

**KNOWLEDGE, ATTITUDES AND PRACTICE OF FAMILY  
PLANNING METHODS AMONG CURRENTLY MARRIED WOMEN**

(A case study of Pakawadi VDC: ward 2 and 3)

**A DISSERTATION  
SUBMITTED TO THE CENTRAL DEPARTMENT OF POPULATION  
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POPULATION STUDIES**

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**LETTER OF RECOMMENDATION**

This is to certify that **Mr Rishi Ram Bhandari** has completed the dissertation entitled **Knowledge, Attitudes and Practice of Family Planning Methods among Currently Married Women (A Case Study of Pakawadi VDC- ward 2 and 3)** under my guidance and supervision. I, therefore recommend the Dissertation Committee for the evaluation of this dissertation.

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# APPROVAL-SHEET

This dissertation entitled **Knowledge, Attitudes and Practice of Family Planning Method Among Currently Married Women (A Case Study of Pakawadi VDC- ward 2 and 3)** by **Mr Rishi Ram Bhandari** has been accepted as partial fulfillment of the requirements for the Master's Degree of Arts in Population Studies.

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Rishi Ram Bhandari

## **Abstract**

The aims of this study is to examine KAP of family planning methods among married women aged 15-49 years in selected ward of Pakawadi VDC, Syangja District. This study has been carried out by using primary data obtained from field survey 2009.

This study incorporated 817 populations from 130 households of this community which consisted 48.3 percent male and 51.7 percent female population. The sex ratio was 93.6. The literacy rate of the study population was 79.9 percent. Among them majority was found in primary level of education. Most of the households were involved in agricultural occupation. In the study population around 55 percent were currently married population and 42.5 percent were unmarried.

In the study area, 85 percent of the respondents had knowledge about any methods of the contraception. Likewise more than 69 percent of respondents had ever used at least one method of contraception. The level of ever and the current used of contraception was higher for literate population and increases with the level of education.

Out of the total 77 respondents who ever used of the contraception, around 42 percent of the currently married women were using currently any one of the contraceptive method at the time of field survey. Likewise, around 91 percent of the current users discussed their husband/wife about contraceptive methods when they were used, but around 9 percent did not discussed.

Among the non users, around 32 percent of the respondents have never used due to the sexual displeasure and it followed by fear of side effects with around 23 percent respectively. Likewise, majority of respondents (33.3%) have perceived that advantage of family planning is to make happy family life and it followed by 27 percent perceived to develop economic condition of household. Out of the total respondents who have not currently using contraception, around 58 percent of the respondents were intended to use the family planning method in the future.

## Used Acronyms

|       |   |  |
|-------|---|--|
| AM    | : | Age at Marriage  |
| CBS   | : | Central Bureau of Statistics                           |
| CDPS  | : | Central Department of Population studies               |
| CEB   | : | Children Ever Born                                     |
| CPR   | : | Contraceptive Prevalence Rate                          |
| FCHV  | : | Female Community Health Volunteer                      |
| FHD   | : | Family Health Division                                 |
| FP    | : | Family Planning  |
| FY    | : | Fiscal Year  |
| FPA   | : | Family Planning Association                            |
| FPAN  | : | Family Planning Association of Nepal                   |
| HMIS  | : | Health Management Information System                   |
| HP    | : | Health Post  |
| ICPD  | : | International Conference on Population and Development |
| IEC   | : | Information, Education and Communication               |
| INGO  | : | International Non-governmental Organization            |
| IPPF  | : | International Planned Parenthood Federation            |
| IUCD  | : | Intra-uterine Contraceptive Device                     |
| MCH   | : | Maternal and Child Health                              |
| MOH   | : | Ministry of Health                                     |
| MOHP  | : | Ministry of Health and Population                      |
| MOPE  | : | Ministry of Population and Environment                 |
| NDHS  | : | Nepal Demographic and Health Survey                    |
| NFHS  | : | Nepal Family Health Survey                             |
| NGO   | : | Non Governmental Organization                          |
| PHC   | : | Primary Health Care                                    |
| RH    | : | Reproductive Health                                    |
| SPSS  | : | Statistical Package for Social Science                 |
| STD   | : | Sexually Transmitted Diseases                          |
| TFR   | : | Total Fertility Rate                                   |
| T.U.  | : | Tribhuvan University                                   |
| UN    | : | United Nations   |
| UNFPA | : | United Nations Fund for Population Activities          |
| VDC   | : | Village Development Committee                          |
| WHO   | : | World Health Organization                              |

