  |
| 48.0   | 24 | 42.0      | 21 | 32.0                 | 16 | 20.0                             | 10 | 34.0                         | 17 |
| 42.0   | 21 | 36.0      | 18 | 20.0                 | 10 | 14.0                             | 7  | 28.0                         | 14 |
| 46.0   | 23 | 30.0      | 15 | 34.0                 | 17 | 10.0                             | 5  | 20.0                         | 10 |
| 36.0   | 18 | 20.0      | 10 | 24.0                 | 12 | 14.0                             | 7  | 16.0                         | 8  |

Percent add to more than 100 due to multiple responses

The percentage is high in the age group of 31-35 years and 20-25 years where the respondents has the knowledge of condom/loop/copper T, with 34.9% and 32.0% respectively. The percentage is low of the

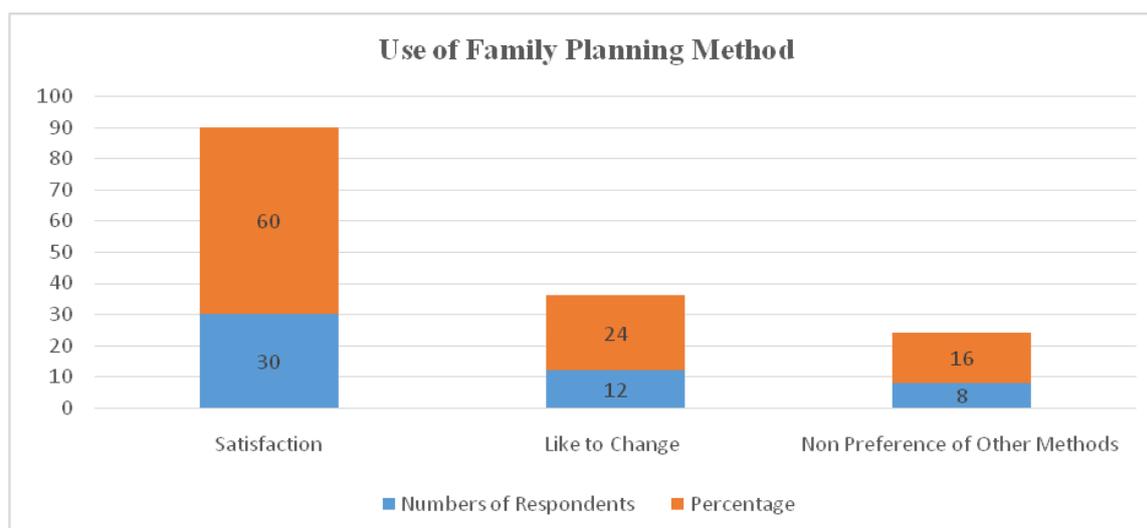
respondents in the age group of 36-40 years and 26-30 years with a percentage of 24.0% and 20.0% respectively.

As regard to the knowledge of diaphragm/jelly/foam Exhibitts the respondent's knowledge is low. It is seen from the Exhibit that in all the age groups the percentage varied from 20.0% to 10.0% respectively.

The percentage is high in the age group of 20-25 years and 26-30 years where the respondents has the knowledge of rhythm/withdrawal method. This could be due to education and mass media. The percentage varies from 34.0% to 28.0%. The percentage is low in the age groups of 31-35 years and 36-40 years with 20.0% and 16.0% respectively.

