

Knowledge and practice about family planning methods among women of reproductive age (Samundri Faisalabad)

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Abstract:-

To assess the knowledge and practice of women between the ages of 15 to 35 year a descriptive cross sectional study was conducted on 50 women who came in Usman clinic Samundri Faisalabad to get information about the level of education on family planning and its use. In this study 74% women have sufficient knowledge about the family planning methods and 26% have insufficient knowledge while 50% were practicing family planning methods and 50% were not using any method of birth spacing. An great hurdle in use of family planning services is that men and in-laws of the women not cooperative to women in the use of family planning methods 42% men are permit their wife to use any birth spacing method due to the lake of knowledge about the family planning services and 72% of in-law play there vital to not let the women to use and practice family planning methods. Because the mother in law has also the power of decision making. Age, education, husband

Knowledge and in laws effects on the use of family planning methods. There is a need for education to husband and in-laws.

Introduction:

Family planning is term which is used for child spacing and also to have a family according to resources. The main objective of the family panning to raise the level of health of women's who are married and between the age of 15 to35.family planning start from the suitable selection of family planning methods with a suitable partner.

For planning of a family one has to choose a partner who is eligible for a healthy family .If one is a patient or have hereditary diseases such as Thalassemia, Hemophilia and Achondroplasia etc. should not select as partner because he is also a carrier or suffer of a disease .consanguineous marriages should not be discouraged if both families are healthy and not carrier of hereditary diseases .After marriage the question when to produce or start birth spacing .Family planning is also known with the name of timing and spacing of pregnancies. There are many factors which effect on the knowledge of family planning methods1:- Biological factors 2:- Social

factors

(https://en.wikipedia.org/wiki/Family_planning)

The aim of the awareness family planning methods is to know the level of education about family planning methods and also to get information about the exact duration of interval associated with the risk if the interval is less than 6months will cause risk of:1:-maternal mortality rate 2:-premature rupture of membrane3:-third trimester bleeding.

Early pregnancy and its effect the health of the community is very high in the Middle East also with low income countries of the world. The WHO six dimension evidence base education and guideline these dimension are1:-marriage in early age1:-abstain from early pregnancy by giving them education about safe sexual relation3:-organizing educational program about contraceptive methods4:- provide them social and financial support5:- educate them about the maximum use of contraceptives 6:-minimize coerced sex and to reduce or avoid the unsafe

abortion(2013 published by Elsevier Inc. on behalf of society for adolescent Health and Medicine.) In 2005 the eight millennium development goal are made in those goals the 3rd objective was to improve the maternal health universally this goal have to achieved in2015.The purposes behind this to reduce the maternal mortality rate by acting on this goal with use of contraceptive methods the other goal of millennium will automatically achieved e.g. to diminished or eradicate seriously increasing poverty, hunger universal primary education gender equality and women empowerment if these goals have to achieved then another goal environmental sustainability will also met www.thelancet.com Published online July 10, 2012

Another main cause to have no or little knowledge about family planning in woman is that women of developing countries also are under collective decision with her partner or totally depends on their husbands about the use and chose of family planning method which highly effects on maternal health reproduction and maternal mortality rate this is huge obstruction of married women between the proper knowledge on implementation of proper method of family planning.

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Mostly women of different countries have same reason of not using the family planning methods is big fear of side effects and it act as barrier it is also seen and observed that women of young age are interested to limit their number of children contrary women of instead the age of 33.

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Due to the insufficient knowledge and practice or the space existing between them is a leading cause of speedily addition in the

population which is big barrier in the progress of nation although India was fist country in Asia who introduce a modified family planning in 1951 and the purpose to control the burden of growing population and bring them according to the resources but all in vain the situation is opposite the production increased rapidly and mortality rate is high an population is increasing 18million annually. Family planning institutes are working from the last 40years but not acted upon. www.thelancet.com Published online July 10, 2012 [http://dx.doi.org/10.1016/S0140-6736\(12\)60827-7](http://dx.doi.org/10.1016/S0140-6736(12)60827-7)

This is also a big reality the women of the world have great knowledge about family planning method but not using them in a sample of 356 interviewed in a clinic among them 95.5% have about the common methods of family planning unmet needs leads to unwanted pregnancies that is about 27.5% globally particularly in less developed countries 100million women 17% of all married women like to avoid pregnancies and not use any family planning methodwww.thelancet.com Published online July 10, 2012.

