

Knowledge of Women about Using of Family Planning Devices in Najaf Province

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الخلاصة

دراسة مقطعية تهدف إلى التعرف على مدى معرفة المرأة لاستخدام وسائل تنظيم الأسرة ليتسنى لها الاختيار المناسب لموانع الحمل وتنظيم الأسرة. شملت العينة ١٢٠ امرأة ممن يراجعن مركز تنظيم الأسرة في مستشفى الزهراء التعليمي في النجف، للفترة من أول آذار إلى أول أيار ٢٠٠٨. جمعت العينات بطريقة عشوائية و طبق أسلوب المقابلة مع استمارة استبيان مضمم لهذا الغرض. تم تحليل البيانات باستخدام التوزيع التكراري والنسبة المئوية. من أهم النتائج التي أبرزتها الدراسة كانت نسبة استخدام موانع الحمل الهرمونية تشكل (٧٠ %) من أفراد العينة، بينما كانت نسب استخدام اللولب تشكل (٢٧,٥ %)، واستخدام الواقي الذكري تشكل (٢,٥ %). كما إن أعلى نسبة (٣٢,٥ %) من مستخدمي وسائل تنظيم الأسرة من الفئة العمرية (٣٠-٤٠) سنة. و (٥٥ %) منهن خريجات الدراسة الابتدائية. من أهم أسباب استخدام وسائل تنظيم الأسرة، كان للتوقف عن الإنجاب والعوامل الاقتصادية، بينما كانت أقل نسبة هي لفرص الرضاعة. أما بالنسبة لفوائد استخدام حبوب منع الحمل فكانت فعالة جدا لمنع الحمل. أما بالنسبة لآثارها الجانبية فكانت أعلى نسبة تؤدي إلى الصداع. أما نسبة اللولب فكانت أعلى نسبة تشير إلى أنه مكلف. لا يسبب نزف، لا يزيد التقلصات الرحمية خلال الدورة الشهرية، ولا يحصل الحمل بعد تثبيته لكنه يتعارض مع الجماع. كانت له آثار جانبية في زيادة كمية و ألم الدورة الشهرية. أوصت الدراسة بضرورة إعطاء فكرة شاملة للمرأة بمراجعة مراكز تنظيم الأسرة، بالإضافة إلى دور وسائل الإعلام في تعريف عن هذه الوسائل ودعم الصحة الإنجابية.

Abstract

A cross-sectional study was carried out to identify the women's knowledge about using the modern family planning devices, in order to give her an opportunity for proper choice. The study sample consisted of 120 women, using family planning devices. Visiting interview format applied from March 1st to May 1st, 2008, to collect the data randomly. The data analyzed through frequencies and percentages. The main results of the study were the highest percentage (70%) of women who participated in the study using tablets; (32.5%) using Intra-Uterine Devices (IUD); (2.5%) using Condom. The majority of users (32.5%) was between (30-40) years of age. (55%) of women were primary school graduate. The highest percentages were for using contraceptives to stop conceiving and economical factors; while the lowest percentage to consume breast feeding. The majority of women stated that hormonal contraceptive was very active to prevent conception but it causes headache. Women using IUD reveals it was expensive; and it did not cause bleeding. It was not increased uterine contraction during the period; and had never been pregnant after fixation, but it interrupted coitus.

The side effect of IUD was for heavy and painful period.

The study recommended the necessity of giving comprehensive idea to women visiting family planning centers about family planning devices, in addition to the role of mass media to increase women's knowledge and to assist the family health.

Key words: Knowledge; Women; Family Planning Devices.

Introduction

Family planning is a way of living that is adopted voluntarily upon the basis of knowledge and responsible decision making by individuals or couples in order to pin the number, timing, and spacing of the children that they want (1). So as to promote the health and welfare of the family-group, and contributed to the advancement of the

society (2). There are two major methods of family planning (traditional and modern methods). Evidence from medical history and interviewing survey indicates that the respondent women were preferred the modern methods rather than the traditional methods of family planning. African had methods of fertility regulation. Nigerian culture includes many myths, rituals and the use of herbs in attempts to regulate women's fertility (2). The modern family planning and the associated programs that helped a worldwide women to avoid 400 million unwanted pregnancies, and so, the lives of many women have been saved from high risk pregnancy or unsafe abortion. Aninyel (2), revealed that family planning devices was (61.3%) as a condom method, while the oral contraceptives and intrauterine devices were (76%), and their average failure rate put at (44%). The number of maternal deaths could fall by one-quarter (3). The study aim is to identify the knowledge of women about using the family planning devices in Najaf province to ensure the knowledge side for the married women about the importance of using family planning devices and their benefits for the whole family members. In addition to understanding the complications and infections after using these devices. Also, to help them for using the most appropriate devices to maintain their health and to promote their lives (4). The importance of mass media as a source of information (11). Poverty and fertility are intimately linked (12). More than two-thirds of the least developed policies aimed at reducing their population growth an exception after all (13).

