

“AN EXPLORATORY STUDY TO ASSESS THE KNOWLEDGE REGARDING CHHAYA CONTRACEPTIVE PILLS AMONG MARRIED WOMEN IN SELECTED AREA OF PUNE CITY”*

BY

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Abstract

Introduction: Family planning provides benefits to Mother, Father, Children, Community, and National & Global level. It helps women to regain the health, reduce poverty, decrease morbidity & mortality in reproductive age women. Centchroman (Ormeloxifene), was developed at CDRI, Lucknow in 1967. This drug was launched as Saheli and Choice-7 in 1992. The Ministry of Health and Family Welfare, India has now introduced centchroman in national family planning programme under the trade name “Chhaya” from April 2016. It is a novel non-steroidal contraceptive. The aim of this study was to assess the knowledge regarding Chhya contraceptive pills among married women. The objective of the study was To assess the knowledge regarding Chhya contraceptive pills among married women in selected area of Pune City and to associate findings with selected demographic variables. **Material and Methods:** In present study, researcher adopted Quantitative approach & Non-experimental exploratory design. It was carried out on 200 married women. The convenient sampling technique was used, data was collected using the questionnaire. Tool validity was done by the experts from community health nursing. Reliability was done by using test retest method. It was calculated by using “KARLS PERSON CORELATION COEFFICIENT” shows $r=0.9$ so tool was reliable. Pilot

study was done on 15 women, study was found feasible. **Result:** A study shows 174(87%) women had average knowledge, 3(1.5%) women had poor knowledge and 23(11.5%) women had good knowledge regarding Chhaya contraceptive pills. **Conclusion:** From the above findings, the researcher concluded that majority of participant have average knowledge on chhaya contraceptive. No associations found between the knowledge regarding Chhaya contraceptive pills & selected demographic variables.

Key words- Knowledge, Chhaya Contraceptive pills, married women, Pune city

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Introduction: India is demographically very heterogeneous with some rural illiterate populations still having more than four children on average while educated urban women have fewer than 1.5 children and with great differences between states demographic variables.(1) Family Planning has been of deep interest to the Government of India almost since independence in 1947. The first structured family planning programme was launched by the Ministry of Health in 1952. (2)

Family planning provides benefits to Mother, Father, Children, Community, and National & Global level. It helps women to regain the health, reduce poverty, decrease morbidity & mortality in reproductive age women & under five children. Family Planning can avert the 30% of maternal deaths and 10% of childhood deaths. (2) A study done by Nadia at Iraq shows that out of 300 participants 69.3% heard about family planning but only 48.7% gave a correct concept of family planning and 28.7% had no idea, 42%. Women had a favourable attitude towards family planning.(3)

A study done by Anila Tresa Alukal, Lissamma George, Resmy C. Raveendran Department at Kerala shows that the awareness regarding condom was 96.7%, followed by permanent methods (96.8%), IUCD (94.9%) and natural methods (92.6%). IUCD was least practiced (2.9%) followed by OC pills (19.1%). There was good knowledge regarding contraceptive methods, but a change is needed in the attitude to improve the utilization of other methods. (4)

Above literature shows that barrier method is most popular method. Women have some knowledge about oral pills but they do not use it. The post-partum period is an opportune time to provide family planning services. Contraception for breastfeeding mothers is a major public health concern around the world. Every year, nearly 100 million women decide whether to start or resume contraception after childbirth. Experts continue to discuss both the choice of contraceptive method and the time at which it should be used. Lactating women's contraception options may be limited due to concerns about hormonal effects on milk quality and quantity, hormone transfer to the newborn, and infant growth. Lactation should not be hampered by the contraceptive technique chosen. So Chhaya contraceptive pills were introduced by the Government under family planning program. Pills are non-steroidal, no hormones so safe to use in postnatal period. Very few studies are available on Chhaya contraception. So researcher has taken this study to assess the knowledge about it.

Need of the study –

Centchroman (Ormeloxifene), was developed at CDRI, Lucknow in 1967. This drug was launched as Saheli and Choice-7 in 1992. The Ministry of Health and Family Welfare, India has now introduced

centchroman in national family planning programme under the trade name “Chhaya” from April 2016. It is a novel non-steroidal contraceptive. The aim of this study was to assess the knowledge regarding Chhaya contraceptive pills among married women.

