

An Exploratory Study to Assess The Utilization of Contraceptive Methods and their Effectiveness Among Women in A Selected Community

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Abstract

This was an exploratory study conducted to assess the utilisation of contraceptive methods and their effectiveness among women residing in a selected community in India's capital city of Delhi. The study was aimed at understanding the contraceptive choices of married Indian women in a semi-urban community and link it with the larger picture of contraception use in India. It also sought to gauge the understanding of family planning practices in Indian women, contraceptive decision-making in Indian households and the effectiveness of the birth control methods used in India.

The study also aimed to understand the factors influencing contraception in India by determining the association of contraceptive utilisation with selected demographic variables. The subjects were quizzed using a structured questionnaire to accomplish the stated objectives in the study.

This study actually gave us few important insights into married women's contraception behaviour and the socio-cultural factors influencing contraception in India. The results confirmed that 97.5% of the subjects had good utilisation of contraceptives compared to only 0.75% reporting poor utilisation. This is a win for the numerous government schemes for family planning in India.

97% of subjects did not encounter any unwanted or unintended pregnancies which showcases high effectiveness of contraception. It was also found that there was significant association of utilisation of contraceptive methods with multiple demographic variables including - monthly income of subjects, their level of access to healthcare services and previous source of information about contraception; all at 0.05 level of significance.

Keywords: Contraceptive use among married women in India, Utilisation of Contraception in India, Effectiveness of contraception in Indian women, Socio-cultural factors influencing contraception in India, Family planning practices in India, Contraceptive choices of Indian women.