

**KNOWLEDGE AND PRACTICE OF HORMONAL CONTRACEPTION IN
THARU WOMAN**

By

Uma Devi Tiwari

Symbol No. 2180130/2069

T.U. Regd. No. 9-2-214-535-2007

A Thesis

**Submitted to the Health Education Department in the
Partial Fulfillment of Requirement of the Master's Degree in Health Education**

**TRIBHUBAN UNIVERSITY
FACULTY OF EDUCATION
JANTA MULTIPLE CAMPUS
ITAHARI, SUNSARI**

APRIL 11, 2015

DECLARATION LETTER

I hereby declare that this thesis has not been submitted for candidature for any other degree.

Mrs.Uma Devi Tiwari

Med 2nd year

AKNOWLEDGEMENT

My indebtedness and gratitude goes to many individuals, who have assisted me to shape this thesis in the present form, cannot be adequately conveyed in a few sentences. First of all, my gratitude goes to all those teachers and staffs of Janta Multiple Campus, whose sound theoretical knowledge provided me the basis for the preparation of this thesis.

I would like to express my great sense of gratitude to my research supervisor Mr. Sanjib Kumar Yadav, Lecturer and Head of Health Education Department of Janta Multiple Campus, Itahari, Sunsari, for his invaluable supervision, advice, constructive comments, encouragement, suggestion and friendly behavior throughout the course of the study which gave final shape shape of this thesis.

I am also thankful to Mr. Manoj Kumar Chaudhary, Assistant Lecturer of Janata Multiple Campus, Itahari and Mr. Birendra Karki, Assistant Lecturer of Janta Multiple Campus, Itahari for their invaluable suggestion, co-operation and genuine encouragement.

I am greatly obliged to all respondents (married Tharu women) for their priceless time and data for valuable information.

I would also like to express my warm gratitude to Mr. RC Dahal for proof reading, editing and giving an inspirational Support each and every step to embark to a new research for preparing this thesis and Miss Saraswati Tiwari for providing favorable atmosphere to prepare it. Likewise, I cannot stay without thanking Mr. Amit Rai and Madan Adhikari of Alfa Beta Institute Pvt. Ltd., Itahari for their selfless service, sincere Computer Typing and designing of it. Eventually, I am ever grateful to those all and other seen and unseen hands, which helped me to carry out this study successfully.

Uma Devi Tiwari

Med 2nd year

JMC Itahari

ABSTRACT

This is a field based study which is conducted to find out the knowledge and practice of hormonal contraception in Tharu women. 100 respondents (15-49 years) married Tharu women were selected. The main objective of the study is to identify the social economic factors that determine the use of family planning devices in the community to identify the knowledge and practice of hormonal family planning devices, to find out the failure rate of hormonal family planning devices and so on. Hundred households were selected from sampling 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. Fourth part deals with analysis and interpretation of data. Fifth part deals with summary, findings, conclusions and recommendations.

In this research, 46.09 percent was male and 53.90 percent was female population where 49 percent respondents were literate and 51 percent were illiterate. Fifty five percent respondents were involved in agriculture and the same percentage (55 percent) families were joint family. Similarly, 47 percent respondents had knowledge of hormonal contraceptive device 65 respondents were known about side effect about contraceptive device, 22 percent respondents were using Depo-Provera, 9 percent respondents were using Pills and 9 percent respondents were using Norplant where 29 percent respondents still not using any kinds of family planning devices. All Depo-Provera and Pills user respondents were unknown about function of Depo-Provera and Pills and hormone contained in both. Two percent failure rate of the hormonal contraceptive device was found in study area.

Due to lack of education, lack of good job opportunity, low income, knowledge and awareness programme 25 percent respondents were found not using any kind of family planning device. So, the future population will be high and will create several problems like unemployment, poverty, lack of quality of life, lack of quality education and so on. Similarly, due to socio-cultural value, trust on hormonal contraceptive device and low status of women empowerment, all Norplant user respondents were not known about hormone contained in Norplant.

TABLE OF CONTENTS

TITLE	Page No.
DECLARATION	II
RECOMMENDATION LETTER	III
APPROVAL SHEET	IV
ABSTRACT	V
ACKNOWLEDGEMENT	VI
TABLE OF CONTENTS	VI-VIII
LIST OF TABLES	IX
LIST OF FIGURES	X
ABBREVIATIONS	XI
CHAPTER-I INTRODUCTION	
1.1 Background of the study	1
1.2 Statement of the problem	2
1.3 Objective the study	3
1.4 Research Questions	3
1.5 Significance of the study	3
1.6 Delimitations of the study	3
1.7 Operational Definitions of the key terms	4
CHAPTER-II REVIEW OF RELATED LITERATURE AND CONCEPTUAL FRAMEWORK	
2.1 Review of Theoretical Literature	5
2.2 Review of Empirical Literature	6-7
2.3 Implications of the review for the Study	8-9
2.4 Conceptual framework	9-10
CHAPTER -III METHODS AND PROCEDURES OF THE STUDY	
3.1 Design and method of the study	11
3.2 Population, sample and sampling strategy	11
3.3 Study area/ field	11
3.4 Data collection tools and techniques	11

