

**“REVIEW ARTICLE: A REVIEW STUDY ON USES AND DISADVANTAGES OF
CONTRACEPTIVES”**

Author’s Name: Bhanu Pratap Singh¹, Hardik Vyas¹, Soniya Gathala¹, Anurag Singh¹, Neha Choudhary¹, Uday Bhanu¹, Surendra Singh Gurjar^{2*}

Affiliation: General Medicine Students [Group; 3003a], Karaganda Medical University, Kazakhstan. ²Associate Professor, Karaganda Medical University, Karaganda, Kazakhstan

Corresponding Author Name & Email: Surendra Singh Gurjar,
gurjarsurendra87@gmail.com

ABSTRACT

Contraceptive methods play a crucial role in family planning and reproductive health, offering individuals and couples the ability to control fertility and prevent unintended pregnancies. This research article explores the various types of contraceptive methods available, including hormonal, barrier, intrauterine devices, permanent methods, and natural family planning. The study highlights the uses and effectiveness of each method, emphasizing their role in promoting reproductive autonomy, reducing maternal mortality, and improving public health outcomes. However, despite their benefits, contraceptive methods also present several disadvantages. Side effects, health risks, accessibility issues, and sociocultural barriers often limit their use, particularly in low-resource settings. This article provides a comprehensive overview of the advantages and challenges associated with different contraceptive methods, aiming to inform healthcare providers and policymakers in promoting safe and equitable access to contraception.

Keywords: Contraceptive Methods, Family planning, Reproductive health, Maternal Mortality

INTRODUCTION

Contraceptives commonly referred to as birth control, play a crucial role in modern reproductive health, offering individuals and couples the ability to control when and if they conceive. The advent of reliable contraception has profoundly show impact in society, contributing to advancements in women's rights, family planning, population control, and sexual health. By empowering people to make informed choices about their reproductive futures, contraceptives help prevent unintended pregnancies and reduce the incidence of sexually transmitted infections. However, like any medical intervention, the use of contraceptives comes with a set of challenges and potential disadvantages, ranging from side effects to societal and ethical concerns.¹

On one hand, contraceptives offer significant benefits. For women, birth control allows for greater career and educational opportunities by delaying motherhood. Contraceptives also contribute to reducing maternal mortality and improving health outcomes for both mothers and children by allowing for better pregnancy spacing. For sexually active individuals, condoms and other barrier methods provide a dual function of preventing pregnancy and protecting against sexually transmitted infections. Furthermore, contraceptive methods, such as hormonal pills, intrauterine devices, and implants, provide high effectiveness rates, offering a sense of security in family planning.²

Need for the Study

Family planning considered today as a basic human right. It means of planning families that are wanted, spaced according to choice and timed to fit in with life decisions, such as marriage or a break in carrier. Since stillbirth and infant mortality rates have dropped and epidemics and famine are better controlled, contraception has become a key element in population policy. The problem of over population is now acute as every ten seconds the world population increases by 30 individuals and is likely to double over the next 40 years.³

Family planning first became internationally popular around the 1960^s due to a startling growth in population (Cleland, et al., 2006). Many national family planning programs, such as those in Asia and Latin America, have shown to be very effective in reducing fertility (Cleland, et al.2006). In fact, after the adoption of family planning methods by a plethora of developing countries, contraceptive use among married women in developing countries increased dramatically between 1960 Family Planning and 2000.⁴

According to the Population Council, there are “an estimated 350 million couples lacking access to family planning. By one estimate, satisfying the unmet need for contraceptive services in developing countries would avert 52 million unintended pregnancies a year, thereby saving 1.4 million infant lives, and preventing 505,000 children from losing their mothers”. Thus, the lack of family planning and the lack of knowledge regarding contraceptive in international, national and state level improves the need of study related to use of contraceptive methods.⁵

MATERIALS AND METHODS

In This study, Research methodology deals with description of methodology and different steps, which undertaken for gathering and organizing data. It includes research approach,

research design, variables, setting of the study, population, inclusion and exclusion criteria for selection of the sample, sampling technique, sample size, selection and development of tool, content validity reliability, development and description of STP, pilot study, procedure for data collection and plan for data analysis. The effectiveness of a Structured Teaching programme on contraceptive methods in terms of knowledge among postnatal mothers, and for the objectives to accomplished, an evaluative approach also considered appropriate for the present study. The Non probability sampling methods used in drawing samples from a population usually in such a manner that the sample will facilitate determination of some hypothesis concerning the population. The reliability established by using product moment spearman's proficiency formula and it was found to be $r=0.791$ which indicate that the tool was reliable to conduct the study.