Significance:-

There are many significance of the research of having proper latest knowledge about family planning and proper use of family planning methods in women of the universe especially in developing countries and also in Pakistan

Many women does not want to give birth more children but not use any proper method because the fear of side effects of family planning methods and these are poor with low income and uneducated this can be treated by arranging family planning programs by giving them proper education how to use with needs, benefits, hurdles and

also about the side effects Global Health: Science and Practice 2013 | Volume 1 | Number 1

One of the big problem of related to the use of family planning is meet the unmet needs of family planning globally by educating them according to the religious aspect, treat the insecurity and complains regarding the family planning methods this will surely improve the level of the health of the women Global Health: Science and Practice 2013 | Volume 1 | Number 1

To control the rapidly increasing population with the rate of 18million every year and family planning knowledge is fundamental pillars

The aim of any family planning method is essential for the health of women and their offspring ,beside that it is important to meet the economic resources of the population because the family planning needs includes medical costs and cost of pregnancies and deliveries .Most of the important factor the use of finance on the education, protection, clothing, food used to brought up the children family planning has an important and significant effect on the financial problem of any family of any population over all the world.

Methodology

Questionnaire:

Use different methods to assess the factors effecting on not using of proper family planning methods.

Objectives:

Following are the objectives of my project of research

Primary objective:

Assess the knowledge of married women

Secondary objective:

To improve the knowledge about family planning with latest methods

Literature review

A study was conducted in Eastern Sudan by Abdel Aziem a Amira Okud in 31st July 2012. The study conducted on a large number of women who were married by these aurtherers. The ratio of not using family planning methods was very high in these countries near to fifty persant and the demand for family planning is also very high .The level of using family planning method can be increased by giving couple education and by conducting educational and awareness program in that community and country BM. (Ali and Okud 2013) Ali, A. A. A. and A. Okud (2013). "Factors affecting unmet need for family planning in Eastern Sudan." C public health 13(1): 102.

This study was held in Ethiopia a in June 2011by Abebe Gizaw and Nigatu Regassa and that was also a study on the awairness of family planning methods in this study special attention was put on the factors which are known as hurdles in the way of using family planning methods that are the main reason in every society or we can say them the global factors which are socio economic barriers and these are also the major issue of the study conducted in Mojo, town, Oromiya a part of Ethiopia. Data collected from the half of thousand women through different houses which are selected alternatively houses. after collecting data. This was proved the mostly women are not able to use contraceptive methods due to the limited income or poverty. Knowledge and services provided in that region is are hundred persent but the use was very low and not match the services provided to them or not enough who were using family planning method. Family planning services were providing through clinics and ratio of use is greater among the educated people than those are illiterate. The main reason not using the methods is not knowledge about family planning. Special attention put on the benefits of the family planning methods. (Gizaw and Regassa

2011) Chipeta, E. K., et al. (2010). "Contraceptive knowledge, beliefs and attitudes in rural Malawi: misinformation, misbeliefs and misperceptions." Malawi Medical Journal 22(2).

Another study was demonstrated in Rural Malawi by EffieK.Chipta, Wanangwa Chimwaza in 2010. In this study both male and females are the part of the study and they were included with the same number or equally. The data was collected and analyzed manually. Most of them knew the family planning methods but not use them due the side effect of heavy bleeding, men's not use due to impotence and genital sores, Wight gain or have the fear of infertility. Traditional methods were used mostly although they know about the different methods of family planning but not use them due to their adverse effects. (Chipeta, Chimwaza et al. 2010) Gizaw, A. and N. Regassa (2011). "Family planning service utilization in Mojo town, Ethiopia: A population based study." Journal of Geography and Regional Planning 4(6): 355-363.

