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**KNOWLEDGE, ATTITUDE AND PRACTICE OF IUCDS AMONG URBAN  
SLUMS WOMEN OF SANGAM VIHAR, NEW DELHI**

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**ABSTRACT**

**Introduction:** The majority of women are unfamiliar of the utilization of IUCDs. The goal of this study was to explore more about IUCD knowledge, attitudes, and practices among residents of Sangam Vihar, New Delhi.

**Material And Methods:** A well-structured questionnaire was used to accomplish a descriptive cross-sectional survey. The responses collected and checked for accuracy, and SPSS version 26 used for the statistical analysis.

**Results:** Responses from a total of 399 reproductive women were collected. The respondents belonged to different professions. Our study found that 47.3% of the respondents were unaware of IUCDs among them, 18% never heard the name of IUCDs and 29.3% only heard the name, but knew no more than that. Only 12.41% of respondents were using IUDCs. In our study, 18% of respondents said that the barrier regarding IUCD usage was the fear of adverse effects and 5%

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believed that IUCD might decrease capacity to do physical work. About 32% never tried IUCDs because their family and friends recommended not to use IUCDs.

**Conclusion:** The study indicates that the level of awareness among urban slums women of sangam Vihar, New Delhi concerning the knowledge, attitude, and practice of IUCDs is low. Many educational and motivational activities are needed to promote the knowledge and use of IUCDs, empower slums women to be an active decision-makers for Family Planning.

**Keywords:** Slum Women, Family Planning, Contraceptive methods, Practices, IUCDs

## INTRODUCTION

Increasing population is becoming an issue for human health and social development of the country. India is the world's second-most populated country. It is a habitat for about 16 % of the world's population [1]. The Indian government, focusing on containing the high population growth, provides easy accessibility and affordability of Family Planning services and commodities. Individuals and couples could use family planning to anticipate and achieve their desired number of children and also the spacing and timing of their births [2]. It directly impacts the health, wealth, well-being of people and social development of a country. Therefore, it is an effective measure to control population growth [3]. In 1952, India became the first country to adopt a formalized population control and launch an official family planning programme, and is still the cornerstone of all family planning efforts now [4].

Intra-Uterine Contraceptive Devices or coil used to prevent-

- Unplanned pregnancy
- Keep track of the time between pregnancies.
- Relate the time of birth to the parent's age.
- Find out how many children the family includes.

It is one of the most popular and reliable forms of long-acting reversible birth control device. IUCDs are more than 99 % effective in preventing pregnancy, but rare failure can happen. These devices significantly remove the possibility of human error that comes with having a pill every day. Despite the government's best attempts, there are still unmet contraceptive needs. Therefore, these unmet demands must be explored in depth in order to gain a better understanding of the issue and to enhance the role in developing suitable policies and approaches. According to Javed Quereishi, et al, in their paper

published in 2017 on rural women's knowledge, attitudes, and use of family planning methods. They made a survey among reproductive-age females involving the questioning of randomly selected participants in order to investigate the knowledge and use of Intra Uterine Contraceptive Devices (IUCDs). The result from the survey showed that most of the respondents were aware about at least one contraception method. The majority of respondents were in favour of the approach of family planning, while 34% were against it [1]. In their research Vijay Shree, et al, 2017 found that only 32.65% Contraceptive techniques were being used by respondents. OCPs (Oral Contraceptive Pills) were used by 15.21% of all users, whereas IUCDs were used by 11.30%. fear of adverse effects was the major cause for non-acceptance of contraceptive methods, followed by a lack of male child and spouse opposition [5]. A research was undertaken on the knowledge and contraceptive practices of Delhi's low-income women. The result showed that only 38.3 % women were aware about contraception, 47.8 % respondents were not using any contraception method the main reason was- 24.6 percent want a male kid, 20 percent want another child, 15.4 percent want to avoid family members, and 4.6 percent

can't get to them [6]. Meely Panda, et al, 2016 reported a review that the lack of contraceptive use was owing to a lack of availability, accessibility, and confidentiality concerns [7]. Lack of understanding has emerged as a major impediment to females' usage of contraceptive options. All women should have a basic understanding of family planning activities [3]. All women should have access to family planning services; only then will we be capable of reducing maternal and newborn mortality rates. The purpose of this article is to describe the Post-Partum Intra Uterine Contraceptive Device (PPIUCD), a contraception device [8].