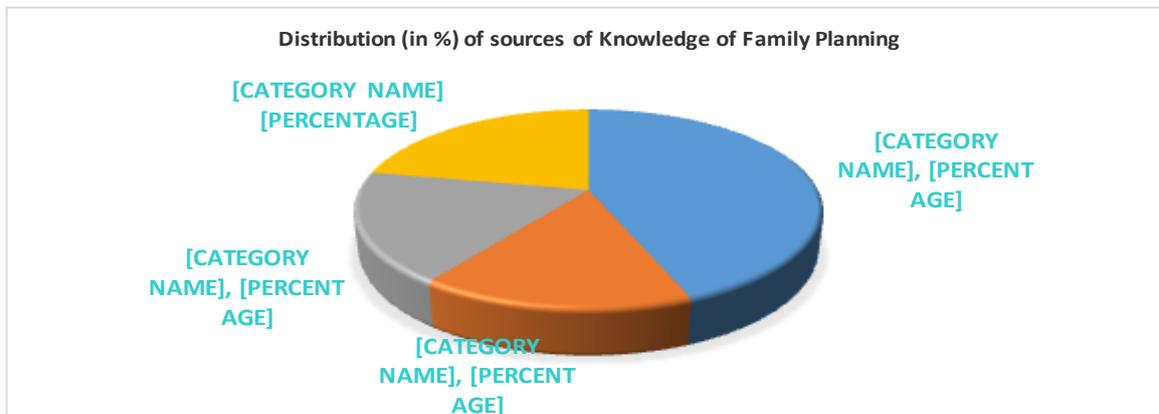
From Exhibit 3, it shows that 60 per cent of the respondents are satisfied with the family planning method they are using. 24 per cent of them like to change the family planning method. 16 per cent of the respondents does not prefer other methods of family planning.

**Exhibit 3: Distribution (%) of the respondent's use of family planning methods**



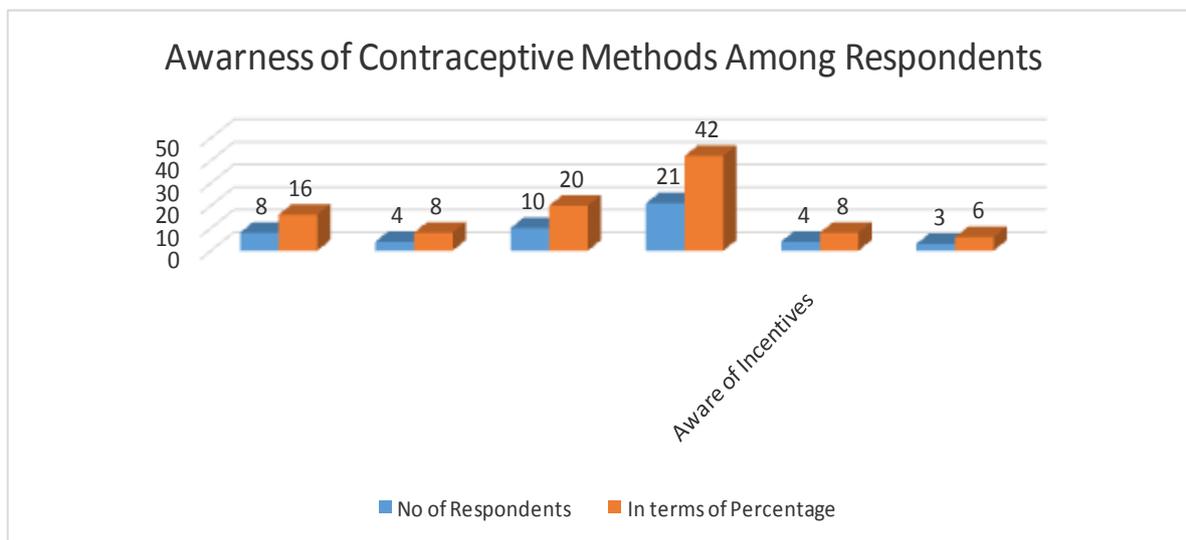
From Exhibit 4, it is seen that the main source of knowledge, about different contraceptive methods known is "friends" as reported by 44 per cent of the respondents. 22 per cent of the respondents came to know about these methods through "mass media". It is followed by relatives with 18 per cent and neighbours with 16 per cent respectively.

**Exhibit 4: Distribution (%) of sources of knowledge in practicing family planning.**



From Exhibit 5, it is seen that 42 per cent of the respondents are not aware of contraceptive methods whereas 20 per cent of the women are aware of the contraceptive methods. 16 per cent of the respondents were advised to use contraceptive method as against 8 per cent of the respondents. 8 per cent of the respondents are aware of incentives and 6 per cent of the women are aware of traditional method.

