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CONTRACEPTIVE USE AMONG MARRIED MEN AND BARRIERS FOR NON USE; (A STUDY CONDUCTED IN URBAN SLUM OF PESHAWAR, KHYBER PAKHTUN KHWA, PAKISTAN

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ABSTRACT

Objectives: A main aim of this study was to determine the contraceptive use and ascertain barriers among married men for non use.

Methods and Materials: This study was a cross sectional study involving 400 married men living in urban slums of District Peshawar. The sampling technique was multistage cluster sampling. Married men were interviewed through a structured questionnaire.

Results: Contraceptive use among married men was (15.0%), in their wives (6.0%) and (16.0%) among couples. Mean age of the respondents were 38.3 ± 9.0 and respondents wives were 32.7 ± 8.4. Most married men were currently practicing condoms and their wives were currently practicing oral pills. About 59.5% of respondents thought that main barriers of not using contraceptives are non availability of services.

Conclusions: The study finding showed that married men, who were illiterate and in young age did not use contraception, However married men and their wives who were literate and in late young age used contraception.

Key words: Contraception, Barriers, Married men, Peshawar.

INTRODUCTION

Pakistan is the sixth most populous country in the world, with a population of more than 160 million and a growth rate of around 1.73 percent per annum in 2009, representing an annual addition of almost three million people. The country is facing great challenges to attain socio-economic development and break the vicious cycle of poverty. This annual addition to the population, in the context of low socio-economic indicators, not only dilutes the results of development efforts but also creates overwhelming demand on limited resources. It is estimated that at the current growth rate, the population of Pakistan will touch 217 million by 2020. Based on these growth patterns and trends, the economy will be unable to sustain the growing population with hardly any scope for improvement in the quality of life, even under the most favorable circumstances. This situation is, therefore, a matter of deep concern and becomes a central issue in the overall planning perspective as well as the strategy for alleviating poverty in the country.[1] Pakistan started family planning program in the 1950. Contraceptive prevalence

rate (CPR) in Pakistan is 28% which is very discouraging[2] Contraceptive use trends in Pakistan during the last two decades raise concerns regarding the continued lack of effectiveness of the national family planning program[3]. The total fertility rate in Pakistan is as high as 5.4 that is result of low contraceptive prevalence rate of only 28 percent[4]. In Pakistan family planning programmes run through Lady Health Workers, Lady Health Visitors and Community Midwives. Since, the provider is a female it becomes automatically a barrier in communication with men. For family planning counselling it is important that male health workers must be stakeholders to communicate with men[5].

OBJECTIVE

A main aim of this study was to determine the contraceptive use and ascertain barriers among married men for non use.

Operational definition

Family planning services

Educational, comprehensive medical or social activities which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieve[6].

Contraceptive methods

It is include clinic and supply (modern) methods and non-supply (traditional) methods. Clinic and supply methods include female and male sterilization, intrauterine devices (IUDs), hormonal methods (oral pills, injectables, and hormone-releasing implants, skin patches and vaginal rings), condoms and vaginal barrier methods (diaphragm, cervical cap and spermicidal foams, jellies, creams and sponges). Traditional methods include rhythm, withdrawal, and abstinence[7].

METHODS AND MATERIALS

A cross sectional study was conducted in urban slums of district Peshawar, Khyber Pakhtun khwa. All married men at urban slums of district Peshawar were eligible to be enrolled as participants in the study if they were 25-60 years old permanent residents of the area. Severlly ill patients were excluded from the study. Married men who did not meet pre-determined criteria were replaced with those from the nearest households; married men were interviewed through structured questionnaire. Data were collected by semi structured Questionnaire Pre-testing of the questionnaire was done in Polusey area. Total 400 married men were being selected from urban slums of district Peshawar by using Multi Stage Cluster Sampling technique. First we made a complete map with the help of map we selected 20 streets randomly out of 47 streets. Then we selected 20 married men from each street. If there were more than one married men in one house then we did random sampling among them and selected one married man Each selected person who fulfilled the inclusion criteria and who consented in writing was interviewed in utmost privacy. Before collecting data purpose of the study was explained and information from the study participants. Data were analyzed using statistical package for social sciences version 16.0. Continuous variables like age, duration of experience will be described as mean standard deviation. In the case of categorical variables like gender and questions about knowledge and practices will be described as frequencies and percentages.