Materials and methods

A field study was carried out to identify women's knowledge about using of family planning devices, in order to give her an opportunity for proper choice. The sample consisted of 120 women using family planning devices. Visiting survey and interviewing randomly using the questionnaire format to collect the data. The study was conducted between (1st March to 1st May), 2008 in Al- Najaf Province, at Al- Zahraa-teaching hospital. The collected data were computerized and analyzed through the descriptive statistical analysis method for the frequencies and percentages.

Results

Table 1: The demographic data, shows that women at age-group (30-34) years had a highest percentage (32.5%). But they had a lowest percentage (2.5%) at age (40 \geq). 55% of these women had primary school level, while the lowest levels (2.5%) were illiterates, or institute \geq levels of education. 32.5 % of these women were gravid a (3-4) times. But only 7.5 % were gravid a (9 \geq). These results reveals that (47.5%) of this sample using family planning devices for (1-2) years. Whereas, only (10%) of them using family planning for (7 \geq) years.

Table 2: Explains causes for using family planning devices by the respondent women. This table found more than one reason for women using the family planning devices. So, that (85%) of the respondents using family planning devices to stop conceiving; (77.5%) due to economic factors; (75%) to have a rest from pregnancy; husband's desired (51%); to limit the number of children (40%); for spacing between pregnancy was (35%); to choose the suitable time; to maintain the health of mothers from hazards of early and frequent labors; and getting some diseases were (22.5%) respectively. While, the consume of breast feeding was only (17.5%).

Table 3: Reveals that the knowledge of women about the advantages of using IUD, were safe coitus without interruption (27.5%) yes, but (72.5%) no; permanent fixed without precautions (22.5%) yes and (77.5%) no. But reasonable cost (cheap) was (15%) yes., While, (85%) of the present sample said no. The disadvantages of IUD shows that heavy of monthly period; painful of period, yes (22.5%) and, no was (77.5%). Increasing of uterine contraction during period and pregnancy may occur after fixation yes, (20%). But no, (80%). Whereas, the side effects of IUD (17.5%) were as bleeding or spots of blood yes. Whereas, (82.5%) were no side effects.

Table 4: Demonstrates the knowledge of women about using oral (pills or tablets) contraceptive. The advantages found that, very active had highly answers (60%) yes,; regulating period was (50%) yes,; decreasing of painful period (21.67%); decreasing of menstrual flow (20%) yes; doesn't effect on breast feeding and decreasing the probability of ectopic pregnancy alternatively were (5%) yes, whereas, protecting mothers from some cancers was only (2.5%) yes, and (97.5%) no. Disadvantages of oral contraceptive with yes answers were highest in headache (52.5%); obesity (47.5%); psychological distress (42.5%). The lowest results of yes disadvantages were heart attack (15%); hypertension (12.5%); and, breast pain was (10%) only.

Table: 1
The demographic data of the respondent women

Age/year	Frequency(n)	Percent (%)
15-19	6	5
20-24	30	25
25-29	18	15
30-34	39	32.5
35-39	24	20
40 ≥	3	2.5
Total	120	100
Educational level	Frequency	%
Illiterate	3	2.5
Primary	66	55
Intermediate	42	35
Secondary	6	5
Institute ≥	3	2.5
Total	120	100
Gravid a number	Frequency	%
1-2	30	25
3-4	39	32.5
5-6	30	25
7-8	12	10
9 ≥	9	7.5
Total	120	100
Duration of using family planning devices / years	Frequency	%
1-2	57	47.5

3-4	30	25
5-6	21	17.5
7 ≥	12	10
Total	120	100
Occupation	Frequency	%
House-wife	114	95
Worker	6	5
Total	120	100
Type of FPD	Frequency	%
Intra-uterine devices (IUD)	33	27.5
Tablets or pills	84	70
Condom	3	2.5
Total	120	100

Table: 2
Causes for using Family Planning Devices (FPD)

Causes of using FPD	Yes	%	No	%
To stop conceiving	102	85	18	15
To rest from pregnancy	90	75	30	25
Economic factors	93	77.5	27	22.5
Getting some diseases	27	22.5	93	77.5
Husband's desire	57	51	51	43
Spacing between pregnancy	42	35	78	65
To limit number of children	48	40	72	60
To maintain the health of child	33	27.5	87	72.5
To consume breast-feeding	21	17.5	99	78.5
To choose suitable time	27	22.5	93	77.5
To maintain the health of mother	27	22.5	93	77.5