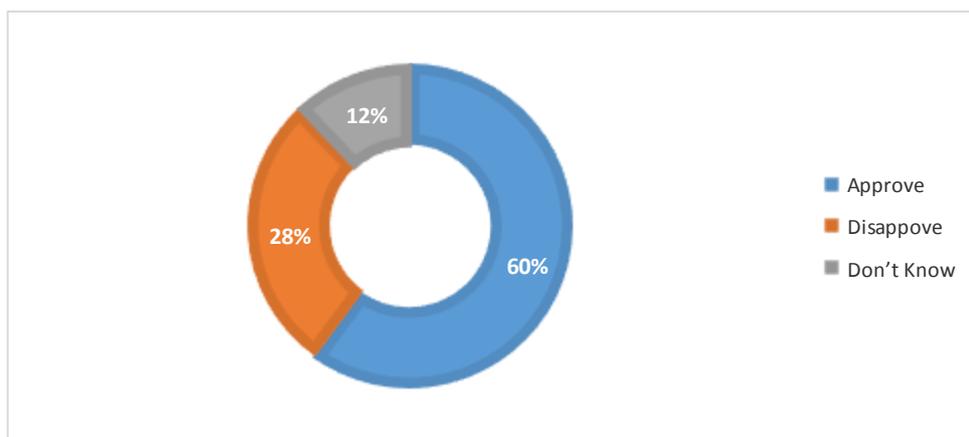
**Exhibit 5: Distribution (%) of respondent's awareness of contraceptive methods.**



By asking the question: some married couples practice family planning in order to keep them from getting pregnant. Do you approve or disapprove of it? The attitude of the respondents was obtained. From Exhibit 6 it is

seen that 60 per cent of the respondents approve towards family planning. 28 per cent of the respondents disapprove it. And 12 per cent does not know. This shows that the respondents are in favour of family planning.

**Exhibit 6: Distribution (%) of the respondents' attitude toward family planning.**



By asking questions on such aspects like deformity/mentally of a child, rape, failure of contraception method, affordable of another child, the attitude towards the approval/disapproval of abortion was obtained. It is seen from Exhibit 7, that 78 per cent of the respondents approve abortion, if a baby is likely to be deformed or mentally defect. 22 per cent of them are against abortion. 82 per cent of the respondents approve abortion, if a couple cannot afford another child. And 18 per cent of the respondents are against abortion. 74 per cent of the respondents favours abortion if a woman has been raped and 26 per cent of them are against abortion. 66 per cent of the respondents approve abortion if any conception method has failed. And 34 per cent are against abortion. It is clear from the Exhibit that abortion is approved.

**Exhibit 7: Distribution (%) of respondents decision toward contraceptive method.**

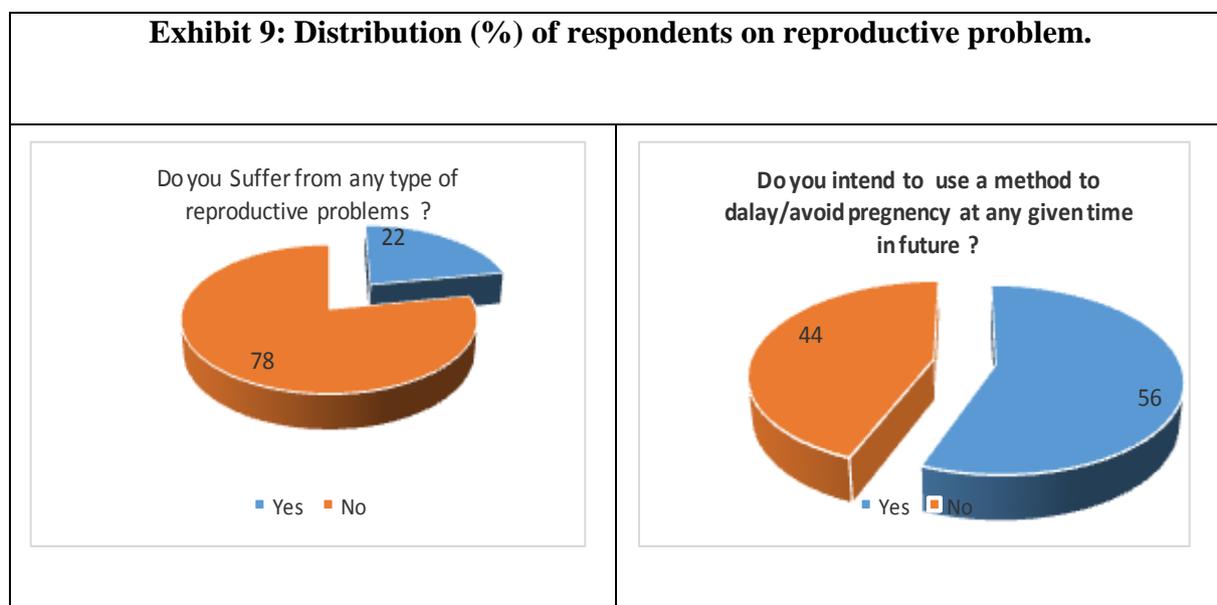
| Decision toward contraceptive method  | %    | N=50 |
|---------------------------------------|------|------|
| 1. (a) Economic reasons.              | 58.0 | 29   |
| (b) Motivations.                      | 10.0 | 5    |
| (c) Incentives.                       | 12.0 | 6    |
| (d) Small family norm.                | 20.0 | 10   |
| 2. (a) Help from PHC/Govt.            | 72.0 | 36   |
| (b) satisfied with private treatment. | 28.0 | 14   |
| 3. (a) Prefer modern method           | 76.0 | 38   |
| (b) Prefer traditional method.        | 24.0 | 12   |
| 4. (a) Positive view of commercials.  | 70.0 | 35   |
| (b) Negative view of commercials.     | 30.0 | 15   |

