

**KNOWLEDGE AND PRACTICE OF CONTRACEPTIVE DEVICE IN
LIMBU WOMEN**

Submitted by

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FACULTY OF EDUCATION
JANTA MULTIPLE CAMPUS
HEALTH DEPARTMENT
ITAHARI, SUNSARI**

2018

DECLARATION

I hereby declare that this thesis has not been submitted for candidature of any another university degree.

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Dhaka Maya Limbu

M.Ed.2nd year

RECOMMENDATION LETTER

This thesis is entitled **Knowledge and Practice of Contraceptive Device of Limbu Women** submitted by **Dhaka Maya Limbu** in partial fulfillment of requirement for the Master's degree in Health Education under my supervision. Therefore, it is recommended for viva voice.

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ABSTRACT

The study on "**Knowledge and Practice of Contraceptive Device in Limbu Women**" has been carried out using primary sources of data obtained from 110 households of the currently married women aged 15-49 years. This study was conducted at Sagurigadi Rural Municipality Dhankuta district in march 2018 The main objectives of the research study is to examine the social, economic, and demographic condition and knowledge of family planning methods of the currently married women, to evaluate current use of family planning methods an utilization of family planning services ,to identify the barriers to the utilization of family planning services on Hundred ten household were selected from sampling and researcher collected the data from interview and analyzed descriptively. At last, finding and conclusion has been drawn and 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 .Fourth part deals with analysis and interpretation of data ,summary and findings, Fifth part deals with conclusions and recommendations.

In this research, Most of the currently married women (71.9%) were literate whereas 28.1% percent were illiterate. Out of 110 respondents 48.9 percent have cash annual income range between Rs.40001-10000 whereas nearly 28 percent have above Rs. 10001 and 23.3 percent have below Rs. 4000.The majority of women have one son (37.8%) and two daughters (21.1%) but they desired on daughter and two sons (70% vs. 73.3).Out of 110 respondents, more than 43 percent had married at the age of 19-20 years, 30 percent above 20 years and 27 percent had married before the 18 years. Among the currently married women about 89 percent were familiar with at least one contraceptive method which was less than national level. Out of 110 currently married women 52.5 percent were ever users and 38.1 percent were current users for at least one contraceptives method. There was positive relationship between current use of family planning method and social-demographic factors like literate women, number of children ever born and number of living son.

Among the 110 respondents, 10 women (11.1%) didn't have knowledge of family planning methods, 34.4 percent women didn't use FP devices for wanting children, 24.5

percent didn't use because of husband's opposition, 31 percent didn't use because of fear of side effects. The highest percent of FP methods user women were 47.6 percent who have one living son and the lowest was 5 percent who have 3 and above living sons. Similarly, 23.8 percent current user women faced different types of side effects of FP methods. In this way the barriers to the utilization of family planning services are concluded as lack of knowledge, wanting children, husband's opposition, fear of side effect, number of living sons and notice of side effects.

TABLE OF CONTENTS

	Page No.
DECLARATION	II
RECOMMENDATION LETTER	III
APPROVAL SHEET	IV
ABSTRACT	V
ACKNOWLEDGEMENT	VI
TABLE OF CONTENTS	VIII
LIST OF TABLE	XI
LIST OF FIGURES	XIII
ABBREVIATIONS	XIV
CHAPTER I: INTRODUCTION	
1.1 Background	1
1.2 Statement of the Problem	4
1.3 Objectives of the Study	5
1.4 Significance of the Study	6
1.5 Delimitations of the Study	6
1.6 Definitions of the Terms Used	7
CHAPTER II: REVIEW OF RELOTED LITERATURE AND CONCEPTUAL FRAMEWORK	
2.1 Theoretical Literature	10
2.2 Empirical Literature	12
2.3 Implications of the Review for the Study	17
2.4 Conceptual Framework	17
CHAPTER III: METHODOLOGY AND PROCEDURE OF THE STUDY	
3.1 Research Design and Methods of the Study	19
3.2 Population Sample and Sampling Procedure	19
3.3 Study Area	19
3.4 Date Collection Tools and Techniques	20
3.5 Data Collection Procedure	20
3.6 Data Analysis and Interpretation Procedure	20

