

KNOWLEDGE, ATTITUDE, AND PRACTICES OF CONTRACEPTION AMONG MARRIED WOMEN IN RURAL COMMUNITY

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ABSTRACT

INTRODUCTION: Pakistan is sixth most populous countries of the world; Pakistan population increasing rate is 3% per year. It is a huge burden on country economic. The studies showed that, there is a gap between knowledge, attitude and practices of women's related contraception. The study purpose is to assess the knowledge, attitude and practices among married women regarding contraceptive methods/ family planning in Lahore Pakistan.

METHODOLOGY: The quantitative cross-sectional study design was used with convenient sampling (n=133) from Husain Abad, Lahore. The married women participated in study. Using the adopted questioner, data was analyzed SPSS 21 version.

RESULTS: The women 17.3% know about lactation amenorrhea methods of family planning (n=133) 21.8% knew about the condoms method. 24.8% knew about the pills for family planning. 15% knows about injection for family planning method. 41.4% women access to family planning services through health centers. 37% access by hospitals. 30% women get information from health worker. 12% get through TV. 17.3% through family. 17.3% get through friends. 24.1% women answer the family planning method that not interferes with breastfeeding after delivery is pills. 22.6% answer injection. 43.6% use family Planning method. 27.8% is not using any family planning methods.

CONCLUSION: The every woman should know about the some contraceptive methods. There is need to improve the knowledge and provide program to enhance the knowledge

of people. Easy access to services, giving information and removing fear regarding family planning is very significance.

KEY WORDS: Contraceptive, Family planning, Married women, Knowledge, Attitude, practices

I. INTRODUCTION

The World Health Organization definition of "Family planning allows individuals and couples to anticipate and attain their desired number of children spacing and timing of their births. It is achieved through use of contraceptive methods and the treatment of involuntary infertility (Iliyasu, Abubakar, Galadanci, & Aliyu, 2010).

Pakistan is sixth most populous countries of the world, now a days facing many problems such as lack of water, land and forest resources. Pakistan population increasing rate is 3% per year. It is a huge burden on country economic. For the stabilize progress of country, it is very important to control population growth, a balance between birth and death rates. For this a solid and beneficial family planning program for people who want to meet family planning is very necessary (Ayub, Kibria, & Khan, 2015).

According to 2015 World Population Data Sheet, Pakistan is on number six in world most populated country. Pakistan population is 199 million, birth rate is 30 per 1,000 and death is 7 per 1,000 (World Population Data Sheet, 2015). Due to high population since 1950, the Family Planning Association of Pakistan (FPAP), was founded by Saeeda Waheed in 1953 in Lahore. Pakistan Government initiated

its FP programmed in 1966, and 10% of the total health budget was decided for FP. The main aim of family planning reduce the birth rate from 50/1,000 to 40 per 1,000, more focus on promoting voluntary spacing(A. A. Khan, Khan, et al., 2013).

Pakistan's fertility rates is high as compared with other south Asian countries with a total fertility rate at 4.1 (3.3 children in urban settings and 4.5 children in rural areas) and contraception use is lower than 35 percent, approximately one-fourth of Pakistani women wish to either delay the birth of their next child or end childbearing (Rovin, Hardee, & Kidanu, 2013).

According to United Nations Fund for Population Activities (UNFPA), one in three of women deaths in all due to childbirth and pregnancy complications. Maternal Mortality rate is low if contraception need meet easily. Family planning is very important for maternal, child health and optimal birth spacing(Khawar H, 2010).The use of family planning has increasing over last 50 year but this rate is very slow about 0.5% yearly(A. Khan & Khan, 2012). Many factors consider to slow down rate of use of contraception, such as exclusion of men in FP, Reproductive health and gender issues are main critical factors, causing failure of family planning program(Khawar H, 2010).

