

# CHAPTER - I

## INTRODUCTION

### 1.1 Background of the Study

Nepal is a multicultural, Multi religious and multilingual country, in spite of its small territory. The census of 2001 has determined that there are 100 different castes and ethnic groups in the total population. The majority of the population consists of indigenous nationalities. The 2001 census recorded 37.19 percent population of 43 ethnic groups which numbered 8454782, where as the Bahun and Chhetri together consist of about 30 percent of the total population .But the representation of Bahun and Chhetri is significantly higher in various state organs than the indigenous nationalities. The people of Nepal are socio-economically and culturally segmented along the lines of castes, and ethnic groups.

Family planning is defined as a programme to regulate the number of children and spacing of children in a family or other methods of birth control. WHO defines family planning "A way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decision by individuals and couples in order to promote the health and welfare of the family groups and thus contribute effectively to the social development of a country."

Family planning is a way of limiting the birth of child or avoiding pregnancy by use of contraceptive measures and it save lives through planned management of pregnancies(PBR1997).UN 1994 reaffirming the right to choice of family size without coercion and right to choice of method which should include all medically approved and appropriate method of family planning. Due to high population growth rate, Nepal is facing a number of health problems. According to the population census 2001,total population of Nepal is 2,31,51,423 where females 1,15,87,502 and males 1,15,63,921. The population growth rate is 2.25 percent if this rate continuous the population of Nepal is certain to be doubled with in 31 years.

Yakkha is one of the ethnic and backward castes of eastern part of Nepal. Mainly they live in Sankhuwa-sava, Dhankuta, Terhathum, Panchthar, Ilam, Jhapa, Morang,

Sunsari, Kathmandu valley and outside of Nepal, especially in Assam, Sikkim and Darjeling of India. Mainly people of Yakkha community live in village of Ankhibhuin, Mamling, Tamaphok and Madi mulkharka of Sankhuwa-Sava District.

Yakkha family system is nuclear and joint. They are engaged in Agriculture. Yakkha professes Kiratism. Among Yakkha cross cousin marriage is preferred. The mean age at marriage of Yakkha women is 17.5 years. Child marriage does not take place among Yakkha. Although Polyandry is forbidden it is common among Yakkha. He found that the contraceptive prevalence rate of Yakkha was low (around 17 percent). The CTB and TFR of Yakkha women account for 3.69 and 7.01 per women respectively. Within the Yakkha caste there are more than 15 different sub castes like, Thamphara, Sukhim, Charkole, Honba, Limbukhim, Komfe, Haiba, Yayemba, Congren, Putlaung, Chhala, Phebuk, Jimee, Khayakhim, Namkehang etc. (MOH,1996)

The Chhetri belongs to the caste hierarchical social structure. Chhetri caste group culturally bound to marry only monogamous though the polygamy practices are also found in some places. Early marriage age is common among the followers of Hindu religion, since virginity is culturally essential among Hindu religious population. The mean age at marriage among Chhetri women is 15.1 years and contraceptive prevalence rate is 25 percent. The TFR of Chhetri women is 3.5 and 6 per women respectively. (MOH, 1996)

Worldwide, contraceptive prevalence in less developed regions, average 59 percent was below that in more developed regions, which stood at 69 percent. Within the developed regions, Asia and Latin America and the Caribbean with 64 percent and 71 percent prevalence respectively had reached contraceptive levels. Comparable to those of the more developed region, While Africa still lagged far behind with 27 percent prevalence. Average prevalence for Sub-Saharan Africa as a whole estimated at 20 percent was even lower. In the more developed regions, contraceptive prevalence was lower in Europe at 67 percent than in Northern America, Australia and New Zealand with 76 percent (UN 2002).

High fertility is one of the major components of the population change. Most of the developing countries are suffering from high fertility rate and our country Nepal is also facing the same. Total fertility rate in Nepal 3.1 per women (DHS 2006). One of the important and responsible factor for such problem is low contraceptive prevalence rate of 3 percent in 1976 (NPS 1976), 7.6 percent in 1986 (NCPS), 15.1 percent in 1986 (NFSI 1986), 25 percent in 1991 (NFA1991), 29 percent in 1996 (NFHS), 38.9 percent in 2001 (MOPE 2001) and 48 percent in 2006 (DOHS).

The family planning movement in Nepal initial in 1958 by the Nepal medical association and some social workers. From the information and education family planning services were provided to a limited population in around the Kathmandu valley. In 1968 HMG created a semi-autonomous board called the Nepal family planning and maternal child health board. Since then the maternal and child health section of the Department of Health of His Majesty's Government (HMG) has offered family planning services in limited area of Nepal (MOH, 1981) in Non Government sector the family planning association of Nepal was established in 1959 AD. The programme is continuously running in more than 36 District in recent years.

Knowledge of family planning is very high in Nepal, with nearly all ever married women and men in the reproductive age group having heard of a method. Knowledge of modern methods is much higher than knowledge of traditional method. Thirty nine percent of currently married women in Nepal have used family planning method (MOH 2002).

In Nepal, people of different cast customs and economic status live together unless we go to the poor people, cast religion ethnic groups; the development of the nation is a "sweet slogan" or day dream. To follow them in the main stream of development is the challenge of present.

It is believed that due to religious belief, Yakkha is behind in family planning practices. But the reality could be change, time has changed, situation has also devised. Literacy rate has also gradually increased and the people have become more conscious about their health so the comparative study of use of contraceptive between

two castes Chhetri and Yakkha is necessary to know the use and knowledge towards the contraceptive method.

The main types and the most available contraceptives as method of family planning in Nepal are Pills, Sangini injection (Depo), Foam tablet, Copper -T, Condoms (male and female), Norplant, female sterilization and male sterilization.

The use of contraceptives as method of family planning benefits the women, children, families, and the communities as a whole. Contraception saves women's lives and improves their health making them able to avoid unwanted pregnancies it improves children's health by planning adequate gap between births so that they get sufficient and good parental care. Contraception also helps women to empower them. By allowing them to decide and space the birth, which in turn provides them the increased participation in educational, economical and social opportunities. Thus it empowers women.

## **1.2 Statement of the Problem**

Nepal is an Agricultural country characterized with multi linguistic, multi ethnic and multi religious societies. In Nepal 126 ethnic group are in existence in Nepal. Among the different caste and ethnic group, Yakkha and Chhetri account for the significant population as well as wide spread across the Country. Yakkha is socio-economically, educationally, politically and culturally dominated ethnic group in Nepal and they lives in mainly hill and mountain region. That's why their condition of using family planning method has dependent on their socio-economic circumstances.

Many of the people are illiterate. They do not have the knowledge that a large family is troublesome. Due to the cause of traditional values and religion most of the people do not use contraceptive devices. There are various obstacles in implementation of effective program at the village level. The contraceptive prevalence rate is very low among these Chhetri and Yakkha community people. There are many studies carried out on use and non use of family planning method but none of the studies carried out on use and non use of contraceptive methods in the village level by caste and ethnic group. Similarly use of contraceptive devices among Yakkha and Chhetri women (15-

49 years) at Mamling VDC of Sankhuwa-Sava District is being carried to compare the constitute the policy level on use and non use of contraceptive devices interims of caste and ethnicity.

For a long time, the researcher was interested in knowing the use and knowledge of contraceptive device of rural people where as it is still supposed to be difficult to get ideas from urban people. Generally rural people have little knowledge on contraceptive and few people use it. Chhetri community has more developed then Yakkha community interims of socio-economic condition. Most of the population of both communities lives in rural area. Comparative study regarding use of contraceptive device is also sound interims of unveiling reality than other type of study .None of the study in Nepal has tried to compare use and knowledge of contraceptive device in these different castes. I want to find out whether this general concept is true or not from the point of view of people of Yakkha and Chhetri community. The study area is also virgin area for a researcher so the researcher has chosen the topic "Use of Contraceptive devices between Chhetri and Yakkha community at Mamling VDC of Sankhuwa-sava District". The present study has focused on the following questions related with the research subject:

1. What is the concept about the family planning in target community?
2. What is the condition of the use of contraceptive device in the target community?
3. What are the reasons for not using of contraceptive device in the study areas?
4. How many people and what types of peoples are using which contraceptive device in the target areas?

### **1.3 Objectives of the Study**

The main objectives of this study are to assess the variation in contraceptive use and knowledge between the Chhetri and Yakkha caste in order to provide the choice of contraceptive methods with respect to their socio-cultural and demographic characteristics. The specific objectives are as follows:-

- ) To find out the condition of contraceptive users of the both community.
- ) To identify how many people are using contraceptive devices properly.

- ) To find out the reason for the non use of contraceptive devices in the study area.

#### **1.4 Significance of the Study**

Nepal has been facing high population growth in alarming rate. Declining mortality population control program is not satisfactory due to lack of integrated approach. In this present context, family planning program has occupied a vital role. Nepal government launched family planning program to control birth since 1968 AD but even though it has not been implemented effectively, due to lack of appropriate program and policy.

The main principle motto of this study is to find out the use and knowledge of contraceptive device and situation of birth spacing between Chhetri and Yakkha community. If the concept family planning is introduced and highlighted from the grass root level then only the national goals formed by the government will be met. Therefore, this study also includes what factors affects on high prevalence of family planning method and how these problems can be resolved. Therefore the significance of this study is as follows:-

1. It can be helpful to the government to construct effective plan and carry out various programmes among the people of the study area and other similar communities across the country.
2. The study can be a valuable literacy asset for further research to the related field in the coming days.
3. The result of the study will be helpful for national planning commission to plan the programme to control child mortality, high fertility and population growth in the country.
4. This study will be helpful to get information about the using and the status of knowledge of contraceptive devices in village level.
5. The result of this study will be help to the NGOs /INGOs and other institutions to launch their programme and to find out the use and knowledge of people toward contraceptive devices and importance of birth spacing.

## **1.5 Delimitation of the Study**

Due to the lack of sufficient time, financial constraints, the rigorous time schedule and researcher capacity the study is being delimited in the following points:-

1. The study was conducted only on Chhetri and Yakkha caste settlement area of ward no 1,4,5,6 and 7 of Mamling VDC, Sankhuwa-Sava District.
2. The study was delimited only on married reproductive age groups (15-49 years) women of Chhetri and Yakkha caste.
3. The study was finished within limited time.
4. The main source of data is the field survey with questionnaire.

## **1.6 Definition of the Terms Used**

The used terms have different meaning in different context. But in this context the used terms have following meaning.

### **Age of Marriage**

The age at which a female marriage and enters the reproductive period of life. (NCH 1998)

### **Birth spacing**

It is the time interval between two successive deliveries (women health of development WHO, 1992).

### **Community**

Community is a social group within the same degree of social coherence and living in given area (Devkota, Bhimsen Community Health Diagnosis, 2056)

### **Condom**

Male could use rubber sheath during sexual intercourse.

### **Contraception**

It is a preventive method which helps married couple avoiding unwanted pregnancies i.e. to control family size (FPA of Nepal 2001)

### **Contraceptive Devices**

The preventive method of help women avoid unwanted including all temporary and permanent method to prevent pregnancies. (UNFPA1987)

### **Depo**

Women could have an injection which stops them from being pregnant (For several months) 1dose for 3 months.

### **Ethnic Group**

An ethnic group is a distinct category of the population in a large society whose culture usually forms its own the number of such a group are of feel themselves of are thought to be bound together by communities i.e. or nationality or culture (international encyclopedia of the social sciences).

### **Female Sterilization**

Women could have an operation to avoid having more children.

### **Family Planning**

A ways of thinking and living that is adopted voluntary upon the basis of knowledge, attitude and responsible decision by individual's couple. In order to promote the health and welfare to family and thus contribute effectively to the social development of a country. (WHO, export committee, 1997)

### **Fertility**

The actual bearing of children by a mother during has reproductive period of age. I.e. 15-45 years is called fertility.

### **IUD**

Women could keep copper tube inside them to prevent pregnancies.

### **Knowledge**

In this study knowledge understands of concept of contraceptive devices.

**Male Sterilization**

Male could have an operation to avoid having more children.

**Norplant**

Women could have small capsules placed in their upper arms which can prevent pregnancies for several years (7 years).

**Pills**

Women could take this tablet everyday to prevent pregnancies.

## **CHAPTER - II**

### **REVIEW OF RELATED LITERATURE**

Literature review is one of the important parts of any research work. It is done to find out the research gap in the related issues reviewing previous studies done by different scholars. Literature review consist theoretical framework and review of previous studies in this section the researcher summarized those related opinions principle findings and recommendation that may reference for this study.

#### **2.1 Theoretical Review:**

In many developing countries high fertility is associated with the mode of production and with cultural and religious factors. The level of income, education and child survival also play major roles in the reduction fertility. In addition family planning in general has an important role to play reducing fertility (UNFPA, 1989).

The international conference on population and development (ICPD), Cairo 1994 has suggested a drive towards reproductive health and empowerment of women. Although there some disputes, regarding abortion and ICPD document has mentioned, "In no case should abortion be promoted as a method of family planning "(UN1994). But if has expressed the essence of consolidated country programmers to limit the number for a better balance between resources and population the irony is that the implementation aspect of family planning in most of the developing countries related to Condom, Pills, IUD, Depo-provera, Norplant, and other methods. The catchments area of family planning goes far behind to why people demand for children? What physical, social, cultural, economic, psychological and emotional factors are responsible for differential fertility in societies? The answers to these questions are the back ground to plan for coherent family planning program (Achary 1996:134).

Family planning services in Nepal were started by FPAN in 1959. Initially its services were limited. Currently government run family planning services has become an integral part of health services. health service in Nepal are delivered through national, zonal, and district hospital, primary health care centers, health post, sub health post

and peripheral health workers and volunteers. All of them provide temporary family planning service (FHS 1996).

Acquiring knowledge of contraceptive method is an important precondition toward gaining access to and then using a suitable contraceptive method in a timely and effective manner. The ability to recognize Family Planning methods is a nominal test of the respondent's knowledge and not a measure of how much they might know about the method. However knowledge of specific method is a precursor to use (MOH, new ERA and URC macro 2002).

Most contraceptive methods are designed for use by women and as a result, most family planning programs target their information, counseling and service to women of reproductive age. However, their limited focus ignores an important reality in women's live. Women often are not the sole decision makers about contraceptive use. Some make decision about family planning and family size is collaboration with their husband or partners. Other has little or no autonomy in the home and husbands, parents or in laws decides for them. And other use contraception clandestinity relative will disapprove (CBS- 2004).

The number of children ever born per 15-49 years old women has decreased from 2.6 in 1985/96 to 2.4 in 2003/04 while total fertility rate declined from 5.1 to 3.6 during the same period. The proportion of the women 15-49 years who have knowledge of at least one family planning method has increased by 17 percent points to 77 percent in 2003/04. On the other hand, the proportion of married couples currently using some form of family planning methods has increased from 15-38 percent (CBS - 2004).

Family planning continuous to be a priority highlighted in the tenth development plan (2002-2007). The objective of the national family planning program includes gradually reducing the population growth rate. Promoting the concept of a small family norm to the population in general and the rural population more specifically increasing the availability of and the demand for family planning service: providing high quality services: and reducing unmet need. The national family planning program also aims to expand and sustain adequate family planning services at the

community level utilizing all health facilities (Ministry of health and population 2006).

## **2.2 Empirical Literature Review**

Shrestha, (1988), stated in this study "Factors related to non-use of contraception among the couple with an unmet need for family planning in Nepal". He found that most of the people non use of oral pills was concerns about side effect. These included headaches, weakness, heavy bleeding and the effect upon breast feeding are the belief that oral pills dry up breast milk. He also fined that most important reason among limits for non use of laparoscopy and vasectomy was that the operation causes weakness and they are unable to work.