Another study was conducted in developing countries by Lisa M Williamson, Alison Parks and Daniel Wight via literature researches and aim was to the access the safe and effective methods of family planning these are the finding of twenty three data base researches 1970 to 2006. In them they are also not use family planning method due to the side effect and fear of infertility this search was consist of five countries only the second purpose was to improve the role of improving reproductive health to achieve the Millennium Developmental goal on maternal health, child mortality and poverty. The use of family planning is beneficial to save them from STDS also but there is need of family planning educational programs with all its benefits and safety. (Williamson, Parkes et al. 2009) Ali, A. A. A. and A. Okud (2013). "Factors affecting unmet need for family

planning in Eastern Sudan." C public health 13(1): 102.

This study was conducted in rural area of Sawangi (Meghe) by Amireta sinha, Neharika and SA Inamdar in 2009 to 2010 and sample size was 300 married women. The purpose of the research was to fulfill the gape between the knowledge and practice, to refresh their knowledge along with introducing to them with new methods which are best for the use of child spacing and also have a lot of benefits of latest methods of family planning, they also educated in such a way that they must use them. The frequently used method was used by the women who were newly married less than five years. The methods used by them were IUCD, Pills and condoms. The ratio of using family planning methods was low between the women were married more than ten years. This study showed that mostly women was using family planning method without the willing of their husbands so the education about family planning methods should be arranged for both of them. (Sinha, Malhotra et al. 2012) Sinha, A., et al. (2012). "Knowledge and Awareness about Contraception among Married Females under Age Group 20 to 35 Years in Rural Area of Sawangi (Meghe), Wardha." Journal of South Asian Federation of Obstetrics and Gynaecology 4(1): 43-46.

An other study was conducted in 2012 by Mohd Nazri, Mod Shaharudin and Tengku Alina in Terengganu, Malaysia. In this study the ratio of use of family planning methods was also not high. Community study conducted to know the prevalence of family planning methods. In this study the writer found that men has great knowledge as compared to women but they were found non cooperative with their wives in use of contraceptive methods. Family planning knowledge was very low in that population and services available also not adequate for the people living in suburban region. so there

is need to motivate the men about the family planning methods as the researcher said in this study. (Shafei, Shah et al. 2012)

This study was held in Sub-Saharan Africa by Ndola Prata, Karen Weidert and Amita Sreenivas in 2012. Six countries were included in this study to know the prevalence and use of family planning methods was limited and short and there is require to double the use of family planning methods in 2015. In this study there is a need of special program and policies to provide them knowledge about latest contraceptive methods among the African generation. (Prata, Weidert et al. 2013)

This study was explore in Serendranagar district by Mitali G. Patel, Darshan K. Mahyavanshi and Girija Karthain 2011. The most important factors study in was find out the method use in family planning method in married women and also about the social and economic status of this population that they afford the expenses of child spacing methods. In this it is experienced by the researcher that they mostly use the terminal method of avoiding pregnancies. After the study this was also found that half of the community have no knowledge about family planning methods so there is a great need of providing education on different modern method though various program and policies. (Patel, Mahyavanshi et al. 2011)

In 2015 this study was conducted in the province of Punjab by Syed Khurram Azmat, Moazzam Ali and Glulam Mustafa. The District of Mianwali, Chakwal and Bakker. Study was performed by house hold survey and study proved that every second woman of the study has low status and do not afford the expenses of family planning methods in married women. Mostly women prefer the private sectors to avail the safe and sound methods. Husband play a vital role in the use of family planning methods and only small no of women use the contraceptive methods.

There is need of providing long term safe family planning methods which are available near to their houses or in their reach. Most important factor to change the behavior of people who are providing these services should be changed this will actually increase the level of knowledge and utilization of family planning method. (Azmat, Ali et al. 2015)

This was arranged by Perveena Fareed, Farhana Siraj and Neha Mahajin in a tertiary care center in 2017. This study was based married women and study was conducted on patient in OPD. In which found that mostly women have knowledge and were aware of contraceptive methods. In this study this is showed that knowledge is not enough for the use of family planning methods there is a great need of motivational and sportive program arrangement for the implementation and increase the level of use of birth spacing policies. (Fareed, Siraj et al. 2017)

