

**Utilization of Family Planning Services in Chhantyal
Myagdi District**

A Dissertation

Submitted to the Tribhuvan University Department of Sociology/Anthropology
Prithvi Narayan Campus in Partial Fulfillment of the Requirement for the Master
Degree in **Sociology**

By

Tham Kumari Kunwar

Roll no :156 / 061

T.U. Regd. No. 59048-91

Tribhuvan University
Faculty of Humanities and Social Sciences
Department of Humanities and Sociology/ Anthropology
Prithvi Narayan Campus
Pokhara, Nepal

December, 2009

LETTER OF RECOMMENDATION

This is to certify that Mrs. **Tham Kumari Kunwar** has completed this dissertation entitled “**Utilization of Family Planning Services in Chhantyal Community of Myagdi District**” under my supervision and guidance. I, therefore, recommend this dissertation for final approval and acceptance.

Date: 2066/07/16

Hari Kumar Ojha

Associate Prof.

Department of Sociology/ Anthropology

Prithvi Narayan Campus

Pokhara, Nepal

LETTER OF APPROVAL

We hereby certify that the dissertation entitled “**Utilization of Family Planning Services in Chhantyal Community of Myagdi District**”, submitted by Mrs. Tham Kumari Kunwar to the Department of Sociology/ Anthropology, Prithvi Narayan Campus, Pokhara, in the partial fulfillment of the requirements for the Degree of Master's of Arts in Sociology has been found satisfactory in scope and quality. Therefore, we accept this dissertation as a part of the mentioned degree.

Members of Dissertation Evaluation Committee

(Hari Kumar Ojha)

Research Supervisor

(Lekha Nath Bhattra)

External Supervisor

(Shanti Bhusal)

Head, Department of Sociology/ Anthropology

T.U., PNC, Pokhara

Pokhara

Date: 2066/07/16

RECOMMENDATION BY LANGUAGE EDITOR

This is to certify that I have gone through the draft of dissertation entitled **“Utilization of Family Planning Services in Chhantyal Community of Myagdi District”**, prepared by Mrs. Tham Kumari Kunwar as a language editor and made necessary correction and improvements there in. I have been impressed by her intelligible presentation of facts through the medium of plain and correct English

(Shyam Prasad Poudel)

Teaching Assistant

Department of English P.N.C Pokhara

P.N.C. Pokhara

ACKNOWLEDGEMENTS

This thesis represents not only my work at the keyboard; it is a milestone of women of reproductive age in the study area. Further more, it is my great pleasure to express my sincere gratitude to all females who were selected as the respondents, for their support and help extended to me at the time of interview.

I wish to express my deepest gratitude and indebtedness to Mr. Hari Kumar Ojha, Lecture PN Multiple Campus Pokhara for his guidance, continuous encouragement, valuable input, providing time and patience to allow me to undergo this research.

I would like to express my deepest sense of gratitude and indebtedness to Dr. Lal Bahadur Malla, Myagdi Hospital, Mr Roshan Lal Chaudhari PHO and Mr Shankar Joshi statistician.

I must thank to Ramesh Gauchan for helping in data collection. My special gratitude goes to all the women who gave information for this research without any hesitation and all the staff member of Myagdi Hospital and SHP staff of Chimkhola SHP.

I would like to express my endless heart full thanks to my lovely husband Mr. Lalit Prakash Thapa and my Sister Jeeta Kunwar, brother Pream Kunwar, Sister in law Apsara K.C. lovely kids Sandesh and Suprim for their constant inspiration and sacrifice for my study, without which the completion of this course would not have been possible.

I express my heartfelt thanks to Pushpa Raj Paudel of "Quick Computer Service Pokhara-1, Bagar" for making dissertation presentable with his skilled and professional computer works.

At last, but not least, I would like to thank all my colleagues for their suggestion and help over this period.

Date: 2066/07/16

Tham Kumari Kunwar
Pokhara, Kaski

TABLE OF CONTENTS

CONTENTS	Page No
Letter of Recommendation	II
Latter of Approval	III
Recommendation by Language Editor	IV
Acknowledgements	V
Table of Contents	VI
List of Table	IX
Acronyms	X
CHAPTER- I: INTRODUCTION	1-9
1.1 Background of the Study	1
1.2 Statement of the Problem	4
1.3 Objectives of the Study	7
1.4 Significance of the Study	7
1.5 Limitation of the Study	8
1.6 Definition of the Term Used	8
1.7 Organization of the Thesis	9
CHAPTER - II: REVIEW OF THE RELATED LITERATURE	10-16
2.1 Theoretical Literature	10
2.2 Empirical Literature	11
2.3 Concluding Remark	16
CHAPTER- III: RESEARCH METHODOLOGY	17-18
3.1 Research Design	17
3.2 Population and the Sample of the Study	17
3.3 Sampling Procedure	17
3.4 Data Collection Tools	18
3.5 Data Collection Procedure	18
3.6 Validation of Tools	18
3.7 Analysis and Interpretation of Data	18