Kafle, (1999), Study on family health of Danuwar community at pachkhal VDC of kavre with field survey using descriptive method. He found that most of the women had heard about family planning. The effective communication medium was the Radio. Male person had under gone permanent sterilization more often than females, where as females had used temporary devices. Depo-provera use was higher than that of other devices. However, most of women had preferred two children of either sex.

Yadav, (2001), conducted a study entitled "A Study on Knowledge, Attitude and Practice of Contraceptive Use among Mushar Community of Arma VDC with quantitative descriptive method. He finds that majority of respondents were relying on farming and among the currently married women 84.6 percent know at least one family planning method. The study also carried out the respondents knowing condom, the best known method 87.1 percent, male sterilization 77 percent, female sterilization 24.8 percent, pills 30.7 percent and IUD 14.6 percent. But in total 24.8 percent married women are ever users currently. But they are not successful to follow their opinion due to various causes and problems prevailing in the community.

The number of children ever born per 15-49 years old women has decreased from 26 in 1985/96 to 2.4 in 2003/04. While, total fertility rate declined from 5.1 to 3.6 during the same period. The proportion of the women 15-49 years who have knowledge of at least one family planning method has increased by 17 percent to 77 percent in

2003/04. On the other hand, the proportion of married couples currently using some form of family planning methods has increased from 15-38 percent (CBS-2004).

Chaudary, Manoj (2005) Conducted a study entitled, A Study of the Contraceptive Behaviors among Kochila Tharu and Heldeliya Tharu in Ithari Municipality Sunsari District with comparative descriptive approach. The main objectives of this study was:- to find out the contraceptive behavior and thereby the level of fertility amongst the said sub-castes, to find out the reasons for their difference in the use of contraceptives in the said study area, to examine the reasons for the non use of contraception in the study area.

Researcher fined that 66 percent literacy in Heldheliya Tharu and 81 percent in Kochila Tharu. He also shows that 62.2 percent Heldheliyas and 73.2 percent of Kochila was currently used contraceptive devices. Similarly 93.3 percent of Heldheliya and 82.9 percent Kochila respondents they got married before 20-24 ages.

Dahal, (2006), Using qualitative descriptive research design shows that 58.85 percent sample population was literate and 81 percent respondents engaged in agriculture 49 percent respondents women's were using at least one contraceptive devices. 46.49 percent respondents could get contraceptive devices from health post. similarly he was found that use of contraceptive method is highest 100 percent in age group of women above 45 years and lowest 14 percent in age group of 15-19 years.51 percent married women has stated that main reason for not using a contraceptive method was the desire of son 41.18 percent, fear from side effect 31.37 percent, lack of devices 13.37 percent, having for daughter 9.80 percent and against religion 3.92 percent.

Jha, Milan (2007), in his research on family planning practices and its effects on Dom community in Janakpur municipality. the main objectives of this study was:- to identify socio-economy factors that affect effectiveness of family planning, to state respondents knowledge and practice towards family planning, to identify causes and problems for not using contraceptive devices.

Researcher find out that knowledge about different contraceptive device like condom, pills, Norplant, Depo, Copper T was high. furthermore majority of the respondents

have found ever used 53.75 percent and currently using 51.18 percent any kinds of family planning methods and 17 percent of the respondents did not want to use any family planning method, 24.41 percent respondents people ever used method was Condom, 21.53 percent Depo, 18.6 percent male sterilization and 23.25 percent female sterilization, 40.91 percent respondents said that desire for son was the main reason for not intending to use any family planning methods.

Mishra, R.C (2007) in his research on "Comparative study on knowledge and practice of contraceptives among married women of Kami and Tamang Community of Okhere VDC". The main objectives of this study was : to access the demographic and socio-economic situation of Tamang and Kami community peoples, to identify the knowledge and practice on contraceptives devices of Kami and Tamang Communities peoples, to compare knowledge and practice on contraceptives between Kami and Tamang community people.

The study was conducted in Okhre VDC having the total population so 3250. Where Dalit were 1450 and Tamang people were 1800. The simple random sampling methods were used for the study. The tool used for the data collection was interview schedule. the study's major finding were, around 91 percent of the respondent from Tamang and 95 percent of the respondent from Kami were found with satisfaction on their own number of children and other remaining were found having dissatisfaction. 81.25 percent of the respondents from Tamang and 80.25 of the respondents from Kami were found having the knowledge of birth spacing. it found that 40 percent of the respondents from both Tamang and Kami were found currently using Depo, 8.12 percent were found using oral pills, 10.62 percent were found using Norplant, 8.15 percent were found using copper T, 18.12 percent were found currently using condom, 5.62 percent were found currently using male sterilization as family planning methods.

Sapkota, Bishnu (2008), Comparative Study of Family Planning between Hindu and Muslim community at Harmi VDC Gorkha District. the main objectives of this study was:-to find out traditional value, norms, religious, belief about the uses of contraceptive devices between Hindu and Muslim communities, to identify the reason

for using and for not using the contraceptives devices, to compare the knowledge, attitude and practices of contraceptives devices between Hindu and Muslim.

Researcher was conducted field survey using descriptive explanatory and as well as qualitative approach. He was found that 88 percent respondents have ever used the family planning devices and 64 percent Muslim respondents were using the contraceptive devices. Among Hindu 92 percent know about the condom, 84 percent knew about the pills, 88 percent have knowledge about Sangini, 60 percent knew about Norplant among Muslim 84 percent knew about the condom, 16 percent knew about the IUD, 72 percent knew about the pills, 62 percent about the Depo, 14 percent knew about the Norplant. Most of the people said that the Hospital is an important source of family planning method. Birth spacing view was about 4 years from 56 percent Hindu and 18 percent of Muslim. The study show that Hindu were comparatively in higher favor of contraceptive device knowledge, positive attitude and small size of family than Muslim.

Koirala, Sheela (2009), in his research on Use and Perceive Side Effects of Temporary Contraceptive Devices among Their Tharu Women of Shardarnagar VDC Chitwan Drstrict. The main objectives of this study was:- to find out the demographic, socio-economic and educational status of Tharu women, to assess women knowledge about contraceptive devices, to identify pattern of contraceptive use among Tharu women, to describe the women's perception about the side effects of contraceptive devices.

The study was conducted in Shardarnagar VDC having the total population of 11,437. Where, Tharu were 2,597. Descriptive type of research design and simple random sampling method was used for the study. The tool used for the date collection was interview schedule. The major findings of studies were:- more than 50 percent were used temporary contraceptive devices for birth spacing. The family planning devices used by respondents were pills 31 percent, condom 19 percent, Norplant 2 percent, IUDS 1 percent, and Depo 46 percent. The Majority 51 percent of the respondents wants to give continuity of contraceptive devices and 38 percent didn't want to give continuity.

Thus different scholars and reports are conducted in accordance with male and female's perception towards family planning. Different approaches were used by conducting different programs for uplifting use of contraceptive device. But not enough students and research have been made in the topic, Use of Contraceptive Device between Chhetri and Yakkha Community at Mamling VDC of Shankhuwa-Sava and nobody more or less has conducted any research in such total and ethnic caste community especially targeting these castes. So my study will be fulfilled this gap.

### **2.3 Conceptual Framework**

In the field of family planning, different writer and researcher have developed different types of conceptual framework. The present researcher has developed a conceptual framework according to objectives of the study. This framework is given.

## **Conceptual Frame-Work**

There are various factors that directly and indirectly affect the utilization of FP services and use of different Contraceptive Devices. Use of Contraceptive Devices among Chhetri and Yakkha Community depends on different variables: Education, Son preference, Media of communication, Accessibility of FP, Family support, Number of living children, Fear of side effect, Religious and Cultural factors, People knowledge and perception etc. These all factors are interdependent and co-related each other. All variables are determinants of Contraceptive Devices.

## **CHAPTER - III**

### **RESEARCH METHODOLOGY**

This chapter includes various details about the process through which this research was conducted, the various procedures and types of data collection it also presents the short discussion of research design, nature and source of data, population of the study, tools of data collection, and validation of tools, data collection procedure, sampling procedure and data analysis and interpretation.

#### **3.1 Research Design**

This study was designed to meet the objectives of understanding the use of contraceptive device between Chhetri and Yakkha ethnic Caste in Mamling VDC Sankhuwa-Sava. The study was based on descriptive as well as analytical method.

#### **3.2 Study of the Population**

The study was undertaken among Chhetri and Yakkha Community of Mamling VDC of Sankhuwa-Sava District. Therefore, the population of this study was all the people from Chhetri and Yakkha Community who were living in the selected study area. Total population of Chhetri and Yakkha people in Mamling VDC were 1770 Chhetri and 1245 Yakkha. Total household of Chhetri and Yakkha in Mamling were 288 and 260 respectively.

#### **3.3 Sampling Procedure**

The study was based on primary data collection. Where 288 household of Chhetri and 260 household of Yakkha were selected from total household of VDC that 793. Among 548 household 15 percent from each caste was selected on the basis of convenient sampling. Sample size was 82 household in which Chhetri has 43 and Yakkha has 39 household. Each of the household of Chhetri and Yakkha currently married women aged 15-49 was selected for interview.

### **3.4 Data Collection Tools**

The quantitative data was collected through the well structure interview from sampled married women aged 15-49 years. Interview schedule is considered as main tool for the study.

### **3.5 Data Collection Method**

Mainly this study was based on primary data and secondary data also used. The quantitative data was collected through the interview schedule to the selected married women aged 15-49 years. The interview was conducted by the researcher.

#### **3.5.1. Primary Data Collection**

Primary data were collected from the field survey for the purpose of receiving real information on Use and Knowledge of contraceptive device between Chheri and Yakkha cast and income generating activities, their educational status and their involvement in decision making to use and none use of contraceptive device. The following tools have been applied in this research.

##### **3.5.1.1 Questionnaire**

Questionnaire mentioned in the Appendix-I was set and then used to their educational status and their involvement in decision making to use contraceptive device. The following tools have been applied in this the respondents in order to obtain detailed information. The questionnaire was prepared in such a way that it provided the quantitative information. In fact, the questionnaire has helped to make the study more reliable, factual and impressive.

##### **3.5.1.2 Interview**

Interview is one of the widely used methods of obtaining information from the respondents. Interview was taken while questionnaires were being filled at different places and in different situations in the study area. The interview covered the subject matters which were not covered by questionnaire.

### **3.5.1.3 Observation**

Observation in the field can provide more information which is not actually obtained through the questionnaire and interview. Observation was done whether the respondents were really capable to perform different activities related to this study or not.

### **3.5.2 Secondary Data Collection**

Secondary data were collected from different sources of governmental and nongovernmental organizations. Mamling VDC profile, Sankhuwa-sava DDC profile, CBS 2001 Profile, Health post record, DHO annual report and NDHS report are the sources of secondary data.

## **3.6 Validation of the Tools**

After preparing the research tools the first draft was shown to the supervisor and was improved according to the supervisor's suggestion, then the tools was administered to 5 married Chhetri women and 4 married Yakkha women aged 15-49 years in Aankhibhuin-2 Sankhuwa-Sava as a pilot study. According to the supervisor's suggestion and pre-test result, pervious researchers valid questionnaires were also used, the questionnaires were modified for final.

## **3.7 Data Analysis and Interpretation**

Filled questionnaire was carefully checked to remove possible errors and inconsistencies collected data and information was cleaned. After than it was coded and tabulated and then it was presented in different table, figures, groups, and different sections. The data and analytical information was analyzed according to the percentage. Mainly Bar diagram, pie chart, percentage, median and tables were used to process and analyzed the data. Analytical and mathematical interpretation procedure was adopted in this study.

## **CHAPTER-IV**

### **ANALYSIS AND INTERPRETATION OF DATA**

This chapter provides some demographic and socio-economic characteristics of the household background of Chhetri and Yakkha ethnic caste group. Demographic characteristics provide types of family, age-sex structure, marital status, family size and children. The socio-economic characteristics include the educational attainment source of livelihood, size of landholding, types of house and characteristics of household population of the study area.

#### **4.1 Demographic and Socio-Economic Characteristics**

Socio-economic condition and contraceptive devices have profound relationship. Any family having sound socio-economic status has high use rate of contraceptive devices. It is because family having sound socio-economic status is naturally educated. To make high contraceptive use rate user must be educated. In such family due to lack of knowledge and economic problem it has found low use rate of contraceptive devices. Due to being incorporeities of all aspects under socio-economic condition, it is also study here.

##### **4.1.1 Types of house**

House structure also gives an economic statue of rural area. Rich people have big house with tin roof and poor people has small house. In study area most of houses are made by bamboo, wood, mud and stone. Most of houses are found 2-3 rooms. All the households have own house of any types. The total status shows by following table no. 1

**Table No. 1: House Structure of Population**

S.N.	Types of House	Chhetri Respondents		Yakkha Respondents	
		Number	Percent	Number	Percent
1.	Mud and Stone	36	83.72	29	74.35
2.	Bamboo stick	7	16.28	10	25.65
<b>Total</b>		<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>
<b>Roofing Types</b>					
1.	Hay	38	88.37	33	84.61
2.	Tin	5	11.63	6	15.39
<b>Total</b>		<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no. 1 shows that 83.72 percent Chhetri respondents houses which are made by mud and stone, 16.28 percent houses which are made by bamboo stick. Similarly, 74.34 percent Yakkha respondents houses, which are made by mud and stone and 25.65 percent houses which are made by bamboo stick. It indicates that made by mud and stone houses of Chhetri respondents than Yakkha. Likewise, 88.37 percent Chhetri respondents' houses which have the roof made by hay and 11.63 percent houses which has tin roof respectively among 43 household. Similarly, 84.61 percent Yakkha respondents' houses which have the roof made by hay and 15.39 percent houses which has tin roof respectively among 39 household. The data of types of houses have shown that there are maximum houses by made mud and stone in the study area.

#### **4.1.2 Types of Family**

There are three types of family in the world which are nuclear, joint and extended. Now a day's specially nuclear and joint families are existed in our country. In this study also only two types of family are found which are nuclear and joint presented table no 2.

**Table No. 2: Distribution of Types of Houses**

S.N.	Types of family	Chhetri Respondents		Yakkha Respondents	
		Number	Percent	Number	Percent
1.	Nuclear family	30	69.76	26	66.66
2.	Joint family	13	30.24	13	33.34
<b>Total</b>		<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no 2 shows that 69.76 percent Chhetri respondents are nuclear family and 30.24 percent are joint family. In joint family some are unmarried, some are living with parents, and some go to outside the home for employment leaving their wife and children in their family. Similarly, among Yakkha respondents 66.66 percent are in nuclear family and 33.34 percent are in joint family.

The table shows both Chhetri and Yakkha people preferring to live in the nuclear family because of the modernization process but nuclear family preference rate is high in Chhetri more than Yakkha respondents are living in joint family than Chhetri.

#### **4.1.3 Household Separate from Animal Shed**

Health is depends on our healthful behavior. Every household need to be separate from animal shed. In the study area the situation on household separate from animal shed is presented in table no.3.

**Table No. 3: Household separate from animal shed**

S.N.	Separate from animal shed	Chhetri Respondents		Yakkha Respondents	
		Number	Percent	Number	Percent
1.	Yes	35	81.39	26	66.66
2.	No	8	18.61	13	33.34
<b>Total</b>		<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no. 3 shows that 81.39 percent Chhetri respondents are separate house from Animal shed and 18.61 percent are none separate. Similarly, 66.66 percent Yakkha respondents are separate and 33.34 percent are non separate from animal shed. In

conclusion Chhetri respondents household are separate than Yakkha respondents household from animal shed.

