

**KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY  
PLANNING AMONG MARRIED WOMEN IN  
ICHANGU NARAYAN VDC OF KATHMANDU**

**A THESIS  
SUBMITTED TO  
THE CENTRAL DEPARTMENT OF POPULATION STUDIES (CDPS),  
FACULTY OF HUMANITIES AND SOCIAL SCIENCES  
TRIBHUVAN UNIVERSITY (TU)  
IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE  
DEGREE OF MASTER OF ARTS IN POPULATION STUDIES**

**BY  
MANJU BASNET**

**Central Department of Population Studies (CDPS)  
Faculty of Humanities and Social Sciences  
Tribhuvan University (TU)  
Kathmandu  
2012**

## **VIVA-VOCE SHEET**

We have conducted the viva-voce examination of the thesis

Submitted by

**Manju Basnet**

Entitled

**Knowledge, Attitude and Practice of Family Planning Among Married  
Women in Ichangu Narayan VDC of Kathmandu**

and find that the thesis to be an independent work of the students written according to the prescribed format. We accept the thesis as the partial fulfillment of the requirements for Master of Arts in Population Studies.

### **Evaluation Committee:**

**Prof. Dr.Prem Singh Bisht**

\_\_\_\_\_

Head, Central Department of Population Studies

**Associate Prof. Dr. Govinda Subedi**

\_\_\_\_\_

Thesis Supervisor

**Associate Prof. Dr. Bina Rai**

External Examiner

\_\_\_\_\_

Date: April, 2012

## **RECOMMENDATION**

This is to certify that the thesis

Submitted by

**Manju Basnet**

Entitled

**Knowledge, Attitude and Practice of Family Planning Among Married  
Women in Ichangu Narayan VDC of Kathmandu**

**is Recommended for External Examination.**

**Associate Prof. Dr. Govind Subedi,**

---

(Thesis Supervisor)

Central Department of Population Studies (CDPS)  
Faculty of Humanities and Social Sciences  
Tribhuvan University (TU)  
Kathmandu  
Date: April, 2012

## **DECLARATION**

Except where otherwise acknowledged in the text, the analysis in this thesis represents my own original research.

-----

**Manju Basnet**

**April, 2012**

## **ABSTRACT**

This is a case study of “Knowledge, Attitude and Practice of Family Planning” among married women of the reproductive ages between 15 and 49 years of Ichangu Narayan VDC of Kathmandu district. This study is based primarily on data obtained from the field survey, 2012. This field survey provided information on knowledge, attitude and use of contraceptives, perception of sterilization, failure of use of contraceptive devices, accessibility and availability of contraceptives and side effects. This study is also based on the perception of 60 respondents. All respondents are married and currently in reproductive ages between 15 and 49 years.

The specific objectives of the study are: to find out the knowledge of family planning of women who are currently using the family planning devices; to assess the attitudes of family planning devices regarding the healthy and sexual life, avoid of unwanted pregnancy and controlling of population; to find out the practices of family planning among married women; to find out the reason for not using family planning methods if not used; to find out the causes which creates hurdle in the use of contraceptives methods; to make suggestions to overcome the hindrances in the way to adopt family planning methods among married women. This study is based on random sampling.

The current pattern of contraceptive use among users is dominated by Depo, Pills and female sterilization. It is found that women are aware of the availability of contraceptives and its uses. Majority of the women have heard about at least one of the contraceptive devices. They also know the pros and cons of use of contraceptives in their reproductive health.

## **ACKNOWLEDGEMENTS**

I would like to express my deep gratitude and sincere thanks to my Research Supervisor Dr. Govind Subedi, Associate Prof. for his continued support, coordination, valuable suggestions and kind help for the successful completion of this study. This study would not have come to this conclusion without his supervision, constructive feedback, cooperation and encouragement.

I would also like to express my sincere gratitude to Prof. Dr. Prem Singh Bisht, the Head of Department of Population Studies for his encouragement, invaluable suggestion and kind support. I am also grateful to all the members of staff of the central Department of Population Studies for their assistance.

I would like to take this opportunity to extend my thanks to the Village Secretary of Ichangu Narayan VDC of Kathmandu District for his cooperation during the field survey. My sincere thank also goes to my husband Mr. Medin Lamichhane who has constantly reminded the deadline and managed logistics for the field survey and printing the manuscript.