Many misconceptions about the Role of Religious Beliefs are present. People, health decision makers and public health professionals also blame the religious beliefs that limit the use of Family planning in Pakistan. However, the PDHS 2006-7 showed that only 5% people among non uses family planning are due to religious reason (A. A. Khan, Abbas, Hamza, Bilal, & Khan, 2013).

Awareness and knowledge about family planning and different method play a vital role in child spacing and birth control. The use of contraceptive methods is associated with age of women, education, source of income, alive siblings, age at the time of marriage, child mortality, knowledge of benefits of contraception and assess to family planning services(Kumar et al., 2011).

RESEARCH QUESTION:

What are the knowledge, attitude and practices of married women regarding family planning at Husain Abad rural community Lahore?

AIM OF STUDY:

The purpose of this study is to assess knowledge, attitude and practices among rural community towards family planning.

SIGNIFICANCE OF STUDY:

This study will enhance the knowledge, attitude and practice of married women towards family planning. After the study results, will conduct a health education session for married women living in rural area. Moreover, this study has a great significance being a nurse I will identify the ratio of knowledge, attitude and practice of married women towards family planning. Through this study, to create a good insight for the policy makers, Non-governmental organizations and other governmental service provider shows directions to

concerned bodies on how to implement the service in order to overcome the problem.

I. LITERATURE REVIEW

Family planning awareness is very important for the progress of country. Increasing population effect the whole world such as lack of resources, lack of health facility, effect on socioeconomic, increased in maternal mortality rate and infant mortality rate. Several studies conducted on all over the world. Many of which had focused on knowledge, attitude and practices regarding family planning.

A study conducted in Pakistan reveal that the mostly women have knowledge about modern method, practice of contraceptive is very low. In mostly women knowledge of family planning was also low. Mostly women not using any method due to many causes, fear of side effect, lack of health services, negative attitude, hurdles from in-laws, incomplete family size and religious concern. Majority of women using private services for information about family planning. Most women knowledge about family planning common method but many have no knowledge and negative attitude about family planning(Hameed et al., 2015).

According to a Nigerian study revealed that 66.3% women use modern contraceptive method, only 6.7% using natural, 0.7% women using traditional methods, 26.3% woman not using any method due to inaccessibility and poor socioeconomic status, religion and family setting. Mostly women were using modern method of family planning. Other has no enough knowledge about common contraceptive methods(Olugbenga-Bello, Abodunrin, & Adeomi, 2011).

Another study shows women has good knowledge about family planning 85.5% women reported currently using contraceptive methods. 97.6% women reported that they know only one method of family planning. Many women have good knowledge and positive attitude about family planning. Young women have more knowledge and attitude towards family planning(Upadhayay et al., 2017).

According to a study 96% women has knowledge about family planning. All most all the respondents aware about family planning, 96% using condom, 86% practicing safe period, 76.2% using injection.31.4% Women reported that the main reason for not practicing family planning were lack of knowledge, side effects of family planning. Most women have good knowledge and they practicing family planning but some have no knowledge. Some were not known family planning(Nansseu, Nchinda, Katte, Nchagnouot, & Nguetsa, 2015).

A study result show that many women 70% receive information about family planning from health professional, condom was used by 57%; 43% women used injectable, 33% used oral contraceptive pills, 30% used intrauterine contraceptive device. Majority of the women (78%) were self-motivated and 67% considered family planning as their

own responsibility. This study shows that women have knowledge about common family planning method, but the practices among less(Naqvi, Hashim, Zareen, & Fatima, 2011). A study of Pakistan revealed that the most common use of contraceptive method was oral contraceptive pills, second intrauterine contraceptive device. Many women were aware about contraceptive method and many of respondents not using any of method. This study shows that educated women have more knowledge and awareness than that of uneducated(Sudha, Vrushabhendra, Srikanth, & Suganya, 2017).