#### 4.1.4 Size of household

The structure of family depends on the number of family size. In this study area, most of the respondents are Nuclear family. The situation on number of family member is presented in table no.4

**Table No. 4: Distribution of Family Members**

S.N.	No of family member	Chhetri Respondents		Yakkha Respondents	
		Number	Percent	Number	Percent
1.	1-5	23	53.48	12	30.77
2.	6-10	17	39.54	23	58.98
3.	More than 10	3	6.98	4	10.25
<b>Total</b>		<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no 4 shows that the distribution of number of family member by an interval of 5 members with respect to the Chhetri and Yakkha respondents of the study area. Among Chhetri respondents 53.48 percent are 1-5 members, 39.54 percent are 6-10 members and 6.98 percent are more than 10 members. On the other hand Yakkha respondents 30.77 percent are 1-5 members, 58.98 percent are 6-10 members and 10.25 percent are more than 10 members. Which are shows that Chhetri respondents are small family size compared than Yakkha respondents It indicates that poor education status affected by Yakkha respondents than Chhetri respondents so that large family size of Yakkha than Chhetri.

#### 4.1.5 Composition of Population by Age and Sex

Age and sex structure of population is important variable for studying socio-economic status as it plays not only crucial role for reflecting the present's demographic scenario but also provides the benchmark for the study of past as well as future economic active and inactive demographic scenario. The population composition of male and

female is considerable factor for studying any area of field. Through it is completely of women study, it has tried to give the total male and female population. In different age groups of sampled household so that demographic characteristics of female could be seen among male in general level here. The table 5 below present the age and sex structure of respondents population of Mamling.

**Table No. 5: Distribution of Composition Population by Age and Sex**

Age Group	Chhetri				Yakkha			
	Male	Female	Total	Sex Ratio	Male	Female	Total	Sex Ratio
0-4	9 (7.98%)	7 (6.79%)	16 (7.44%)	146.15	8 (6.90%)	7 (7.30%)	15 (7.03%)	123.07
5-9	8 (6.72%)	10 (10.41%)	18 (8.37%)	80	10 (8.18%)	12 (12.93%)	22 (10.24%)	82.60
10-14	13 (10.92%)	14 (11.97%)	27 (11.86%)	121.73	11 (9.48%)	8 (8.42%)	19 (9.26%)	137.5
15-19	10 (8.82%)	9 (8.86%)	19 (8.83%)	123.52	16 (13.80%)	12 (12.93%)	28 (13.66%)	133.33
20-24	15 (13.38%)	15 (14.59%)	30 (15.59%)	100	17 (14.66%)	13 (14.61%)	30 (14.64%)	130.76
25-29	6 (5.04%)	5 (5.20%)	11 (5.11%)	120	14 (11.64%)	10 (11.80%)	24(11.71%)	128.57
30-34	14 (12.18%)	14 (11.97%)	28(12.09%)	100	7 (6.03%)	4 (4.50%)	11 (5.36%)	175
35-39	5 (3.79%)	4(3.65%)	9 (4.19%)	128.57	7(6.03%)	6 (6.74%)	13 (6.34%)	116.66
40-44	13 (10.92%)	11(11.45%)	24 (11.16%)	118.18	11(9.48%)	8 (8.42%)	19 (9.26%)	140
45-49	3 (2.53%)	2(2.09%)	5(2.32%)	150	2 (2.15%)	1 (1.12%)	3 (1.46%)	200
50-54	2 (1.63%)	3 (2.61%)	5(2.32%)	66.66	4 (3.01%)	2 (2.24%)	6 (2.69%)	200
55-59	4(3.36%)	2 (2.08%)	6 (2.80%)	200	4 (3.0%)	2 (2.24%)	6 (2.69%)	200
60-64	6 (5.04%)	4 (3.65%)	10 (4.19%)	150	2 (2.15%)	2 (2.24%)	4 (1.96%)	100
64+	5 (3.78%)	5 (4.69%)	10(4.19%)	100	6(5.61%)	3 (3.94%)	9 (4.89%)	200
Total	113 (100.00%)	105 (100.00%)	218 (100.00%)	123.95	119 (100.00%)	90(100.00%)	209 (100.00%)	130.83

(Source: Field Study, 2068)

The table 5 shows that the age and sex distribution of population by five year age interval with respect to Chhetri caste and Yakkha ethnic caste group. Out of the 218 Chhetri populations 113 are male and 105 are female. Similarly out of the 209 Yakkha populations 119 are male and 90 are female. The sex ratio is found 123.95 for Chhetri and 130.83 for Yakkha which is higher than average nation figure (99.8) of 2001 census.

There are smaller proportions of children under five year for Chhetri 7.44 percent population and Yakkha 7.03 percent population out of the 218 Chhetri population 27.98% are below age 14 years, whereas out of the 209 Yakkha population 26.79% below age of 14 years. This indicates that Chhetri child dependency ratio is higher than Yakkha caste. Economically active population proportion among Chhetri accounts for 63.95%, while that Yakkha accounts for 66.68 percent. In the same manner, the percent of female children under 14 years for Chhetri is 31.02%, while that of Yakkha is 30.21 percent. The active female population (15-59yrs) for Chhetri is 61.50 percent while that of Yakkha is 62.60 percent. The percent of old women above the age of 60 years for Chhetri is 9.17 percent and Yakkha is 6.22 percent.

#### **4.1.6 Educational Attainment of Household Population**

Education is a long life process. It is the pillar of nation "plants are developed by cultivated but men are developed by education". Educational status of Nepalese people is not very good through literacy rate is growing fast. Education can help to increase knowledge. The level of education is directly associated with the perception and use of contraceptive devices. From the various study it is found that higher educated people has more knowledge and practice of family planning services than those people who are illiterate. The educational situation of the respondents in the study area is presented below.

**Table No. 6: Educational Attainment of Household Population**

Educational Status	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Illiterate	36	16.51	71	33.97
Literate	182	83.49	138	66.03
Total	218	100.00	209	100.00
Level of Education				
Just Literate	13	7.14	14	10.14
Primary	44	24.17	38	27.54
Lower Secondary	34	18.69	27	19.57
Secondary	41	22.52	39	28.27
Higher	31	17.03	12	8.69
Higher above	17	9.34	7	5.07
Non Schooling	2	1.11	1	0.72
<b>Total</b>	<b>182</b>	<b>100.00</b>	<b>138</b>	<b>100.00</b>

(Source: Field Study, 2068)

The above table no 6 illustrates the literacy status of Chhetri and Yakkha respondents in Mamling VDC out of the total above 5 years Chhetri respondents, 83.49% are found to be literate and 16.51% are found illiterate while that of Yakkha 66.03% percent are literate and 33.97% are illiterate. The educational discrepancy by gender between the two castes is seen more in Chhetri than Yakkha. There is a gap between Chhetri and Yakkha population in literary status. Roughly we can say that four out of five Chhetri populations are found literate, while 3 out of five Yakkha populations are found literate. The discrepancy among female literacy seems to be worse in both groups. About two out of three Chhetri women are found literate, while one out of three Yakkha women are found literate.

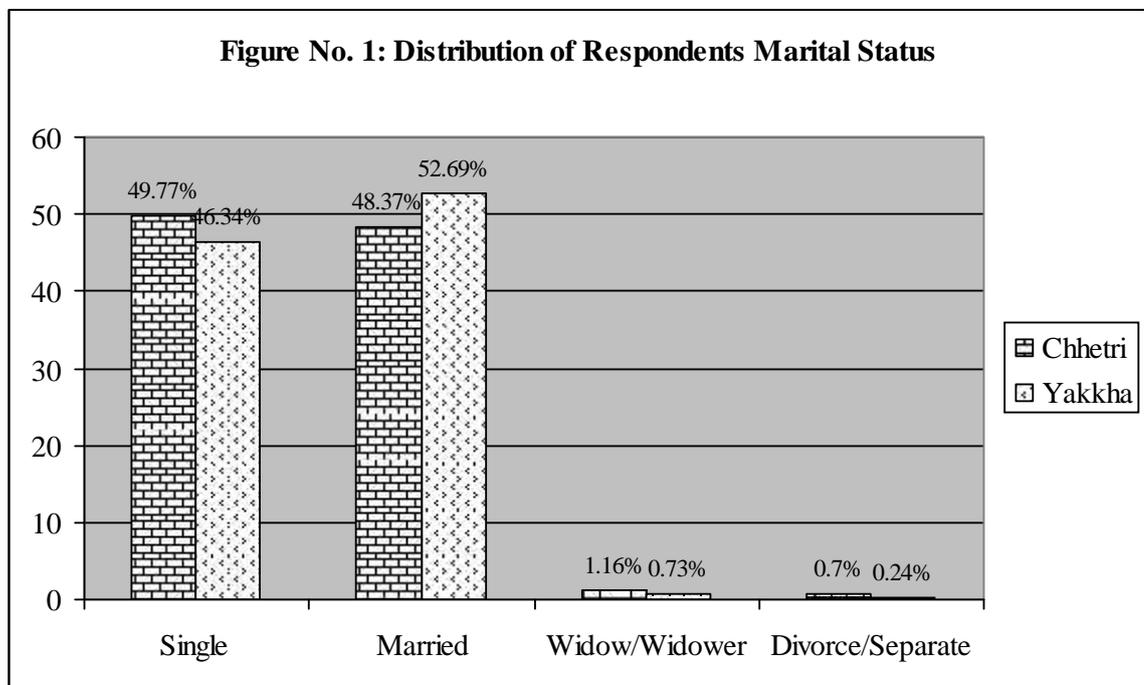
Among the literate Chhetri population 7.14 percent are just literate compared to 10.14 percent of the Yakkha. 24.17 percent Chhetri respondents complete primary level education while Yakkha is 27.54 percent. Similarly 22.52 percent of Chhetri respondents are complete SLC and 28.27 percent of Yakkha population are complete SLC. 17.03 percent Chhetri population attaining higher education is comparatively

better than Yakkha population (8.69 percentages). 1.11 percent Chhetri population is seen to have received non-formal education while 0.72 percent Yakkha population has received such education.

This shows the dismal picture of Chhetri and Yakkha literacy status. Most of the Chhetri are literate than Yakkha due to the lack of awareness. In conclusion, we find that rural people areas are still in behind in education.

#### 4.1.7 Marital Status of Respondents Household

Marriage is a social phenomenon that gives legitimacy to male and female to have children. Marital status of total population is shown as in figure no. 1.



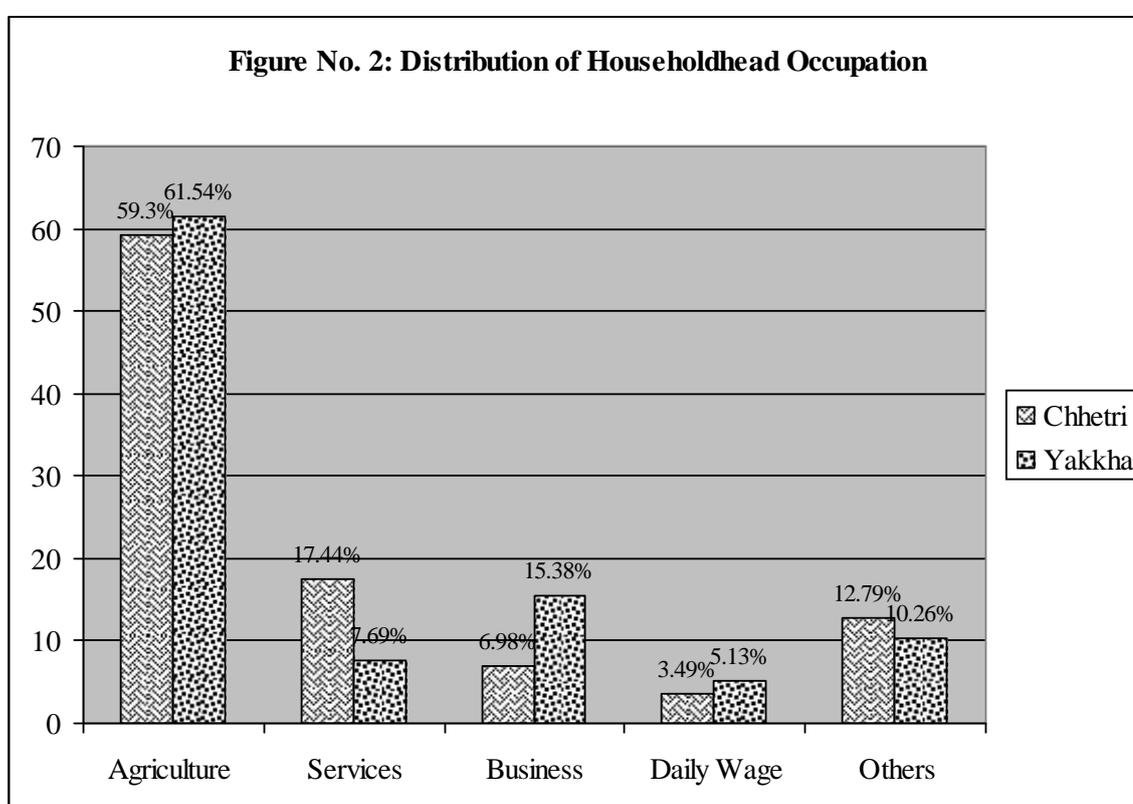
(Source: Field Study, 2068)

Figure no. 1 provides the marital status of household population of the study area for total age group out of the 218 total population of Chhetri caste 49.77 percent are single, 48.37 percent are married, 1.16 percent are widow and 0.70 percent are divorced (separated). Similarly out of the 209 total population of Yakkha caste 46.34 percentage are single, 52.69 percent are married, 0.73 percent are widow and 0.24 percent are divorce/separated.

This figure shows that the percentage of single/unmarried Chhetri caste is more than Yakkha caste and the percentage of the married Yakkha caste than Chhetri caste. The percentage of widow and divorce Chhetri caste is more than Yakkha caste.

#### 4.1.8 Occupation of Household Head

Occupation status is a factor, which reflects the economic status of a person. Occupation is also regarded as an important social characteristic. Occupational status affects each and every individuals feeling social status and quality of life and so on. Therefore, occupation of the respondents is taken as one of the most influencing economic variable which direct affect by use of contraceptive devices. So the occupational status of respondents in study area is presented below.



(Source: Field Study, 2068)

From the displayed figure no. 2, we can know that agriculture is the main sources of livelihood for both castes and ethnic groups. Out of 43 Chhetri household population, 59.30 percent rely on agriculture, 17.44 percent followed by services, 6.98 percent business, 3.49 percent daily wage and 12.79 percent depend on others e.g. Foreign employment, labour etc. similarly out of the total 39 Yakkha household population 61.54 percent rely on agriculture, 7.69 percent service, 15.38 percent business, 5.13

percent daily wage and 10.26 percent other sector like foreign employment, labors etc. it easily reflect that they have not entered in modern world in terms of profession. Lack of use of modern approaches of agriculture and instability of government policy has result the poor living standard of the target area.

#### 4.1.9 Religion of the Respondents

Nepal is the multi-culture, multi-religious and multi-linguistic country. According to population census report 2001, there are 80.62 percent people are following Hindu, and 19.38 percent people belong to other religions like Buddhism, Islam, Kirat, Christianity, and others. Religion direct affected by use of contraceptive devices of people so the researcher wants to find how many people involved in different religions in the study area. They are shown below table no. 7.