The results computed by using descriptive and inferential statistics based on pre-test knowledge score and post-test knowledge score regarding contraceptive method among postnatal mothers and find association between post test level of knowledge of postnatal mothers with their selected personal demographic variable.

The frequency and percentage among Post Natal Mothers Regarding use of contraceptive methods in pretest, majority of post natal mothers in general Concepts regarding contraceptives had inadequate knowledge (53.3%) , moderate knowledge (35.0%) And very few of the samples had adequate knowledge (11.7%) and the knowledge on types Of contraceptive methods had inadequate knowledge (60.0%), moderate knowledge (10.0%) And very few of the samples had adequate knowledge (30.0%).

Pre test	Maximum Score	Inadequate Knowledge		Moderate Knowledge		Adequate Knowledge	
		F	%	F	%	F	%
Aspects of contraceptive methods							
General concepts regarding contraceptive methods	6	32	53.3	21	35.0	7	11.7
Knowledge on types of contraceptive methods	34	36	60.00	6	10.0	18	30.0

The comparison of pre and post test level of knowledge regarding contraceptives, In pre test inadequate knowledge (46.7%), moderate knowledge (33.3%) and very few of the samples Had adequate knowledge (20%) and the knowledge in post test inadequate knowledge (21.67%), moderate knowledge (38.33%) and majority of samples had adequate knowledge (40.0%)

Sl. No	Level of Knowledge	Pre test		Post test	
		F	%	F	%
1	In adequate	28	46.7	13	21.67
2	Moderate	20	33.3	23	38.33
3	Adequate	12	20.0	24	40

CONCLUSION:

During the study Distribution of postnatal mothers according to overall level of knowledge, 60% had inadequate knowledge, 30% had moderate knowledge and 10% respondents had adequate knowledge regarding contraceptive methods. The study finding shows that there is significant improvement in knowledge on contraceptive methods and it has enhanced the knowledge of postnatal mothers regarding contraceptive methods. The postnatal mothers expressed that the teaching programme was very informative and it would help them to modify their life style as appropriate use of contraceptive methods.

REFERENCES:

1. Bennet, V. Ruth., Brown, Linda K., "Myles Text Book For Mid wives", Philadelphia: Churchill Living stone., 2001., pp 631-646
2. Demise T. Polit, " Nursing Research principles and methods Lippincott, 7th Edition, Philedalphia, William &Wilking company publications, 1998, Page No. 49,29,32,713,730.
3. Burns, N., Groves. S.K., "The practice of nursing research conduct", Critique and utilization., Philadelphia: W.B. Saunders Co., 2002.
4. Park K. (2008) : Text book of Preventive and Social Medicine (19thEdn.) Jabalpur : M/s. Banarsidas Bhanot publisher. Page No. 389 – 391.
5. Chandhick N, Dhillon BS, Kambo I, Saxena NC. Contraceptive knowledge, practices and utilization of services in the rural areas of India (an ICMR task force study). Indian J Med Sci.2003; 57:303-10.
6. Dickson, Elizabeth jean., Silver Man, Bonnie Lang., Schult, Marthaoslen., "Maternal infant nursing care", Philadelphia: Mosby., 1994., pp 91, 98 – 104.
7. Bhattacharya SDK, Ram R, Goswami DN, Gupta UD, Bhattacahryya K, Ray S. Study of unmet need for family planning among women of reproductive age group attending immunisation clinic in a medical college of Kolkata. Indian Journal of Community Medicine 2006 Apr-Jun; 31(3):73-5.
8. Dickson, Elizabeth jean., Silver Man, Bonnie Lang., Schult, Marthaoslen., "Maternal infant nursing care", Philadelphia: Mosby., 1994., pp 91, 98 – 104.
9. Weldegerima B, Denekew A. Women's knowledge, preferences, and practices of modern contraceptive methods in Woreta, Ethiopia. Res Social Adm Pharm 2021 Sep;4(3):302-7.
10. Dickson, Elizabeth jean., Silver Man, Bonnie Lang., Schult, Marthaoslen., "Maternal infant nursing care", Philadelphia: Mosby., 1994., pp 91, 98 – 104.
11. American Journal of Public Health 95(2), 201-203.
12. Olds, Sally., London, Marcia L.,Ladewig, Patricia Wieland., "Maternal Newborn nursing", New York: Addison Wesley., 1996.,pp 202-211.
13. Health study on family planning. The Telegraph 2007 May 1.

