

**KNOWLEDGE, PRACTICE AND EFFECT OF CONTRACEPTIVE
DEVICE AMONG MARRIED WOMEN**

BY

Swastika Adhikari

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**TRIBHUVAN UNIVERSITY
FACULTY OF EDUCATION
JANTA MULTIPLE CAMPUS
HEALTH EDUCATION DEPARTMENT
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Swastika Adhikari
M.Ed.2nd year

Janata Multiple Campus
Itahari, Sunsari

Abstract

This is a field based study which is conducted to find out the knowledge, Practice and effects of Contraceptive devices. Eighty two respondents (15-49 years) Married women were selected. The main objectives of the study are to identify the level of knowledge on contraceptive devices and to find out the current condition of contraceptive devices and to find out the effects of Contraceptive devices on women.

Eighty two household were selected from simple random sampling method and researcher collected the data from interview and analyzed descriptively. At last finding and conclusion has been drawn and the research has recommended and suggested the points. This thesis is structured into five parts. First part deals with the introduction of the title and its theoretical ground. Second part reviews the related literature of the relevant work. Third part deals with the methodology of the study. Forth part deals with analysis and interpretation of data. Fifth part deals with summary, findings, conclusion and recommendations.

The study revealed that 69.52 percent respondents were using contraceptive device where 7.01 percent respondents were familiar with sterilization, 3.50 percent were familiar with IUCD, 26.31 were familiar with pills, 15.78 percent familiar with condom, 42.10 percent familiar with depo and 5.26 percent respondents were familiar with implant. It was accounted that 10.97 percent respondents were marriage at the age of 15-20 years but 46.34 percent respondents were married at above 21 years.

Most of the respondents were agree with the opinion “Family planning helps to improve family health status and contraceptives allow women to pursue higher education by delaying pregnancy and gain some measure of economic security”.

The levels of contraceptive awareness and use were lower in study area. This difference is associated with low educational levels in the study population. There is also an ongoing desire for larger families. There is a need for more contraceptive education that does not rely on schooling.

Family planning is a priority program of the Government of Nepal. Despite political instability in the last two decades, Nepal has achieved remarkable progress in the overall status of reproductive health, including family planning. Married women of reproductive age have been increasingly using contraceptive from 1980s to 2006. However, Nepal Demographic Health Survey 2011 has shown unexpected results on contraceptive prevalence rate. There had been a notable decline in the prevalence rate between 2006 and 2011, creating concerns among various stakeholders working in family planning programs. This research analyzes this situation and identifies possible reasons for the stagnated contraceptive prevalence rate in the study area. High proportion of spousal separation, an increased use of traditional methods, abortion, emergency contraception, and a lack of innovative approaches to cater services to difficult-to-reach or special sub-groups are possible reasons. To improve the contraceptive prevalence, the family planning program should be implemented more strategically. Further data analysis, initiation of best practices to fulfill family planning needs of special groups, functional integration of family planning services into general health services, effective counseling and behavior change communication to prevent unwanted pregnancies, and increased access to modern family planning methods could be the stepping stones to improve contraceptive prevalence rate and the overall FP program in Nepal.

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ABBREVIATIONS

CBS	Central Bureau of Statistics
CD	Contraceptive Device
CM	Contraceptive Method
CPR	Contraceptive Prevalence Rate
DHS	Demographic Health Survey
DEPO	Depoprovera
FHS	Family Planning Survey
FP	Family Planning
FPAN	Family Planning Association Nepal
GOS	Governmental Organization
HMG	His Majesty Government
ICPD	International Conference on Population Development
INGO	International Non-Government Organization
IUD	Intra-uterine Device
MCPR	Modern Contraceptive Prevalence Rate
MOH	Ministry of population and Health
MOPE	Ministry of Population and Education
NDHS	Nepal Development and Health Survey
RD	Rural Municipality
SRH	Sexual and Reproductive Health
TFR	Total Fertility Rate
UHC	Universal Health Coverage
UN	United Nations
UNFPA	United Nations Population Fund
UNICEF	United Nations Children Education Fund
WHO	World Health Organization