**Table No. 7: Distribution of Respondent Religion**

Religion	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Hindu	43	100.00	19	48.72
Kirat	0	0	20	51.28
Muslim	0	0	0	0
Islam	0	0	0	0
Christian	0	0	0	0
Others	0	0	0	0
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

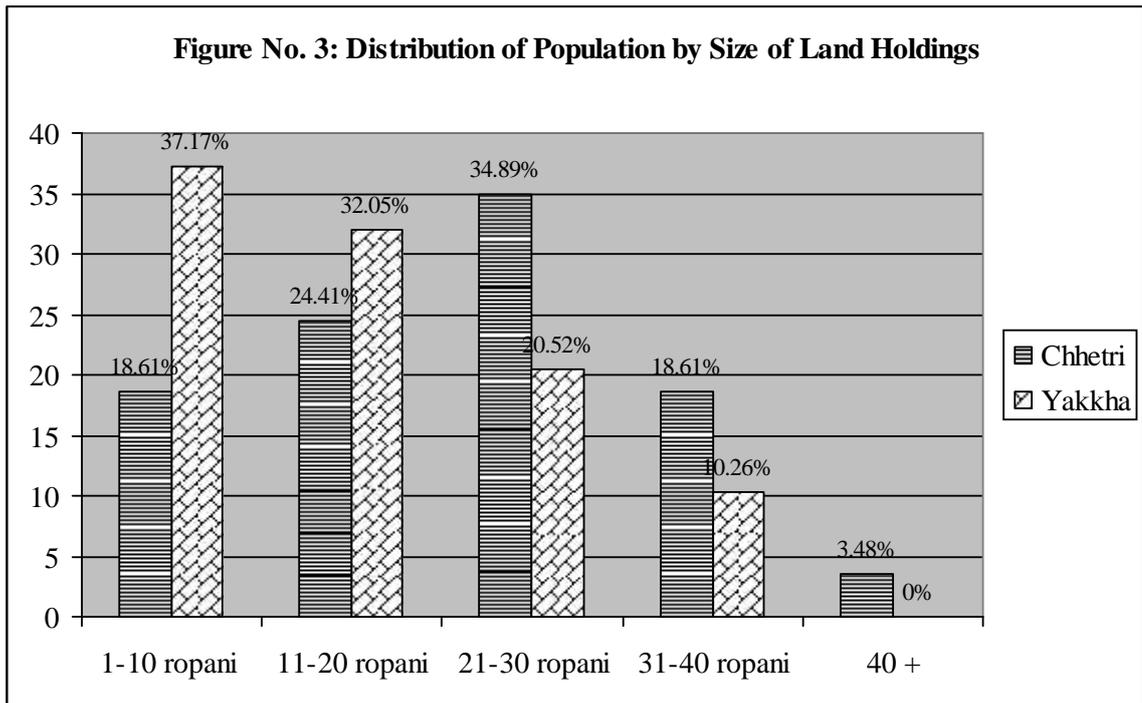
Table No. 7 shows that total number of the Chhetri house hold respondents is following Hinduism similarly 48.72 percent of Yakkha ethnic group is Hindu and 51.28 percentages of Yakkhas are following Kirat. The follower of other religion is null in both groups. Only two religions accepted there.

## 4.2 House hold Background

### 4.2.1 Size of Land holding

Nepal is an agriculture country, many people depend on agriculture but agriculture production is not sufficient for food demand. After the end of Rana regime various

policies were implemented for the equal distribution of land i.e. Birta Ulmulan, Guthi, Raiker Ulmulan but still there is highly unequal distribution of lands. Land is the major factor of production. In an agrarian economy extent of ownership of and is the main indicator of relative economic status of people. The possession of land shows both prestige and source of wealth in Nepal. The size of land holding assumes the level of socio- economic status of the population. So, the respondent size of own land is categorized as below in figure no. 3.



(Source: Field Study, 2068)

The figure no.3 shows that all respondents have their own land. Most of them 18.61 percent Chhetri house hold have 1 – 10 ropani, 24.41 percent have 11 – 20 ropani, 34.89 percent have 21 – 30 ropani, 18.61 percent have 31 – 40 ropani, and 3.48 percent have more than 40 ropani. Similarly 37.17 percent Yakkha house hold have 1 – 10 ropani, 32.05 percent have 11 – 20 ropani, 20.52 percent have 21 – 30 ropani, 10.26 percent have 31 – 40 ropani and no one have more than 40 ropani land. Above information shows that Chhetri have more agriculture land than Yakkha. Although, they have sufficient land their living standard is not rise because lack of productive land.

#### 4.2.2 Total Income of Family Per Annual

To identify the economic conditions of the family it is important to measure how much a household earns in a year income plays vital role in any field. Income shows financial securities and social status. The per capita income of Nepalese is 473 US dollar which is less than other country's LDCs. The level of annual income plays an important role and also determines level of living standard and other economic condition. The main occupation of Chhetri and Yakkha people is agriculture. Annual income schedule of the household is presented in table no. 8.

**Table No. 8: Total Income of Family per Annual**

Annual Income	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Below 20000	2	4.65	7	17.94
20001-50000	12	27.91	15	38.46
50001-100000	21	48.83	12	30.77
Above 100000	8	18.61	5	12.83
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

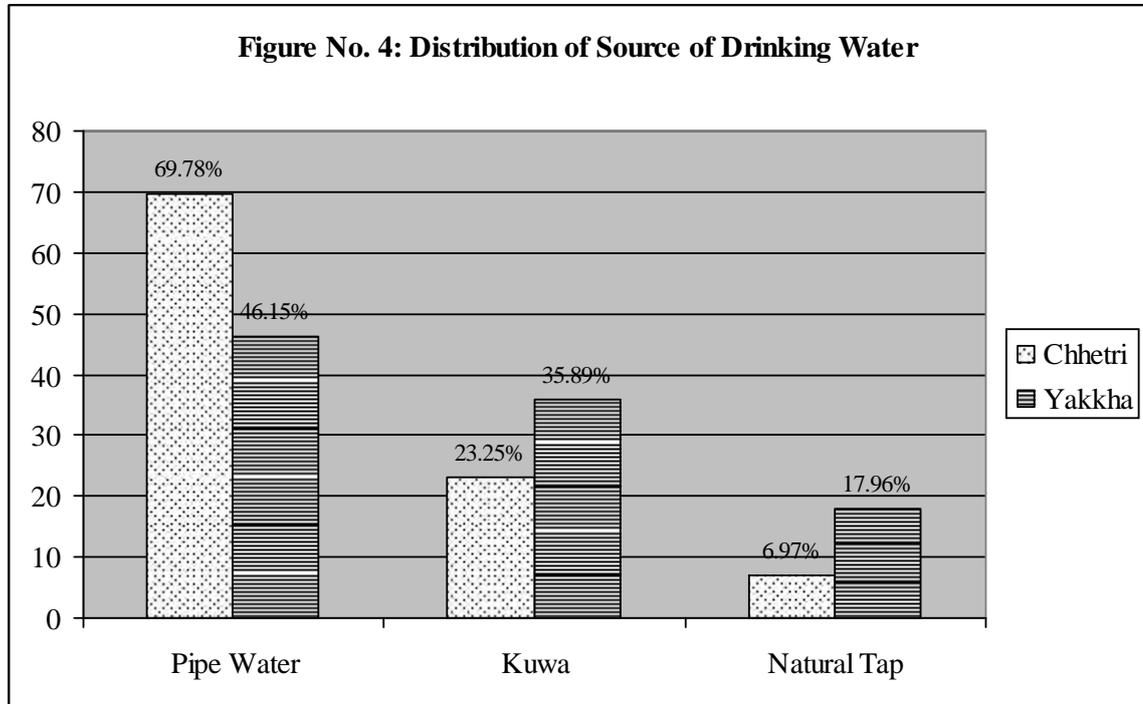
(Source: Field Study, 2068)

Table no. 8 shows that among 43 Chhetri household, 4.65 percent have less than Rs. 20000 annual income, 27.91 percent have Rs. 20001-50001 annual household income, 48.83 percent have Rs. 5000-100000 annual household income and 18.61 percent have above Rs. 100000 annual household income. Similarly among 39 Yakkha household, 17.94 percent have less than Rs. 20000 annual household income, 38.46 percent have Rs. 20001-50000 annual household income, 30.77 percent have Rs. 500001-100000 annual household income and only 12.83 percent have more than Rs. 100000 annual household income. Above information shows that Chhetri household incomes have good economic condition compared to Yakkha household income.

#### 4.2.3 Sources of Drinking Water

Drinking water is most important in human life. Without water, not only human beings but also everything of the earth can't live. Source of drinking water also affects

the economic status of the people of the study area, economic status and dirty sources of drinking water directly affects to their health. Therefore it has been collected the source of drinking water from their houses which is given below figure no. 4.



(Source: Field Study, 2068)

The figure no. 4 illustrates that there are 69.78 percent Chhetri households use the pipe water, 23.25 percent households use the Kuwa water and 6.97 percent households use the natural tap for sources of drinking water. Similarly, there are 46.15 percent Yakkha households use the pipe water, 35.89 percent households use the Kuwa water and only 17.96 percent household's use the natural tap sources of drinking water. The sources of drinking water are far from their village. It is not only far from the village but also some household face the lack of the sources of drinking water. It indicates that people are still doing hard work even for water in the country in rich in water. Due to the low economic condition and not easily available the sources of drinking water they are not able to bring water at their house by using pipe from long distance of house.

#### 4.2.4 Use of Toilet Facilities

Toilet is necessary for all human beings for disposing the stool and urine. The lack of proper toileting does not only affect a family but also affects other families of the community and the whole environment creates so many health problems. The table below shows the toilet having respondent households.

**Table No.9: Use of Toilet Facilities**

Having Toilets	Chhetri Households		Yakkha Households	
	Number	Percent	Number	Percent
Yes	39	90.69	29	74.35
No	4	9.31	10	25.65
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>
<b>Types</b>				
Water Supplied	6	15.38	3	10.34
Tradition	31	79.49	16	55.18
Open	2	5.13	10	34.48
<b>Total</b>	<b>39</b>	<b>100.00</b>	<b>29</b>	<b>100.00</b>

(Source: Field Study, 2068)

There has been described about the household which have toilet or which have not among Chhetri and Yakkha respondent households. There are 90.69 percent Chhetri households which have toilet and 9.31 percent which have not. Similarly, 74.35 percent Yakkha respondents have toilet and 25.65 percent have not toilet facilities. Among them which have toilet, 15.38 percent Chhetri household uses the water shield, 79.49 percent tradition and 5.13 percent households uses the open type. Similarly, 10.34 percent Yakkha households uses the water shield, 55.18 traditions and 34.48 percent uses the open type toilet. From the survey, it is found that some Yakkha people use even more water for washing hand after using the toilets more Chhetris households has toilet facilities than Yakkha household.

## 4.3 Respondents Background

### 4.3.1 Age of Respondents

Age is a demographic characteristic of population; it is an important to know age structure of the respondents because it plays very important role in every one's life. There were respondents of different ages (15-49 years) which is complex to show individually. So the age of respondents is categorized as given in the table no. 10.

**Table No. 10: Distribution of Respondents Age**

Age Group	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
15-19	1	2.32	5	12.82
20-24	9	20.95	5	12.82
25-29	6	13.95	9	23.08
30-34	11	25.58	6	15.38
35-39	4	9.30	9	23.08
40-44	12	27.90	5	12.82
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table No. 10 shows that, 2.32 percent Chhetri respondents are of age group 15-19 years, 20.95 percent are of age group 20-24 years, 13.95 percent are of age group 25-29 years, 25.58 percent are of age group 30-34 years, 9.30 percent are of age group 35-39 years and 27.90 percent are of age group 40-44 years. Similarly, 12.82 percent Yakkha respondents are of age group 15-19 years, 12.82 percent are of age group 20-24 years, 23.08 percent are of age group 25-29 years, 15.38 percent are of age group 30-34 years, 23.08 percent are of age group 35-40 years and 12.82 percent are of age group 40-44 years. It indicates that age group of 15-19 years of Chhetri respondents less than Yakkha respondents in other hand, age groups of 40-44 years of Yakkha less than Chhetri respondents.

### 4.3.2 Literary Status of Respondents Women

Education means the light that takes us away from darkness to radiant higher. It is an essential factor for accelerating the development of community. If people are

educated, their living standard also improves automatically. Educational status is generally considered as associated with other various factors as occupation and income. Moreover, literary status of women indicates the particular type of any community. The following table shows the literacy status of respondent's women of Chhetri and Yakkhas.

**Table No. 11: Literary Status of Respondent Women**

Literate	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	34	79.09	19	48.71
No	9	20.91	20	51.29
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>
<b>In Grade</b>				
Formal	4	11.76	3	15.78
Primary	6	17.63	6	31.57
Lower Secondary	8	23.53	4	21.06
Secondary	7	20.57	4	21.06
Higher	6	17.63	2	10.53
Higher above	2	5.88	0	0.0
<b>Total</b>	<b>34</b>	<b>100.00</b>	<b>19</b>	<b>100.00</b>

(Source: Field Study, 2068)

The above table no. 11 illustrates the literacy status of Chhetri and Yakkha respondent's women in Mamling VDC. Most of the Chhetri respondents (79.09 percent) women are literate and 20.91 percent are illiterate. Similarly, 48.71 percent respondents of Yakkha women are literate and 51.29 percent Yakkha women are illiterate. This shows that Chhetri respondents women literate more than Yakkha respondents women.

The above table also shows that 11.76 percent Chhetri literate respondents are just literate, 17.63 percent women have studied primary level, 23.53 percent women have studied lower secondary level, 20.57 percent women have studied secondary level, 17.63 percent women have studied +2 level and 5.88 percent women have studied

higher level. Similarly, 15.78 percent Yakkha literate respondents are just literate, 31.57 percent women have studied primary level, 21.06 percent have studied lower secondary level, 21.06 percent secondary level, 10.53 percent +2 levels and no one is found studied higher level. It indicates that, just literate Chhetri respondents women less than Yakkha woman and higher above studied Chhetri women more than Yakkha women.

### 4.3.3 Age at Marriage

Marriage is a social function that legitimize to anybody to have children. But medical practitioners have prescribed the certain age above to marry for women and men. Women are suggested to marry after crossing 20 years for the point of view of their health. Women are not physically fit for having children below 20 years. Age of marriage directly affected the period of sexual union with the reproductive period, where premarital sexual union is restricted. Age at marriage plays vital role in fertility as well as in population growth. Age at the time of marriage in study area is presented in table no. 12.

**Table No. 12: Distribution of Respondents Age of Marriage**

Age at Marriage	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
15-19	22	51.16	29	74.35
20-24	18	41.87	10	25.65
25 above	3	6.97	-	-
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 12 shows that, 51.16 percent Chhetri respondents get married at 15-19 years, 41.87 percent get married at 20-24 years and 6.97 percent get married at above 25 years of the total. Likewise 74.35 percent Yakkha respondent get married at 15-19 years, 25.65 percent get married at 20-24 years and no one found get married at above 25 years.

It is concluded that the early marriage practice is found very high in both caste. Early marriage practice is found Yakkha respondents than Chhetri respondents because of lack of information regarding demerits of early marriage, poverty and their culture.

#### 4.3.4 Head of Household

Head of household play the vital role in decision making process of family. Decision making process is a different from nation to nation in terms of decision maker in multi-perspective. The decision making power of women is much neglected generally in our countryside in city area. Use of contraceptive devices is depended on head of household decision so to measure the status of women in household decision maker process in following table no. 13.

**Table No. 13: Distribution of Head of Household**

Head of Household	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Own	6	13.96	7	17.95
Husband	20	46.52	18	46.15
Mother	4	9.30	8	20.51
Father	13	30.22	6	15.39
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no. 13 shows that, only 13.96 percent Chhetri respondent women are head of household, 46.52 percent husband are head, 9.30 percent mother are head and 30.22 percent father are household head. Similarly, 17.95 percent Yakkha respondent women are head of household, 46.15 percent husband are head of household, 20.51 percent mother head and 15.39 percent father are head of household. That it shows that number of Yakkha head of household than Chhetri women head of household.

#### 4.4 Knowledge and Use of Contraceptive Devices between Chhetri and Yakkha Caste

In this segment, knowledge of contraceptives devices, advantage and disadvantage of family planning method, source of information on contraceptive devices, current use of contraceptive devices reasons of not using contraceptive devices, future use of contraceptive devices and suggestion of contraceptive devices are discussed.

