



## Knowledge, attitude and practices of married male towards contraceptive methods at Mithi, Sindh, Pakistan

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### ABSTRACT

The present study was conducted to determine frequency of contraceptive use and evaluate the knowledge, attitude and practices of married male towards contraceptive methods at Mithi, Sindh. Cross sectional survey. Taluka Mithi District Tharparkar, Sindh, Pakistan from May to July 2012. Total 323 cases were included in the study. Data was on a pre tested questionnaire. Study population comprised of married males aged 15-55 years living at Taluka Mithi. Data was entered in SPSS 21.0. Simple frequencies and percentages were calculated. Of 323 number of participants, only 89% (n=287) had the knowledge of contraceptive methods. A number of 34% (n=113) participants responded that they use different method, remaining were not able to respond clearly which may be due to little knowledge. Most of the study participants were of view that using contraceptive methods is the job of female spouses. The present study shows that majority of male do not use contraceptive method. The male behavior reveals that they are not interested in family planning and child spacing as they think it a matter of female.

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### Introduction

Globally contraceptive prevalence rate is 63.3%. In Pakistan contraceptive prevalence rate is 30%.<sup>1</sup> Pakistan ranks seventh in terms of the population and the greatest number of this population comprised of the children. If the population will be allowed to grow in this manner, according to United Nations (UN) estimates; Pakistan will become the fourth most populous country by year 2050. Given the large and fast-growing population in Pakistan, developing birth control strategies is extremely important for Pakistanis. Contraceptive prevalence increased from 12% in 1991 to 27% in 1998, a rise of roughly 2% points per annum followed by a reported Contraceptive Prevalence rate of 34% in 2008 at present the contraceptive prevalence rate of Pakistan is much lower than the other Muslim and advanced states.<sup>2,3</sup>

The Government of Pakistan wants to stabilize the population by 2020, and maximizing the usage of family planning methods is one of the pillars of the population program. The latest Pakistan Demographic and Health Survey (PDHS 2006-07) conducted by Macro International with partnership of National Institute of Population Studies (NIPS) registered family planning usage in Pakistan to be 30 percent. This shows an overall increase from 12 percent in 1990-91 (PDHS 1990-91). However, fertility remains high, at 3.9 births per woman. Owing to such high fertility levels, Pakistan's overall population growth rate is much higher than elsewhere in South Asia.<sup>1,3</sup> Use of contraceptive is highest in Punjab province (33%), followed by Sindh province (27%) and KPK (25%) and is lowest in Baluchistan province (14%).<sup>4</sup> Mithi is the capital of Tharparkar District in the Sindh province of Pakistan. According to the 1998 census of Pakistan, it had a population of 955,812.

The Mithi lies between 24° 10' to 25°45' North Latitudes and 69° 04' to 71°06' East Longitude. It is bounded on the north by Mirpurkhas and Umerkot Districts, on the east by Barmer and Jaisalmer Districts of India, on the west by Badin District and on the south by "Rann of Kutch". The total area of the district is 19,638 km<sup>2</sup>. According to 1998 census population of Mithi is 20,000. Total registered houses at Mithi are 6500.<sup>4,5</sup> Family planning is easiest and cost effective way of improving maternal & child health and reducing maternal and child mortality. In order to attain population dynamics, family planning is crucial. Contraception is one of the needs of today's age. It necessitates equal involvement of man and woman but studies conducted in developing countries regarding fertility control had mainly concentrated on women responses. Although men play major role in contraception, very few efforts had been made in past to directly involve men in the family planning programs. The major barriers to include men in family planning services were the limited funds for male services, predominantly female staff in family planning clinics, negative staff attitude and lack of staff training to better handle men in family planning.<sup>4,6</sup> The present study was conducted to explore male views, interests and knowledge about the contraceptive methods in rural area of Sindh as villagers are producing more children.

### Subjects And Methods

A Cross sectional qualitative KAP study was conducted at Taluka Mithi, District Tharparkar, Sindh, Pakistan from May to July 2012. Study population included married male of age 15-55 years residing at Mithi. Volunteer married male were informed about the purpose of study to make them aware, to raise their interest and make them aware of no loss if they participate. Afterward they were asked of willingness if participating or not.

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Volunteer married male, who signed consent form were included and questioned according to pre-structured questionnaire. The participants were informed of their right of withdrawing at any stage of interview if feeling worrisome, confused, shy or because of any socio-ethical issue. Unwilling married male, female and age <15 years were excluded from study protocol. Ethical clearance was obtained from the Ethical Review Committee of the institute, the Liaquat University of Medical and Health Sciences, Jamshoro. Data was collected through close ended pre tested questionnaire. Data was entered in SPSS 21.0 and analyzed. Simple frequencies and percentages were calculated. The results were presented as tables, graphs and charts.