A study conducted in Thailand identified that 90 % of women knew about contraceptives for birth spacing, many women reported that they practice family planning method, some of women knew that where the services of family planning provided. Many women have lack of awareness about emergency contraception, some women have misconception about female sterilization method(Salisbury et al., 2016).Urban population has knowledge about family planning benefit for low income families, but less use of due to inadequate education, improper knowledge and unmet health services(Kumar et al., 2011). Study shows that educated women who have knowledge about family planning, uses contraceptive method instead of less knowledge woman. 90.2% married women having knowledge about different family planning method, knowledge about condom, oral pills and injection.87% had positive attitude about contraceptive method, many women were using oral pills(Ayub A, et all.2015).

Lack of knowledge decrease the use of family planning in woman. Knowledge about different method and information about time of use, very important for practicing of contraception among woman. Women willing to practice of contraception if more information about the family planning given to them(Nansseu et al., 2015).Educated women have good knowledge about contraceptive method instead of uneducated women. Main source of information are media, health workers and other women practicing contraceptive methods. Women know about common methods like condom, oral pills intra uterine contraceptive device. women has good knowledge about contraception but use were less due to some domestic, cultural, religious point of view and political hurdles (Pegu B et al.2014).

A study conducted in Meghalaya revealed that about 38% women use oral pills, 37.1% women having two to three live children practices more family planning methods, women education and occupation play a vital role in using family planning methods. Sex composition of living children, family income were the factors that influence the use of family planning among the people(Dey, 2014)A study conducted in Pakistan in this study most women 90.2% has knowledge about common contraceptive method. 39.9%Women knew about the condom, 27.7%has knowledge about oral pills, injection. 87% has positive attitude about family planning, 50.5% women were illiterate. Women practicing oral pills and their husband

practicing condoms. Finding of study shows that educated women use contraception and the uneducated women less knowledge about family planning(Ayub et al., 2015).

THEORETICAL FRAMEWORK

The theory of reasoned action was discovered by Martin Fishbein and Icek Ajzen in 1967. The relationship between attitude and behavior of individual is indicated by theory of reasoned action. “According to Ajzen this theory used to determine the individual behavior by his or her intention which is the cognitive representation towards performs the specific health behavior”(Okafor, 2016)It can be related to my study and it could be used to analyze the women’s attitude towards family planning by using their thinking process. It also determines the married women belief towards certain ways of child spacing and control of unwanted child birth. The ones believe outcome of the behavior and evaluation of the outcome direct influence on the practice and attitude towards particular behavior. If the married women will have appropriate knowledge about contraceptive method, behavior of women regarding effectiveness of contraceptive. The outcome will good(Montada & Schneider, 1989).

II. METHODS

SETTING: The research was conducted in Husain Abad (Lahore).

RESEARCH DESIGN: Cross sectional descriptive study was conduct in community.

POPULATION: Data was collected from married women of Husain Abad.

SAMPLING: Data was collected from convenient selected sample of 133 married women of Husain Abad, Lahore by using a predesigned questionnaire.

RESEARCH INSTRUMENT: Well adopted questionnaire was used with closed ended questions to gather data to answer the research questions.

DATA GATHERING PROCEDURE: Data was collected via door to door visiting.

ANALYZE DATA: Data was analyzed by using the Statistical Package for the social science (SPSS) 21. Descriptive study was done on frequencies, proportion tables, charts, graphs and tables.

ETHICAL CONSIDERATION: Participants were informed about the aim of the study.

III. RESULTS

This section presents the outcomes of the study.

Table 1: Socio demographic characteristic of respondents

Demographic information	Statements	Frequency	Percentage
Gender of participant	Female	133	100%

Age of Participant	21-25	28	21.1
	26-30	45	33.8
	31-35	34	25.6
	36-40	20	15.0
	>40	6	4.5
Education of participant	Primary	37	27.8
	Middle	31	23.3
	Matric	32	24.1
	Uneducated	33	24.8
Occupation of participant	Housewife	54	40.6
	Employees of private Health worker	55	41.4
	Farmer/worker	14	10.5
		10	7.5
Marital status of participant	Married	133	100.0
Number of pregnancies of participant	One time	21	15.8
	Two time	35	26.3
	Three time	49	36.8
	>More than three	28	21.1
Number of children of participant	One	21	15.8
	Two	39	29.3
	Three	47	35.3
	>three	26	19.5

Table 1: Showed the Gender, age, education, occupation, marital status, number of pregnancies, numbers of children of participants.