#### 4.4.1 Knowledge of Contraceptive Devices

Information regarding family planning started in 1958 by the family planning association of Nepal. However, family planning services were made available to general public only in 1968 after the implementation of the third five year plan. The government has been very much involved since then to provide various family planning services to its people.

Contraceptive use is the proximate determinant that has the greatest impact on fertility levels of modern societies (Bongaard and Potter, 1983). Better educated women may have good status in the household and, therefore have greater authority to speak openly with their husband, about their contraceptive preference.

This study collected information about knowledge and use of contraceptive devices of the study area a question was asked to currently married respondent aged 15-45 years about the contraceptive method and about its uses according to the study knowledge of contraceptive between Chhetri and Yakkha respondents are presented in table no. 14.

**Table No. 14: Knowledge of Contraceptive Devices**

Knowledge	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	38	88.38	31	79.49
No	5	11.62	8	20.51
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

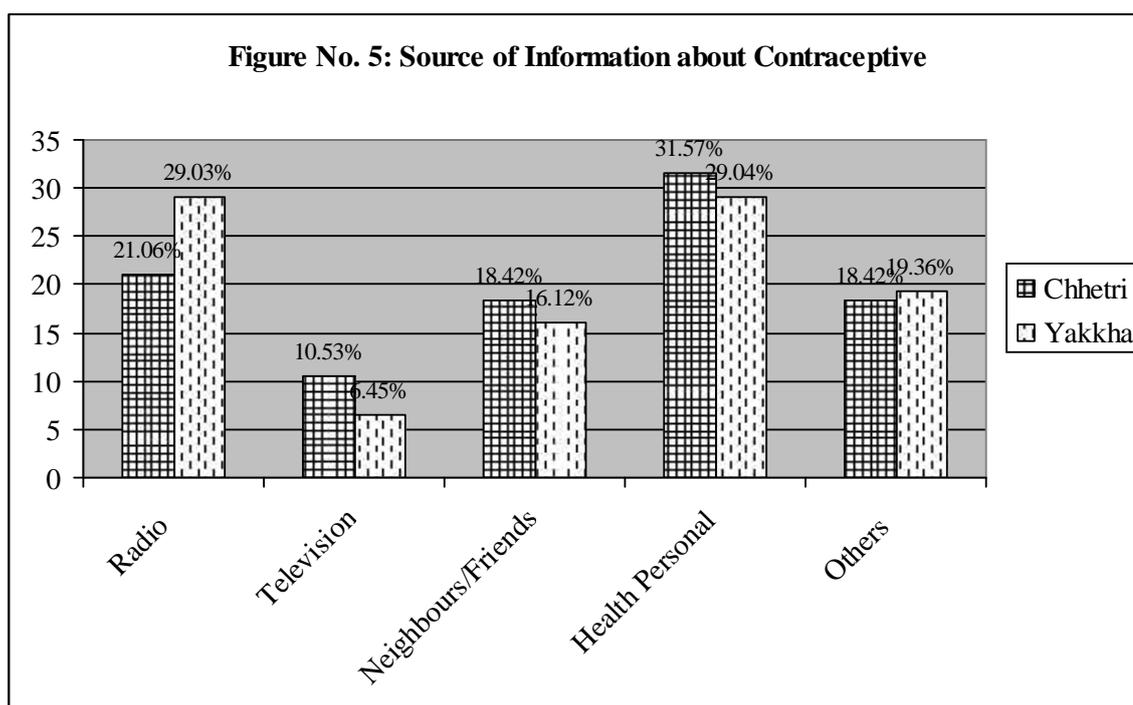
(Source: Field Study, 2068)

According to the table no. 14, it can be seen that in the study area, 88.38 percent Chhetri people have knowledge of any contraceptive devices but 11.62 percent have no knowledge of contraceptive devices. Similarly, among Yakkha people/respondents 79.49 percent have knowledge and 20.51 percent have no knowledge of any method of contraceptive devices. High proportion of Chhetri people has knowledge than Yakkha people about contraceptive devices. Because of modern communication media, various governmental and non governmental agencies involved in disseminating knowledge and proportion of use of different contraceptive devices, most of the respondents had at least basic knowledge about contraceptive devices.

This indicates that the contraceptive devices have been very much successful in Yakkha and Chhetri people.

#### 4.4.2 Sources of Information Regarding Contraceptive Devices

Respondents get information about different devices and methods from different sources. When the respondents were asked how they had first come to know about contraceptive devices, most of them said that they had had heard it from different sources, which are presented in figure no. 5.



(Source: Field Study, 2068)

According to the figure no. 5 shows, among Chhetri respondents 21.06 percent get information about contraceptive devices from radio, 10.53 percent from Television, 18.42 percent neighbors and friends, 31.57 percent from Health Personal / Hospital and 18.42 percent from other field like teacher, school, family planning centers etc. Similarly, Yakkha respondents 29.03 percent get information about contraceptive devices from Radio, 6.45 percent from television, 16.12 percent from Neighbors/friends, 29.04 percent from Health Personal and 19.36 percent from other sectors.

From table, the mass media plays vital role in dispersing knowledge about contraceptive devices. Therefore, in future as well as, the Radio/TV program should be utilized properly to reach the people with family planning messages. This study shows that there is a high level of awareness regarding the contraceptive devices. The credit goes to the government, NGOs and INGOs working in the field of contraceptive devices.

#### 4.4.3 Means of Family Planning

Family planning is a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude and responsible decision by individual's couple in order to promote the health and welfare of family and thus contribute effectively to the social development of a country. Family planning is the most powerful devices to control the population growth all over the world. In this study, the researcher asked the questions about means of family planning. In this case the respondents given answer are as in the following table no. 15.

**Table No. 15: Distribution of Means of Family Planning**

Means of Family Planning	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Means to maintain birth spacing	5	11.62	6	15.39
To use family planning devices	8	18.62	13	33.34
Having only two children	5	11.63	4	10.26
Improvement of health condition of family	0	0	3	7.69
To bring about wanted birth	4	9.30	4	10.25
To avoid unwanted birth	21	48.83	9	23.07
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

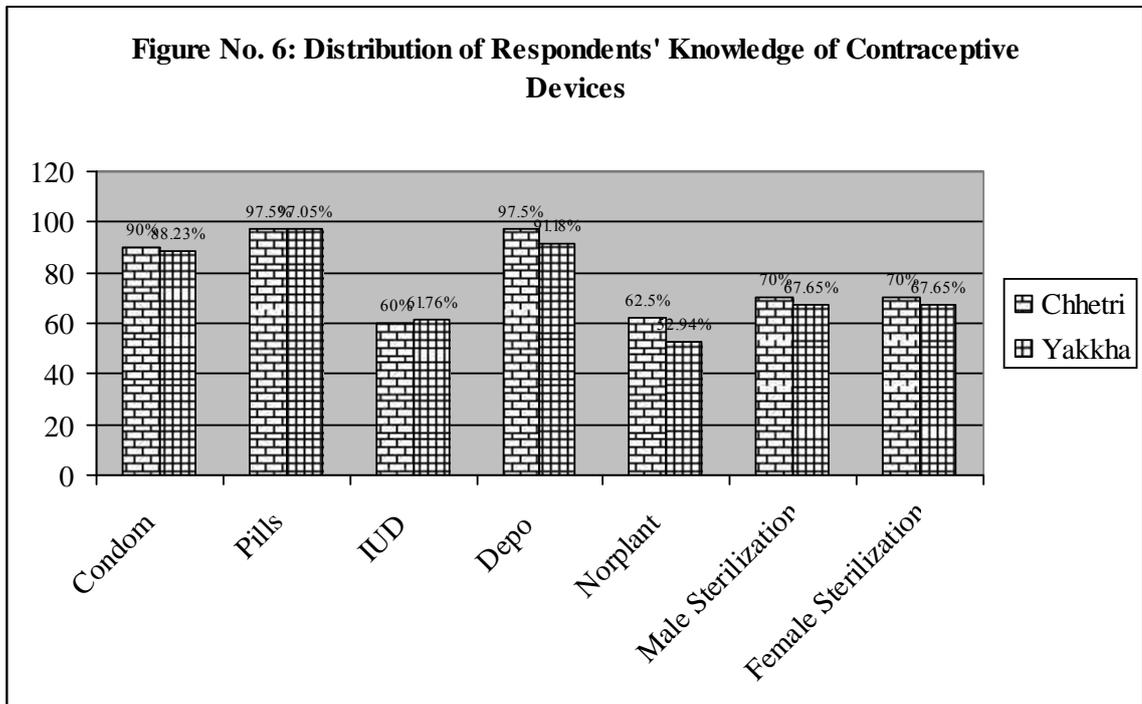
(Source: Field Study, 2068)

Table no. 15 shows that 11.62 percent people say that family planning means to maintain Birth spacing, 18.62 percent to use of family planning devices, 11.63 percent having only two children, 9.30 percent to bring about wanted birth and 48.83 percent to avoid unwanted birth. Similarly, 15.39 percent Yakkha respondents said that to

maintain birth spacing, 33.34 percent to use family planning devices, 10.20 percent having two children, 7.69 percent improvement of health condition of family, 10.25 percent to bring about wanted birth and 23.07 percent to avoid unwanted birth. It shows that means of family planning concept is normal. Among them, Chhetri respondents have better knowledge of F.P. than of Yakkha respondent women.

#### 4.4.4 Knowledge of Specific Contraceptive Devices

Knowledge and perception towards contraceptive devices is one of the important facts in formulating educational activities geared towards addressing some of their misconceptions and fears. The numbers of respondents to know/heard the contraceptive devices is presented below figure no. 6.



(Source: Field Study, 2068)

The data given in the figure no.6 indicates that 93.03 percent Chhetri respondents are heard any method of contraceptive devices and only 6.97 percent are not heard any method. Similarly, 87.17 percent Yakkha respondents are heard any method of contraceptive devices and 12.83 percent respondents are not heard any method of contraceptive devices. It shows that most of the Respondents are heard about contraceptive devices.

Accordingly, most of them heard about the contraceptive devices 88.23 percent Yakkha respondents are familiar to condom, 97.05 percent are familiar to pills, 61.76 percent familiar to IUD, 91.18 percent familiar to Depo Provera, 52.94 percent familiar to Norplant, 67.65 percent familiar to male sterilization. In other hand, 90 percent Chhetri respondents are familiar to Condom, 97.5 percent Pills, 60 percent IUD, 97.5 percent Depo Provera, 62.5 percent Norplant, 70.00 percent to male sterilization and 70 percent respondents are familiar to Female sterilization.

In conclusion, most of the respondents are familiar to contraceptive devices. Chhetri respondents have familiar to contraceptive devices than Yakkha respondents. This is higher than national figure.

#### 4.4.5 Want of Respondents Use of Contraceptive Devices

There are different types of contraceptive devices. Everyone people want to use of contraceptive devices their need and interest. Respondent people of the study area, which method of contraceptive devices want to use their description are as follows in table no. 16.

**Table No. 16: Distribution wants to Use of Contraceptive Devices**

Want to Use of Contraceptive Devices	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	35	81.39	25	64.10
No	8	18.61	14	35.90
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 16 shows that, 81.39 percent Chhetri respondents want to use of contraceptive devices and 18.61 percent are not interested to use any. Similarly, 64.10 percent Yakkha respondents want to use of contraceptive devices and 35.90 percent do not want to use. It shows that most of the Chhetri respondents want to use the means and measures of contraceptive devices than Yakkha because of high literacy rate, awareness and easy availability of the contraceptive devices.

Every person want of use contraceptive devices their personal need and interest. Respondent are choose different contraceptive devices which is given below table no. 17.

**Table No. 17: Distribution of types of Contraceptive Devices**

Types of Contraceptive	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Depo	12	34.29	5	20
Condom	4	11.42	6	24
Pills	12	34.29	10	40
Norplant	1	2.86	2	8
Copper T	5	14.29	2	8
Others	1	2.85	0	0
<b>Total</b>	<b>35</b>	<b>100.00</b>	<b>25</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 17 shows that, 34.29 percent Chhetri respondent want to use depo, 11.42 percent condom, 34.29 percent pills, 2.86 percent norplant, 14.29 percent copper T and 2.85 percent want to use other devices. Similarly, 20 percent Yakkha respondents want to use depo, 24 percent condom, 40 percent pills, 8 percent Norplant, 8 percent copper T and no one found use of others devices.

It indicates that, Chhetri respondents want to use of depo than Yakkha respondents. While Yakkha respondents want to use pills and condom than Chhetri respondents. It is lowest rate of contraceptive devices user than national indicator.

People do not want to use of contraceptive devices in different causes. Some is fear of side effect, ignorance and someone desire for son. Here the respondents had shown causes of non use of contraceptive device in the study area below table no. 18.

**Table No. 18: Non User of Contraceptive Devices**

Causes	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Fear of side effects	0	0	2	14.25
Not easily available	1	12.5	4	28.57
Illiteracy and ignorance	4	50	5	35.71
Religious restriction	0	0	0	0
Desire for son	1	12.5	3	21.47
Sexual displace	2	25	0	0
<b>Total</b>	<b>8</b>	<b>100.00</b>	<b>14</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no. 18 indicates that among the non users of contraceptive devices 12.5 percent of Chhetri respondents did not use contraceptive due to not getting easily, 50 percent illiteracy and ignorance, 12.5 percent desire for son and 25 percent sexual displeasure did not use contraceptive. Similarly 14.28 percent Yakkha respondents did not use fear of side effect, 28.57 percent not getting easily, 35.71 percent illiteracy and ignorance 21.47 percent desire for son. It indicates that Chhetri respondents did not use contraceptive due to illiteracy than Yakkha. Other hand, desire for son did not use contraceptive Chhetri less than Yakkha respondents.

#### **4.4.6 Use of Contraceptive Devices**

All people should use contraceptive devices for prevention of unwanted pregnancy. Contraceptive use is the one of the most important proximate determinants of the aggregate level of the fertility. Furthermore, it is generally assumed to play crucial role in transition to lower fertility. The use of contraceptive may have significant impact on declining population growth. The uses of different contraceptive by respondents are shown in table no. 19.

**Table No. 19: Distribution of Respondents Use of Contraceptive Devices**

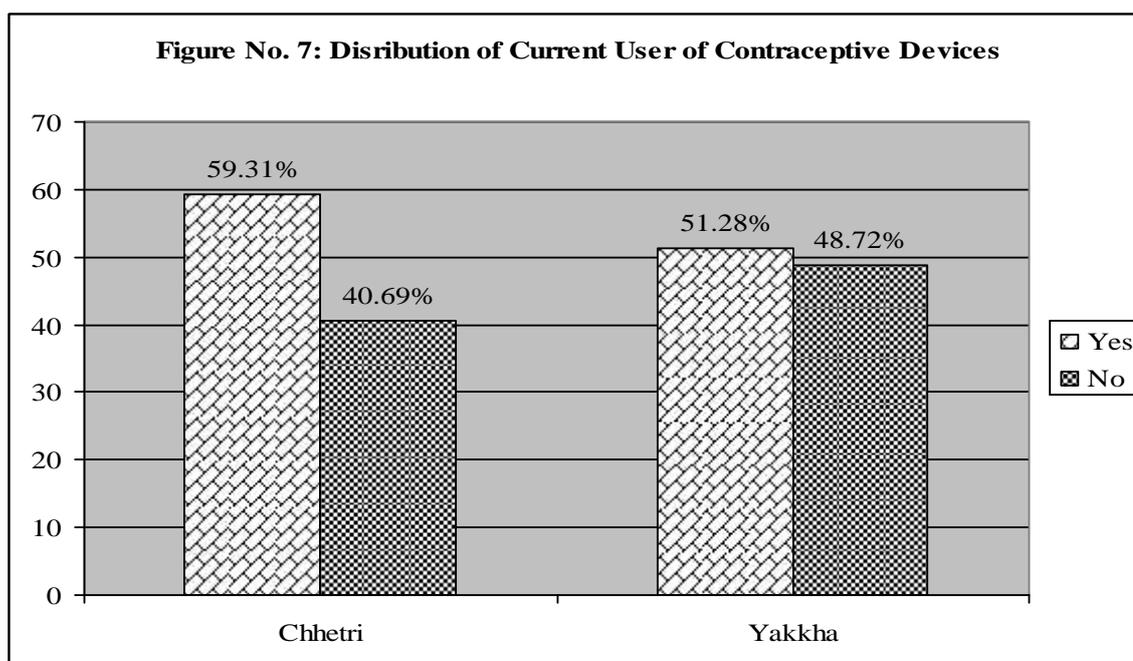
Use of Contraceptive Devices	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	33	76.74	23	63.88
No	10	23.26	16	36.12
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no. 19 shows that 76.74 percent Chhetri respondent are using contraceptive devices and 23.26 percent are none using. Similarly, 63.88 percent Yakkha respondents are using contraceptives and 36.12 percent are not using any contraceptive devices. It shows that Chhetri respondents are using contraceptive devices than Yakkha respondents. Because of low level of literacy, desire for son, Yakkha respondents are none using of contraceptive devices than Chhetri respondents. This is higher than national figure.