Demographic Data

Table no 1. Participant Biographic data Variables

S n o	Variables	Frequencie s	Percentag e
1	Age of the participant	10	20.0%
	1.15-20	13	26.0%
	2.20-25	11	22.0%
	3.25-30	16	32.0%
	4.30-35	50	100.0%
2	Religion of the participant	40	80.0%
	1. Islam	10	20.0%
	2. Christian	50	100.0%
	3. other		

3	Education of the participant	31	62.0%
	1.Primary	2	4.0%
	2.Meddle	6	12.0%
	3.Matric	3	6.0%
	4.F.A	8	16.0%
	5.M.A	50	100.0%

Results:

Total questions were 50 in 6 questions were of demographic data 8 questions were of knowledge about family planning methods and 13 questions were of practice of family planning methods. Table on1 shows the socio-demographic data of the participant (n=50) and 100% participant were married female (n=10) 20.0% were the age of 15-20years (n=13) were 26.0 %,(n=11) 22.0 %,(n=16) 32.0 % all the participant falls between the age of 15 to 35 and mostly participants were Muslims (n=40) 80.0% while (n=10) 20.0% belongs to Christianity. The level of education of the participant was (n=31) 62.0% was primary pass, (n=2)4.0% was meddle, (n=6) 12.0% was matric, (n=3) 6.0% was F.A and (n=8) 16.0% was M.A

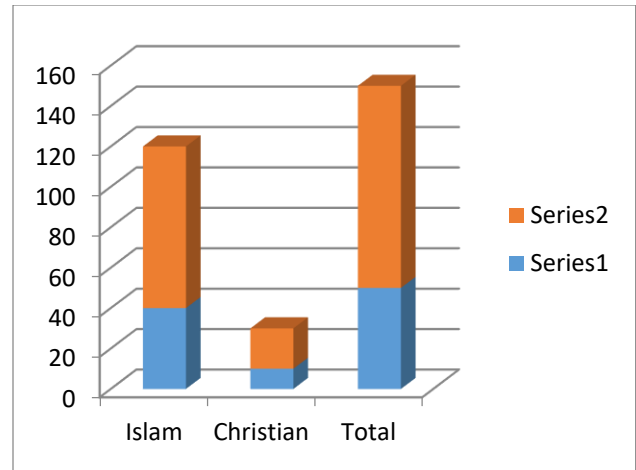
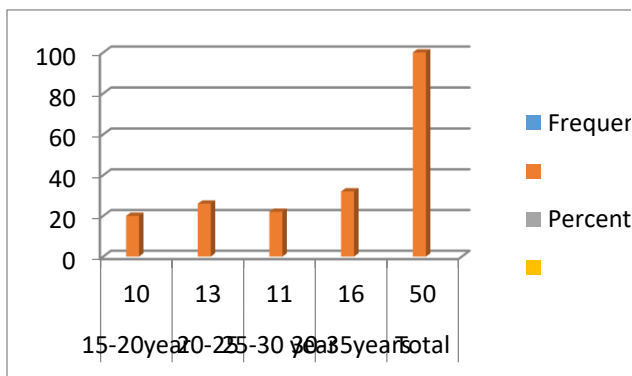


Table no 2. Variables of participant knowledge

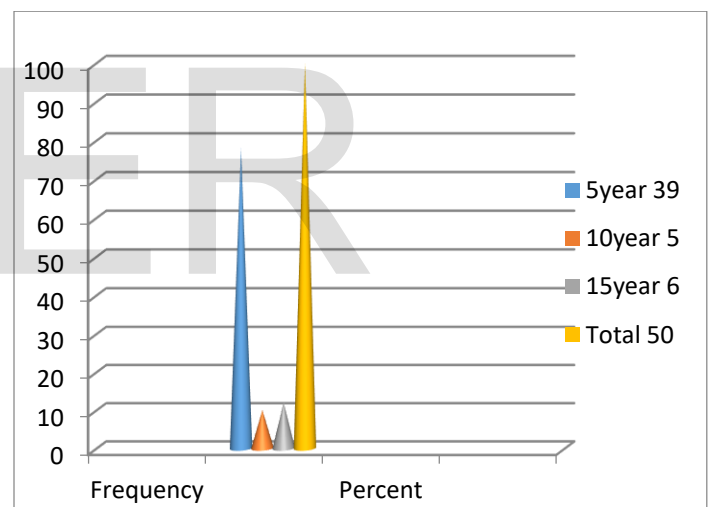
S no	Variables	Frequencies	Percentage
1	Have you ever heard about family planning from	46	92.0%
	1.Book	3	6.0%
	2.Radio	1	2.0%
	3.Other from any	50	100.0%
	1.Yes		
2	When you start hearing about family planning in this area	39	78.0%
	1.5year	5	10.0%
	2.10year	6	12.0%
	3.15year	50	100.0%
	2.No		
3	What do you think about	46	92.0%
		4	8.0%