CHAPTER IV: ANALYSIS AND INTERPRETATION OF RESULT

4.1 Social, Economic and Demographic	21
4.1.1 Social Characteristics of the Respondents	21
4.1.1.1 Religion	21
4.1.1.2 Education	22
4.1.2 Economic Characteristics of the Respondents	23
4.1.2.1 Family Size	24
4.1.2.2 Size of Landholding	24
4.1.2.3 Family Income	25
4.1.2.4 Household Facility	25
4.1.3 Demographic Characteristics of the Respondents	26
4.1.3.1 Age structure	26
4.1.3.2 Age at First Menstruation	27
4.1.3.3 Age at Marriage	27
4.1.3.4 Children Ever Born to Women	27
4.1.3.5 Number of Pregnancy	28
4.1.3.6 Child loss Experience	29
4.1.3.7 Desired Number of Children	30
4.2 Knowledge and Use of Contraceptive Device of Respondents	30
4.2.1 Knowledge of Family Contraceptive Device	30
4.2.2 Knowledge on Specific Device	32
4.2.3 Differentials in Knowledge of Contraceptive Device	32
4.2.4 Knowledge by Educational Status of Respondent	33
4.2.5 Knowledge by Age at Marriage	33
4.2.6 Knowledge by Educational Attainment of Husband	34
4.2.7 Source of Getting Information About Contraceptive Device	34
4.2.8 Use of Contraception	35
4.2.8.1 Ever Use of Contraception	35
4.2.8.2 Reason for Ever Non-use of Contraceptives	36
4.2.9 Current use of Contraception	37
4.2.9.1 Level of Current Use	37

4.2.9.2 Current Use of Contraception by Education of Women	38
4.2.9.3 Number of Living Sons and Current Use of Contraceptives	38
4.2.10 Source of Contraception	39
4.2.11 Length of Current Use of Contraceptive Device	40
4.2.12 Discussion about the Method	40
4.2.13 Notice of Side Effect	41
4.2.14 Future Use of Contraceptive Device	42
4.2.15 Future Use of Contraceptive Device by Age of Women	43
4.2.16 Future Use of Contraception by Name of Methods	43
4.2.17 Opinion about the advantage of Contraceptive Device	44
4.3 Summary of Findings	44
4.3.1 Summary	44
4.3.2 Findings	45

CHAPTER V: CONCLUSIONS AND RECOMMENDATIONS

5.1 Conclusions	50
5.2 Recommendations	51
5.2.1 Policy Related	51
5.2.2 Practice Level	51
5.2.3 Further Research Related	51

REFERENCES

APPENDIX

LIST OF TABLES

Table No.	Title	Page No.
1	Religion and Age Group	21
2	Educational Attainment	22
3	Educational Attainment and Age Groups	23
4	Household by Family Size	24
5	Respondents by Size of Land Holding	24
6	Number of Months in which they can Support Their Family for own Food Production	25
7	Annual Cash Family Incomes	25
8	Facilities in Their home	26
9	Types of Materials in their Roof	26
10	Respondents Age Groups	26
11	Age at First Menstruation	27
12	Respondents Age at First Marriage	27
13	Number of CEB and sex	28
14	Frequency of Pregnancy	28
15	Child Loss Experience	29
16	Number of Desired Children and sex	30
17	Knowledge of Contraceptive Methods by Specific Method	32
18	Knowledge of Contraceptive Device by Age of Women	32
19	Knowledge of Contraceptive Device by Educational Status of Women	33
20	Knowledge on Contraceptive Device by Age at Marriage	34
21	Ever Users and Non-users by Name of Methods	36
22	Main Reason for not using any Device of Contraceptive	36
23	Currently use of Contraceptive Device	37

24	Current Users of Contraceptives by the Educational Attainment	38
25	Current user of Contraceptives by number of Living Sons	39
26	Source of contraceptives supplies	40
27	Current Users of Contraceptives by Length of Using	40
28	notice of side Effected	41
29	Future use of Contraceptive Device by age of women	43
30	Opinion about Advantage of Contraceptive Device	44

LIST OF FIGURES

Figure No.	Title	Page No.
1	Knowledge of Contraceptive Device	31
2	Source of knowledge of Contraceptive Device	35
3	discussion habit with spouse about the contraceptive.	41
4	Non -users of family planning by future intention	42
5	Future use of contraception name	43

ABBREVIATIONS

BS	:	Bikram Sambat
CBS	:	Central Bureau of Statistics
CPR	:	Contraceptive Pravalent Rate
CPSD	:	Central Department of Population Studies
DHS	:	District Health Service
ERA	:	Extended Registry Attributes
FP	:	Family Planning
FPAN	:	Family Planning Association of Nepal
HP	:	Health Post
HPPE	:	Health, Physical and Population Education
INGO	:	International Non Governmental Organization
IUD	:	Intra Uterine Device
MCH	:	Maternal and Child Health
MMR	:	Maternal Mortality Rate
MOPE	:	Ministry of Population and Environment
NDHS	:	National Demographic and Health Service
NGO	:	National Government Organization
RH	:	Reproductive Health
STD	:	Sexual Transmitted Diseases
VSC	:	Voluntary Surgical Contraception
WHO	:	World Health Organization
UN	:	United Nation