

**KNOWLEDGE AND PRACTICE OF CONTRACEPTIVE DEVICES  
AMONG MARRIED COUPLES**

**By**

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## RECOMMENDATION LETTER

This is to certify that the thesis submitted by Prem Bahadur Lamichane entitled '**Knowledge and Practice of Contraceptive devices Among Married Couples**' has been prepared as approved by this department in the prescribed format of faculty of education. This thesis is forwarded for examination.

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## APPRVAL SHEET

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## DECLARATION

I hereby, declare that the work reported in this thesis entitled "**Knowledge and Practice of Contraceptive devices Among Married Couples**" submitted to Department of Health and Population Education, Sukuna Multiple Campus, Sundar Haricha is my original piece of work done in the form of partial fulfillment of the requirement for the Master's Degree in Health Education under the supervision and guidance of Ass. Prof. Hari Bahadur Khatri, Department of Health and Population Education.

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**Prem Bahadur Lamichhane**

## ABSTRACT

This study entitled, '**knowledge and practice of contraceptive devices Among Married Couples**' is conducted quantitatively with formulating main objective as to find out the knowledge and practice of contraceptive devices. Finding the hindering factors on use of contraceptive devices and recommend the way of solution to the concerned institution is its general objective. For this purpose Kerabari rural municipal, a village locality is selected as study area.

This study has been conducted as descriptive research design under quantitative research method. In this study the population of the study is married couple of reproductive aged who has not used permanent method of contraceptive devices. In this study 120 couples are selected as sample size among the study population. Purposive sampling method is used in this study. Questionnaire is made the major tool for data collection. Data is collected by filling the questionnaire by the respondents which was handled by the researcher.

In this study, 75 percent respondent has understood about the contraceptive device and 56.66 percent about the function of it. It is found that 51.66 percent of the respondents indicated to married female as the contraceptive device user. Majority (70.83%) of the respondents have known about the using method of contraceptive devices. Most of the respondents (62.50%) said that only some contraceptive devices were useable own self. Higher (81.66) percent of the respondents have right knowledge about time of contraceptive device use. Most (57.5%) of the respondents are not using the contraceptive device in the study area. Out of 51 contraceptive device user couples 74.50 percent of them are females. Out of 51 respondents 25.49 percent (male) has used condom similarly 60.78 percent (female) used depo provera Out of 69 respondents higher (28.98) percentage have not used the contraceptive device due to unavailability.

The research is concluded that people have some knowledge about the contraceptives but they have less practice comparatively. Social taboos, myths, superstitions and gender discrimination as well as male dominance culture were found the hindering factors on use of contraceptives devices. Health education and economic condition was found very weak in the study area which brought problems on use of contraceptive devices.

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## ABBREVIATIONS

FCHV	–	Female Community Health Volunteer
VHW	–	Village Health Worker
MCHW	–	Maternal and Child Health Worker
SHP	–	Sub Health Post
WHO	–	World Health Organization
VHC	–	Village Health Centre
VDC	–	Village Development Committee
STI	–	Sexually Transmitted Diseases
HIV	–	Human Immune Virus
AIDS	–	Acquired Immune Deficiency Syndrome
EPH	–	Environment Population and Health
PHC	–	Primary Health Centre
RTI/STI	–	Reproductive Tract Infection/ Sexually Transmitted Infection
FPA	–	Family Planning Association
NBCC	–	National Birth Control Council
IPPF	–	International Planned Parenthood Federation
IUDs	–	Intra Utrine Devices
LAM	–	Lactational Amenorrhea Method
FPAHK	–	Family Planning Association of Hong Kong
KAP	–	Knowledge Attitude and Practive
GBV	–	Gender-Based Violence
PMSEU	–	Poor, Marginalized, Socially Excluded, and Underserved
NHSS	–	Nepal Health Sector Strategy
SARCs	–	Short Acting Reversible Contraceptive Methods
PHCC	–	Primary Health Care Centers
HP	–	Health Posts
ORC	–	Outreach Clinics
FCHVs	–	Female Community Health Volunteers
LARC	–	Long Acting Reversible Contraceptive
MOH	–	Ministry of Health
MOPE	–	Ministry of Population Education
UNO	–	United Nations Organization