For the lactating mothers it is difficult to use oral contraceptives as it included hormones. But Chhaya pills are safe to be used by the lactating mothers.(5)(6)

A study done by Goter Doke, Jyoti Kamda that most of the centchroman acceptors were multipara (74.65%) and women in post-abortion (38.35%) and postpartum group (36.3%). Duration of use ranged from 3 months in 146 women to 12 months in 98 women. It was safe in post-partum group. (2)

A study done by Karabi Barman at Assam shows that most preferred method was oral contraceptive pills (OCPs) 39% and least preferred was post-partum intrauterine contraceptive device (PPIUCD) 1.5%. It was evident that women did not have adequate knowledge about the contraceptive methods though they have heard about different methods. (7) A study done by Rahmah Hida Nurriszka also shows that married women prefer modern methods of contraception like injectable & oral pills.(8)

All above study were done related to temporary contraceptive methods or oral pills traditionally used by the women. As there were no studies available on Chhaya contraceptive pills researcher has taken this study. This study was aimed to assess the knowledge regarding Chhaya contraceptive pills among married women from urban area of Pune city. Government is providing the facilities under family planning program but if women do not have adequate knowledge or have wrong perception about action & side effect of the contraceptive method there will be resistance to use it. So researcher has explore the existent knowledge of Chhaya oral pills among married women.

The present study statement: “An exploratory study to assess the knowledge regarding Chhaya contraceptive pills among married women.” With the objectives to assess the knowledge regarding Chhaya contraceptive pills among married women in selected area of Pune City & to associate findings with selected demographic variables.

Material and Methods: In present study, researcher adopted Quantitative approach & Non-experimental exploratory design. It was carried out on 200 married women. The convenient sampling technique was used, data was collected using the questionnaire. Tool validity was done by the experts from community health nursing. Reliability was done by using test retest method. It was calculated by using “KARLS PERSON CORELATION COEFFICIENT” shows $r=0.9$ so tool was reliable. Pilot study was done on 15 women. As investigator was able to conduct the study, study was found feasible. The average time taken by each sample for answering the question was 15-30 minute. Data analysis was done mainly using descriptive statistics.

Result: This section was divided into three parts. First part includes demographic data of the participants. Second part includes assessment of knowledge regarding Chhaya contraceptive pills & third part is related to association of knowledge with selected demographic variables.

Section I: Demographic Data.

Figure no. 1 shows findings related to demographic variables of samples. According to age majority 78.5% women were from 18-25 years of age group, 69.5% women were working, 49% women were graduated. Majority 59% women were having no child, 59% had duration of marriage up to 1 to 3 years.

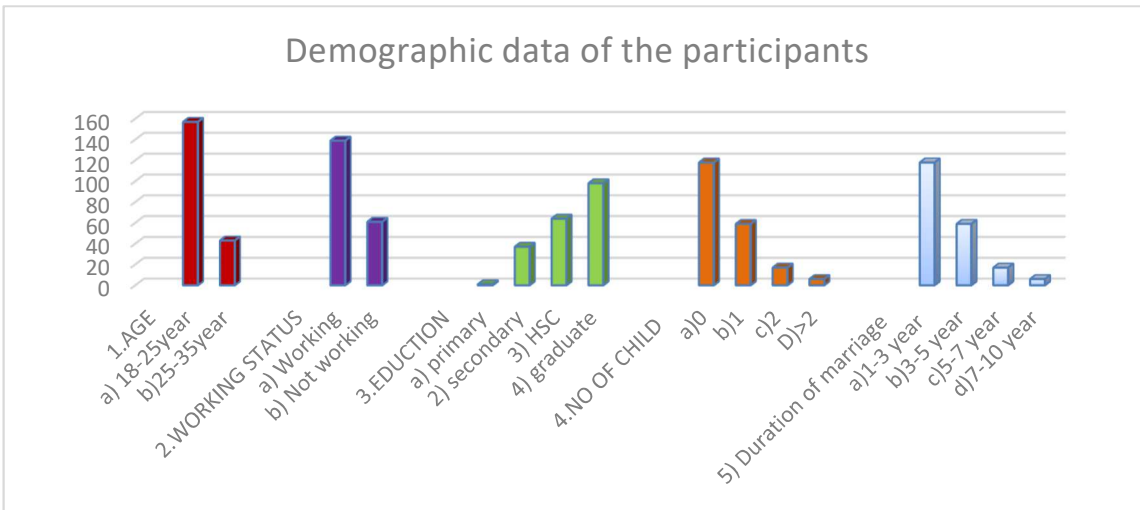


Figure 1 Distribution of women based on demographic Data

Section II: To assess the knowledge regarding Chhya contraceptive pills among married women in selected area of Pune City.