Outcome Variable: Outcome variable was contraceptive use by the married men.

RESULTS

Population characteristic in a study contraceptive use among married men and barriers for non use.

Table-1:

Mean age of married men	38.3 ± 9.0, Range 25-60 Years
Mean age of their wives	32.7 ±8.4, Range 18-59 Years
Illiteracy among married men	52.0%
Illiteracy among their wives	77.5%
Monthly income	6000-15000 (86%)
Occupation of married men	52%

Reproductive health characteristic in a study Contraceptive use among married men and barriers for non use.

Table-2:

Mean duration of marriage	11± 7.5 Years
Age difference between husbands and wives	5.5 ± 3.2 Years
Total number of children	1745
Total number of living children	1643
Total number of male alive children	750
Total number of female alive children	893

Barriers towards getting free condoms from government health facilities in a study Contraceptive use among married men and barriers for non use.

Table-3:

Barriers towards getting free condoms from Gov Health Facilities	Frequency	Percent
Accessibility Problems	72	26.0
Non Availability of Services	156	56.5
Other Reasons	48	17.3
Total	**276**	**100.0**

Association between contraceptive uses of respondents with barriers towards getting free condoms from health facilities.

Table-4: Cross tab

	Contraceptive use			
Barriers towards getting free condoms	**Yes**	**No**	**Chi-square**	**P-value**
Accessibility Problems	18(14.5%)	31(11.2%)	33.4	.000
Non Availability of Services	90(72.5%)	125(45.2%)		
Other Reasons	16(12.9%)	120(43.4%)		
Total	**124**	**276**		

Reasons for not using contraceptive methods in a study Prevalence and Barriers of contraceptive use among married men of urban slums in district Peshawar 2010

Table-5:

Main Reasons for not using Contraception	Frequency	Percent
Religion Prohibition	129	46.7
Desired to have more children	82	29.7
Economic Reasons	55	19.9
No opinion	10	3.6
Total	**276**	**100.0**

Association between contraceptive uses of respondents with main reasons for not using contraception in a study.

Table-6: Cross tab

	Contraceptive use			
Main Reasons for not using Contraception	**Yes**	**No**	**Chi-square**	**P-value**
Religion Prohibition	20(16.1%)	81(29.3%)	21.5	.001
Desired to have more children	43(34.6%)	66(23.9%)		
Economic Reasons	45(36.2%)	82(29.7%)		
No opinion	16(12.9%)	47(17.0%)		
Total	**124**	**276**		

Association of respondent's education with Contraceptives use in a study Contraceptive use among married men and barriers for non use.

Table-7: Cross tab

Contraceptives Use by Respondents					
Education of Respondents	**Yes**	**No**	**Total**	**Chi-Square Test**	**P-Value**
Illiterate	15(10.5%)	193(69.9%)	208(52%)	22.3	.000
Literate	109(87.9%)	83(30.0%)	192(48%)		
Total	**124**	**276**	**400**		

Association of Respondent's age with contraceptive use in a study Contraceptive use among married men and barriers for non use.

Table-8: Cross tab

	Contraceptives use by Respondents				
Age of Respondents	**Yes**	**No**	**Total**	**Chi-square**	**P-value**
25-30 Years	11(8.8%)	86(31.1%)	97(24.2%)	66.4	.000
31-35 Years	24(19.3%)	64(23.1%)	88(22%)		
36-40 Years	51(41.1%)	46(16.6%)	97(24.2%)		
41-45 Years	25(20.1%)	16(5.7%)	41(10.2%)		
46-50 Years	10 (8.0%)	29(10.5%)	39(9.7%)		
51-60 Years	3 (2.4%)	35(12.6%)	38(9.5%)		
Total	124	276	400		

Association of total numbers of children with contraceptives use by the respondents in a study contraceptive use among married men and barriers for non use.