133 Participants in the study. All married women of rural area. Mostly women (33%) are 26-30 years of age, Education of women is 27.8% who are primary pass, and 24.8% are uneducated. Most women 49(n=133) have three time pregnant. Women who have three children is 47(n=133).

Table2. Knowledge of respondents towards Family Planning Methods

Statements	Yes	No	Don't know
Have you ever heard of birth control/contraceptives?	71 53.4	37 27	25 18.8
Statements	Options	Frequency/Percentage	
The method of family planning/contraception anything	1. Lactation amenorrhea method	23 (17.3%)	
	2. Calendar	6 (4.5%)	

you know?	Frequency/Percentage
3. Coitus interrupted	16 (12.0%)
4. Condoms	29 (21.8%)
5. Diaphragm	6 (4.5%)
6. Pills	33 (24.8%)
7. Injection	20 (15.0%)
Where you can access family planning services/contraception at the top?	Frequency/Percentage
1. Health Center	55 (41.4%)
2. Hospitals	50 (37.6%)
3. Clinical personal doctor	16 (12.0%)
4. Pharmacies	12 (9.0%)
Where do you get information about birth control/contraceptives?	Frequency/Percentage
1. TV	17 (12.8%)
2. Radio	10 (7.5%)
3. Newspapers/magazines	9 (6.8%)
4. The health worker	40 (30.1%)
5. Non-governmental organizations (NGOs)	11 (8.3%)
6. Family	23 (17.3%)
7. Friends	23 (17.3%)
The method of family planning/contraception that can be used after delivery because it does not interfere with the process of breastfeeding is	Frequency/Percentage
1. Lactation amenorrhea method	18 (13.5%)
2. Sterilization	7 (5.3%)
3. Intrauterine/spiral/IUD	10 (7.5%)
4. Implant/implant	8 (6.0%)
5. Injecting 3 months (progestin)	30 (22.6%)
6. Mini pill	32 (24.1%)
7. Condoms (to husband)	28 (21.1%)

Table2. Showed the Knowledge of Respondents recording Contraceptive methods. Mostly Women have good knowledge about the use of family planning methods. 53.3% women hear about family planning. 27% are no. 18% answers don't know. 17% women know lactation amenorrhea method. 4% know calendar. 12% know coitus interrupted method. 21% know condoms. 4% answer diaphragm. 24% answer pills. 15% answer injection. 41% women access for family planning services from health center. 37% are from hospital. 12% women from clinical personal doctor. 9% from pharmacies. 12% women get information from TV. 7% from radio. 6% from newspapers/magazines. 30% get from health workers. 8% from non-government organization. 17% women get information from family. 17% answer friends. Show the women knowledge about contraceptive method that used after delivery which don't interfere with breast feeding. 13% women answer the lactation amenorrhea method. 5% are sterilization. 7% answer intra uterine devices. 6% answer implant. 22% answer injection 3 months. 21% answer mini pills. 21% answer condom.