**Results**

Mean age of participants was 24.01 ± 6.68 years. Of total 323 population, most of the individuals belonged to fourth decade of life, 52.3% (n=169) followed by 2<sup>nd</sup> as shown in table 1. Of total population, 70% of participants disclosed their income range of PKR 300-10,000 per month. Only 27.5% participants disclosed >10,000 PKR earning per month. Unemployed participants comprised 1.86% of total study population (Table 2). Size of family in terms of children is shown in table 3. More than four children were found in 8.0%, 17.6% of families were having one child and three children per family were observed in 23.8% (n=77). Religion wise distribution showed, 88% were Hindus, 11% Muslims and 1% Christian as in Graph 1. The educational status is shown in Graph 2. Only 32.2% of participants were graduates. Most of the individuals were having middle class education (n=149, 46.1%) and 4.9% were illiterate. Employment of the study population is shown in Graph 3, majority of individuals were employed in Government sector, 28.1%, followed by private job in 25.39%. The family structure and duration of marriage are shown in Graph 4 and 5. Knowledge, attitude, practices and source of getting contraceptive services are shown in Graph 6-10.

**Table 1. Age distribution of study population (n=323)**

	Age Categories	No.	%
Age (years)	21-30 Years	109	33.75
	31-40 Years	169	52.32
	41-55 Years	45	13.93
	Total	323	100.00

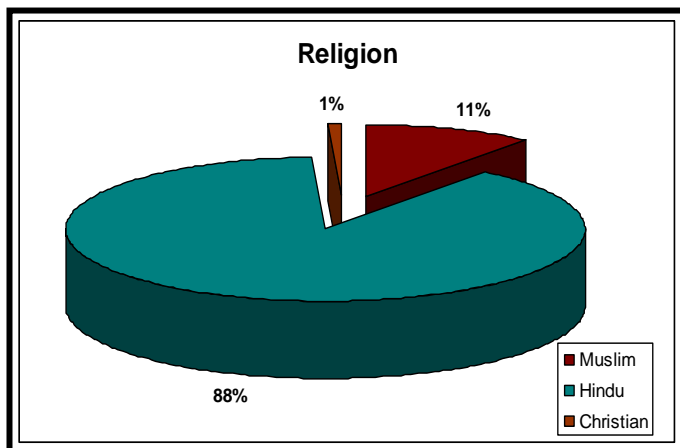
\*Mean age= 24.01 ± 6.68 years

**Table 2. Monthly income of house hold of study population (n=323)**

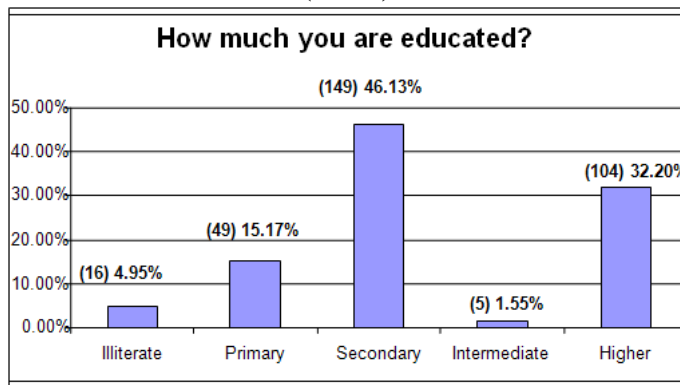
	Monthly Income	No.	%
Monthly income (PKR)	<3,000	8	2.48
	3,000 to 7,000	110	34.06
	7001 to 10,000	110	34.06
	>10,000	89	27.55
	Un employed	6	1.86

**Table 3. Number of children in the family of study population (n=323)**

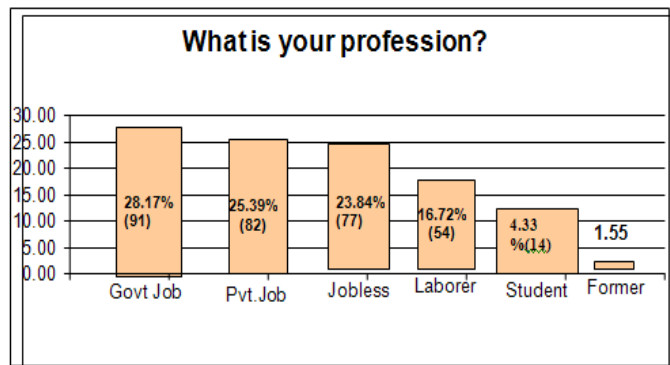
	Children	No.	%
Children	No Children	45	13.93
	One Child	57	17.65
	Two Children	72	22.29
	Three Children	77	23.84
	Four Children	46	14.24
	> 4 Children	26	8.05