I extend my deep appreciation to all the respondents for the contribution of their time, effort and information for the successful completion of my studies. I would like to acknowledge all those who directly or indirectly provided the related materials, information, which were very fruitful for the study.

Lastly, I would also like to express my gratitude to Associate Prof. Dr. Bina Rai, the external for her critical comments, remarks and invaluable suggestions to come up this research work in this form.

Thank you,

Manju Basnet

April, 2012

# **TABLE OF CONTENT**

**ACKNOWLEDGEMENT**

**DECLARATION**

**RECOMMENDATION**

**VIVA-VOCE SHEET**

**ABSTRACT**

**LIST OF TABLES/ LIST OF FIGURES**

**ACRONYMS AND ABBREVIATIONS**

**TABLE OF CONTENT**

<b>CHAPTER- I</b>	<b>1</b>
<b>INTRODUCTION</b>	<b>1</b>
1.1 Background	1
1.2 Statement of the problem	4
1.3 Objective of the study	6
1.4 Significance of the study	6
1.5 Limitation of the study	7
1.6 Organization of the study	7
<b>CHAPTER- II</b>	<b>9</b>
<b>LITERATURE REVIEW</b>	<b>9</b>
2.1 Theoretical Literature of Family Planning	9
2.2 Empirical Literature of Family Planning	12
2.3 Conceptual Framework	18
<b>CHAPTER- III</b>	<b>19</b>
<b>RESEARCH METHODOLOGY</b>	<b>19</b>
3.1 Rationale for the Selection of Study Area	19
3.2 Universe and Sampling Procedure	20
3.3 Nature and Sources of Data	20
3.4 Method of Data Collection	20

3.4.1	Questionnaire Design	20
3.5	Data Analysis	21
<b>CHAPTER- IV</b>		<b>22</b>
<b>BACKGROUND CHARECTERISTICS OF THE HOUSEHOLDS AND RESPONDANTS</b>		<b>22</b>
4.1	Background Characteristics of the Sample Households	22
4.1.1	Caste/ethnic Composition of the Sample Household	22
4.1.2	Age and Sex Structure of the Sample Household Population	23
4.1.3	Marital Status of Sample Household	24
4.1.4	Education Status of the Sample Household Population	25
4.1.5	Occupation of the Sample Household Population	25
4.1.6	Land Ownership of the Sample Household	27
4.2	Background Characteristics of the Respondents	27
4.2.1	Respondents by Age Groups	28
4.2.2	Respondent by Educational Status	29
4.2.3	Respondent by Occupations	30
4.2.4	Age at First Marriage	30
4.2.5	Age at First Birth	31
4.2.6	Children Ever Born	32
4.2.7	Desire for Additional Children	33
<b>CHAPTER- V</b>		<b>35</b>
<b>KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY NPLANNING AMONG MARRIED WOMEN</b>		<b>35</b>
5.1	Knowledge of Family Planning	35
5.1.1	Level of knowledge of Contraceptives	36
5.1.2	Knowledge about Different Methods of Family Planning Methods	36
5.1.3	Sources of Knowledge of Family Planning	37



5.1.4	Knowledge about Sources of Contraceptive Supplies	38
5.1.5	Current User of Family Planning Devices	39
5.1.6	Currently User of Family Planning Devices	40
5.1.7	Visit of Health Center for Family Planning	41
5.1.8	Encouragement for Using Family Planning	41
5.1.9	Future Use of Family Planning Methods	42
5.2.0	Impacts of Family Planning Methods on Reproductive Health	43
5.2.1	Advantages of Family Planning Methods	43
5.2.2	Respondents by suffering side effects	44
5.2.3	Suggestions for promoting use of contraceptives	46
5.2	Using of devices of family planning method by some Socio-economic and demographic variables	47
5.2.1	Using of devices of family planning method by occupation	47
5.2.2	Using of devices of family planning method by education	48
5.2.3	Using of devices of family planning method by age of respondents	48
5.2.4	Using of devices of family planning method by landholding size	49
5.2.5	Using of devices of family planning method by children ever born	50
5.2.6	Using of family planning devices by knowledge of family planning devices/ method	51
5.2.7	Ever use of family planning methods	52
	<b>CHAPTER- VI</b>	53
	<b>SUMMARY, CONCLUSION AND RECOMMENDATION</b>	53
6.1	Summary	53
6.2	Conclusion	57
6.3	Recommendations	59
	<b>REFERENCES</b>	62
	<b>ANNEX- 1 (Questionnaire)</b>	64