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## APPENDIX: I

Tribhuvan University

Central Department of Population Studies (CDPS)

“Knowledge Attitudes and Practices of Family Planning Among Currently Married Women” A Study of Pakawadi VDC: ward 2 and 3 in Syangja District

### Section 1: Household Questionnaire

#### (a) Identification

1. District..... 4. Name of locality.....7. Name of respondent.....
2. VDC..... 5. Name of HH head..... 8. Age(Complete years).....
3. Ward No. .... 6. HH No. .... 9. Religion .....10. Date.....

#### (b) Family Background

| S.N. | Name of family member<br>(01) | Relation to HH head<br>(02) | Sex<br>(03) | Age in completed years<br>(04) | Education<br>(05) | Marital status<br>(06) | Occupation<br>(07) |
|------|-------------------------------|-----------------------------|-------------|--------------------------------|-------------------|------------------------|--------------------|
| 1.   |                               |                             |             |                                |                   |                        |                    |
| 2.   |                               |                             |             |                                |                   |                        |                    |
| 3.   |                               |                             |             |                                |                   |                        |                    |
| 4.   |                               |                             |             |                                |                   |                        |                    |
| 5.   |                               |                             |             |                                |                   |                        |                    |
| 6.   |                               |                             |             |                                |                   |                        |                    |
| 7.   |                               |                             |             |                                |                   |                        |                    |
| 8.   |                               |                             |             |                                |                   |                        |                    |
| 9.   |                               |                             |             |                                |                   |                        |                    |
| 10.  |                               |                             |             |                                |                   |                        |                    |

#### Code for

| Related to Q.No. 02      | Related to Q.No. 03 | Related to Q.No. 05     | Related to Q.No. 06   | Related to Q.No. 07  |
|--------------------------|---------------------|-------------------------|-----------------------|----------------------|
| 01: Household head       | 1: Male             | 00: No schooling        | 01: Unmarried         | 01: Agriculture      |
| 02: Husband/wife         | 2: Female           | 01: 1 class pass        | 02: Currently married | 02: Service          |
| 03: Son/daughter         |                     | 02: 2 class pass        | 03: Widow/widower     | 03: Business         |
| 04: Daughter in law      |                     | 03: 3 class pass        | 04: Separate          | 04: Daily wages      |
| 05: Grand son / Daughter |                     | -----                   | 05: Divorce           | 05: Student          |
| 06: Father/mother        |                     | -----                   | 06: Remarried         | 06: Dependent        |
| 07: Father/mother in law |                     | 09: 9 class pass        |                       | 07: Pension          |
| 08: Brother/Sister       |                     | 10: Test pass           |                       | 08: Housewife        |
| 09: Nice/Nephew          |                     | 11: S.L.C. pass         |                       | 09: Foreign employee |
| 10: No relation          |                     | 12: I.A. pass           |                       | 10: Other (specify)  |
| 51: Don't know           |                     | 13: B.A. and above pass |                       | 51: Don't know       |

(c) Socio-economic Condition of Household

| S.N. | Questions  | Coding Categories   | Skip  |
|------|--|---|-------|
| 08   | Do you have own cultivated land ?                                      | Yes.....1<br>No.....2   | Q. 11 |
| 09   | If yes, how much ?   | Ropani.....   |       |
| 10   | How much do your family earn in a year (Approximate) ?                 | Rs.....   |       |
| 11   | for how many months your own food production can support your family ? | Whole year.....4<br>For six months.....2<br>For three months...3<br>Don't know.....51     |       |
| 12   | What are the facilities in your household ?                            | Radio.....1<br>T.V.....2<br>Solar power.....3<br>Other (specify)...4                      |       |
| 13   | What type of roof is in your house ?                                   | Khar.....1<br>Zink roof.....2<br>Hut roof.....3<br>Tail roof.....4<br>Other (specify)...5 |       |