CHEPTER- IV: SOCIO-CARACTERISTICS OF RESPONDENTS 19-24

4.1	Demographic and Socio-Cultural Characteristics	20
4.2	Types of Family	20
4.3	Age of Respondents	20
4.4	Husband Age	22
4.5	Age of marriage	22
4.6	Age of first pregnancy	22
4.7	Occupation	23
4.8	Priority of child sex	23
4.9	Education	24

**CHEPTER - V: KNOWLEDGE AND PRACTICE OF
FAMILY PLANNING 25-33**

5.1	Respondent knowledge on Family Planning	25
5.2	Respondent knowledge on birth spacing	25
5.3	Respondent knowledge about birth spacing	26
5.4	Distribution of respondent by knowledge of FP measure	26
5.5	Respondent's knowledge on permanent method of FP	27
5.6	Source of family planning information	28
5.7	Responsibility of family planning	29
5.8	Knowledge on side effect of family planning measure	30
5.9	First use of family planning measure	30
5.10	Favorable family planning measure	31
5.11.	Reason of family planning	32
5.12	Birth spacing	32

CHEPTER- VI: EFFECTICENESS OF FAMILY PROGRAM 34-39

6.1	Respondents by effectiveness of family planning	34
6.2	Side effect of family planning	34
6.3	Respondent problem after using family planning device	35
6.4	Adoption of family planning in community	36
6.5	Accessibility of FP Services	36
6.6	Supporting organization for family planning:	37

6.7	Distance of health intuitions	37
6.8	Traditional Values of Family planning	38
6.9	Respondents perception on pre marital birth	39
6.10	Respondent's views on polygene	39

CHAPTER-VII: SUMMARY, FINDINGS, CONCLUSION & RECOMERNDATIONS SUMARRY 40-42

7.1	Summary	40
7.2	Finding	41
7.3	Conclusion	42
7.4	Recommendations	42

BIBLIOGRAPHY

APPENDIX

List of Table

Table	Page. No.
4.1 Ward wise distribution of respondents	19
4.2 Distribution of respondents by family type	20
4.3 Distribution of respondents by age	21
4.4. Distribution of respondents by husband age	21
4.5 Distribution of respondent by appropriate age of marriage	22
4.6 Distribution of respondents by age at first pregnancy	22
4.7 Distribution of respondent by occupation	23
4.8. Distribution of respondent by priority sex	23
4.9 Distribution of respondent by education	24
5.1 Distribution of respondent by knowledge on family planning	25
5.2 Distribution of respondent by birth spacing	26
5.3 Distribution of respondent by merit of birth spacing	26
5.4 Distribution of respondent by knowledge of family planning	27
5.5 Distribution of respondent knowledge on permanent method of family planning.	28
5.6. Distribution of respondent by source of family planning in formation	29
5.7 Distribution of respondents by responsibility of family planning	29
5.8 Distribution of respondents by side effect of family planning	30
5.9 Distribution of respondent by age while first use of family planning materials	31
5.10 Distribution of respondents by most like family planning measure	31
5.11 Distribution of respondents by reason in use of family planning	32
5.12. Distribution of respondents by age for birth spacing	32
6.1 Distribution of respondents by effectiveness of family planning	34
6.2 Distribution of respondents by side effect after use of family	35
6.3 Distribution of respondents by problems after use of family planning device	35
6.4 Distribution of respondents by not adopting family planning in community.	36
6.5 Distribution of respondents by accessibility of family planning	37
6.6 Distribution of respondent by organization for supporting family planning	37
6.7 Distribution of respondent by distance of health institution	38
6.8 Distribution of respondent by traditional restriction of family	38
6.9 Distribution of respondent by view of child birth before marriage	39
6.10 Distribution of respondent by views on polygene	39

ACRONYMS

CBS	Central Burro of Statistic
CMR	Child Mortality Rate
CPR	Contraceptive Prevalence Rate
CYP	Couple Year Protection
DHO	District Health Office
FCHV	Female Community Health Volunteer
FPAN	Family Planning Association of Nepal
GO	Government Organization
HDI	Human Development Index
HH	House Hold
HP	Health Post
ICPD	International Conference on Population Development
IMR	Infant Mortality Rate
INGO	International Non Government Organization
MCH	Maternal and Child Health
MOPE	Ministry of Population and Education
MWRA	Marriage Women Reproductive Age
NCPS	National Census of Population Services
NFHSP	Nepal Family Health Support Program
NFP	National Family Planning
NGO	Non Government Organization
NPR	Nepal Population Report
PSI	Population Service International
RH	Reproductive Health
PHC	Primary Health Centre
SHP	Sub Health Post
TBA	Traditional Birth Attendance
TFR	Total Fertility Rate
VDC	Village Development Committee
VSC	Voluntary Surgical Contraceptive
WB	West Bank
WDR	Western Development Region