## **TABLE OF CONTENTS**

<b>ACKNOWLEDGEMENTS</b>	<b>ii</b>
<b>DECLARATION</b>	<b>iii</b>
<b>RECOMMENDATION</b>	<b>iv</b>
<b>VIVA-VOCE SHEET</b>	<b>v</b>
<b>ABSTRACT</b>	<b>vi</b>
<b>LIST OF TABLES</b>	<b>vii</b>
<b>ACRONYMS AND ABBREVIATIONS</b>	<b>ix</b>
<b>TABLE OF CONTENT</b>	<b>x</b>
<b>CHAPTER ONE</b>	<b>1- 8</b>
<b>INTRODUCTION</b>	<b>1</b>
1.1 Background	1
1.2 Statement of the Problem	4
1.3 Objective of the Study	6
1.4 Significance of the Study	6
1.5 Limitation of the Study	7
1.6 Organization of the Study	7
<b>CHAPTER TWO</b>	<b>9-18</b>
<b>LITERATURE REVIEW</b>	<b>9</b>
2.1 Theoretical Literature of Family Planning	9
2.2 Empirical Literature of Family Planning	12
2.3 Conceptual Framework	18
<b>CHAPTER THREE</b>	<b>19-21</b>
<b>RESEARCH METHODOLOGY</b>	<b>19</b>
3.1 Rationale for the Selection of Study Area	19
3.2 Universe and Sampling Procedure	20
3.3 Nature and Sources of Data	20

<b>3.4 Method of Data Collection</b>	<b>20</b>
3.4.1 Questionnaire Design	20
3.5 Data Analysis	21
<b>CHAPTER FOUR</b>	<b>22-34</b>
<b>BACKGROUND CHARECTERISTICS OF THE HOUSEHOLDS AND RESPONDANTS</b>	<b>22</b>
<b>4.1 Background Characteristics of the Sample Households</b>	<b>22</b>
4.1.1 Caste/Ethnic Composition of the Sample Household	22
4.1.2 Age and Sex Structure of the Sample Household Population	23
4.1.3 Marital Status of Sample Household	24
4.1.4 Education Status of the Sample Household Population	25
4.1.5 Occupation of the Sample Household Population	25
4.1.6 Land Ownership of the Sample Household	27
<b>4.2 Background Characteristics of the Respondents</b>	<b>27</b>
4.2.1 Respondents by Age Groups	28
4.2.2 Respondent by Educational Status	29
4.2.3 Respondent by Occupations	30
4.2.4 Age at First Marriage	30
4.2.5 Age at First Birth	31
4.2.6 Children Ever Born	32
4.2.7 Desire for Additional Children	33
<b>CHAPTER FIVE</b>	<b>35-52</b>
<b>KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY NPLANNING AMONG MARRIED WOMEN</b>	<b>35</b>
<b>5.1 Knowledge of Family Planning</b>	<b>35</b>
5.1.1 Level of Knowledge of Contraceptives	36
5.1.2 Knowledge about Different Methods of Family Planning	36