Table3. Attitude of respondents towards Family Planning Methods:

Statements	Yes	No	Don't know	Undecided
To delay or dilute or terminate the pregnancy, I need to use birth control/contraception.	58 43.6%	37 27.8%	20 15%	18 13.5%
I find it difficult to get information about birth control/contraceptives from health personnel	68 51.1%	35 26.3%	17 12.8%	13 9.8%
I find it difficult to get family planning services/contraception	60 45.1%	38 28.6%	20 15%	15 11.3%
After giving birth, I want to use birth control/contraception	61 45.9%	35 26.3%	19 14.3%	18 13.5%
In my opinion, using birth control/contraception	72 56.1%	30 22.6%	16 12%	15 11.3%

profitable

I will support the family and friends to use birth control/contraception	75 56.4%	28 21.1%	17 12.8%	13 9.8%
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Table3. Showed the Attitude of Respondents recording Contraceptive methods. Mostly Women have good attitude towards family planning methods. Women answer about the use of family planning to delay or terminate the pregnancies 43% answer yes. 27% are no. 15% answer don't know. 13% answer undecided. 43% Women find difficulties to get information from health professional. 27% are no. 15% answer don't know. 13% undecided. 43% female find difficulty to get family planning services. 27% are no. 15% answer don't know. 13% answer undecided. 45% women answer want to use family planning after delivery. 26% are no. 15% answer don't know. 13% answer undecided. 54% women opinion it is profitable. 22% are no. 12% answer don't know. 11% answer undecided. 54% female support the family to use family planning answer yes. 22% are no. 12% answer don't know. 11% answer undecided.

Table4. Practice of respondents towards Family Planning Methods:

Statements	Yes	No	Don't know
Have you ever used birth control/contraception before?	78 58.6%	37 27.8%	18 13.5%

Statements	Options	Frequency/Percentage
What are your reasons to use birth control/contraceptives?	1. Want to improve their own health and child	34(25.6%)
	2. Want to give a distance antaranak	21(15.8%)
	3. Preventing unwanted pregnancies	23(17.3%)
	4. Prevent sexually transmitted diseases	11 (8.3%)
	5. Reason socioeconomic	19(14.3%)
	6. It is recommended by health professionals	18(13.5%)

	7.Other	7 (5.3%)
What factors support the choice of birth control /contraceptives?	1.Offers/free	29(21.8%)
	2.Fewer side effects	28(21.1%)
	3.Advertising on social media	31(23.3%)
	4.Options husband	18(13.5%)
	5.I hear from friends/family	17(12.8%)
	6.Other	8 (6.0%)
After delivery, methods of family planning/contraception which I will use that	1.Lactation amenorrhea method (LAM)	20(15.0%)
	2.Calendar	11(8.3%)
	3.Coitus interrupted	12(9.0%)
	4.Condoms	22(16.5%)
	5.Diaphragm	15(11.3%)
	6.Pills	34(25.6%)
	7.Injection	19(14.3%)
What is the reason you do not want to use birth control/contraceptives?	1.Still want to have children	31(23.3%)
	2.Lack of information on family planning /contraception	22(16.5%)
	3.Fear of side effects of birth control /contraception	15(11.3%)
	4.Breaking belief/religion	13(9.8%)
	5.Prohibition of parents/family	11(8.3%)
	6.Husband has been doing family planning/contraception use condoms or sterile sample	21(15.8%)

7.Already using natural methods, such as coitus interruptus or dates	20(15.0%)
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Table4. Showed the Practice of Respondents recording Contraceptive methods.

58% women practice the family planning method. 27% are no. 13% don't know. 25% women use family planning method to improve their own health and child. 15% want to give a distance antaranak. 17% use to prevent unwanted pregnancy. 14% used for socioeconomic reasons. 13% answer it is recommended by health professional.5% has other reason. Women said about the factors which support the choice of contraceptive method, 21.8% answer offers/free. 21% answer fewer side effects. 23% answer advertising on social media. 13% answer options husband. 12% answers I hear from friends/family. 6% other. Show the practices of women regarding the use of family planning methods after the delivery. 15% practice lactation amenorrhea method. 8% calendar. 9% answer coitus interrupted. 16% answer condoms. 11% use diaphragm.25% use pills.14% are injection. Women answer the reason they're not using the contraceptive method. 25% answer still want to have children. 16% answer lack of information on family planning. 11% answer fear of side effects of birth control.9% answer breaking belief/religion. 8% answer prohibition of parents/family. 15% husband has been doing family planning use condoms sterile sample. 15% answer already using natural methods, such as coitus interruptus and dates.