14. Werner, David., Where is no doctor a village health care hand book., London: MACMILLAN., 1995., PP 283-293.
15. Mustafa R, Afreen U, Hashmi HA. Contraceptive knowledge, attitude and practice among rural women. J Coll Physicians Surg Pak 2022 Sep; 18(9):542-5.
16. Saha SK, Basak S, Banerjee J. “Knowledge and Practices of Tribal Tea Garden Women towards Contraception”. Child Health Care Development. 2023 June; 32(4): 423- 30.
17. Jain S, Singh JV, Bhatnagar M, Garg SK, Chopra H, Bajpai SK. Attitude of rural women towards contraceptive and its use. Indian Journal of Maternal Child Health 1999 Jan-Mar; 10(1):18-9.
18. www.mediline.com; Reproductive medicine Journal, “ Human Reproduction Today ” (Feb 21, 2024)
19. J.C. Huber, E.K. Bentz, Jott, CB Temper (Sep 2008) ; Expert opinion on Pharmacotherapy, Pub– Informa Health Care, Vol – 9, Page No 2317 – 2325.
20. Chandhick, Dillon, Saxena. “Contraceptive Knowledge, Practices and Utilization of Services in The Rural Areas of India”.
21. Kamal, Nashid., 2019, “Inter spousal communication on family planning as a determinant of the use of modern contraception in Bangladesh”The Journal of Family Welfare.,45(1):31-39.
22. Kamaljeet Kaur. “Assessing Knowledge and Utilization of Family Welfare Services Among Women”. Health Action. 2009 April; Page number; 19- 20
23. Edge Valerie, Miller Mindi(1999).Womans health care,3rd ed; NewDelhi; mosby publications(P)Ltd;pp342-44
24. B. Anthony Armson, MD, FRCSC, Halifax NS. SOGC Clinical Practice Guidelines.2005. March. No 156.
25. Polit F.Dennis , Hungler BP. Nursing Research Principles and method. 5th ed. Philadelphia: J.P.Lippincott Company;2006: 49.
26. Mary J Laughlin MD, Juliet Barker MD, Barbara Bambach, MD, Omer N Koc MD, David A Rizzieri MD et al. Hematopoietic Engraftment and Survival in Adult Recipients of Umbilical-Cord Blood from Unrelated Donors. Nursing England Journal of Medicine. 2001 Jun; 344: 1815-1822.
27. Hart P, Eaton L, Buckner M , Morrow BN , Barrette DT, Fraser DD, et al. Effectiveness of a computer based educational programme on nurses knowledge , attitude and skill level related to evidenced based practice . Worldviews Evidence based Nursing. 2008; 5(2): 75-84.
28. Rajesh reddy.s,K.C premarayan,K.A Narayan and akshaya Kumar Mishra.rapid appraisal of knowledge ,attitude and practice related to family planning methods among woman within 5 years of married life. Indian j.prev.soc.med.2003:34(1&2).
29. Chandhick ,N,Dillon .B.S,kambo .I,saxena .N.C.contraceptive knowledge,practices and utilization of services in the rural area of India ,Indian j.med.sci.2003:jul:57(7):303-10.
30. Dr. Kamlesh Rao.client demand approach (CDA)in the revised family welfare programme.