

Original Article

TO INVESTIGATE THE USE OF VARIOUS CONTRACEPTIVE TECHNIQUES AND USER SATISFACTION IN OPD

Junaid Ahsan¹, Umema Zafar², Romana Ayub³, Ahmad Azam Malik⁴, Nimra Zafar⁵, Mahnoor Inamullah⁶

¹Department of Community Medicine, Gajju Khan Medical College, Swabi, Pakistan.

²Department of Physiology, Khyber Medical College, Peshawar, Pakistan.

³Department of Community Medicine, Khyber Medical College, Peshawar, Pakistan.

⁴Department of Family and Community Medicine, Rabigh Medical College, King Abdul Aziz University, Jeddah, KSA

⁵Department of Physiology Khyber Medical College, Peshawar

⁶Graduate, Khyber Medical College, Peshawar, Pakistan

ABSTRACT

Objective: to learn how many contraceptive techniques are used and how satisfied users are with them. Need must be aware of the adverse consequences of the most popular forms of contraception.

Methods: The cross-sectional research was carried out at the family planning outpatient departments of the three biggest hospitals in Peshawar: Hayatabad Medical Complex, Lady Reading Hospital, and Khyber Teaching Hospital. Our trial lasted for almost four months. A total of 140 individuals, both male and female, had their satisfaction with OPDs at the various hospitals indicated above, as well as their usage of various methods of contraception, evaluated. Then, 140 respondents were chosen using a straightforward random sample procedure, and data was gathered using a semi-structured questionnaire.

Results: According to our findings, 26% of participants used pills, 8% used condoms, 17% used IUDs, 12% used implants, 9% utilized natural methods, 18% used injections, and 10% used permanent techniques as a means of birth control. Of the respondents, 129 (or 92%) were pleased with their form of contraception, whereas 11 (or 8%) were not. Weight gain was the most often reported adverse effect, accounting for 42% of the participants' complaints.

Conclusion: Though it is now practised nationwide, family planning has become more prevalent in rural regions. Campaigns to raise awareness must be expanded and increased. Users generally expressed satisfaction with the personnel and services of family planning facilities.

Keywords: Contraceptive Methods, User Satisfaction, Adverse Effects

INTRODUCTION

The world population is growing (2017) at a rate of 1.11% per year. The latest UN estimates indicate

that the world's population will reach 10 billion in 2056. The current world population as of January 2017 is 7.5 billion, according to the most recent UN estimates by Worldometers.¹

Most of the world's countries suffer from overpopulation. Some of the main issues brought on by overpopulation are food scarcity and starvation, early disease transmission, contaminated water supplies, scarcity of nonrenewable resources, desertification, climate change, unemployment, and an increase in inter territory conflict. ² Raising the age of marriage, family planning, and education are the three primary

Correspondence:

Dr. Junaid Ahsan

Assistant Professor

Department of Community Medicine, Gajju Khan Medical College, Swabi, Pakistan

Cell: 03005906048

Email: dr.junaidahsan@gmail.com

Date Received: Jan-15-2021

Date Accepted: Feb-22-2021

Date Revised: Mar-28-2021

Available Online: April-05-2021

strategies for population control.³ Family planning, also known as birth control, fertility control, or contraception, is the use of any techniques, procedures, or tools to prevent a woman who is sexually active from becoming pregnant. Methods of birth control are permanent and reversible. The selection of a birth control method is a very personal matter, and there is no one option that is the safest or ideal for all women or couples.⁴ Contraceptive methods were known in ancient Egypt, Greece, and Rome.

The literature of Thomas Robert Malthus sparked attention to the issue of overpopulation in Great Britain, where the contemporary birth control movement started. The International Planned Parenthood Federation, which was established in 1952 and now has over 149 Member Associations operating in more than 189 countries, is the leading organization for birth control internationally.⁵ With an estimated 191.5 million people living there in 2015, Pakistan surpassed Nigeria and Brazil to rank sixth in the world's population. The population growth rate in 2014 was 1.49 per cent.⁶ From 1960 to 1965, family planning initiatives, which had been started in the middle of the 1950s by the Family Planning Association of Pakistan and other nonprofit groups, were expanded via the health system. A significant policy change occurred in 2010. The Ministry of Population Welfare was devolved, and full authority for carrying out population program operations was given to the provinces under the terms of the 18th Amendment to the Constitution.

The primary clinical components of the Population Welfare Program nowadays are hospital-based service outlets and Reproductive Health Service Centers (RHSCs). Family planning services are now available in distant locations with underserved rural populations thanks to the establishment of Mobile Service Units. Social marketing of contraceptives is a crucial component of the service delivery network, along with public-private partnerships, NGOs, LHWs, hakims and homoeopaths, and certified medical practitioners.⁷

In research conducted, 68% per cent of the subjects chose a long-acting reversible contraception method (which included 45% levonorgestrel intrauterine system, 10% copper IUD, and 13% subdermal implant). In comparison, 23% chose combined hormonal methods, and 8% chose depot medroxyprogesterone acetate. Over 80% of users were satisfied with the IUD

compared to 54% with OCPs.⁸

The objectives of this study are to find out the use of different methods of contraception and their user satisfaction. To know the most frequently used contraceptive methods and their side effects.

