

**KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY
PLANNING AMONG THARU MARRIED WOMEN
(A Case Study of Sharadanagar VDC of Chitwan District)**

**By
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LETTER OF RECOMMENDATION

This is to certify that the dissertation entitled "**Knowledge, Attitude and Practice of Family Planning among Tharu Married Women: A Case Study of Sharadanagar VDC of Chitwan District**" is an independent work of **Mrs. Apsara Koirala** completed under my supervision for the partial fulfillment of requirements for Masters Degree of Arts in Population Studies (Pop. 510 - Thesis). To the best of my knowledge, this study is original and carries useful information about knowledge, attitude and practice of family planning among Tharu married women of Sharadanagar VDC of Chitwan district. Therefore, I forward this to the dissertation committee for evaluation with recommendation.

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APPROVAL LETTER

This dissertation entitled "**Knowledge, Attitude and Practice of Family Planning among Tharu Married Women: A Case Study of Sharadanagar VDC of Chitwan District**" submitted by **Apsara koirala** has been accepted as a partial fulfillment for the Masters Degree of Arts in Population Studies.

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ABSTRACT

This study on knowledge, attitude and practice of Tharu married women is based on the primary data collected from Shardanager VDC of Chitwan district. The main objective of this study is to find out the level of knowledge attitude towards FP methods and the level of contraceptive use.

The total number of respondents was 104 married women under the age 15 – 49 years. Early marriage was more prevalent in Tharu community. About 95 percent heard at least one method of family planning. Among them condom was mostly known method of contraception. Contraceptive prevalence rate was 83.7 percent. Among the respondents, Depo-Provera used by 23 percent as well as male sterilization (Vasectomy) users also 28.7 percent. By the age most accepted age was 15–19 in which use of contraception was 100.0 percent. 29.8 percent literate used vasectomy. Government sector was more confidential and popular sector to provide family planning services in the Tharu community. Side effect (Weight gain) had seen 76.4 percent by Depo-Provera. Among the non user, the main reason for non used of contraceptives was desire for more children (29.4%). Among the respondents less than 30 years age women, 100 percent women said future intention to use contraceptives. Among non users, maximum numbers of respondents 46.1% had future intention to use male sterilization (Vasectomy). People with all kinds of occupation preferred to use contraceptive however more educated had preferred to use than non-educated.

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ABBREVIATIONS AND ACRONYMS

AIDS	: Acquired Immune Deficiency Syndrome.
AM	: Age at Marriage.
ANU	: Australian National University.
BA	: Bachelor of Arts.
BCHIMES	: Before Census Households Information Monitoring and Evaluation System.
BDCS	: Birth, Death and Contraceptives Prevalence Survey.
CBS	: Central Bureau of Statistics.
CDPS	: Central Department of Population Studies.
CEB	: Children Ever Born.
CPR	: Contraceptive Prevalence Rate.
DHS	: Demographic and Health Survey.
DOHS	: Demographic and Health Survey.
FCHVs	: Female and Child Health Volunteers.
FP	: Family Planning.
FPAN	: Family Planning Association of Nepal
HIV	: Human Immunodeficiency Virus.
IA	: Intermediate of Arts.
ICHSDP	: Integrated Community Health Services Department Project.
ICPD	: International Conference on Population and Development.
IEC	: Information, Education and Communication.
IPPF	: International Planned Parenthood Federation.
IUDs	: Intrauterine Devices.
KAP	: Knowledge, Attitude and Practice.

MA	: Master of Arts
MCH	: Maternal and Child Health.
MOH	: Ministry of Health.
MWRA	: Married Women of Reproductive Age.
NCPS	: National Contraceptive Prevalence Survey.
NDHS	: Nepal Demographic and Health Survey.
NFHS	: Nepal Family Planning and Health Survey.
NFS	: National Fertility Survey.
NGO	: Non-governmental Organization
PGR	: Population Growth Rate.
PRB	: Population Reference Bureau.
RH	: Reproductive Health.
SLC	: School Leaving Certificate.
SPSS	: Statistical Package for Social Sciences.
UN	: United Nations.
UNFPA	: United Nations Population Fund.
US	: United State.
VDC	: Village Development Committee.
WHO	: World Health Organization.
IUD	: Intra Uterine device
CSM	: Commercial sex worker
CSM	: Control Social Marketing