KNOWLEDGE AND PRACTICE OF FAMILY PLANNING METHODS AMONG MARRIED WOMEN OF REPRODUCTIVE AGE:

A Case Study of Bhumlu Gaunpalika – 5, Salle, Kavre

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In Rural Development

By

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April 2019
Declaration

I hereby declare that the Thesis entitled Knowledge and Practice of Family Planning Methods Among Married Women of Reproductive Age: A Case Study of Bhumlu Gaunpalika – 5, Salle, Kavre submitted to the Central Department of Rural Development, Tribhuvan University, is entirely my original work prepared under the guidance and supervision of my supervisor. I have made due acknowledgement to all ideas and information borrowed from different sources in the course of writing this Thesis report. The result of this Thesis have not been presented or submitted anywhere else for the award of any degree or for any other purpose. I assure that no part of the content of this thesis has been published in any form before.

..............................

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Date: 2075/12/17

(31st March, 2019)
Recommendation Letter

This Thesis entitled Knowledge and Practice of Family Planning Method Among Married Women of Reproductive Age: A Case Study of Bhumlu Gaunpalika – 5, Salle, Kavre has been prepared by Mr. Ram Bahadur Shrestha under my guidance and supervision. I hereby forwarded this Thesis report to the evaluation committee for the final evaluation and approval.

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Supervisor
Date: 2075/12/20
(3rd April, 2019)
Approval Letter

This Thesis entitled Knowledge and Practice of Family Planning Method Among Married Women of Reproductive Age: A Case Study of Bhumlu Gaunpalika – 5, Salle, Kavre submitted by Mr. Ram Bahadur Shrestha in partial fulfillment of the requirements for the Master's Degree (M.A.) in Rural Development has been approved by the evaluation committee.

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Ram Bahadur Shrestha

31st March, 2019
Abstract

Family planning is the process of making ideal family size in future. Knowledge of family planning method and proper use of family planning method impacts to have ideal or expected number of birth in married couple of reproductive age. Access and knowledge is important factors to use and non use of family planning methods.

The aim of this study is to find out access, knowledge, use and non use of family planning methods in married women of reproductive age 15-49 years in Bhumlu Gaunpalika-5, of Kavre district. Study has been carried out with 60 married women of study area. Structured and unstructured questionnaire has been used to find the information from respondents of study area.

Health facility access is good in study area. Health post is well functioned in middle of village and door to door service also provided by health volunteer in periodic basis in the village for the promotion of family planning methods and mother child health care. Most of married women have knowledge of family planning method at least one method they are familiar by using it in past. Very few number of women i.e. 3.33% women had not use family planning method because of not caring about family planning and birth related issues.

Education level and information media had been playing most important role to have knowledge of family planning method. Almost all population heard about family planning method from radio and TV. Some of them had heard from health worker and their husband. Husband was found one of the major motivator to encourage for the use of family planning methods to their wife.

Side effects of family planning method was one major cause to avoid family planning method. Because of side effect of family planning method women made scared to use it. So
proper counselling, knowledge and information sharing plays role to promote proper use of family planning methods among reproductive age group of women.

Growth of population, increasing number of reproductive age group of women is continuous process of society, so to spread information and knowledge of family planning to each and every people there is need systematic way of educating to individual as well as in group for the knowledge and proper practice of family planning methods to control birth and having ideal and happy family life. Happy individual makes happy family, happy family makes happy society and happy society makes happy and prosperous nation.
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title</td>
<td>I</td>
</tr>
<tr>
<td>Declaration</td>
<td>II</td>
</tr>
<tr>
<td>Recommendation Letter</td>
<td>III</td>
</tr>
<tr>
<td>Approval Letter</td>
<td>IV</td>
</tr>
<tr>
<td>Acknowledgements</td>
<td>V</td>
</tr>
<tr>
<td>Abstract</td>
<td>VI</td>
</tr>
<tr>
<td>Table of Contents</td>
<td>VIII</td>
</tr>
<tr>
<td>List of Tables</td>
<td>XI</td>
</tr>
<tr>
<td>Acronyms / Abbreviations</td>
<td>XII</td>
</tr>
</tbody>
</table>

## CHAPTER I: INTRODUCTION

1.1 Background of the Study  
1.2 Statement of the Problem  
1.3 Objectives of the Study  
1.4 Significance of the Study  
1.5 Limitations of the Study  
1.6 Organization of the Study  

## CHAPTER II: REVIEW OF LITERATURE

2.1 Conceptual Review  
2.2 Conceptual Framework  
2.3 Empirical Studies
CHAPTER III: METHODOLOGY

3.1 Rational for the Selection of the Study Area
3.2 Research Design
3.3 Nature and Source of Data
3.4 Population, Sample Size and Sampling Procedure
3.5 Data Collection Technique and Tools
3.6 Method of Data Analysis and Interpretation
3.7 Ethical Issue for the Research

CHAPTER IV: DATA PRESENTATION AND ANALYSIS

4.1 General Background of the Study Area
4.1.1 Natural Resources
4.1.2 Climate
4.1.3 Population by Caste/Ethnicity
4.1.4 Number of Households and Population by Sex
4.1.5 Health and Sanitation
4.1.6 Population by Religion
4.1.7 Population by Mother Tongue
4.1.8 Communication Facilities
4.1.9 Transportation Facilities
4.1.10 Electrification Facilities
CHAPTER V: KNOWLEDGE AND PRACTICE OF FAMILY PLANNING