#### 4.4.7 Level of Current User of Contraceptives Devices

Current use of contraceptive is defined as the process of currently married women who reported they are using contraceptive devices at the time of survey. Figure No.7 shows the percentage distribution of current users and non user by caste.



(Source: Field Study, 2068)

Figure no.7 shows that Out of 43 Chhetri respondents currently married 59.30 percent are currently using any contraceptive devices, while 40.69 percent are not using any contraceptive devices. On the other hand, 51.28 percent of the Yakkha respondents are currently using any contraceptive, while 48.72 percent are not using any contraceptive devices. In other word three out of the five Chhetri women are currently using any contraceptive devices compared to two out of five Yakkha women. This indicates that the contraceptive prevalence rate is higher for Chhetri women than Yakkha women. It is lowest use of contraceptive devices more than national figure 89 percent.

Of the present users, 33.33 percent Chhetri married women are using pills, 25.49 percent condom, 23.52 percent Depo Provera, 7.85 percent norplant, 3.93 percent copper T and 5.88 percent are using Vasectomy. On the other hand 30 percent Yakkha respondents are using pills, 32.5 percent Condom, 20 percent Depo, 5 percent Norplant, 7.5 percent copper T and 5 percent are using (Vasectomy) or permanent sterilization.

#### 4.4.8 Use of Contraceptive Device by Age Group

Age is the most important factor in demographic analysis. Here, use of contraceptive by age group of sampled married women in the study area is analyzed. The following table provides the percentage distribution of respondents who have used each of the contraceptive devices by age group table no. 20.

**Table No. 20: Distribution of Contraceptive Devices User by Age Group**

Age Group	Chhetri Respondents					Yakkha Respondents				
	Users	Percent	Non Users	Percent	Total Percent	Users	Percent	Non Users	Percent	Total Percent
15-19	1	100	0	-	100	5	70	2	30	100
20-24	5	61.11	3	38.89	100	2	30	5	70	100
25-29	3	58.33	2	41.47	100	3	44.44	4	55.56	100
30-34	8	72.72	3	27.28	100	3	58.34	2	41.46	100
35-39	2	37.5	4	62.5	100	5	55.56	4	44.44	100
40-above	6	50	6	50	100	2	50	2	50	100
<b>Total</b>	<b>25</b>		<b>18</b>			<b>20</b>		<b>19</b>		

(Source: Field Study, 2068)

The table no. 20 shows that, 100 percent Chhetri respondents age group of (15-19 years) are using contraceptive, 61.11 percent age group of (20-24 years) are using, 58.33 percent age group of (25-29 years) are using, 72.72 percent age group of (30-34 years) are using, 37.5 percent group of (35-39 years) are using, and 50 percent group of (40-44 years) are using contraceptive devices. Similarly, 70 percent Yakkha respondents age group of 15-19 years are using, 30 percent age group of 20-24 years are using, 44.44 percent age group of 25-29 years are using, 58.34 percent age group of 30-34 years are using, 55.56 percent age group of 35-39 years are using and 50 percent age group of 40-44 years are using contraceptive devices. Here age group of 30-34 years. Both caste respondents are using contraceptive devices than other age groups. Due to the cause of foreign employment the number of users of contraceptives is low.

#### 4.4.9 Satisfaction with Using Contraceptive Devices

The number of respondent that are satisfied with using contraceptive devices in the study area is presented in table no. 21.

**Table No. 21: Distribution of Respondents Satisfied by Contraceptive Devices**

Satisfaction by Contraceptive	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	23	92	16	80
No	2	8	4	20
<b>Total</b>	<b>25</b>	<b>100.00</b>	<b>20</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 21 shows that 92 percent Chhetri and 80 percent Yakkha respondents are satisfied with using contraceptive where as 8 percent Chhetri and 20 percent Yakkha are not satisfied with using contraceptive devices. However, satisfaction rate is higher among Chhetri than Yakkha.

#### 4.4.10 Reasons for Use of Contraceptives Devices

People choose different types of contraceptive devices as their different reasons. Similarly, respondents of the study area were also using it for different reason that is given below table no. 22.

**Table No. 22: Reasons for Selecting Contraceptive Devices**

Reasons	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Cheap	8	32	10	50
Allowed by Region	0	0	0	0
Available in the Community	3	12	1	5
Easy to Use	11	44	5	25
Having no Side Effect	3	12	4	20
<b>Total</b>	<b>25</b>	<b>100.00</b>	<b>20</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 22 shows the distribution of population by use of contraceptives it is seen from the study that 32 percent of the Chhetri respondents have said the reason for their use of contraceptives is that they are cheap, 12 percent easy availability, while 44 percent said easy to use and 12 percent said due to no any side effects. Similarly, 50 percent of Yakkha respondents said the contraceptives are cheap, 5 percent said they are easy available in the community, 25 percent said easy to use and 20 percent said no side effects as reasons of contraceptive use. Because of cheap 50 percent Yakkha respondents are using the contraceptive devices. Similarly, because of easy to use, Chhetri respondents are using the contraceptive devices than Yakkha respondents.

#### 4.4.11 Reason for Non-Use of Contraceptives Devices

All currently married women who are not even using any form of contraception were asked the reason for their non using of contraception. 'Why the married people of reproductive age have not even used the contraception'. Those respondents were requested to tell the reason for non-using any contraceptive methods which couple has

never used the contraceptive. The reason for not using the contraception in the study area is presented below table no. 23.

**Table No. 23: Reasons for Not Using Contraceptive Devices**

Causes	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Difficulty to get devices	1	5.55	3	15.78
Against the religion	0	0	1	5.26
Desire for son	5	27.77	5	26.31
Desire for daughter	1	5.55	0	0
Fear from side effect	2	11.11	4	21.05
Others	9	50.02	6	31.60
<b>Total</b>	<b>18</b>	<b>100.00</b>	<b>19</b>	<b>100.00</b>

(Source: Field Study, 2068)

The table no. 23 shows that among Chhetri who were not using contraceptive devices, 5.55 percent reported reason difficulty to get devices, 27.77 percent desire for son, 5.55 percent desire for daughter, 11.11 percent fear from side effect and 50.02 percent said other like e.g. unknown foreign employment. Similarly, among Yakkha respondents 15.78 percent said that they are not using because it is difficult to get devices, 5.26 said against religion, 26.31 percent said desire for son, 21.05 percent said fear from side effect and 31.60 percent said reason not use of contraceptive devices causes of others like unknown, foreign employment, etc. It indicates that most of the people not using contraceptive devices due to the causes of others like her husband gone to the foreign employment, lack of knowledge so on.

#### **4.4.12 Motivating Factor to Use of Contraceptive Devices**

Motivating is the power that desire a person from within to act motivation includes the stages of interest, evaluation and decision making, information, education and communication are major weapon for making people aware about use of contraceptive devices. The IEC program related to family planning will be conducted by taking the doctor's resources person's technical officials, health volunteers, health

workers and nurses as the counselors. The motivator's factors of respondent are as follows table no. 24

**Table No. 24: Distribution Motivating Factor Use of Contraceptive Devices**

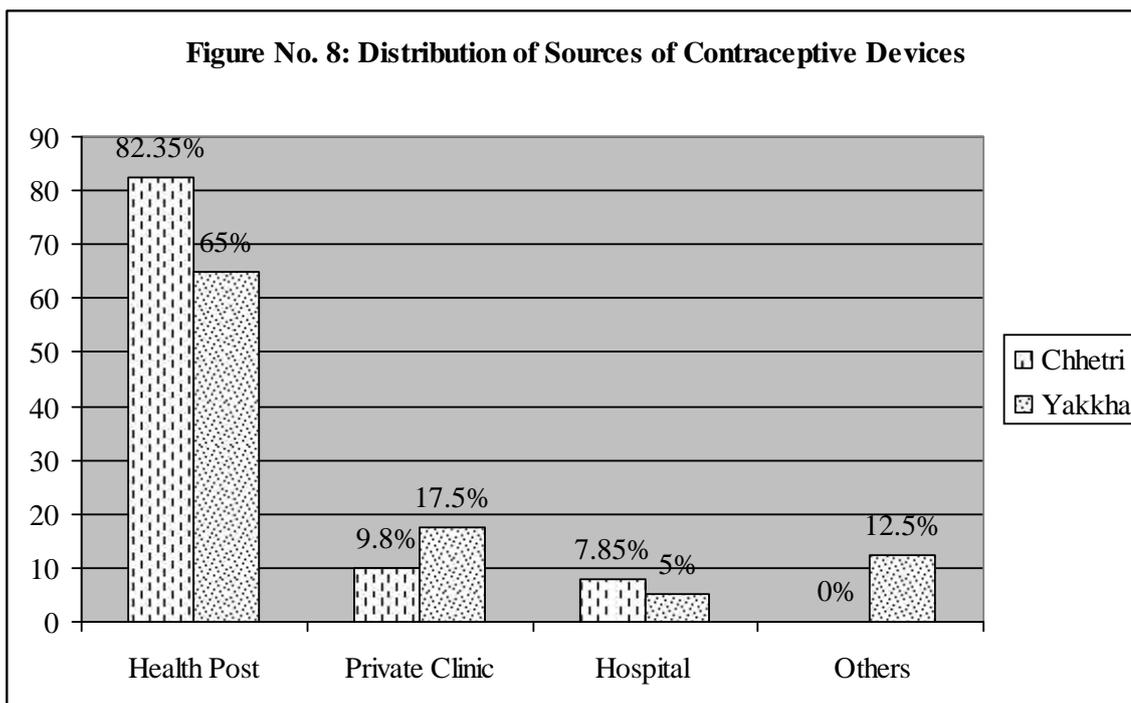
<b>Motivation Factors</b>	<b>Chhetri Respondents</b>		<b>Yakkha Respondents</b>	
	<b>Number</b>	<b>Percent</b>	<b>Number</b>	<b>Percent</b>
Health Worker	3	12.00	2	10.00
Husband	6	24.00	5	25.00
Self aware	10	40.00	8	40.00
Relatives/friends	2	8.00	4	20.00
Others	4	16.00	1	5.00
<b>Total</b>	<b>25</b>	<b>100.00</b>	<b>20</b>	<b>100.00</b>

(Source: Field Study, 2068)

As shown in table no. 24 higher proportion 40 percent Chhetri respondent and 40 percent Yakkha respondents said that they decided themselves. Likewise 24 percent Chhetri respondents were motivated by husband, 12 percent health worker, 8 percent relatives/friends and 16 percent Chhetri respondents were motivated by different sources. Similarly, 10 percent Yakkha respondent were motivated by health workers, 25 percent husband, 20 percent relatives and 5 percent respondents were different sources. Most of the both caste women were motivated by themselves to use contraceptive devices. It seems that most of the people were familiar to contraceptive devices.

#### **4.4.13 Sources of Contraceptive Devices**

Sources of contraceptive devices play an important role in promotion and maintenance of contraceptive device in population. Easy and simple availability of contraceptive device encourage people to use it. If it is easy available in the area where user can go and easy feel to collect or even buy family planning devices and they develop habit of using contraceptive devices. There are difference sources to provide the contraceptive devices in the study area. All the current users of contraceptive devices by sources of supply in the study area are presented below figure no. 8.



(Source: Field Study, 2068)

Figure no. 8 shows that, out of the total Chhetri respondents, 82.35 percent used to collect contraceptive devices from health post, likewise 9.80 percent private clinic and 7.85 percent got from hospital. Similarly, out of the total Yakkha respondents, 65 percent used to collect contraceptive devices from health post, 17.5 percent private clinic, 5 percent hospital and 12.5 percent got from different sources. It seems that almost Chhetri and Yakkha respondents due to the short distance between health post and their village they got easily contraceptive devices from health post.

#### **4.4.14 Side Effect of Contraceptive Devices**

Almost all chemical in allopathic medicine have side effect on human body. Contraceptive devices have side effect on either physical or mental health. Consequent elders reaction can be seen in different extend and levels depending upon the person of physical characteristics. The respondents who are currently using modern method of contraceptives were asked if they have side effects during the period. Results are presented in table no. 25.

**Table No. 25: Side Effects of Contraceptive Devices**

Side Effects	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	8	32.00	6	30.00
No	17	68.00	14	70.00
<b>Total</b>	<b>25</b>	<b>100.00</b>	<b>20</b>	<b>100.00</b>
<b>Types of Side Effects</b>				
Headache	2	25	2	33.33
Loss of Lactation	1	12.5	-	-
Backache	1	12.5	1	16.67
Weakness	2	25	1	16.67
Excessive Bleeding	1	12.5	1	16.67
Irregular Menstruation	1	12.5	1	16.66
<b>Total</b>	<b>8</b>	<b>100.00</b>	<b>6</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 25 shows that 8 Chhetri and 6 Yakkha respondents are facing from side effect of contraceptive (using contraception in the period of field survey) Chhetri respondents of current users 25 percent feel headache, 12.5 percent loss of lactation, 12.5 percent feel backache, 25 percent feel weakness, 12.5 percent feel excessive bleeding and 12.5 percent feel disturb menstruation. Among Yakkha respondents, 33.33 percent feel headache, 16.67 percent feel backache, 16.67 percent feel weakness, 16.67 percent feel excessive bleeding, and 16.66 percent feel disturb menstruation. It indicates that, most of the people suffered from side effect of contraceptive. Most of them, many people are suffering from headache.

#### **4.4.15 Consultation with Doctor after Side Effect**

Person who faced side effect and consulted with doctor about the side effect of contraceptive devices in study area is presented in table no. 26.