	family planning is? 1. Very good 2. Good 3. Not good	50	100.0%
4	How do you find the family planning services? 1. Beneficial 2. Not Beneficial	50	100.0%
5	Do you have access to family planning methods in your area? 1. Yes 2. No	49 1 50	98.0% 2.0% 100.0%

Results:

In table 2 variables about knowledge practice are as follow (n=46) 92.2% have heard about family planning methods (n=39) start hearing about family planning form 5years is 78% other who are hearing about it is (n=3)is 6% there is also women who are listing a bought family planning is (n=1) and they are 2% only women who thought that family planning is very good (n=46) 92% and other think that its good is (n=4) 8% but (n=50) 100% women found family planning services beneficial to them and (n=49) they are 98% who have access to family planning services and (n=1) 2% who have no access to the services of family planning services. In table three (n=49) have found the behavior of the provider is very good and (n=1) 2% observe good (n=49) 98% that health worker

contribute to family planning services (n=1) 2% who said that health care provider not contribute to family planning services (n=48) who have experience side effect of family planning services (n=1) 2% have no side effect of family planning services (n=50) 100% women said that family planning services have improved at Usman Clinic Samundri and (n=50) 100% women told that attitude affect the family planning effect services (n=48) 96% are satisfied with the services provide at Usman clinic samundri. (n=20) 4% are not satisfied. (n=38) 76% who are satisfied with sterilization methods and (n=12) 24% were not satisfied with the sterilization method used their



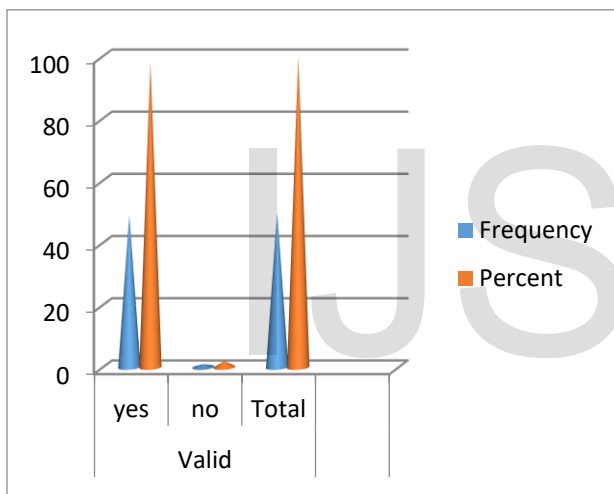
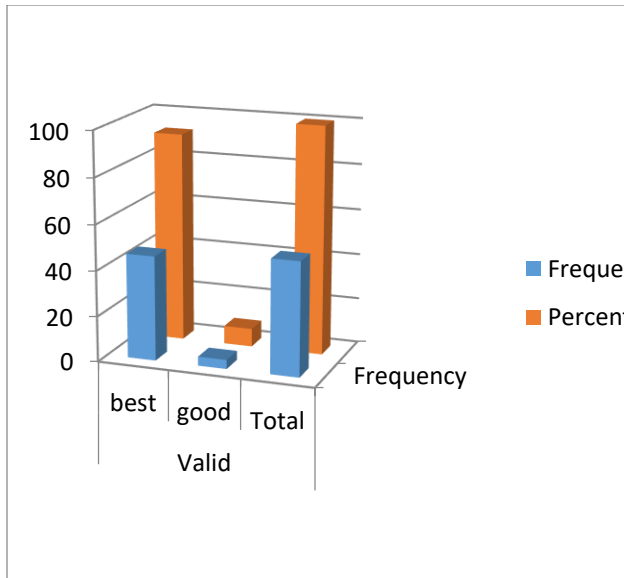