3.5 Data collection Procedures	11
3.6 Data Analysis and Interpretation Procedure	12
CHAPTER -IV ANALYSIS AND INTERPRETATION OF RESULTS	
4.1 Demographic and socio-economic characteristics	13
4.1.1 Distribution of population according to sex	13
4.1.2 Educational status of respondents	14
4.1.3 Occupational status of respondents	14
4.1.4 Monthly income of respondents	15
4.1.5 Monthly saving of respondents	16
4.1.6 Types of family of respondents	16
4.1.7 Period of depending upon agriculture	17
4.1.8 Time taken to reach the sources of devices	17
4.2 Knowledge and practice of hormonal contraceptive device	17
4.2.1 Knowledge and practice of hormonal contraceptive device	18
4.2.2 Best hormonal contraceptive	18
4.2.3 Knowledge of side effect of hormonal contraceptive device	19
4.2.4 Present situation of using contraceptive devices	19
4.2.5 Place for getting Depo-Provera	20
4.2.6 Knowledge of side effect of Depo-Provera	20
4.2.7 Side effect of Depo-Provera injection according to respondents	20
4.2.8 Knowledge of function of Depo-Provera among Depo-Provera users	21
4.2.9 Knowledge of contained in Depo-Provera among Depo-Provera using respondents	21
4.2.10 Knowledge about pills	22
4.2.11 Knowledge about checking before using pills	22
4.2.12 Knowledge of stopping about using pills	23
4.2.13 Sources of getting first information about pills	23
4.2.14 Place of getting pills	24
4.2.15 Knowledge of Norplant	24
4.2.16 Knowledge of working duration of Norplant users	25
4.2.17 Knowledge of hormone contained Norplant among Norplant users	25
4.2.18 Knowledge of placing Norplant implanted among Norplant users	25
4.2.19 Knowledge of condition to go hospital after using Norplant among Norplant users	26
4.2.20 Condition to not use Norplant according to Norplant using respondents	

	26
4.2.21 Failure rate of hormonal contraceptive device	27
4.2.22 Time of failure rate of hormonal contraceptive device	28
4.3 Summary	28
4.4 Discussion of findings	29
CHAPTER V: CONCLUSIONS AND RECOMMENDATIONS	30
5.1 Conclusions	30
5.2 Recommendations	30
5.2.1 Policy related	30
5.2.2 Practice related	30
5.2.3 Further research related	31
BIBLIOGRAPHY	
APPENDIX	

LIST OF TABLES

Table No.	Title	Page No.
1.	Distribution of population according to sex	13
2.	Educational status of respondents	14
3.	Monthly income of respondents	15
4.	Monthly saving of respondents	16
5.	Types of family of respondents	16
6.	Period of depending upon agriculture	17
7.	Time taken to reach the sources of devices	17
8.	Knowledge and practice of hormonal contraceptive device	18
9.	Best hormonal contraceptive	18
10.	Present situation of using contraceptive devices	19
11.	Place for getting Depo-Provera	20
12.	Knowledge of side effect of Depo-Provera	20
13.	Knowledge of function of Depo-Provera among Depo-Provera users	21
14.	Knowledge of contained in Depo-Provera among Depo-Provera using respondents	21
15.	Knowledge about pills	22
16.	Knowledge about checking before using pills	22
17.	Knowledge of stopping about using pills	23
18.	Place of getting pills	24
19.	Knowledge of Norplant	25
20.	Knowledge of working duration of Norplant users	25
21.	Knowledge of hormone contained Norplant among Norplant users	25
22.	Knowledge of placing Norplant implanted among Norplant users	26
23.	Knowledge of condition to go hospital after using Norplant among Norplant users	26
24.	Condition to not use Norplant according to Norplant using respondents	27
25.	Time of failure rate of hormonal contraceptive device	28

LIST OF FIGURES

Figure No.	Title	Page No.
1.	Occupational status of respondents	15
2.	Knowledge of side effect of hormonal contraceptive device	19
3.	Side effect of Depo-Provera injection according to respondents	21
4.	Sources of getting first information about pills	24
5.	Failure rate of hormonal contraceptive device	27

ABBREVIATIONS

CBS	:	Central Bureau of Statistics
INGO	:	International Non Governmental Organization
NGOS	:	National Governmental Organization
VDC	:	Village Development Committee
WHO	:	World Health Organization
PHC	:	Primary Health Care Centre
IUD	:	Intra Uterine Device
CBR	:	Crude Birth Rate
CDR	:	Crude Death Rate
RPG	:	Rapid Population Growth
FP	:	Family Planning
BF	:	Breast Feeding
VSC	:	Voluntary Surgical contraception
HS	:	Health survey
KAP	:	knowledge, Attitude and Practice
BS	:	Bikram Sambat
MCH	:	Maternal and Child Health
MMR	:	Maternal Mortality Rate
AD	:	Anno Domini
TU	:	Tribhuban University
VDC	:	Village Development Committee