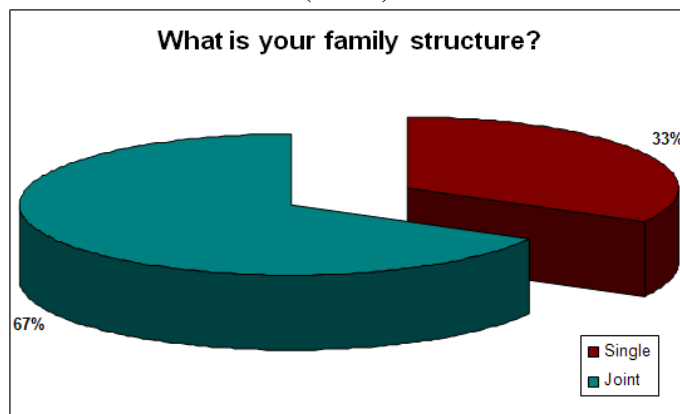
**Graph 1. Religious distribution of the study population (n=323)**



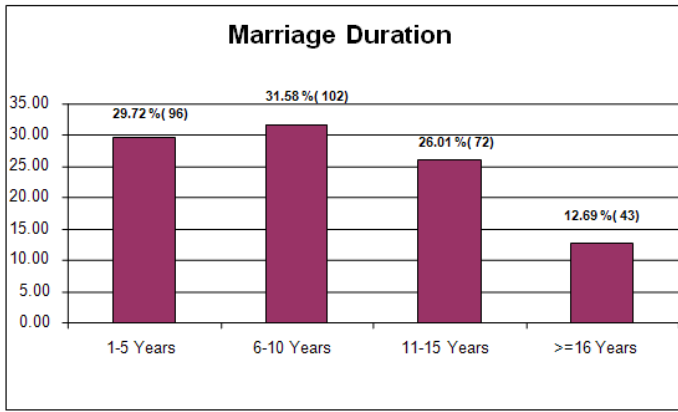
**Graph 2. Educational status of the male study population (n=323)**



**Graph 3. Profession of participants of the study population (n=323)**



**Graph 4. Family structure of participants of study population (n=323)**



Graph. 5. Marriage duration of participants of study population (n=323)

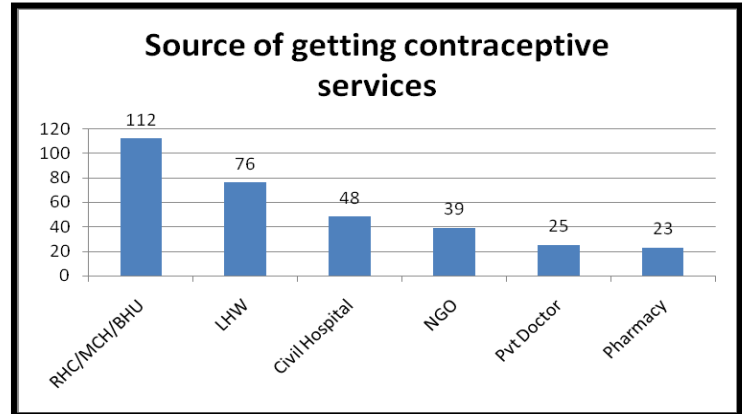


Figure. 9. Sources of contraceptive services availed by the study Population (n=323)

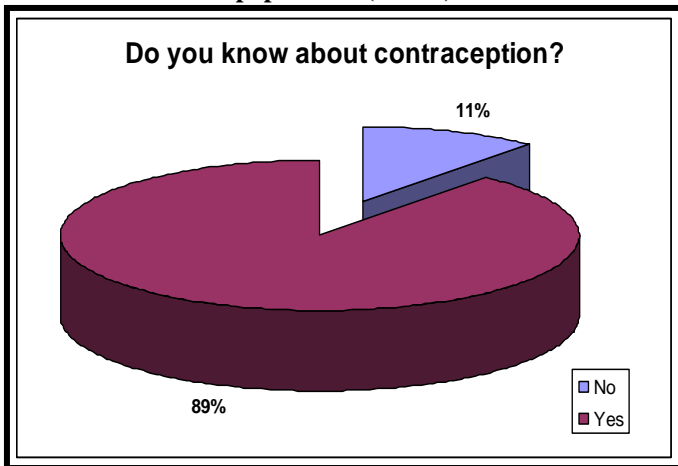


Figure.6. Knowledge about contraception of the study population (n=323)