Table no 3.Practice variable of the participant

S n o	variables	freque ncies	percentag e
1	How do you find the service provider attitude towards you 1.very good way 2.good way 3.satisfactory	49 1 50	98.2% 2.0% 100.0%

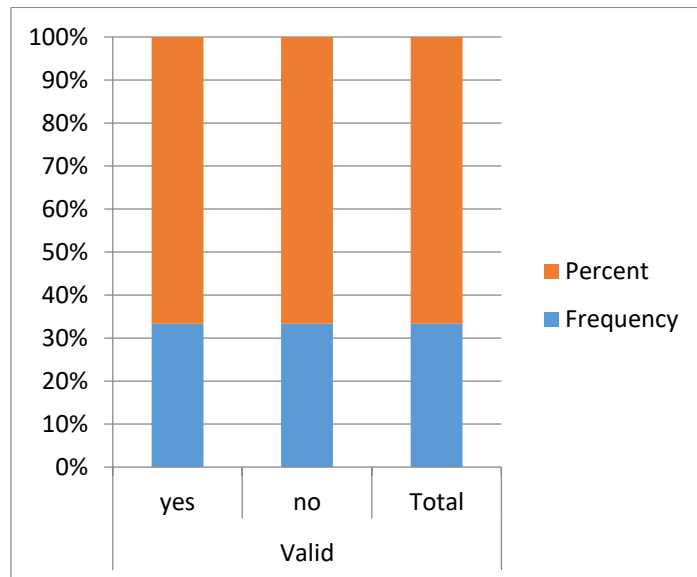
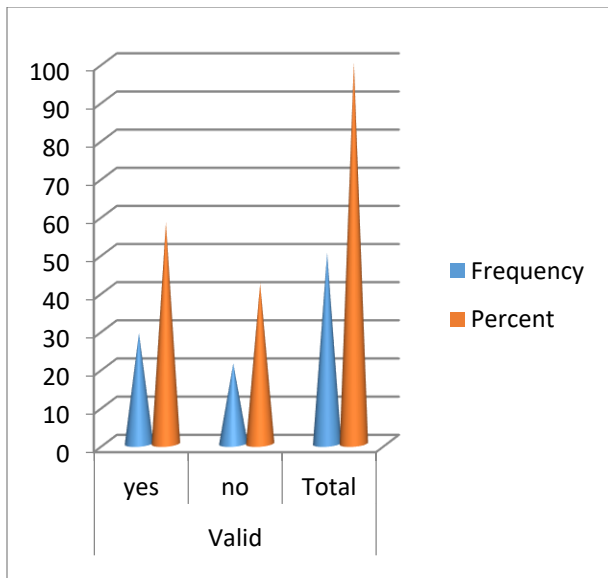
2	In your opinion, have the health workers contributed to the utilization of family planning methods. 1.Yes 2.No	49 1 50	98.0% 2.0% 100.0%
3	Do you have side effects of the family planning method that you have ever used? 1.Yes 2.No	48 2 50	96.0% 4.0% 100.0%
4	Are the activities done to improve the utilization of family planning methods at Usman Clinic Samundri? 1.Yes 2.No	50	100.0%
5	Does attitude effect the utilization of family planning methods at Usman Clinic? 1.Yes	50	100.0%

	2.No		
6	Do you satisfied with the services provide there? 1.Yes 2.No	48 2 50	96.0% 4.0% 100.0%
7	Do you satisfied that instruments are properly sterilized? 1.Yes 2.No	38 12 50	76.0% 24.0% 100.0%
8	Do you have proper record of your family planning method? 1.Yes 2.No	38 12 50	76.0% 24.0% 100.0%
19	Are family planning services available in Usman Clinic? 1.Yes 2.No	38 12 50	76.0% 24.0% 100.0%
20	Is your husband known about family planning methods? 1.Yes 2.No	29 21 50	58.0% 42.0% 100.0%
21	Is your husband sport you? 1.Yes	29 21 50	58.0% 42.0% 100.0%