Exhibit 8 shows the different factors which influence family planning. 58 per cent of the respondents say that it is for economic reasons. 20 per cent of the respondents for small family norm. 12 per cent of the respondents for incentives and 10 per cent of them were motivated. 72 per cent of the respondents are in favour of help provided by PHC/Govt. whereas 29 per cent of them are satisfied with private treatment. 76 per cent of the respondents prefer modern family planning method and 24 per cent of them prefer traditional method. 79 per cent of the respondents have positive views toward commercials and 30 per cent of them have negative views toward commercials.

**Exhibit 8: Distribution (%) of respondent's attitude towards approval/disapproval of abortion**

| Situation |  | Attitude towards abortion |    |            |    |
|-----------|--|---------------------------|----|------------|----|
|           |  | Approve                   |    | Disapprove |    |
|           |  | %                         | N  | %          | N  |
| a)        | If a baby is likely to be deform or mentally defective | 78.0                      | 39 | 22.0       | 11 |
| b)        | Couple cannot afford another child                     | 82.0                      | 41 | 18.0       | 9  |
| c)        | The woman has been raped                               | 74.0                      | 37 | 26.0       | 13 |
| d)        | If any conception method has failed                    | 66.0                      | 33 | 34.0       | 17 |

**Exhibit 9: Distribution (%) of respondents on reproductive problem.**



The respondents were asked if they have any type of reproductive problem. 78 per cent of the respondents says that they did not have reproductive problems. Whereas, 22 per cent of them had problems. When the

respondents were asked if they intend to use a method to delay/avoid pregnancy at any given time in the future? It is seen from the Exhibit that 56 per cent of the respondents agree whereas 44 per cent do not agree (Exhibit 9).

#### **IV.CONCLUSION**

The current age of the respondents is between 20-40 years. Most of the respondents are farmers (50%) as agriculture is the primary occupation. The maximum level of education they had achieved is matric. There are few respondents who had done graduate and postgraduate courses. The highest percentage of the respondent's income are in the range of Rs.2001-3000.

The study reveals good knowledge and favourable attitude towards family planning. The knowledge of family planning is widespread among the respondents and are aware of least one method of contraception. Female sterilization or tubectomy is more popular among the women. The respondents are satisfied with the family planning method with 60%. It is through friends that the respondents has come to know about the family planning method. The respondents approve abortion in situation like rape, deformity/mentally of a child, cannot afford another child etc. 60% of the respondents approve toward family planning. factors which influence family planning is for economic reasons (58%), small family norm (20%), incentives (12%) and motivated (10%). The respondents are in favour of PHC/Govt. help and prefer family planning method. Most of the respondents do not have any reproductive problems.

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