Determinants of unmet need for married women for family planning in rural areas of Gulbarga district - A cross sectional study

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Abstract
The purpose of the present study is to examine the contributory relationships among factors determining the unmet need for family planning among married women of reproductive age group (15-49 years) in rural areas of Gulbarga district of Karnataka State, India. A random sample of 600 married women was taken. The determinants were recognized by univariate bivariate and chi-square values are calculated. Two third of the women knew the family planning methods; 86.33% had a knowledge about the female temporary family planning methods and most of them knew the permanent family planning methods. Half of the married women took an advantage of government benefits of family planning and are using contraceptive methods. The family size, age at marriage, still birth baby, know family planning, temporary family planning methods, permanent family planning methods were found to be independent significant predictors of unmet need for family planning ($p < 0.05$).
Key words: Unmet need, Determinants, Bivariate, Spacing, Limiting.

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INTRODUCTION

Now India is the second populous country in the world. According to UN projections India's population will reach 1.53 billion by the year 2050 and will be the largest population in the world.[10] The human population is an important resource of a country and its quality of life determines the progress and development of a nation.[13] According to 2011 Census, the population of India was 1,210,193,422, Karnataka state population was 61,130,704 and rural population of Karnataka state was 34,889,033 and urban population of Karnataka state was 17,961,529. Karnataka is the 9th largest state in India in terms of population. The population of Karnataka state has increased by 15.61 percent over the previous census (2001). The decadal growth in population between the Census of 2001 and the one of 2011, when compared with the period between 1991 and 2001, declined from 17.51 to 15.67 per cent.[16] The rises in population have effect on socio-economic development. It is lowering the quality of life, degrading our environment and putting a further strain on our already overloaded resources. The previous idea regarding contraception was that it was prevention of contraception. Newer concept of contraception is that a couple must be enabled to decide freely and responsibly the number and spacing

of their children. Since in 1951 India started family planning program there are various change in its services and approaches. The concept of "Unmet need" for family planning, the women who are sexually active and don't want child but not using any method of contraception are considered to have an unmet need for contraception.[4] Unmet need for family planning refers to a discrepancy between expressed fertility goals and contraceptive practice.[8] The unmet need concept is usually applied to married women for limiting the number of children. This concept of unmet need will be very useful. But it is challenging also to motivate these women to use the contraceptive methods. The findings of National Family Health Survey (NFHS), i.e. NFHS-I and NFHS-II carried out in 1992-93 and 1998-99 respectively have revealed that for a large proportion of our population, the need for family planning services was not met with, despite the existence of national policy of family planning since 1983. However the analysis of recent findings of NFHS-III had revealed that the unmet need for family planning had declined from 15.8% in NFHS-II to 13.2% in NFHS-III.[7] According to NFHS-III (2005-06), total unmet need in Karnataka state was 9.6 %.[17] Throughout the world an estimated 150 million women are having this unmet need and it is projected that, 233 million married women of reproductive age 15-49 years to have unmet need for modern family planning methods by 2015, the largest increase are expected in developing countries.[10] However because of population growth and increased efforts to improve global awareness of family planning, the investigators predict that the demand for contraception will increase from 900 million in 2010 to 962 million in 2015.[1] Keeping in view the above points the present study was conducted to find out determinants of unmet need for family planning in rural areas of Gulbarga District, Karnataka, India.

2. MATERIALS AND METHODS

The present study was carried on married women of reproductive age group (15-49 years), in rural areas of Gulbarga district, Karnataka State, India. To achieve the aim of the present study a cross-sectional study design was adopted. The Gulbarga district is divided in to seven talukas, from each taluka, randomly four villages were selected and systematic random sampling was used to collect the information from the married women age group (15-49) year, the information was obtained from the women after an informed consent was taken. The sample of 600 married women information was collected with the help of pre-designed, pre-structured questionnaire.

