



ORIGINAL ARTICLE



FACTORS AFFECTING UTILIZATION OF FAMILY PLANNING SERVICES AMONG ELIGIBLE COUPLES, IN SELECTED URBAN SLUMS, BHUBANESWAR, ODISHA

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Abstract

Background: Even though increased facilities are being provided for family planning program in all the sections of the society, the factors such as age at marriage, education, economic status, religion which play an important role in adopting it. **Objective:** To find out the association between socio demographic variants with the adoption of family planning practices. To find out the factors for utilization and non-utilization of family planning services. **Materials and Methods:** In this study, 300 women of reproductive age (15–49 years) residing in urban slum areas were interviewed, and slum areas houses were selected by using the systemic random sampling technique. The association between the variables was assessed by using χ^2 -test or chi-square statistical analysis, and analysis was done by the use of SPSS software, version 20, and Microsoft Excel, 2007. **Result:** Majority of the women (76.3%) were using contraceptive methods. Effective couple protection rate in this study was found which is higher than the Odisha state figure [i.e., 63.3% (NFHS-IV)]. Of the total subjects, the factors for the non-utilization of family planning services are opposition from husband (7.7%) and misconception were (7.3%) and against the religious faith were (6.3%). And the association of the socio demographic variable with that of the use and non use of family planning services were highly significant with (p value=0.000) except to that of type of family variable with (p value= 0.199). **Conclusion:** Need of the hour is to promote long term family planning methods to get desired outcome among the eligible couples. This can rather help in decrease of the female mortality rate and even help in the population.

Keywords: Eligible couple, family planning, urban slum

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1 | INTRODUCTION

India ranks the second most populous nation in the world with a population of 1.37 billion people. According to the recent findings, India's population has grown by 1.37 billion (51.98%) showing an increase of 1,370,459,501 no. of people. Family planning services are the controlling measures of the no. of children by using different birth control measures. Even though increased facilities are being provided for family planning program in all the sections of the society, the factors such as age at marriage, education, economic status, religion which play an important role in adopting it.

Research in developing countries is essential for the evaluation of the safety, efficacy and acceptability of both new and already available contraceptives. Research conducted by scientists in developing countries has also played an essential role in the development of new contraceptives. Family planning is arguably one of the most important public health advancements in the last century, and it is defined as a woman's ability to decide if and when to have children. Family planning services include counseling, education, access to contraception, and access to safe abortion. The positive effects of family planning are evident in a reduction in the worldwide fertility rate from 3.7 to 2.4 since 1980. Voluntary family planning reduces the number of unintended pregnancies, as well as maternal and newborn deaths. When a woman has the ability to make choices about contraception, her children are much more likely to be healthier, better nourished.

2 | OBJECTIVES OF THE STUDY

1. To find out the association between sociodemographic variants with the adoption of family planning practices.
2. To find out the factors for utilization and non-utilization of family planning services.

3 | METHODOLOGY

The quantitative approach was used to find out the association between socio demographic and utilization and non-utilization of family planning services. Cross sectional design was used in this study to find out the relationship between dependent variables, independent variables and associative variables. Study setting was in selected urban slums, in Nayapalli and Niladri vihar, Bhubaneswar, Odisha. The sample for the present study were women of reproductive age group (15-45 years). Sample size was estimated by taking contraceptives prevalence of 61.3% by any method in urban areas of Odisha (reference NFHS4) with relative precision of 10% at 95% confidence interval. Further taking 10% non-response calculated sample size was 278. So 300 eligible couples were interviewed for the present study. In this study systematic random sampling technique was used to select samples from the population. Prior to data collection permission was obtained from the concerned authority. The participants were informed about purpose of the study and consent was taken from the participants. The investigator took into consideration the ethical issues. The study was accepted by the research committee as well as accepted by ethical committee of KIMS and prior to permission was obtained from KIMS authority, Bhubaneswar to conduct the final study.

The data obtained was analyzed and presented in five different headings or sections.

Section 1: Characteristics of socio-demographic variables percentage and frequency.

Section 2: Factors responsible for the utilization and non-utilization of FPS, its frequency and distribution.

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Section 3: Association of demographic variables with that of the utilization of family planning services.

TABLE 1: Distribution of utilization and non-utilization of FPS (n=300)

USE OF FPS	FREQUENCY	PERCENTAGE
YES	229	76.3%
NO	71	23.7%
TOTAL	300	100%

Section 2: Factors responsible for the utilization and non-utilization of FPS ,its frequencyand distribution.