**Section II: Individual Questionnaire** (Only for currently married women in reproductive age i.e. 15-49 years)

(a) Respondents Background

| S.N. | Questions   | Coding Categories                       | Skip  |
|------|---|---|-------|
| 14   | How old are you ? (completed years)                   | .....years                              |       |
| 15   | What is your main occupation ?                        | .....                                   |       |
| 16   | What is your husband's major occupation ?             | .....                                   |       |
| 17   | Can you read and write ?                              | Yes.....1<br>No.....2                   | Q. 19 |
| 18   | If yes, what class have you completed ?               | .....                                   |       |
| 19   | Does your husband read and write ?                    | Yes.....1<br>No.....2                   | Q.21  |
| 20   | If yes, what is your husband's education attainment ? | .....                                   |       |
| 21   | How old were you at the time of first menarche ?      | .....year                               |       |
| 22   | What was age at first marriage ?                      | .....year                               |       |
| 23   | How many children have your ever born alive ?         | Number.....                             |       |
| 24   | How many sons/daughter ?                              | No. of sons....<br>No. of daughters.... |       |

|    |   |  |      |
|----|---|--|------|
| 25 | How many times have you been pregnancy so far ?   | Times.....   |      |
| 26 | Have any of your children died ?  | Yes.....1<br>No.....2 →  | Q.28 |
| 27 | If yes, how many children died ?  | Number.....  |      |
| 28 | How many children living with you ?   | Sons.....<br>Daughters.....<br>Total.....  |      |
| 29 | How many children do not live with you ?  | Sons.....<br>Daughters.....<br>Total.....  |      |
| 30 | Have you ever been pregnant up to now ?   | Yes.....1<br>No.....2  |      |
| 31 | How many children do you prefer ?   | Number.....  |      |
| 32 | How many sons and daughters do you prefer for ideal family ?                                    | Sons.....<br>Daughters.....<br>Total.....  |      |
| 33 | What is the best age of child bearing of women at first ?                                       | <20 years.....1<br>20-25 .....2<br>25-30 .....3<br>Don't know.....21               |      |
| 34 | In your opinion, what should be the child bearing space for better health of mother and child ? | 1 year.....1<br>1-2 year.....2<br>3 year.....3<br>4 year .....4<br>Don't know...21 |      |

(b) Knowledge of Family Planning Methods

| S.N.               | Questions  | Coding Categories  | Skip |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
|--------------------|--|--|------|-----|----|--------|---|---|-------|---|---|--------------------|---|---|------------|---|---|-------|---|---|-----------|---|---|-----------|---|---|-------------|---|---|-------------|---|---|-----------------|---|---|--|
| 35                 | Have you ever heard about any methods of family planning ? | Yes.....1<br>No.....2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| 36                 | If yes, what are they ? (multiple answer)                  | <table border="0"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>Condom</td> <td>1</td> <td>2</td> </tr> <tr> <td>Pills</td> <td>1</td> <td>2</td> </tr> <tr> <td>Male Sterilization</td> <td>1</td> <td>2</td> </tr> <tr> <td>Female St.</td> <td>1</td> <td>2</td> </tr> <tr> <td>Depo.</td> <td>1</td> <td>2</td> </tr> <tr> <td>Nor Plant</td> <td>1</td> <td>2</td> </tr> <tr> <td>Foam tab.</td> <td>1</td> <td>2</td> </tr> <tr> <td>With drawer</td> <td>1</td> <td>2</td> </tr> <tr> <td>Safe period</td> <td>1</td> <td>2</td> </tr> <tr> <td>Other (specify)</td> <td>1</td> <td>2</td> </tr> </tbody> </table> |      | Yes | No | Condom | 1 | 2 | Pills | 1 | 2 | Male Sterilization | 1 | 2 | Female St. | 1 | 2 | Depo. | 1 | 2 | Nor Plant | 1 | 2 | Foam tab. | 1 | 2 | With drawer | 1 | 2 | Safe period | 1 | 2 | Other (specify) | 1 | 2 |  |
|                    | Yes  | No   |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Condom             | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Pills              | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Male Sterilization | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Female St.         | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Depo.              | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Nor Plant          | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Foam tab.          | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| With drawer        | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Safe period        | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| Other (specify)    | 1  | 2  |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |
| 37                 | When did you heard about these family planning methods ?   | After marriage .....1<br>Before marriage.....2   |      |     |    |        |   |   |       |   |   |                    |   |   |            |   |   |       |   |   |           |   |   |           |   |   |             |   |   |             |   |   |                 |   |   |  |