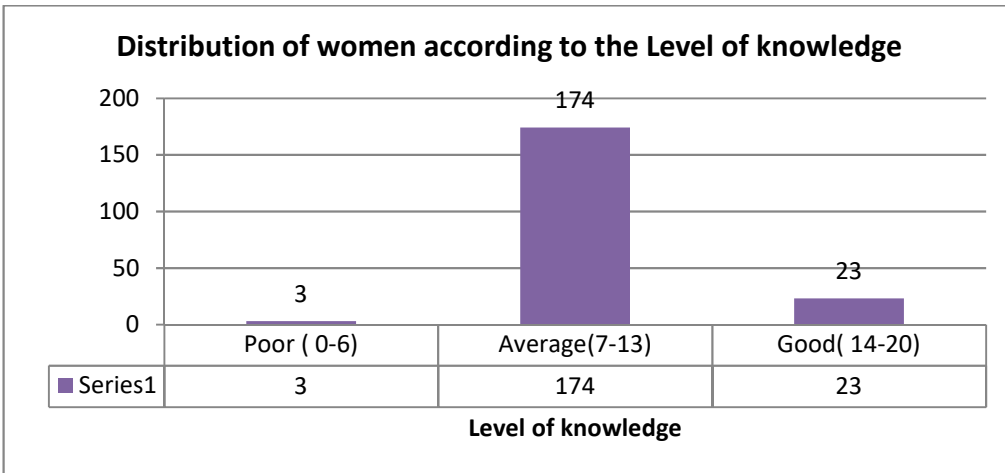


Figure 2 Knowledge regarding Chhaya contraceptive pills among married women

Above figure shows that 174(87%) women had average knowledge, 3(1.5%) women had poor knowledge and 23(11.5%) women had good knowledge regarding Chhaya contraceptive pills.

Section III: To associate the findings with selected demographic variables.

This section shows that age, working status, education, and number of child are not significantly associated with knowledge score as p-value is more than 0.05 level of significance.

Discussion:

Family planning is a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude, and responsible decisions by individuals and couples. (9) It requires efforts from the couple to choose the safe method for them. To select most appropriate contraceptive method couple should have adequate knowledge about it. Now modern methods are available for them. It will help them to prevent the sexually transmitted diseases as well as prevent unwanted pregnancy. As study shows that most of the participants were young, working, educated above secondary level had no children & duration of marriage was between 1 to 3 years. These findings were supported by the study done at Iraq.(3) It also shows most of (55%) participants were from the age group of 26 to 35 years, having higher education & 50% were working women. This is also supported by the study done at Mangluru, Karnataka by George & Kumar. It shows 84% were educated up to secondary level, 30% of them were working women & having children between 0 - 5. It also concludes that knowledge of contraceptive method was good among 63.9%, average among 21.6% and poor among 14.5% (9) They are the ideal beneficiaries of family planning services. Still they showed average knowledge regarding Chhaya contraceptive method. These findings are supported by the study done by Anita Nawale on temporary contraception, which also concludes that 60 % of women had average knowledge about it. (10) Study done by Meenakshi Gothwal and team also shows 79 % participant had no child & they had moderate level of knowledge regarding contraception. (11) Study done by Sanaa K. Bardaweel also concludes that there is a need to implement educational program on oral pills for married women to improve the knowledge and its utilization.(12)

So researcher concludes that there is a need to implement awareness programme among beneficiaries. Government need to create more awareness by using social media, posters, role play, newspaper, Asha & anganwadi workers among the married women, eligible couples etc. Advantages of Chhaya oral pills should be displayed in all the ANC, PNC & paediatric OPDs. It should be discussed during antenatal visits to motivate the women to use it in her postnatal period.

Conclusion: Use of contraceptive is prevalent in India. Major factors causing barrier to use contraceptive are desire for male child, fear of side effects and most important reason is lack of knowledge about available contraceptive methods. This study findings also showed that majority of participant had average knowledge regarding chhaya contraceptive. No associations found between the knowledge regarding Chhaya contraceptive pills and selected demographic variables. Chhaya pills are safer in postnatal period. Always mothers worried about unwanted pregnancy and side effects of oral pills during breast feeding period. So Chhaya pills should be made available easily & counselling should be done in local language to create awareness about use of Chhaya pills among postnatal mothers. It will improve the knowledge & utilization of Chhaya pills fearlessly.

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Conflict of interest:

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

Ethical approval: Ethical approval was obtained from the Institutional Review Board, College of Nursing, and Pune. Each and every subject was explained about the study, the research purpose and their written consents were obtained. The study did not collect the name of the respondents on the questionnaire form to ensure confidentiality. Voluntary participation and privacy were ensured during data collection.

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