#### **MATERIAL AND METHODS**

This was a descriptive cross-sectional survey, conducted through a well-structured questionnaire. To develop the questionnaire, many pieces of works of literature reviewed. The questionnaire included respondents' knowledge, attitude, and practice of IUCDs. The survey was completely optional. The study was conducted in Sangam Vihar, New Delhi, from March to June 2021. The study participants consisted of married women of the reproductive age group (15 -45 years) who were the local residents of Sangam Vihar, New Delhi. The data of 399 responses was collected from our survey. The collected data was then placed into a Microsoft Excel

spreadsheet only after returned surveys were double-checked for accuracy. For analysis, the cleaned data was imported to version 26 of the Statistical Package for Social Sciences (SPSS). Descriptive statistics of tables and percentages were used to analyze data collected and Chi square was used to test the significant relationship between different variables at 0.05 level of significance.

## RESULT AND DISCUSSION

The practice of IUCDs is becoming the concern of the day. The less usage of IUCDs mainly due to lack of awareness and low educational level in the urban slums' population. The study examined the knowledge, attitude, and practice of IUCDs among 399 married women of reproductive age group (15-45 years). The respondents belonged to varied professions.

The study found that 47.3% of respondents did not know about IUCDs among them 18.0% never heard the name of IUCDs and 29.3% only heard the name, but knew no more than that.

From **Figure 1** we could see that 48.1% of respondents were using condom, 18.9% were using OCPs and 20.4% of respondents were using any other method. Only 12.4% of respondents were using IUDCs.

In our study, 17.8% of respondents said that the barrier regarding IUCD usage was the

fear of adverse effects, 4.7% believed that IUCD might decrease their capacity to do physical work. About 34% of respondents did n't know about IUCDs. Similar behaviour was observed in a study conducted in rural Patna where 21.05% non-acceptance of IUCDs due to fear of side effects and 12% had never tried IUCDs because of opposition by in-laws / husband. In this study 31.8% of respondents who admitted to never tried IUCDs did so because their family and friends recommended not to use IUCDs.

The willingness of a couple to use contraception is influenced by a variety of socio-cultural factors, such as their educational level and the number of children in their household. Decision maker for family planning also play an important role in promotion and acceptability of contraception. Want of child, literacy, number of living children, mode of delivery also influence contraception use. The study found that while people are aware of IUCDs, they don't use them as much as they should. Even the women know about the IUCDs however they do not know where to get them or how to use it, where as some heard false and misleading informations. There could be many reasons which led to unawareness and barrier for the usage of IUCDs. One of the significant reasons is possibly the effect of education

level, which indicated an increase in the level of education results in an increase in knowledge and use of IUCDs. IPV (Intimate Partner Violence) is associated with women not being able to use access contraceptives. There is no reproductive autonomy in our male-dominated society, which means a woman is never allowed to make independent choices regarding Family Planning. The decision regarding that is mainly taken either by the husband or mother-in-law. Women's empowerment has been thrown into a very complicated, integrated scenario, and access to resources, knowledge, and decision-making processes are all important questions in making women empowered, confident, which is included in the mainstream social process.

After cross tabulation of various factors with age groups of females, chi square test was applied and significant correlation was seen between the age of female and the number of children in the family ( $p=0.000$ ). The study also revealed that there was no statistical association between contraceptive usage and variables such as age ( $p=0.326$ ), occupation ( $p=0.762$ ), awareness regarding IUCDs ( $p=0.074$ ) and medical disorders ( $p=0.418$ ).

However, it was found that education significantly affect the awareness regarding IUCDs ( $p=0.003$ ), contraceptive usage ( $p=0.045$ ) and number of children in the family ( $p=0.000$ ). **Table 3** also showed the significant association between occupation and the family's number of children ( $p=0.000$ ), decision maker and barriers for IUCD usage ( $p=0.041$ ). Among other variables significant association was found between IUCD awareness and barriers for IUCD usage ( $p=0.000$ ).

The result revealed that there is no significant association between awareness and utilization of Intra Uterine Contraceptive Devices (IUCDs). This indicated that good awareness regarding IUCDs does not corroborate with the high utilization of contraceptive among slum females of reproductive age group. The findings support the previous study by that 73.3% of slum women of reproductive age were not using contraceptive despite their high level of awareness [9]. However, this study shows that the educational level having knowledge about the importance and benefits of IUCDs has great influence on the utilization of contraceptives.

Table 1: Profession of the respondents

Profession of respondents	Count	Percentage
Student	43	10.8%
Government Employee	28	7.0%
Private sector Employee	129	32.3%
Unemployed	199	49.9%
Total	399	100%