	2.No		
22	Are you using family planning methods with the will of your husband? 1.Yes 2.No	29 21 50	58.0% 42.0% 100.0%
23	Are your in laws in the fever of family methods? 1.Yes 2.No	14 36 50	28.0% 72.0% 100.0%

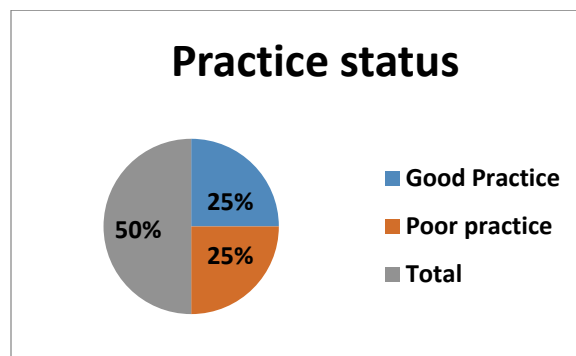
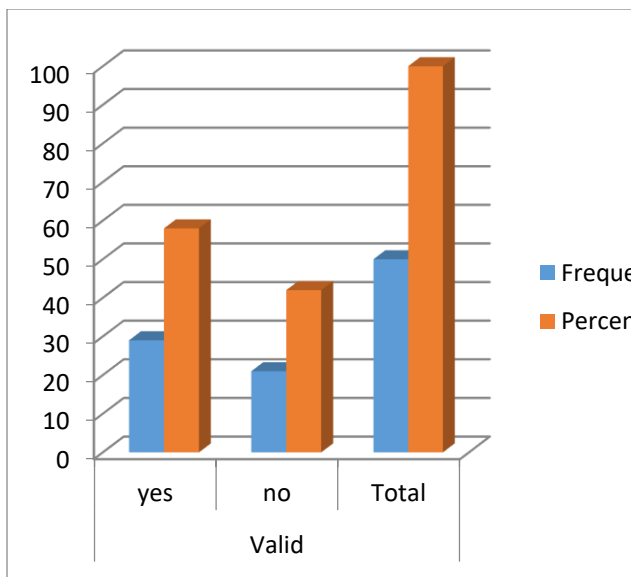
Results:

In the results another table of practice of the family planning services of participants (n=38)76% have the proper record of the family planning services and(n=12)24% have no record of their using method (n=38)76% said that family planning services are available at Usman clinic (n=12)24% said that these services are not provided their (n=29)58% women husband know about the family planning methods and(n=21)42% have not known (n=29)58% women husbands sports them in the use of family planning services (n=21)42% not allowed to use any method for child spacing (n=29)58% women using family planning method with the permission of her husband and (n=21)42% using without the permission of her husband (n=14)28% whose in laws in the fever of use of family planning methods (n=36)72% whose in laws are not in the fever of family planning methods.



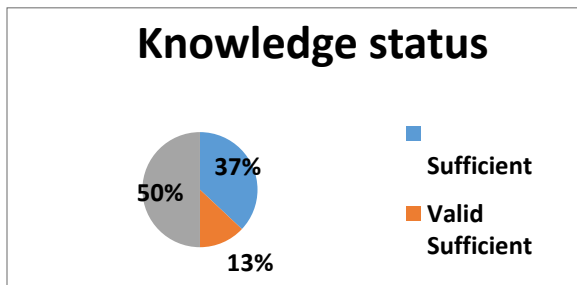
Practice status

	Frequency	Percent
Good Practice	25	50.0
Poor practice	25	50.0
Total	50	100.0



Knowledge status

	Frequency	Percent
Sufficient	37	74.0
Valid	13	26.0
Sufficient	50	100.0
Total		



Discussion:-

Women are major part of our community and this world looks color full due to women. They look after the families and also the people around them Napoleon said gives me healthy mother and I will give you the healthy nation so the female are major part of any nation. So women need great attention care. And it is possible through proper spacing in children birth by using family planning methods. Our prophet (PBUH) said that spread your sheet according to your cloths. And this will surely reduce the stress related to the over burden families. Every married woman should have proper knowledge about family planning their use and benefits and also about the side effects. So the level of health of married women improved and maternal mortality rate will surely be reduced. All women symbolize to the sample from the Usman clinic Samundri. They give back their complete questionnaires. The was conducted in Samundri Usman Clinic to Assess the knowledge and practice about family planning methods. 50 participants participate in this study were under the range of 15 to 35 years of age. Contributing

participant was married 37(74%) have sufficient knowledge about family planning .Mean is 1.26 and Std Deviation .443.