MATERIALS AND METHODS

This cross-sectional investigation was carried out in 2017 between January and June. The research was carried out at the family planning outpatient departments of Peshawar's three biggest hospitals, Hayatabad Medical Complex, Lady Reading Hospital, and Khyber Teaching Hospital. A total of 140 individuals, both male and female, had their satisfaction with OPDs across many hospitals, as well as their usage of various methods of contraception evaluated.

In the study, a semi-structured questionnaire was used. There were few open-ended questions, and the majority were closed-ended ones. Interviews were used to gather data for almost all of the individuals. Age, gender, education, having children, the subject's socioeconomic situation, the source of knowledge about family planning, the effect of family and partner collaboration, etc., were among the several factors covered in this research.

Every patient who visited the family planning outpatient departments of the hospitals above was selected using a sample approach, and they were all interviewed. The research did not include any family planning OPD participants who refused to be interviewed. Data analysis was done using SPSS 20.

RESULTS

The study showed that the majority of the subjects who used contraceptives were people between the ages of 25 and 35 and those between the ages of 35 and 50.

Most topics earned between Rs. 5000 and Rs. 15000 per month, with Rs. 15000 and Rs. 30000 coming in second. The subjects with the lowest average monthly income exceeded Rs. 30000. (Reference Table 1). According to our research, 26% of consumers reported using contraceptive tablets as their primary method of birth control. Following this came injections (18%), IUDs (17%), implants (12%), permanent techniques (10%), natural methods (9%), and condoms (8%). (Figure 1) Most participants—roughly

55%—had been using family planning for one to five years, with less than a year (34%) and five to ten years (11%). (List 2) Our research revealed Weight gain was the most frequent adverse effect, occurring in 42% of the participants, followed by irregular menstruation in 31% and other side effects in 12%. (Figure 2).

19 (13.57%) of the 140 individuals were in the 15–25 age range. 45 (32.14%) and 76 (54.28%) participants were in the 35–50 age range. 33% of the subjects had formal education, whereas 67% did not. Seventy-eight (98) participants learned about family planning from their families. Thirty-one (22.10%) learned about it via television, nine (6.40%) learned about it from other media, and the remaining four (2.80%) learned about it from literature.

133 (95% of the participants) thought family planning was a good idea. Two (1%) didn't think family planning was a good idea. And five (4%), or the number, were still determining. The number of subjects who were satisfied with the method of contraception was 129 (92%), and those who were unsatisfied were 11 (8%). The number of subjects that experienced side effects was 81 (58%), and those that didn't experience side effects were 59 (42%).

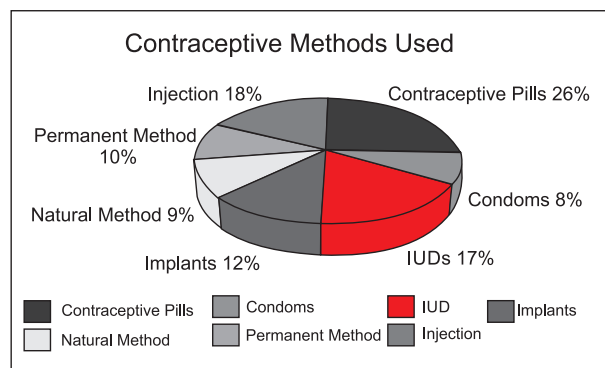


Figure 1: Methods of Contraception used

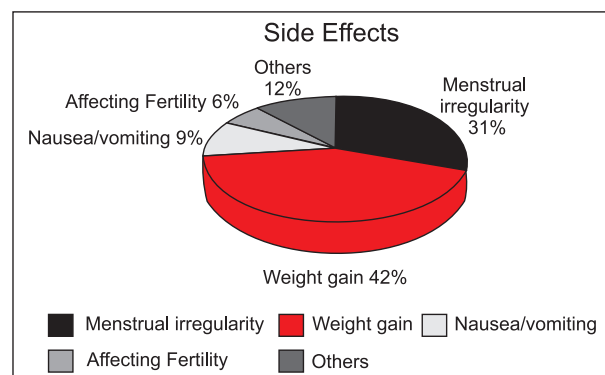


Figure 2: Side effects of contraceptive usage

Table 1: Monthly income wise distribution of subjects

Monthly Income	Subjects	Percentage
Rs. 5000-15000	67	48.00%
Rs. 15000-30000	54	39.00%
More than Rs. 30000	19	13.00%

Table 2: Number of years since the use of family planning services

Monthly Income	Subjects	Percentage
< 1 year	47	34.00%
1-5 years	76	55.00%
5-10 years	15	11.00%
> 10 years	0	0%