**Table No. 26: Consulted with Doctor about Side Effects**

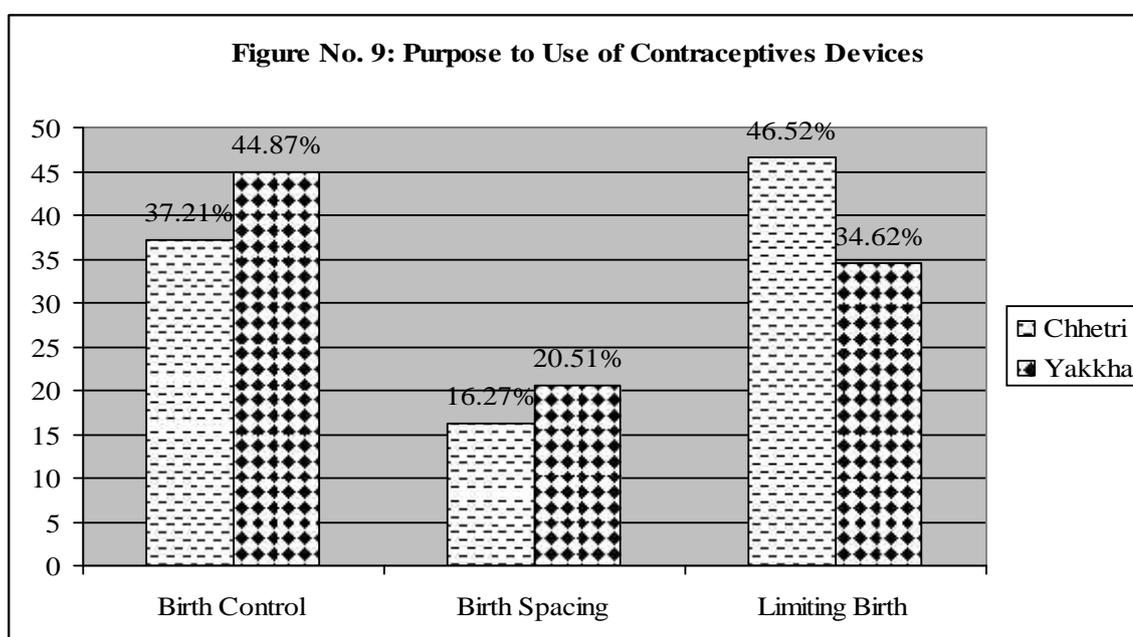
Consult	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	5	62.5	3	50.00
No	3	37.5	3	50.00
<b>Total</b>	<b>8</b>	<b>100.00</b>	<b>6</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 26 shows that, among the person who have side effect, 62.5 percent Chhetri and 50.00 percent Yakkha respondents consult with doctor but 37.5 percent Chhetri and 50.00 percent Yakkha did not consult with doctor. Consultations are higher Chhetri than Yakkha. It indicates that lower people consult with doctor due to lack of awareness, knowledge and not easily available health person.

#### 4.4.16 Purpose to Use of Contraceptive Devices

People choose different types of contraceptive devices as their different reason. Similarly respondents of the study were also using it for different reason that is given below figure no. 9.



(Source: Field Study, 2068)

The figure no. 9 shows that, 37.21 percent Chhetri respondents' use of contraceptive devices for birth control, 16.27 percent birth spacing and 46.52 percent for limiting

birth. Similarly, 44.87 percent Yakkha respondents use contraceptive devices for birth control, 20.51 percent for birth spacing and 34.62 percent use for limiting birth. It indicates that, 46.52 percent Chhetri respondents use contraceptive devices for limiting birth and 44.87 percent Yakkha respondents use for birth control.

#### 4.4.17 Effectiveness of Contraceptive Devices

No any devices are hundred percent effective. There are different reasons behind it. Quality of devices, continuation of use and method of use play key role for their effectiveness. The table below shows that women becoming pregnant even using contraceptive.

**Table No. 27: Distribution of Effectiveness of Contraceptive Devices**

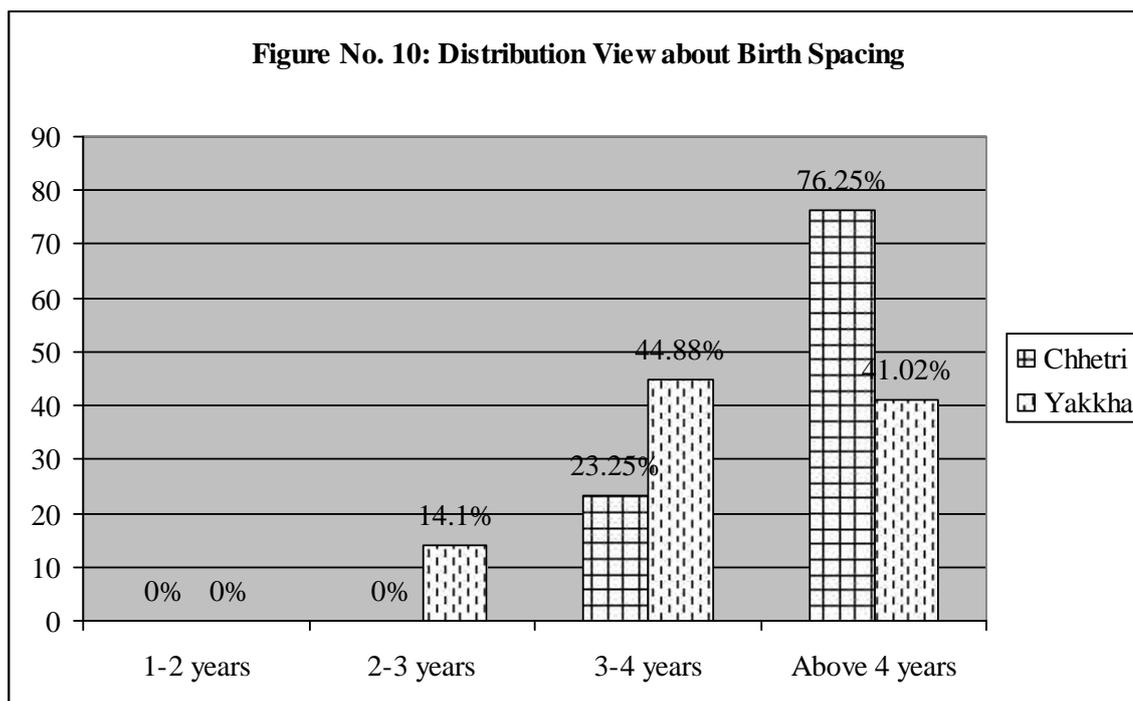
Effectiveness of CD	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
No	5	11.63	6	15.39
Yes	38	88.37	33	84.61
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>
<b>Types of CD</b>				
Use of Condom	1	20	3	50.00
Pills	2	40	1	16.66
Depo Provera	2	40	2	33.34
<b>Total</b>	<b>5</b>	<b>100.00</b>	<b>6</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 27 shows that, 11.63 percent Chhetri respondent became pregnant in spite of use of contraceptive devices and 88.37 percent did not become pregnant. Similarly, 15.39 percent Yakkha respondent became pregnant in spite of use of contraceptive devices and 84.61 percent did not become while use of contraceptive devices. Almost user did not become pregnant while use of contraceptive devices. It indicates that the contraceptive prevalence rate is high, because of currently, timely and regularly using the devices. This is the lowest failure rate of contraceptive devices among both respondents.

#### 4.4.18 Birth Spacing

The difference between the time of two birth first and second birth interval is called birth spacing. It can be said that shorter the birth spacing higher the mortality rate of child and mother longer the birth spacing lower the mortality rate of child and mother. Which period of birth spacing is better for good health of women and child? Different respondents gave different answer of the study area are as follows in figure no. 10.



(Source: Field Study, 2068)

Figure no.10 shows that, 76.55 percent Chhetri respondents said that above 4 years birth spacing is better for health of women and child where as 23.35 percent said 3-4 years as the appropriate birth spacing. Similarly 41.02 percent Yakkha respondents said that above 4 years birth spacing is better for health of women and child, where as 44.88 percent said 3-4 years and 14.10 percent said 2-3 years as the appropriate birth spacing. According to data, very minor, no counting percent of Chhetri respondents had poor knowledge regarding time for birth spacing than Yakkha. It means majority of Chhetri respondents had good knowledge regarding the same. Because of dissemination of information, news, knowledge, literate the local people knows the appropriate age of birth spacing.

#### 4.4.19 Role of Contraceptive Devices in Family Health Status

There are different advantages of contraceptive devices. It helps to improve not only the physical aspect of human body; it also helps to mental, social, psychological aspect of human life. It also helps to improve of all family members' health status. The researcher said the respondent's contraceptive devices help to improve family health status, their given answer shown below table no. 28.

**Table No. 28: Role of Contraceptive Devices in Family Health Status**

Role of CD Improve Family Health	Chhetri Respondents		Yakkha Respondents	
	Number	Percent	Number	Percent
Yes	30	69.76	27	69.23
No	2	4.65	5	12.83
Don't know	11	25.59	7	17.94
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

(Source: Field Study, 2068)

Table no. 28 shows that 69.76 percent Chhetri respondent said improve family health status, 4.65 percent said not improve and 25.58 percent said don't know. Similarly, 69.23 percent Yakkha respondent said improve family health status, 12.83 percent said not improve and 17.94 percent said don't know. Most of the Chhetri and Yakkha respondents said improve of family health status. Due to the causes of mass media, health worker (TBA), communication, most of the people are known as advantage of contraceptive devices.

#### 4.4.20 Traditional Restriction against Contraceptive Devices

Caste, ethnic group and religions have their own norms and value in everything. The value which is generally and culturally transfer one generation to another generation is known as traditional value. All societies made by different types of value like social, cultural, historical etc. Uses of contraceptive devices and marriage have seen to different perceptive values in different societies. Some traditional values about contraceptive devices in study area in different religious group are described in below table no. 29.

**Table No. 29: Traditional Restriction against Contraceptive Devices**

<b>Traditional Restriction against CD</b>	<b>Chhetri Respondents</b>		<b>Yakkha Respondents</b>	
	<b>Number</b>	<b>Percent</b>	<b>Number</b>	<b>Percent</b>
Yes	0	-	1	2.56
No	35	81.40	23	58.97
Don't know	8	18.60	15	38.47
<b>Total</b>	<b>43</b>	<b>100.00</b>	<b>39</b>	<b>100.00</b>

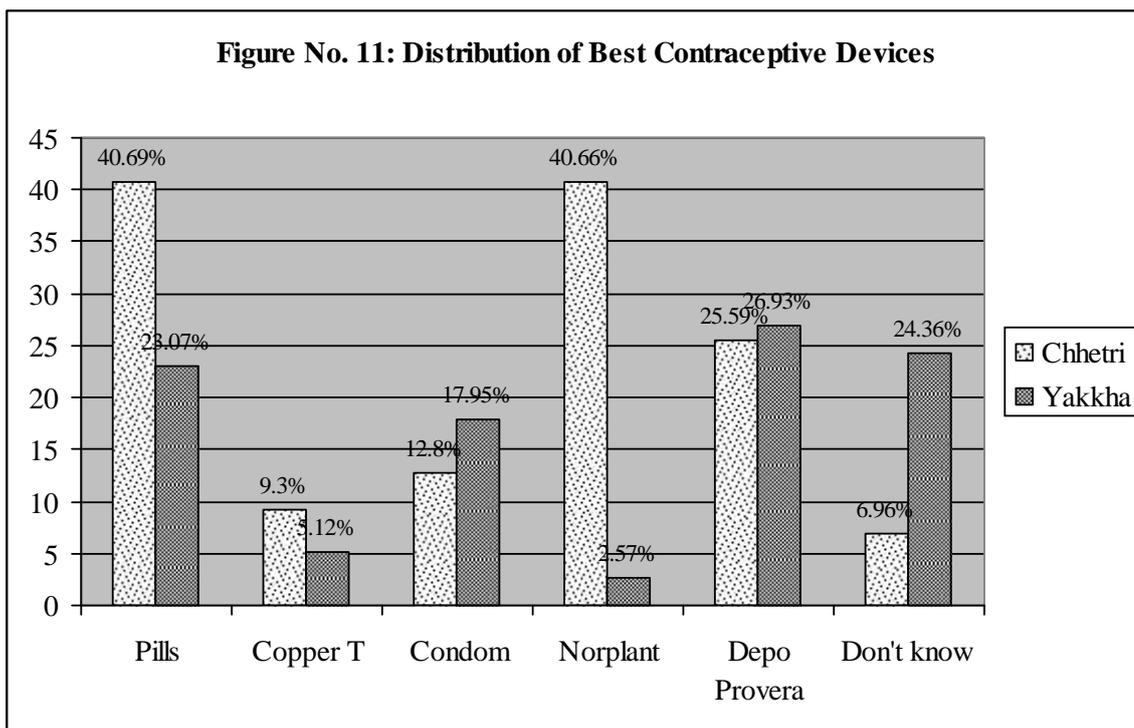
(Source: Field Study, 2068)

In above table no 29, shown that there is no any traditional restriction regarding use of contraceptive devices in Chhetri respondents as 38.40 percent say no. Only 18.60 percent said that they have no idea about it. Similarly, 2.56 percent Yakkha respondents said there is religious restriction, 58.97 percent said no restriction and 38.47 percent said no idea about it.

The data show that few Yakkha respondents said there is a traditional restriction to use of contraceptive devices but there is no traditional restriction against use of contraceptive devices in Chhetri.

#### **4.4.21 Best Reliable Contraceptive Devices of Respondents**

Every person has different view towards different contraceptive devices. Someone prefers to use one type of contraceptive devices and other may prefer to use other types. Every person makes concept towards contraceptive devices on the basis of interest need and easy availability. The below figure no.11 shows on what the concept is on devise of contraceptive of respondent of study area.



(Source: Field Study, 2068)

Figure no. 11 shows that 40.69 percent Chhetri respondents have best reliable devices of pills, 9.30 percent copper T, 12.80 percent condom, 4.66 percent Norplant, 25.59 percent depo provera and 6.96 percent have unknown about contraceptive devices. Similarly, 23.07 percent Yakkha respondents have best reliable devices of pills, 5.12 percent copper T, 17.95 percent condom, 2.57 percent norplant, 26.93 percent depo and 24.36 percent have unknown about contraceptive devices. Chhetri respondents has highly reliable devices of pills than Yakkha respondents, in other hand Yakkha respondents has highly reliable devices of condom and depo than Chhetri respondents.

## **CHAPTER - V**

### **SUMMARY, FINDINGS, CONCLUSION AND RECOMMENDATION**

Summary, major findings and conclusion are drawn from the previous chapter. This chapter presents major findings from the research with some recommendation for future orientation.

#### **5.1 Summary**

The presented study entitled "Use of Contraceptive Devices between Chhetri and Yakkha Community of Mamling VDC of Sankhuwa-Sava District" is based on the 82 married women age group of (15-45) years that is 15% of total 548 households of Mamling VDC. The specific objectives of the study are: to find out the condition of use of contraceptive devices of both communities. To identify how many people are using contraceptive properly. To find out the reasons for the non use of contraceptive device the study area.

The total population of this VDC is 4326. Out of total 2160 are male and 2166 are female in this study area. Total number of respondent are 1770 Chhetri and 1245 Yakkha and total household of the Chhetri are 288 and Yakkha are 260 according to VDC profile 2010. To carry out the study effectively interview schedule was implemented. By using convenient sampling method, observation, interview was conducted in the face to face situation for the purpose of gathering demographic and socio economic characteristic and use of contraceptive devices and situation of birth spacing among the respondents .For secondary data, it is used data of CBS, VDC profile, FPAN, MOH, NHRC and other national and international publication. The study is conducted using descriptive as well as analytical method. It is pre tested in 5 married Chhetri and 4 married Yakkha women age groups of 15-45 ears of Aankhibhuin-2 Sankhuwa-Sava and finalized on the basis of the objectives of the study.

After the collection of data, it is tabulated, analyzed and interpretation by simple statistical tools, tables, diagrams, percentage etc.

Another important part of this study is analysis and interpretation of data. The demographic characteristics knowledge of specific contraceptive devices, sources of contraceptive devices, appropriate age of child bearing, birth spacing, advantage of contraceptive devices , ideal family size, traditional values of contraceptive devices and socio-economic indicator, education, occupation, state of drinking water, family size, use and knowledge of contraceptive devices are fundamental elements of this study.