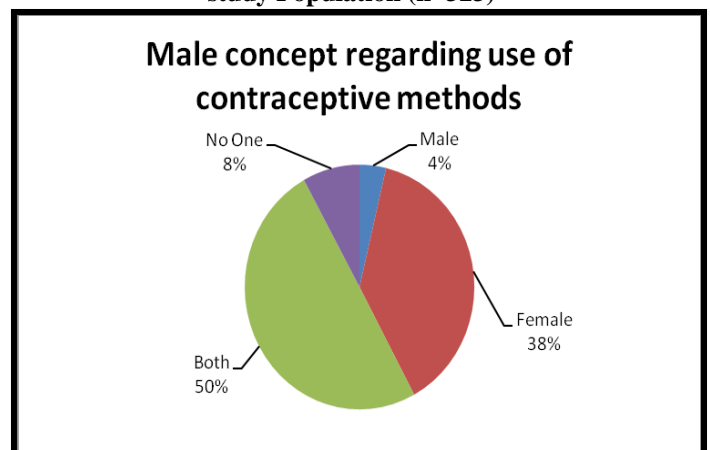


Figure 10. Attitude regarding use of contraceptive methods in the study population (n=323)

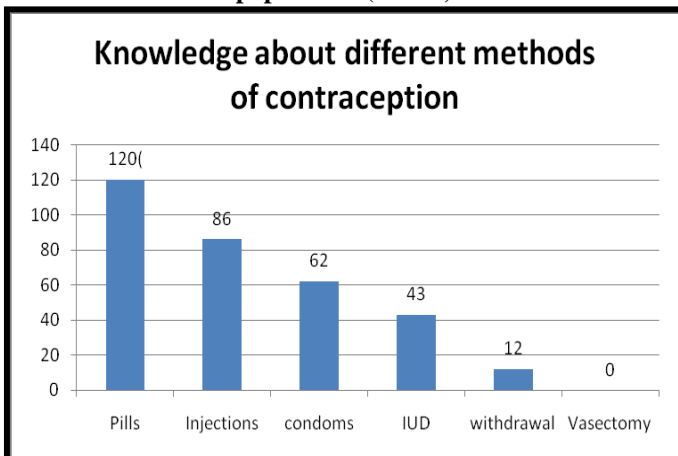


Figure. 7. Knowledge about different methods of contraception in the study population (n=323)



Figure 8. Practice of different contraceptive methods in study population (n=323)

**Discussion**

The present study is original research work conducted at rural area of Sindh, the Mithi Taluka of Tharparkar. The population of Pakistan has increased 4-fold from 32 million to 180 million during 60 years since independence. The Pakistan ranks seventh as highest population country in the World. The annual growth rate is 1.9 % per annum. It is estimated that the population of country will be doubled by the next 28 years. The higher population rate is one of the social and economical problems and is a major obstacle for the economy growth of the country.

In present study, 89% males were aware of contraceptive methods and 11 % did not know. A study reported 84.5% participants were aware of the availability of male contraceptive methods and 15.5% were unaware of different contraceptive methods.<sup>7</sup> The findings are consistent with present study. Results of recent studies<sup>8,9</sup> are also in keeping with present study.

Previous study of Kamal et al<sup>10</sup> on male involvement in providing family planning education and services in Pakistan, reported that men play a key role in bringing about gender equity since, in most societies, men exercises preponderate power in nearly every sphere of life, ranging from personal decisions regarding the size of families to the policy and program decision taken at all levels of government. It is in accordance with this study as well that in Pakistan it is generally believed that men are not in favor of family planning and that men want more children, particularly more sons.<sup>10</sup>

Men can participate in family planning in two ways: by supporting their partner's decisions to use family planning

methods or by participating a male method of family planning like condom, withdrawal, or periodic abstinence.<sup>11-12</sup> Men's support affects the choice, adoption, continuation and correct use of family planning methods. In our society, men play main role over women in deciding whether they use any family planning method. They have important say in decisions such as desired family size and the use of family planning methods.<sup>11-14</sup> Therefore, an assessment of men's attitudes towards family planning would provide indication about their role in the choice of family planning methods. The influence of mass media in assessing the men's attitudes towards the family planning is well known.<sup>15</sup>

Our findings reveal male know much about contraceptive methods but are ignorant towards its practice. The male may be realized of benefits of contraceptive methods in birth controls, reducing burden of family and overcome the country's problems of population growth

### Conclusion

The present study concludes that even having knowledge, majority of male do not use contraceptive methods. The behavior of male suggests that they are not interested in family planning and child spacing as they think it a matter of female. Public education and campaigns about potential role of male in family planning needs to be carried.

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