

**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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By

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## 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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## 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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## 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

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## 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.

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## **Acronyms and Abbreviations**

AIDS	:	Acquired Immune Deficiency Syndrome
CBS	:	Central Bureau of Statistics
CPR	:	Contraceptive Prevalence Rate
DHS	:	Demographic Health Survey
FP	:	Family Planning
FPAN	:	Family Planning Association of Nepal
HIV	:	Human Immunodeficiency Virus
HP	:	Health Post
ICPD	:	International Conference on Population and Development
IEC	:	Information, Education and Communication
INGO	:	International Non- Governmental Organization
IUDs	:	Intra Uterine Devices
KM	:	Kilometer
MoHP	:	Ministry of Health and Population
MoPE	:	Ministry of Population and Environment
NCPS	:	Nepal Contraceptive Prevalence Survey
NDHS	:	Nepal Demographic Health Survey
NFFHS	:	Nepal Fertility Family planning and Health Survey

NFPP	:	National Family Planning Program
NGO	:	Non- Governmental Organization
PHC	:	Primary Health Center
RH	:	Reproductive Health
SAARC	:	South Asian Regional Co- Operation
STDs	:	Sexual Transmitted Diseases
TFR	:	Total Fertility Rate
TU	:	Tribhuwan University
TUCL	:	Tribhuwan University Central Library
UN	:	United Nations
UNFPA	:	United Nations Fund for Population Activity
VDC	:	Village Development Committee
WHO	:	World Health Organization