## Methods

### 5.1.3 Sources of Knowledge of Family Planning

37

5.1.4 Knowledge about Sources of Contraceptive Supplies

5.1.5 Current User of Family Planning Devices

5.1.6 Currently User of Family Planning Devices

5.1.7 Visit of Health Center for Family Planning

5.1.8 Encouragement for Using Family Planning

5.1.9 Future Use of Family Planning Methods

5.2.0 Impacts of Family Planning Methods on Reproductive Health

5.2.1 Advantages of Family Planning Methods

5.2.2 Respondents by Suffering Side Effects

5.2.3 Suggestions for Promoting Use of Contraceptives

#### **Using of Devices of Family Planning Method by Some Socio-economic and Demographic Variables**

5.2.1 Using of Devices of Family Planning Method by Occupation

5.2.2 Using of Devices of Family Planning Method by Education

5.2.3 Using of Devices of Family Planning Method by Age of Respondents

5.2.4 Using of Devices of Family Planning Method by Landholding Size

5.2.5 Using of Devices of Family Planning Method by Children Ever Born

5.2.6 Using of Family Planning Devices by Knowledge of Family Planning Devices/ Method

5.2.7 Ever Use of Family Planning Methods

## **CHAPTER SIX**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

Summary

Conclusion

Recommendations

### **REFERENCES**

## **ANNEX (Questionnaire)**

## **LIST OF TABLES**

<b>Table No.</b>	<b>Title</b>	<b>Page</b>
Table 1:	Percentage Distribution of Sample Household by Caste/Ethnicity.	23
Table 2:	Percentage Distribution of Sample Households Population by Age & Sex	23
Table 3:	Percentage Distribution of Sample Households Population by Marital Status (above 6 years)	24
Table 4:	Percentage Distribution of Sample Household by Level of Education (6 years and above)	25
Table 5:	Percentage Distribution of the Sample Household Population by Occupation (6 years and above)	26
Table 6:	Percentage Distribution of Sample Households by Land Ownership	27
Table 7:	Percentage Distribution of Sample Respondents by Age Groups	28
Table 8:	Percentage Distribution of Literacy Rate of Respondents	29
Table 9:	Percentage Distribution of Respondents by Major Occupation	30
Table 10:	Percentage Distribution of Respondents by Age at Marriage.	31
Table 11:	Percentage Distribution of the Respondents According to the Age at First Birth	32
Table 12:	Percentage Distribution of Respondent by Number of Children Ever Born	32
Table 13:	Percentage Distribution of Respondents by Desire for Additional Children	33
Table 14:	Percentage Distribution of Respondents Knowledge on Contraceptives	36
Table 15:	Percentage Distribution by Knowledge about Contraceptive Devices of Specific Family Planning Methods	37
Table 16:	Percentage Distribution by Sources of Information on Family Planning	38

Table 17:	Percentage Distribution of Respondents on Sources of Contraceptive Supplies	39
Table 18:	Percentage Distribution by Current User of Family Planning Method	40
Table 19:	Percentage Distribution of Currently Users of Family Planning Devices	40
Table 20:	Percentage Distribution of Respondents by Visited Health Center of Family Planning	41
Table 21:	Percentage Distribution of Respondents by Encouragement Sources for Using Family Planning	42
Table 22:	Percentage Distribution of Respondents by Intention of Future Use of Family Planning	42
Table 23:	Percentage Distribution of Respondent by Opinions on Advantage of Family Planning	44
Table 24:	Percentage Distribution of Respondent Suffering by Side Effect	45
Table 25:	Percentage Distribution of Respondent by suggestion for promoting on FP use	46
Table 26:	Percentage Distribution of Using of Contraceptive Devices of FP by occupation	47
Table 27:	Percentage Distribution of Using of Contraceptive Devices of FP by Education	48
Table 28:	Percentage Distribution of Using of Contraceptive Devices of FP by the age of respondents	49
Table 29:	Percentage Distribution of Using of Contraceptive Devices of FP by the land holding size	50
Table: 30	Percentage Distribution of Using of Contraceptive Devices of FP by child ever born	50
Table 31:	Percentage Distribution of respondents by Using family planning devices by Knowledge of Family planning	51
Table 32:	Percentage Distribution of the Respondent by Ever Use	52

## **ACRONYMS AND ABBREVIATIONS**

CBS	:	Central Bureau of Statistics
CDPS	:	Central Department of Population Studies
CPR	:	Contraceptive Prevalence Rate
FP	:	Family Planning
FPAN	:	Family Planning Association of Nepal
INGO	:	International Non-Government Organization
MA	:	Master of Arts
MoH	:	Ministry of Health
NDHS	:	Nepal Demography and Health Survey
NFFHS	:	Nepal Fertility Family Health and Survey
NFHS	:	Nepal Family Health Survey
SLC	:	School Leaving Certificate
TU	:	Tribhuvan University
UN	:	United Nation
UNFPA	:	United Nation Found for Population Activities
UNICEF	:	United Nation International Children Educational Fund
VDCs	:	Village Development Committees
WHO	:	World Health Organization