The data was collected regarding socio-demographic profile, age at marriage, per capita income, number of children ever born, living children, child loss, still birth, abortions etc. The subjects were also interviewed about their knowledge of contraceptive methods, past and current use of contraceptives and their intention to use contraceptives in future. Based on contraceptive use, the study population was classified into met and unmet need groups. Met group of contraception were those married women of reproductive age group who were using contraceptives and satisfied. Unmet need group of contraception were those married women of reproductive age group who do not want to use contraceptives (either for spacing or limiting). The word spacing used in the present study was for the women who do not want children at least for two more years9 and the word limiting used in the study was for the women who do not want more children. The data collected was analysed for finding out statistical significance of determinants of unmet need for married women for family planning.

3. RESULTS

60.00% of the study subjects were in the age ≤ 30years (Mean age: 30.16 years). Over all 54.00% were literates, and 46% were illiterates and 63.66% of their husbands were literate. 23.66% of married women were living with family size more than 6 and 26.83% have less than Rs.3000 per capita income, 94.16% women belonged to nuclear family, 85% had knowledge of legal age at marriage, 34.5% of the women were married at less than or equal to 18 years. Most of the married women belonged to more than 3 years of married life. Majority had minimum of two children (95.33%). However, about 14% of married women had abortions and 9.83% had still birth baby. Approximately, (90.66%) of women knew the family planning methods, 86.33% had a knowledge about the temporary family planning methods and 86.16% know the permanent family planning methods. Further 96.83% of married women took an advantage of government benefits of family planning and are using contraceptive methods, like Tubactomy (permanent family planning methods). 34.66% of unmet need was observed amongst rural married women. 60.83% of unmet need was observed among the women of age more than 30 years. The proportion of unmet need was similar among those who are living with less than 6 members and 6+ in a family. Women belonging to more than Rs.3000 per capita income have significant higher proportion of unmet need (60.59%) and those living with nuclear family (33.81%). Further, the women married at >18 years had significant higher unmet need(71.76%). Women who had knowledge of family planning, temporary family planning methods and permanent family planning methods have smallest unmet need, moreover, the

proportion of unmet need is not significant in those who have taken the benefits from government family planning programmes as compared to their counterparts.

4. DISCUSSION

In our present study, unmet need for family planning among rural married women was found to be (34.66%). According to NFHS-III survey, the unmet need for family planning was 14.1% for India[6] and 9.6% for Karnataka. It shows that, the unmet need is higher in the present study population compared to NFHS-III. We found in our study that, women whose is more than 18 years had 34.44% of unmet need. In a similar study by Srivastava Dhiraj Kumar[12] *et.al*, highest percentage of unmet needs for family planning was noted in the age group 15-19 years (66.66%). In a study by Radha Devi[11] *et.al*, on unmet need in the state of Uttar Pradesh in India found that 35-50% of married women who had unmet need were in the age group of 15-30 years. In our present study we found that, whose per capita income was low, the unmet need for family planning was 41.61%. In a study by Harvindar Kaur[3], it was found that higher monthly family income reduces the fertility rate by raising the age at marriage, educational status, use of contraceptive methods and inculcates desire for small family size. In our study 60.00% of women with one child had a higher unmet need, whereas Westoff and Bankole[15] revelled in their study that once women had their first child, unmet need for spacing decreases with each additional child, whereas the unmet need for limiting births increases with each additional child that a woman had. Opposition from husband was also found to be a reason for unmet need.[2, 14]

5. CONCLUSION

The present study concludes that, the unmet need for family planning was higher in rural areas as compare to the NFHS-III. Women who have completed their families are more susceptible to adoption of permanent contraceptive methods and this facility should be provided to them. Couple should be given family planning counseling together. Try to improve the quality of the advice and care services related to family planning especially for the rural married women. Provide the knowledge of modern contraceptive methods to the rural women to remove the fear of side effects in those women. This could be through involvement of males in family planning program, more education and counseling services to women on how to handle and deal with side effects associated with various modern contraceptive methods.