## **5.2 Major Finding**

The major findings of the study are as follows:

- 1) It was found that most of the Chhetri (83.72%) respondents have mud and stone type of house and most of the Yakkha (74.35%) respondents have mud and stone types of house.
- 2) It was found that most of the Chhetri and Yakkha respondents have nuclear family (69.76% for Chhetri and 66.66% for Yakkha).
- 3) Majority of Chhetri and Yakkha respondents have separate animal shed from house. (81.39% for Chhetri and 66.66% of Yakkha).
- 4) Majority of Chhetri respondents have 1-5 number of family members but majority of Yakkha respondents have 6-10 number of family members.
- 5) Out of 427 total population of the study area there are 218 Chhetri and 209 in Yakkha. Among 218 Chhetri, there are 113 males and 105 females and among 209 Yakkha, there are 119 males and 90 females. The sex ratio was Chhetri 129.95 and Yakkha 130.83.
- 6) Among the total Chhetri respondents, the highest proportion of population is in the age group of 20-24 and lowest in 50-54 years. Similarly total Yakkha respondents the highest proportion of population is in the age group of 20-24 and lowest in 45-49 years.
- 7) Majority of respondents have at least some educational background, 83.49 percent Chhetri and 66.03 percent Yakkha literate, which is higher than national literacy rate.
- 8) Out of 218 Chhetri respondents having five year and above five year 13 (7.14) percent respondents are just literate, 24.17 percent have studied primary level, 22.52 percent are secondary, 9.34 percent are higher above while 209 Yakkha

respondents having five year and above five years, 10.14 percent are literate, 27.54 percent have studied primary, 28.27 percent have studied secondary and 5.07 percent have studied higher above.

- 9) It is found that 59.3 percent Chhetri and 61.54 percent Yakkha respondents having agriculture, 17.44 percent Chhetri and 7.69 percent Yakkha having services, 6.98 percent Chhetri and 15.38 percent Yakkha having business section.
- 10) About 34.89 percent Chhetri respondent's size of land holding was found 21-30 ropani, and 37.17 percent Yakkha respondent's size of land holding was found 1-10 ropani.
- 11) About 48.83 percent of Chhetri respondent's annual income was 50 thousand-1 lakh and 4.65 percent less than twenty thousand. Similarly 38.46 percent Yakkha respondent's annual income was twenty to fifty thousand and 17.94 percent less than twenty thousand.
- 12) Majority of Chhetri and Yakkha people sources of drinking water was pipe water (69.78 percent for Chhetri and 46.15 for Yakkha).
- 13) About 90.69 percent Chhetri and 74.35 percent Yakkha respondents have toilet facilities, they used, traditional, open and water supplied.
- 14) About 27.90 percent Chhetri respondent's current age 40-44 years and 2.52 percent were 15-19 years while 23.48 percent Yakkha respondents were current age 35-39 years and 12.82 percent were 15-19 years.
- 15) Majority of Chhetri respondent's women can read and write but majority of Yakkha cannot read and write.
- 16) Total number of Chhetri respondents follows Hindu religion but 51.28 percent Yakkha respondents follow Kirat religion.
- 17) Majority of Chhetri 51.16 percent and Yakkha 74.35 percent respondents were married at the age of 15-19 years. It indicates that almost women married in child age.
- 18) Most of the head of household of the Chhetri and Yakkhas were their husband, while 46.52 percent of the Chhetri respondents head their husband and 46.15 percent Yakkha respondent's head of husband.
- 19) There were 88.38 percent Chhetri respondents and 79.49 percent Yakkha respondents who were familiar with at least one contraceptive device.

- 20) It was shown that mass communication (Radio and TV) and health personals were major sources of knowledge about contraceptive devices in both caste.
- 21) There were 48.83 percent Chhetri and 23.07 percent Yakkha respondents who were understood to use contraceptive devices to avoid unwanted birth.
- 22) It is quite encouraging to know that, 93.03 percent Chhetri and 87.97 percent Yakkha respondents have heard of contraceptive devices. Depo and pills were the most popular method of contraceptive among Chhetri and pill and condom were most popular among Yakkha.
- 23) Majority of Chhetri respondents (81.39%) want to use any method of contraceptive devices while 64.10 percent Yakkha respondents want to use any method of contraceptive devices.
- 24) Majority of Chhetri and Yakkha respondents were using contraceptive devices (76.74 percent for Chhetri and 63.88 percent for Yakkha)
- 25) About 59.30 percent Chhetri and 51.28 percent Yakkha respondents were currently using contraceptive devices. Among them pills were the most popular method of Chhetri and condom was the most popular method of Yakkha respondents. Similarly, 92 percent Chhetri and 80 percent Yakkha respondents were satisfied with their devices.
- 26) Most of the Chhetri and Yakkha visit health post for contraceptive devices services (82.35 percent Chhetri and 65 percent Yakkha)
- 27) Among currently contraceptive users 44 percent Chhetri respondents were used for reason easy to use. Similarly, 50 percent Yakkha respondents were used for reason to cheap.
- 28) Among non users of contraceptive devices 50.02 percent Chhetri and 31.60 percent Yakkha respondents were not using due to the causes of others like unknown, foreign employment, etc.
- 29) Out of total Chhetri respondents, 40 percent decided themselves and 24 percent motivated by husband. Similarly, 40 percent Yakkha respondents were decided themselves and 25 percent were motivated by husband.
- 30) Majority of Chhetri (68%) and Yakkha (70%) respondents had not any side effects after the use of contraceptive devices while 32 percent Chhetri 30 percent Yakkha respondents had any side effects after use of it.
- 31) Among the side effect affected persons, 62.5 percent Chhetri and 50 percent Yakkha respondents have consulted with doctor.

- 32) The purpose of use of family planning device, 46.52 percent Chhetri respondents were used for limiting birth and 44.87 percent Yakkha respondents were used for birth control.
- 33) Majority of Chhetri and Yakkha respondents said that appropriate child bearing age was 20-24 years (56.12 percent Chhetri and 51.23 percent Yakkha)
- 34) Among the contraceptive users Chhetri respondents 92.31 percent and 86.67 percent Yakkha respondents did not become pregnant.
- 35) It was found that 76.75 percent Chhetri and 41.02 percent Yakkha respondents said that more than 4 years birth spacing is good for health for child and mother.
- 36) 69.76 percent Chhetri and 69.23 percent Yakkha respondents said that contraceptives devices help to improve family health status.
- 37) No one said, there is no any traditional restriction to use contraceptive devices among Chhetri where as 2.56 percent Yakkha respondents said that there is traditional restriction to use contraceptive devices.
- 38) With reference to the opinion on the best method among total contraceptive devices, 40.69 percent Chhetri respondents recommended by pills and 26.93 percent Yakkha respondents recommended by depo provera.

### **5.3 Conclusion**

Contraceptive use is one of the important determinants of fertility. The level of contraceptive use and knowledge among the currently married women in both caste of Chhetri and Yakkha is quite satisfactory.

The use and knowledge of contraceptive devices in comparison between the Chhetri and Yakkha is quite better but among Yakkha it is quite lower than Chhetri, through the study it becomes clear that CPR of both castes in this study area is higher than national rate. The major contributing factor for this was that in the recent years, district hospital, health post, health worker, mass media, neighbors, friends and other NGOs and INGOs have been continuously providing contraceptive devices in this area through various ways.

Majority of the both respondents were found ever using currently contraceptive devices. Among them condom, depo, provera, pills, norplant was popular among couples. Similarly, most important reason for non use of contraceptive devices are due to the foreign employment gone their husband, desire for son, fear of side affect and unknown of contraceptive devices.

Both respondent community people are not very conservative towards use of contraceptive devices. There is no any restriction to use of contraceptive devices in Chhetri but few people said in Yakkha there is restriction to use of contraceptive devices. Majority of Chhetri and Yakkha respondents said that appropriate child bearing age is 20-24 years and did not become pregnant while using contraceptive.

From this study it is fond that media and health worker plays a vital role in giving enough information about contraceptive devices up to the grass root level people. There are various factors that bring hindrance in using contraceptive devices such as ignorance lack of education, poor economic condition, lack of knowledge, occupation, lack of good counseling, fear of side effect, desire for son and foreign employment gone their husband. On the basis of this background, the following recommendations are presented.

#### **5.4 Recommendation**

In order to improve the use and knowledge of contraceptive devices, they should be provided with adequate knowledge and skills on these matters. Here is some recommendation to be considered because it can make signification improvement in implementing family planning programs not only in the study area but also in other similar cultural society.

- a) To achieve better contraceptive users, formal and non formal education programs should be implemented more effectively emphasizing contraceptive method at the different level of women and husband in Chhetri and Yakkha community.
- b) Low income group, agriculture group and illiterate group have low prevalence rate of contraceptive, so these groups should be targeted the program should counterpart with their own skills and ability for upgrade of their status.

- c) Poster, pamphlets, magazine, drama, films, cultural programs and other public awareness programs about contraceptive device should be conducted to motivate the common people of the area.
- d) Economic status directly affected to use of contraceptive device, so to make their economic status better certain type of program and training like sewing, cutting weaving should be conducted and also be provided tools related to these skills.
- e) Both son and daughter are own offspring. Therefore guardians should be included in speech and workshop programs to develop the consult for giving equal opportunity to children.
- f) Health post and sub health post should be strengthened in terms of availability and quality of family planning services.
- g) The state should be make contraceptives device easily available in all part of the nation free of cost.
- h) Any family, which adopts permanent family planning method after having the children but losses both children later, should be entitled to report to government for their old age security.
- i) Women play a vital role in effective family planning programs so women empowerment is necessary by improving their education, health status and employment opportunity.
- j) Establish the coordination between NGOs, INGOs and government to plan, program and implement is related to contraceptive device as their effort goes to the grass root level of community.

### **Recommendation for Further Research**

- a) This study covers use of contraceptive devices of Chhetri and Yakkha caste in Mamling VDC of Sankhuwa-sava district. Similarly types of study conducted in other communities, caste and religious groups might be useful in the different part of the country.
- b) The coming researcher can do research on knowledge, attitude and practice of family planning between Chhetri and Yakkha community.
- c) This is the quantitative type research qualitative type of research should focus on this area in future research.

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**Individual Questionnaire (only for currently married women aged 15-49)**

**4. Respondent Background**

S. N.	Question	Code details
1	What is your complete current age?	
2	Can you read and write?  a. If yes, what is the highest grade you complete?	Yes 1 No 2 a. ....
3	What is your source of livelihood?	
4	How old were you when you got married?	
5	Who is headed of your household?	Own 1 Husband 2 Mother 3 Father 4
6	Do you have own private poverty?	Yes 1 No 2

**5. Use and Knowledge of Contraceptive Devices related Question.**

S. N.	Question	Code details
1	Have you heard about Family Planning?  a. If yes, from where did you get information about Family Planning?	Yes 1 No 2 a. Radio 1 Television 2 Neighbors 3 Health personal 4 Others 5
2	What do you mean by Family Planning?	Means to maintain Birth spacing? 1 To use Family Planning Device. 2 Having only two children. 3 Improvement of Health condition of Family. 4 To bring about wanted birth. 5 To avoid unwanted birth. 6

<b>3</b>	<p>Have you heard any method of Family Planning?  a. If yes, what are these?</p>	<p>Yes 1  No 2  a. Condom 1  Pills 2  IUD 3  Depo 4  Norplant 5  Female sterilization 6  Male Sterilization. 7</p>
<b>4</b>	<p>Do you want to use any contraceptive devices?  a. If yes which contraceptives do you prefer to use?   b. If no, why?</p>	<p>Yes 1  No 2  a.  b. Depo 1  Condom 2  Pills 3  Norplant 4   Copper -T 5  Others 6  c. Fear of side effect. 1  Not easily available 2  Ill literacy and Ignorance 3  Religious and culture cause 4  Desire for Son 5  Sexual displeasure 6</p>
<b>5</b>	<p>Have you or your husband using any Contraceptive Device?  a. If yes, what are they?   b. If no, why don't use any Method?</p>	<p>Yes 1  No 2  a. Pills 1  Depo 2  Condom 3  Norplant 4  Copper- T 5  Vasectomy 6  b. Against Religion 1  Desire for Son 2  Desire for daughter 3  Sexual displace 4  Fear for side effect 5  Others 6</p>
<b>6</b>	<p>Are you or your husband currently using any Contraceptive devices?  a. If yes, which Contraceptive is that?</p>	<p>Yes 1  No 2  a. ....</p>
<b>7</b>	<p>Are you satisfied it?</p>	<p>Yes 1  No 2</p>

<b>8</b>	What is the main reason of the use contraceptive devices you are currently using?	Cheap Allowed by religion Available in the community Easy to use Having no side effect	1 2 3 4 5
<b>9</b>	What is the main reason for not using contraceptive devices?	Difficulty to get devices Against religion Desire for son Desire for daughter Free from side effect Others	1 2 3 4 5 6
<b>10</b>	Who advised you first to choose these contraceptive devices?	Health worker Husband Self aware Relative/friends Others	1 2 3 4 5
<b>11</b>	Where do you go to get these devices?	Hospital Health post Private clinic Mobile clinic Shop Friends Others	1 2 3 4 5 6 7
<b>12</b>	Did you feel any side effect?  a. If yes, what are they?	Yes No Headache Loss of lactation Back ache Weakness Excessive bleeding Irregular menstruation	1 2 1 2 3 4 5 6
<b>13</b>	Did you get any treatment?	Yes No	1 2
<b>14</b>	What is the main cause of contraceptive use?	Birth control Birth spacing Limiting birth Others	1 2 3 4
<b>15</b>	Did you become pregnant while use of contraceptive devices?  a. If yes, which contraceptive were using?	Yes No  a. ....	1 2
<b>16</b>	Which of the ideal time of birth spacing is better for Health of Mother and Child in your opinion?	1- 2 years 2 - 2 years 3- 4 years 4 years above	1 2 3 4
<b>17</b>	In your opinion Family Planning	Yes	1

	helps to improve Family Health Status?	No Don't know	2 3
<b>18</b>	Is there any traditional restriction against the use of Contraceptive?	Yes No Don't know	1 2 3
<b>19</b>	If your opinion which contraceptive devices is good?	.....	

**Appendix- B**

**Master Chart**

Q.N.	Option of Question Asked to Respondents																		
	Chhetri Respondents									Yakkha Respondents									
	1	2	3	4	5	6	7	Total	Remarks	1	2	3	4	5	6	7	Total	Remarks	
1.	38	5						43		31	8							39	
a.	8	4	7	12	7			38		9	2	5	9	6				31	
2.	5	8	5	0	4	21		43		6	13	4	3	4	9			39	
3.	40	3						43		34	5							39	
a.	36	39	24	39	25	28	28			30	33	21	31	18	23	23			
4	35	8						43		25	14							39	
a.	12	4	12	1	5	1		35		5	6	10	2	2	0			25	
b.	0	1	4	0	1	2		8		2	4	5	0	3	0			14	
5	33	10						43		23	16							39	
a.	12	8	7	3	1	2		33		6	7	5	1	2	1			23	
b.	0	4	0	0	3	3		10		0	6	0	0	5	5			16	
6	25	18						43		20	19							39	
7	23	2						25		16	4							20	
8	8	0	3	11	3			25		10	0	1	5	4				20	
9	1	0	5	1	2	9		18		3	1	5	0	4	6			19	
10	3	6	10	2	4			25		2	5	8	4	1	0			20	
11	2	21	2	0	0	0		25		1	13	6	0	0	0			20	
12	8	17						25		6	14							20	
a.	2	1	1	2	1	1		8		2	0	1	1	1	1			6	
13	5	3						8		3	3							6	
14	16	7	10	0				43		17	8	14	0					39	
15	5	38						43		6	33							39	
16	0	0	10	33				43		0	5	18	16					39	
17	30	2	11					43		27	5	7						39	
18	0	35	8					43		1	23	15						39	