DISCUSSION

Our study showed that the monthly income of most subjects was between Rs.5000-15000, followed by Rs.15000-30000. The least amount of subjects' average monthly income crossed Rs.30000. A countrywide study conducted in Pakistan showed that most participants' average income was PKR 6000.⁹ Seventy per cent of the respondents learned about family planning via relatives; the other subjects learned about it from books, TV, and other sources. Research by Ghulam Mustafa et al. indicated that most women learned about family planning via television, whereas most males learned about it through word-of-mouth.⁹ A Karachi research revealed that 64.5% of participants learned about contraceptives via radio, television, and newspapers.¹⁰ Of the participants, 95% supported family planning; the other participants opposed it or were unclear about its benefits and drawbacks. According to research done in Chakwal, 77% of the heads of households supported family planning, while 19.2% were against it.¹¹

Approximately 26% of users choose to utilize contraceptive tablets as their method of contraception. Following this came injections (18%), IUDs (17%), implants (12%), permanent techniques (10%), natural methods (9%), and condoms (8%). Male condoms and contraceptive tablets were the two most often utilized forms of birth control, according to a survey done in Europe and America.

While the use of condoms was 20% in Germany and 47% in Spain, the use of tablets ranged from 35% in Spain to 63% in Germany.¹² A research carried out in Bulgaria found that coitus interruptus accounted for

38.5% of all contraceptive methods, with condoms accounting for 22.8%, tablets for 22.1%, and IUCD for 16.4%.¹³ Of the individuals, 55% had used family planning for one to five years, compared to 34% who had used it for less than a year and 11% for five to ten years.

92% of the individuals expressed satisfaction with family planning. Research carried out at the Hayatabad Medical Complex in Peshawar found that 79% of female users were satisfied with their contraception. (14) Those who experienced side effects due to contraception were 58%. The most commonly encountered side effect was weight gain in 42% of subjects, followed by menstrual irregularity in 31% and miscellaneous side effects in 12%. Nausea/vomiting and infertility were reported in 9% and 6% respectively.

LIMITATIONS

It is important to emphasize that the qualitative nature of this study limits the generalizability of the findings. The results do not emerge from random sampling and cannot be taken to represent the opinions of other women in the same region or elsewhere.

CONCLUSION

The subjects used a wide variety of contraceptive methods, but knowledge and usage of contraceptive pills predominated. They were happy with the form of contraception they were using at the time, but they also often switched up their approach due to several factors, including worries about adverse effects. Among those using pills, weight gain, nausea, and vomiting were the most prevalent adverse effects.

REFERENCES

1. Worldometers [Internet]. 2017 [cited 2017 Sep 16]. Available from: <http://www.worldometers.info/>.
2. The effect of overpopulation on public health. [Internet]. 2017 [cited 2017 Sep 16]. Available from: <http://www.mphonline.org/overpopulation-public-health/>
3. Plodzien P. Methods to Control Overpopulation [Internet]. 2017 [cited 2017 Sep 18]. Available from: <http://www.yourarticlelibrary.com/population/3-important-methods-to-control-overpopulation/26950/>
4. Stöppler MC. Birth Control Types [Internet]. 2017 [cited 2017 Sep 18]. Available from: http://www.medicinenet.com/birth_control_types/views.htm
5. Birth control [Internet]. Wikipedia. 2008. Available from: https://en.wikipedia.org/wiki/Birth_control
6. Demographics of Pakistan [Internet]. 2017 [cited 2017 Sep 19]. Available from: [https://www.revolv.com/main/index.php?s=Demographics of Pakistan&item_type=topic](https://www.revolv.com/main/index.php?s=Demographics%20of%20Pakistan&item_type=topic)
7. Pakistan Demographic and Health Survey. Islamabad; 2013.
8. Peipert JF, Zhao Q, Allsworth JE, Petrosky E, Madden T. Continuation and Satisfaction of Reversible Contraception. *Obs Gynecol*. 2013;117:1105–13.
9. Mustafa G, Azmat SK, Hameed W, Ali S, Ishaque M. Family Planning Knowledge, Attitudes, and Practices among Married Men and Women in Rural Areas of Pakistan : Findings from a Qualitative Need Assessment Study. *Int J Reprod Med*. 2015;2015:8 pages.
10. Khan A, Hashmi HA, Naqvi Z. Awareness and Practice of Contraception Among Child Bearing Age Women. *J Surg Pakistan*. 2011;16:179–82.
11. Mahmood H. Effects of male literacy on family size : A cross-sectional study conducted in Chakwal city. *JPMA*. 2016;66:399.
12. Johnson S, Pion C, Jennings V. Current methods and attitudes of women towards contraception in Europe and America. *Reprod Health* [Internet]. 2013 Feb;10:7. Available from: <https://doi.org/10.1186/1742-4755-10-7>
13. Shaukat F, Naeem Z, Ahmed Z. Family planning : knowledge, attitudes, and practice among married couples. *Int J Heal Sci*. 2011;5:45–6.
14. Amin R. Choice of contraceptive method among females attending family planning centre in Hayat Abad Medical Complex, Peshawar. *JPMA*. 2012;62:1023.