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APPENDIX

Table 1: Univariate analysis of predictors of unmet need for family planning among married women

Unmet need for women	208/600=34.66%	
Predictors	**No of married women**	**% of married women**
Age groups		
</=30yrs	360	60.00
>30yrs	240	40.00
Mean	30.16	
SD	7.495	
Education		
Illiterates	276	46.00
Literates	324	54.00
Husband education		
Illiterates	218	36.33
Literates	382	63.66
Husband occupation		
Unemployed	16	2.66
Employed	584	97.33
Family size		
1—5	458	76.33
6+	142	23.66
Income		
</=3000	161	26.83
3001+	439	73.16
Type of family		
Nuclear	565	94.16
Joint	35	5.83
Knowledge about legal age to marriage		
</=18yrs	510	85
>18yrs	90	15
Age at marriage		
</=18yrs	207	34.5
>18yrs	393	65.5
Years of married life		
</=3yrs	73	12.16
3+yrs	527	87.83
Total live children		
None	28	4.66
>/=1	572	95.33
Any abortions		
Yes	84	14
No	516	86
Still birth baby		
Yes	59	9.83
No	541	90.16
Know family planning?		
Yes	544	90.66
No	56	9.33
Female temporary family planning methods		
Yes	518	86.33
No	82	13.66
Permanent family planning methods		
Yes	517	86.16
No	83	13.83
Govt. benefits of family planning		
Yes	581	96.83
No	19	3.16

Table 2: Comparison between met and unmet need groups with sociodemographic and other factors

Predictors	Unmet need	%	Without Unmet need	%	Total	%	Chi-square	p-value
Age groups								
</=30yrs	187	51.94	173	48.05	360	60	4.607	0.032*
>30yrs	146	60.83	94	39.16	240	40		
Education MW								
Illiterates	96	34.78	180	65.22	276	46	0.011	0.918
Literates	114	35.19	210	64.81	324	54		
Husband occupation								
Unemployed	6	37.5	10	6.25	16	2.67	0.058	0.809
Employed	202	34.59	382	65.41	584	97.33		
Family size								
1—5	146	31.88	312	68.12	458	76.33	6.646	0.010*
6+	63	44.37	80	56.34	142	23.67		
Income								
</=3000	67	41.61	94	58.39	161	26.83	17.177	0.0001
3001+	266	60.59	173	39.41	439	73.17		
Type of family								
Nuclear	191	33.81	374	66.19	565	94.17	3.173	0.075
Joint	17	4.86	18	5.14	35	5.83		
About legal age								
</=18yrs	155	30.39	355	69.61	510	85	25.389	0.0001*
>18yrs	52	57.78	38	42.22	90	15		
Age at marriage								
</=18yrs	105	50.72	102	49.27	207	34.5	26.191	0.004*
>18yrs	282	71.76	111	28.24	393	65.5		
Years of married life								
</=3yrs	31	42.47	42	57.53	73	12.17	2.232	0.135
>3yrs	177	50.57	35	10.00	350	58.33		
Total live children								
None	19	67.86	9	32.14	28	4.67	1.816	0.178
>/=1	314	54.90	258	45.10	572	95.33		
Any abortions								
Yes	23	27.38	61	72.62	84	14	2.492	0.114
No	187	36.24	329	63.76	516	86		
Still birth baby								
Yes	13	22.03	46	77.97	59	9.83	4.611	0.032*
No	195	36.04	346	63.96	541	90.17		
Know family planning?								
Yes	157	28.86	387	71.14	544	90.67	82.038	0.0001*
No	50	89.29	6	10.71	56	9.33		
Female temporary family planning methods								
Yes	139	26.83	379	73.17	518	86.33	102.67	0.0001*
No	69	84.15	13	15.85	82	13.67		
Permanent family planning methods								
Yes	138	26.69	379	73.31	517	86.17	104.928	0.0001*
No	70	84.34	13	15.66	83	13.83		
Govt. benefits of family planning								
Yes	202	34.77	379	65.2324	581	96.83	0.083	0.774
No	6	31.58	13	68.4211	19	3.17		

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