A study was conducted East khasi Hills district. It has been observed in that study that 52.2 percent of married women were using any of the family planning method in that region according to the house hold survey (2002-2004) in the East khasi Hill district the combine male and female much lesser (14.9%) the use of family planning methods in currently married women was only 20.2% which was found very low in all north-Eastern states. Which was much reduce as compared to other states of north-east India 57.5% in Assam 33.3% in Manipur 53.8 %in Mizoram 39.6% in Nagaland 65.3% in Sikkim 52.7%. (Ali and Okud 2013)

Another study was held in Sub-Saharan Africa whether women are using family planning often depends on the fit between their fertility preferences and the choices available. Family planning program help to utilize according to need and choice. Women have desire to control their birth is 105. Mostly women wants to use family planning method which means to plan before birth and there is a need to understand the need and requirements of the women for future wellbeing. So the need is to make them more effective for women couple has free choice to adopt them.(Van Lith, Yahner et al. 2013)

This study was performed in Nigeria that was demographic health survey in2003.In it unmet need of married women range 10% in chad to 35%in Senegal .Nigeria has low rate of contraception 5.7% fertility rate and 8.0%prevalance rate in health survey of 2003. Comparatively in Brazil and Columbia in>70% (two births per woman) in Chad fertility rate 6.6% and use of birth spacing is low4% and use of family planning method is 10%. This study also showed that 15.2% are not any information about family planning method 6.2% limiting ratio of 2.5%. There is

a higher need of family planning utilization.(Van Lith, Yahner et al. 2013)

This study was conducted in Nekemte on use of modern contraceptive methods overall use was 71.9% which was found much higher than previous study in Ethiopia and other developing countries. Women that were using modern contraceptive methods was 29% in age of 30-34 age group. Education is very important for the use of modern use family planning methods. 2.5% were having secondary education according to the study conducted in Ethiopia in (10, 11, 17, and 18). Only 22% women were practicing contraceptive method 68% have secondary education have a great power of decision making in using family planning methods and also who are earning 1001 to 1500 ETB per month as compared to other country. 3.7% were those whose husband is with them in the favor of use of contraceptive methods.(Tekelab, Melka et al. 2015)

Another study was used to assess the knowledge and practice of family planning services in 2005 to 2006. The aim of the research to know about the factors affecting the maternal health regarding the use of contraceptive method in rural area of India 14%, 46% and 35% of women only avail the facility of ante natal care and also got family planning services. In six selected rural (Andhra, Pradesh,

Bihar, Jharkhand, Maharashtra, Rajasthan, and Tamil Nadu) 47% of women were using the family planning methods as compared to urban which was 78% and this great difference will surely impair the health of the women. (Bogale, Wondafrash et al. 2011) This study was 12 to 24 of all family planning method 11.5% and 27.4%. The percentage was very low as compared to Colombia 53.3%, Bangladesh 50.1%, Peru 49.7% Ghana 43% and Egypt 33% in developing countries 13% the main difference of the low rate is population. Last year finding was 30.0% of pills and 15.3% of condom. Side effect of the

family planning services play vital role in the rejection of family planning services. (Yideta, Mekonen et al. 2017)

Conclusion:-

The results of the study shows that fifty percent women are using family planning methods and fifty percent are not and knowledge about the contraceptive method is needs more concentration to raise the level of education and information about the family planning services. Educations play a vital role in use of family planning methods. There is a great need of education about family planning services to men to favor the women in the use of family planning for birth spacing and also raise the level of health of women and to reduce the rate of maternal deaths. In spite of all that there is also need to provide information about the methods of contraception there use benefits and drawback to mother in laws of the married women.

Recommendations:-

A Study conducted on women between the age 15 to 35 years to assess the knowledge about family planning methods. The results of the study stresses on the need of education to men about contraceptive method there use and benefits. Hence it is important to provide authentic and valid information to the mother in laws.

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