IV. DISCUSSION

There were a lot of evidences about knowledge of women, attitude and practices regarding contraceptive/family planning varies from country to country. In this study overall knowledge was satisfactory but some misconceptions regarding family planning were present. 45% women are the age of 26-30years. 37% primary and 33% are uneducated. 54% housewife and 55% are working in private sector. Other same study show 78% educated housewife more entrusted in using family planning(Naqvi et al., 2011).

The satisfactory knowledge was found regarding heard about at least one family planning/ contraceptive methods is 53% (n=133). The women 17.3% know about lactation amenorrhea methods of family planning (n=133) 21.8% knew about the condoms method. 24.8% knew about the pills for family planning.15% knows about injection for family planning method. A study result support the knowledge of lactation amenorrhea methods 38.7% women(Allagoa & Nyengidiki, 2011). Another study show the satisfactory result about the use of family planning methods, mostly women used condom(husband), injectable,

oral pills respectively 57%,43% and 33%(Naqvi et al., 2011). Another similar study reveal the (76%) women know condom method, (63%) know about the pill method(Brahmbhatt, Sheth, & Balaramanamma, 2013).

41.4% women access to family planning services through health centers.37% access by hospitals. 30% women get information from health worker.12% get through TV.17.3% through family.17.3% get through friends. 70% women in Pakistan study got information from health professional(Naqvi et al., 2011) Women answer the family planning that not interferes with breastfeeding after delivery is that pills are 24.1%. 22.6% answer injection. 43.6% use family planning method.27.8% not use.51.1% women get difficulty to obtained information about family planning. lanning.26.3% answer no.45.1% said difficult to get family A study of Pakistan not supports the current study finding. In this study only women(2.4%) out of 623 women were not use family planning method; due to difficulty in information(Jabeen, Gul, Wazir, & Javed, 2011). 54.1% answer that the use of family planning method is profitable. 56.4% answer that the family and friends support for the use of family planning. In similar 30% respondent said friends gave information about contraceptive(Hagan & Buxton, 2012).

58.6% answer that they use family planning methods.27.8% answer that they not use any family planning methods ever before. In other same study 38.3% women not use any family planning methods. 19.85% women use pill and 1.47% use injection (Sherpa, Sheilini, & Nayak, 2013).

25.6% answer the reason to use family planning methods to want to improve their health and child health.17.3% answer that to prevent unwanted pregnancies. In a similar study of India 35% respondents 30% used family planning for the reason of preventing pregnancies30% due to child spacing(Renjhen, Kumar, Pattanshetty, Sagir, & Samarasinghe, 2010). 71.% women used for prevent pregnancies in the Other India study (Srivastav, Khan, & Chauhan, 2014) 23.3% women said that the advising on social media. In similar study 26.82% get information from media(Srivastav et al., 2014).21.8% said that fewer side effects support them for the choice of family methods. Another Pakistani study revealed 44.73% women are use family planning due to no side effect(Jabeen et al., 2011).

LIMITATION

Non-probability sampling technique was applied in the study. There might be response bias in the results because of the sensitive topic. The study was only conducted at Husain Abad rural area.

VI. CONCLUSION

The study concluded that overall level of knowledge among women was satisfactory but there were also some misunderstanding about contraception. The attitude was shown positive and there were satisfactory practices of women regarding contraceptive method/family planning. Being a sixth most populous country of world Pakistan has

many problems. Increasing population badly impacts on economic status of country. Less resources and poverty leads to increase the rate of maternal mortality rate. Thus there is need to improve the knowledge and provide programs to enhance the knowledge of general public about the use of contraceptive methods. Make easy access to received information and facilities about family planning services.

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