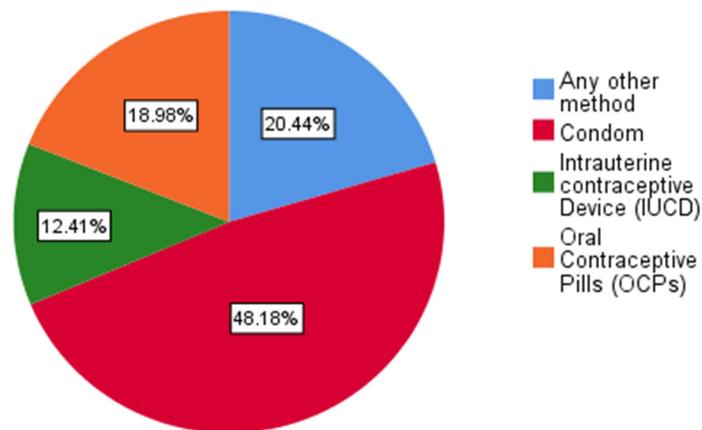


Figure 1: Different types of contraceptive methods used by the respondents

Table 2: Barriers for the use of IUCDs

Profession of respondents	Don't know about IUCD at all	Family members/ friends recommended not to use IUCD	It has adverse effects	May decrease capacity to do physical work	Not easily available
Government Employee	29.6%	29.6%	18.51%	7.4%	14.8%
Private sector Employee	36.13%	32.7%	13.4%	4.2%	13.4%
Student	21.4%	40.47%	19.0%	9.5%	9.5%
Unemployed	36.15%	29.37%	20.33%	3.38%	10.7%

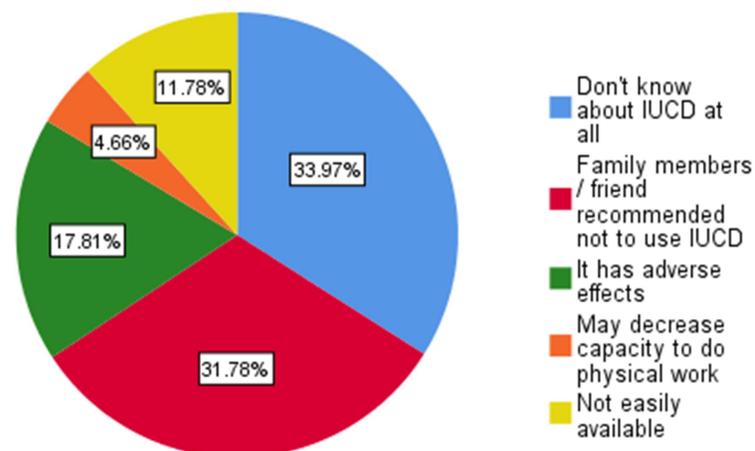


Figure 2: Barriers for IUCD usage by all respondents

Table 3: Association analysis of different variables

Variable I	Variable II	Test value $\chi^2$	p value for significance (e)	Significant/Not significant
Age	-No of children	43.318	0.000	Significant
	-Contraceptive use	6.946	0.326	Not significant
	-Adverse effects of IUCDs	8.082	0.779	Not significant
Education	-No of children	63.997	0.000	Significant
	-Contraceptive use	12.900	0.045	Significant
	-IUCDs awareness	19.994	0.003	Significant
Occupation	-No of children	91.014	0.000	Significant
	-Contraceptive use	3.363	0.762	Not significant
	-Barriers for IUCDs	15.031	0.449	Not significant
IUCDs awareness	-Contraceptive use	8.521	0.074	Not significant
	-Barrier for IUCD usage	72.716	0.000	Significant
Medical disorder	Contraceptive use	8.162	0.418	Not significant
Decision maker	Barriers for IUCD usage	32.259	0.041	Significant

## CONCLUSION

The study indicates that the level of awareness among urban slums women of Sangam Vihar, New Delhi with respect to the knowledge, attitude, and practice of IUCDs is low. To encourage the awareness and use of IUCDs and reduce the fertility rate, a variety of educational and inspirational efforts, as well as enhancements in Family Planning services are needed. By establishing reproductive and sexual education as a part of everyday life, we can shape the minds of the next generation, School health services might go a long way toward influencing youth to engage contraception in the future and maintain a healthy reproductive pattern. The study also reveals that there were many myths and misconceptions regarding the use of IUCDs among women. To overcome these barriers, it is important to counsel those

women who were misguided and educate all those women who don't have knowledge about IUCDs. The presence of a supportive atmosphere in the family aids women in achieving their reproductive goals and accomplish their contraception requirements. Using a mass media strategy, it is necessary to promote and emphasize contraception and its benefits, as well as to explore more and more private sector engagement.

The government needs to revise its existing policies and framework on Family Planning services. Large scale campaigns need to run to make more and more awareness of IUCDs and empower slums women to be an active decision-makers for Family Planning. Men and women must share responsibility for contraceptive usage, and programmes should accept both as Family Planning users. It's also essential to include males as users in

Family Planning programmes, as well as government regulations and recommendations, in order to expand contraceptive alternatives. Apart from government engagement, respondents wanted doctors and other health-care professionals to take on the duty of raising public awareness on their own.

**CONFLICT OF INTEREST-** None

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