5.1 Socio-Economic Status of Study Area Households

5.1.1 Population Composition of the Sampled Households

5.1.2 Family Type

5.1.3 Caste and Ethnicity

5.1.4 Education Status

5.1.5 Marital Status

5.1.6 Age at Marriage

5.1.7 Economic Status of Sampled Households

5.1.8 Occupational Status

5.1.9 Food Sufficiently of the Sampled Households in the Study Area

5.1.10 Household Facility

5.1.11 Household Income

5.2 Knowledge of Family Planning Methods

5.2.1 Knowledge on Specific Methods of Family Planning

5.2.2 Knowledge Source about Family Planning Methods

5.2.3 Knowledge of FP Methods Among Married Women by Occupational Status

5.2.4 Knowledge of FP Methods Among Married Women According to Educational Status

5.2.5 Knowledge of FP Methods among Married Women According to Educational Status of Their Husband
5.2.6 Knowledge of FP Sources among Married Women

5.3 Practice of Family Planning Methods

5.3.1 Ever Use of Family Planning Methods

5.3.2 Current Using Family Planning Method

5.3.3 Encouragement to Use Family Planning Methods for the First Time

5.3.4 Source of Family Planning Method

5.3.5 Cause of Using Family Planning Method

5.3.6 Family Planning Method Failure

5.3.7 Side Effect of Using Family Planning Method

5.3.8 Side Effect of Using Family Planning Method by Specific Effects

5.3.9 Reason for Non Use of Family Planning Method

5.3.10 Suggestion Given to Use Family Planning Method to Others

5.4 Relation Between Socio-Economic Status and Family Planning Practice

5.4.1 Education and Family Planning Practice

5.4.2 Occupation and Family Planning Practice

5.4.3 Income and Family Planning Practice

CHAPTER VI: SUMMARY, CONCLUSION AND RECOMMENDATION

6.1 Summary of the Main Findings

6.2 Conclusion

6.3 Recommendations
List of Tables

Table 5.1 Population Composition by Age Group and Sex 26
Table 5.2 Family Type of the Sampled Households 26
Table 5.3 Population of Sampled Households by Caste / Ethnicity 27
Table 5.4 The Educational Status of Sampled Households 28
Table 5.5 Marital Status of the Population of the Sampled Households 28
Table 5.6 Distribution of Respondents at age of Marriage of Women
in Sampled Households 29
Table 5.7 Occupation of the Sampled Household Population 30
Table 5.8 Food Sufficiency of the Sampled Households in the Study Area 31
Table 5.9 Distribution of Households According to Facility 32
Table 5.10 Distribution of Household's Yearly Income 32
Table 5.11 Distribution of Respondents by Knowledge about
Family Planning Method 33
Table 5.12 Distribution of Married Women by Specific
Knowledge of Family Planning 34
Table 5.13  Distribution of Women Gained Knowledge Source of Family Planning Methods

Table 5.14  Distribution of Married Women According to Knowledge by Occupational Status

Table 5.15  Distribution of Married Women's Knowledge of FP Method by Educational Status

Table 5.16  Distribution of Married Women's Knowledge of FP Method by Education Status of Their Husband

Table 5.17  Distribution of Married Women's Knowledge of Family Planning Methods

Table 5.18  Distribution of Married Women Ever Use of Family Planning Method

Table 5.19  Distribution of Married Couple Who have Ever Used of Family Planning by Specific Method

Table 5.20  Distribution of Married Couple Who have Current Using Family Planning Methods

Table 5.21  Distribution of Married Couple Who have Current Using Family Planning Method by Specific Methods

Table 5.22  Distribution of Married Women Encouraged to Use Family Planning Method for the First Time.

Table 5.23  Distribution of Married Women to have Family Planning Method by Present Source

Table 5.24  Distribution of Married Women by Cause of Using
Family Planning Methods. 42

Table 5.25 Distribution of Married Women had Side Effect of Family Planning Method 43

Table 5.26 Distribution of Family Planning Users Who Reported many Types of Side Effects 43

Table 5.27 Distribution of Married Women Who are not Using Family Planning Method by Cause Specific. 44

Table 5.28 Relation between Education and Family Planning Practice 45

Table 5.29 Relation between Occupation and Family Planning Practice 46

Table 5.30 Relation between Income and Family Planning Practice 47

Figure 1 Conceptual Framework 12

Figure 2 Sampling Procedure 20

Chart 5.1 Relation between Education and Family Planning Practice 46

Chart 5.2 Relation between Occupation and Family Planning Practice 47

Chart 5.3 Relation between Income and Family Planning Practice 48
### Acronyms and Abbreviations

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS</td>
<td>Acquired Immune Deficiency Syndrome</td>
</tr>
<tr>
<td>CBS</td>
<td>Central Bureau of Statistics</td>
</tr>
<tr>
<td>CPR</td>
<td>Contraceptive Prevalence Rate</td>
</tr>
<tr>
<td>DHS</td>
<td>Demographic Health Survey</td>
</tr>
<tr>
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<td>Family Planning</td>
</tr>
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</tr>
<tr>
<td>HIV</td>
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</tr>
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<td>ICPD</td>
<td>International Conference on Population and Development</td>
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<td>International Non-Governmental Organization</td>
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<td>Intra Uterine Devices</td>
</tr>
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<td>Kilometer</td>
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<td>NCPS</td>
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<td>Nepal Fertility Family planning and Health Survey</td>
</tr>
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<td>Acronym</td>
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</tr>
<tr>
<td>-----------</td>
<td>------------------------------------------------</td>
</tr>
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</tr>
<tr>
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</tr>
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</tr>
<tr>
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</tr>
<tr>
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</tr>
<tr>
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</tr>
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</tr>
<tr>
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</tr>
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<td>Tribhuwan University Central Library</td>
</tr>
<tr>
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</tr>
<tr>
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<td>United Nations Fund for Population Activity</td>
</tr>
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</tr>
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</tbody>
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