Table-9: Cross tab

Contraceptive use by Respondents					
Total number of Children	**Yes**	**No**	**Total**	**Chi-square**	**P-Value**
11-15 children	26(20.9%)	28(101%)	54(13.5%)	22.4	.000
7-1 children	36(29%)	72(26%)	109(27.2%)		
4-6 children	41(33%)	75(27.1%)	116(29%)		
2-3 children	15(12%)	45(16.3%)	60(15%)		
0-1 children	6(4%)	55(19.9%)	61(15.2%)		
Total	124	276	400		

Association of total numbers of male alive children with contraceptives use by the respondents in a study contraceptive use among married men and barriers for non use.

Table-10: Cross tab

Contraceptive Use by Respondents					
Total number of Male alive children	Yes	No	Total	Chi-square	P-value
Three and more male alive children	35(28.2%)	80(28.9%)	115(28.7%)	17.6	.014
Two Male alive children	42(33.8%)	52(18.8%)	94(23.5%)		
One Male alive children	39(31.4%)	100(36.2%)	139(34.7%)		
0 Male alive children	8(6.4%)	44(15.9%)	52(13%)		
Total	124	276	400		

DISCUSSIONS

According to our study finding it shows that majority of the respondents and their wives were in their reproductive age. Our study finding shows that illiteracy was very high among men and women. Most of the respondents were illiterate. Contraceptive use among married men was (15.0%), in their wives (6.0%) and (16.0%) among couples. Global contraceptives use is 63.4%[8]. In context of Pakistan contraceptive use is 28% which is very discouraging[9]. If we compare it with neighboring countries as 48% in India, 58% in Bangladesh and 70% in Sri Lanka. So they are far better than Pakistan[10]. A study done in Yemen husbands attitude towards modern contraceptives the study results showed that contraceptive use among husbands were 39.0% and 44.3% among their wives. Only 11.0% of the husbands and 20.8% of the wives were currently practicing modern family planning[11]. According to our study results most of respondents about 19.5% were using condoms because most of the respondents were aware about condoms through their friends and about 9.2% of respondents wives using oral pills which are easily available in medicine stores that why most of respondents easily approach to oral pills and condoms for their wives and about 5.8% respondents use injections and 5.0% respondents wives were using injections. According to our study results most of respondents about 27.0% started family planning practice after 3 and 4children and 9.2% of respondents started family planning after two children. Our results have resemblance to a study done in Yemen in 2007 husbands attitude towards modern contraceptives results of this study showed that among the users condom was the most common method used by the husbands 88.6% while the pill was the most common method used by wives 54.2% followed closely by intra-uterine devices 43.4%. More than 90% of husbands knew about pills, intra-uterine[12].

Univariate Analysis:

Study finding shows that there was a strong relationship between respondent's contraceptive use with increasing age, literacy, total years of marriage, total number of children and total number male alive children. Those married men who had got some level of education and in age between 30 to 40 years, were using contraceptive methods and those married men who had more than 5 children were also using contraception.

Our results are in accordance to a study done in Pakistan motivation and involvement of men in 2003, study findings showed that there was significant association with important factors that determine men's contraceptive use behaviour are the approval of family planning. It may be noted that husbands with secondary and above education and with educated wives show the highest percentage of approval for family planning. Those men, who approve family planning, do not desire more children and also communicate about family size with their wives[13].

CONCLUSIONS

1. The study finding showed that married men, who were illiterate and in young age did not use contraception However married men and their wives who were literate and in late young age used contraception.
2. Most of married men desired for large family size and given preference to male children.

RECOMMENDATIONS

1. Male community educators should be introduced. They worked as educators, motivators, suppliers of condoms and referral agents. Since the provider of family planning services are a female (Lady Health Workers) it becomes automatically a barrier in communication with men.
2. Strengthen and expand family planning services for men like separate family planning clinics for men, social Marketing of condoms, work place programs etc.

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