Table: 3
Knowledge of the respondent women about using the Intrauterine Devices (IUD)

Advantages of using IUD	Yes	%	No	%
Permanent fixed without precautions	27	22.5	93	77.5
Reasonable cost (Cheap)	18	15	102	85
Safe coitus without interruption	33	27.5	87	72.5
Disadvantages of using IUD	Yes	%	No	%
Heavy of period	27	22.5	93	77.5
Painful of period	27	22.5	93	77.5
Bleeding or spots of blood	21	17.5	99	82.5
Increasing of the uterine contraction during the period	24	20	96	80
Pregnancy may occur after fixation.	24	20	96	80

Table: 4
Knowledge of Women about using Oral contraceptives (Pills) Tablets.

Advantages of Oral Contraceptive	Yes	%	No	%
Very active	72	60	48	40
Regulates period	60	50	60	50
Doesn't effect on breast feeding	6	5	114	95
Decreases the probability of ectopic pregnancy	6	5	114	95
Protect mothers from some cancers	3	2.5	117	97.5
Decreases of menstrual bleeding	24	20	96	80
Decreases of painful period	26	21.67	94	78.33
Disadvantages (side effect) of oral contraceptives	Yes	%	No	%
Lethargy	45	37.5	75	62.5
Headache	63	52.5	57	62.5
Drowsy	33	37.5	87	72.5
Obesity	45	47.5	75	62.5
Breast pain	12	10	108	90
Hypertension	15	12.5	105	87.5
Heart attacks	18	15	102	85
Psychological distress	51	42.5	69	57.5

Discussion

Women at age-group (30-34) years were more than other age-groups. They had primary school education. Most of women were gravida (3-4) times, but the least were gravida (9 \geq). These results were approved that (7.5%) of the sample using family planning devices for (1-2) years. Whereas, only (10%) of them using family planning for (7 \geq) years. The majority of women's age was (64%) considered the appropriate age for girls to marry is between (20-24) years and 19 % considered (25) years or more, and (5%) of women interviewed considered the appropriated age of marriage is between

(16-18) years. (35%) of them were illiterate, and (46%) were educated and (83%) were house-wives, and (17%) were working women (11; 12).

The study found that more than one reason for women using the family planning devices to stop conceiving; due to economic factors; to have a rest from pregnancy; husband's desire; to limit the number of children; for spacing between pregnancy; to choose the suitable time; to maintain the health of mothers from the hazards of early and frequent labors; and getting some diseases. While, consume of breast feeding was less. These results were nearly approved by the study of Megeid, et al., (11). 93% of women were using Intrauterine devices (IUDs), (5%) were using Pills, but only (2%) were using Condoms (12; 13). Aninyel, stated that (61.3%) of respondent women using Condom, while, Oral contraceptives, IUD, were (76%), and their average failure rate put at (44%) (2).

Knowledge of women about the advantages of using IUD, were safe coitus without interruption; permanent fixed without precautions were more. While, reasonable cost (cheap) was less. These agree with the finding of (14; 15), that only (18.3%) of women used intrauterine contraceptive devices as cheap as possible. The disadvantages of IUD shows that heavy of monthly period; painful of period, increasing of uterine contraction during period and pregnancy may occur after fixation were rare. The side effects of IUD, bleeding or blood spots were less.

Knowledge of women about using oral (pills or tablets) contraceptive shows that the advantages were very active; regulating period; decreasing of painful period; decreasing of menstrual flow; doesn't effect on breast feeding and decreasing the probability of ectopic pregnancy; protecting mothers from some cancers. Whereas, the disadvantages of oral contraceptive were headache; obesity; psychological distress; heart attack; hypertension and breast pain few. These results were supported approved by the studies of (31; 14; 15).

Conclusion

The study found that, the majority of women were using oral contraceptives, but less of them using loops (IUD); and the reast using condom. These results were sported by Aninyel, that oral contraceptive was very active when it takes daily more than loops and condom(2). Oral contraceptives were the efficient method of family planning today when using correctly. More than 150 millions women using oral contraceptives, in addition to decreasing of mother's milk and making some of breast changes. – Oral contraceptive, regulates the menstrual cycle; decreasing the amount and the painful period; decreasing of pelvic infections. The disadvantages of oral contraceptives were increased with headdache; obesity; psychological distress; heart attacks and hypertension alternatively. Whereas, breast pain was rare.

Recommendation

The study recommended the necessity of giving comprehensive idea to women visiting family planning centers about family planning devices, in addition to the role of mass media to increase women knowledge and to assist family health.

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