TABLE 2.1: Distribution of factors responsible for the using of FPS

FACTORS	FRE- QUENCY	PERCENT- AGE
To space children	51	17.0%
To have sex without children	17	5.7%
Fear of pregnancy	56	18.7%
To prevent pregnancy and STDs	105	35.0%
TOTAL	229	76.3%

TABLE 2.2: Distribution of factors responsible for not using of FPS

FACTORS	FRE- QUENCY	PERCENT- AGE
Against my religious faith	19	6.3%
Fear of sexual promiscuity	0	0.00%
Opposition from husband	23	7.7%
Distance to access the services	2	0.7%
Poor health staff attitude	1	0.3%
Side effects	4	1.3%
Misconception	22	7.3%
TOTAL	71	23.7%

Section 3: Association of demographic variables with that of the utilization of family planning

services.

TABLE 3.1: Association of age groups with utilization and non-utilization of family planning services (n=300)

AGE GROUPS	USING FPS				p value
	YES(n)	YES(%)	NO(n)	NO(%)	
15-25 YEARS	113	49.3%	22	31.0%	31.602 0.000
25-35 YEARS	90	39.3%	20	28.2%	
35-45 YEARS	26	11.4%	29	40.8%	

The association between the age groups with the utilization and non-utilization of family planning services with value 31.602 and p value 0.000 which is highly significant (p value:- 0.05)

TABLE 3.2: Association of education with utilization and non-utilization of family planning services (n=300)

EDUCATION	USING FPS				p value
	YES(r)	YES(%)	NO(r)	NO(%)	
No formal education	63	27.5%	52	73.2%	50.033 0.000
Primary education	136	59.4%	19	26.8%	
Higher secondary education	30	13.1%	0	0%	

The association between the education of the samples with the utilization and non-utilization of family planning services with value 50.033 and p value 0.000 which is highly significant (p value:- 0.05)

4 | MAJOR FINDINGS OF THE STUDY:

Findings realted to the factors of utilization and non-utilization of family planning services frequency and its percentage:-

1. The factors for utilization of family planning services are found to be 51(17%) for spacing

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TABLE 3.3: Association of occupation with utilization and non-utilization of family planning services (n=300)

OCCUPATION	USING FPS				p value
	YES(n)	YES(%)	NO(n)	NO(%)	
House wife	104	45.5%	24	33.8%	28.17000
Daily labourer	80	34.9%	47	66.2%	
Professional worker	42	18.3%	0	0%	
Any other	3	1.3%	0	0%	

The association between the occupation of the samples with the utilization and non-utilization of family planning services with value 28.177 and p value 0.000 which is highly significant (p value:- 0.05)

children, 17 (5.7%) for having sex without children, 56(18.7%) having fear of pregnancy and 105(35%) to prevent pregnancy and STDs.

- In this figure the factors responsible for the non utilization of family planning services are found that is the highest factor is opposition from husband 23(7.7%), misconception 22(7.3%), against my religious faith 19(6.3%),side effects 4(1.3%),distance to access the services 2(0.7%),poor health staff attitude 1(0.3%).

Findings related to the association of socio demographic variables with that of utilization and non-utilization of family palnning services:-

- Out of the 300 samples of women in the slum areas in the age group of (15-25)years are 135(45%) , age goup of (25-35)years are 110(36.7%) and age group of(35-45)years are 55(18.3%) are significant to that of the utilizationof family planning services with the p value: <0.001.
- Out of the 300 samples of women in the slum areas in the no formal education 115(38.3%) , primary education 155 (51.7%) , higher education 30(10.0%) are significant to that of the

utilization of services with the p vaSo as out of the 300 samples of women in the slum areas have been found as house wife are 128(42.7%) , daily labourer 127(42.3%),professional workers 42(14%) and any other 3(1%) are even significant with that of the utilization of family planning services with p value <0.001.

- So as out of the 300 samples of women in the slum areas have been found as house wife are 128(42.7%) , daily labourer 127(42.3%),professional workers 42(14%) and any other 3(1%) are even significant with that of the utilization of family planning services with p value <0.001.
- Out of the 300 samples of family in the slum areas have been found with monthly income <5000 are 45(15%), 5000 - 10000 are 138(46%) ,10000-15000 are 104(34.7%) and >15000 are 13(4.3%) are significant with that of the utilization of family planning services with p value <0.00
- Out of the 300 samples of women the classification of religion was by hindu 173(57.7%), Islamic 115(38.3%) and Christainity 12(45%) are significant with the p value <0.001

5 | CONCLUSION

Effective couple protection rate in this study was found which is higher than the Odisha state figure [i.e., 63.3% (NFHS-IV)].Of the total subjects,the factors for the non-utilization of family planning services are opposition from husband (7.7%)and misconception were(7.3%)and against the religious faith were(6.3%).And the association of the socio demographic variable with that of the use and non use of family planning services were highly significant with(p value=0.000) except to that of type of family variable with (p value= 0.199).Need of the hour is to promote long term family planning methods to get desired outcome among the eligible couples. This can rather help in decrease of the female mortality rate and even help in the population.

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