



A Study to Understand the Family Planning Method among Pregnant Women

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ABSTRACT:

This study focuses on the family planning method among pregnant women's. As we all know, India is the most populated country. So, there is a need to focus on the family planning, as it is a crucial aspect of reproductive healthcare, aiming to empower individual and couples to make informed decisions regarding the timing and spacing of pregnancies. The primary goal was to know how much they are aware of family planning method, and their attitudes, beliefs and perception of couples towards family planning, to encourage them to use it, which will directly impact the population growth of India. And objective to explore socio-economic, demographic and culture determinants of family planning acceptance among pregnant couples. The data was acquired using an interview schedule. The study conducted at SSG Hospital, is exploratory and descriptive in nature. As in the study census sampling approach was utilized in the study. It was found that all the respondents are aware about family planning method, but they are not using because of cultural/religious belief and also it is found that women are feeling free to talk with their partner about contraception.

KEY WORDS:

- Family planning method: the ability of individual and couples to anticipate and attain their desired number of children and the spacing and timing of their birth.
- Socio-economic: it refers to the interaction between the social and economic habits of a group of people.
- Demographic: the statistical characteristics of human populations used especially to identify markets.
- Culture: the customs, ideas, beliefs of a particular society and country.
- Pregnancy: it is the period during which a female carries a developing fetus in her uterus, usually lasting about nine months from conception to birth.
- Third trimester: it refers to the final stage of pregnancy, typically beginning around 28 week and lasting until the birth of the baby, which usually occurs around week 40. During third trimester, the fetus continues to grow rapidly, and the mother may experience various physical changes and discomforts as her body prepares for childbirth. These changes can include increased fetal movements, weight gain, back pain, fatigue, swelling, and preparation for labor and delivery. It's an important time for both the mother and the baby as they near the end of the pregnancy journey.

INTRODUCTION:

“Pregnancy is by choice, not by chance” - WHO

Becoming mother is the most blissful moment of every woman's fulfilment of life. This not only creates a new life on earth but also fills her with love, compassion, and care. The birth of child has a great importance when it planned and the family needs the new one but the couple especially mother must have the liberty to opt the time when they are ready to have a child. This makes it more fruitful for parents. The process of having a child is significant in and of itself.

A couple nowadays can choose exactly how many and timing of their children. This makes it easier for everyone to prepare for parenting and to greet the new life in a way that will always be remembered. However, not every couple want a child, which is why family planning methods are necessary to both prevent and bring about desired births.

Three-fourths of our nation's population is comprised of the vulnerable category in society, which includes both mothers and children. The government has created numerous policies and programs aimed at improving the lives of mothers and their children. Even yet, they are failing to provide the necessary

rural community at the core of the issue. Maternal and prenatal death rates are sensitive indicators of a nation's overall health care delivery system quality. Some of the causes that lead to maternal and prenatal death include uncontrolled fertility, unsafe abortion practice, and poor prenatal care. Girls who have access to contraception feel empowered and may change their lives. You may prevent 2.7 million infant deaths annually by using contraception. It can reduce poverty, slow down population growth, reduce environmental stress, and create a more stable society. It is a recognized human right to be able to decide how many children to have and when to have them. But this proper isn't always but realized, in particular many of the poor. India suffers from the problem of overpopulation.

The lack of proper education, economic independence to women and the restricted role of women to household activities reinforce by traditional values and customs put the women in a sub-ordinate position in the family. The special qualities in values according to women by way of adopting submissiveness intolerance made her as a passive person in the family. Even the marriage which is an important familial institution is not free from this traditional beliefs and practices. All these different dimensions of the traditional families put the woman in an inferior position which in terms are promoting traditional rural and agricultural households are more likely to have high fertility rates and low acceptance of family planning method.

Family making plans is an essential right, and as such, if executed properly, it gives more than one blessing for girls and their families, as well as for our community at large. Reproductive lifestyle planning may potentially save lives and improve the overall well-being of the community in developing nations. In summary, it improves family happiness and has many positive effects on all parties involved.

REVIEW OF LITERATURE:

Sr. No	Name of Author	Year of Publication	Finding/Outcome
1.	Deb R. C	2001	Their investigation revealed that women were the main adaptors of contraceptive, whereas, men played fewer roles. Traditional methods were most commonly used by women while more than one-third women either do not like existing methods or find them difficult to use.
2.	Kazi K C	2008	The study confirms that, for the success of family planning programme, awareness is very necessary in rural areas where though many women being aware of family planning yet contraceptive rate is still very low. So to improve, there is need to use multiple media sources to educate couple regarding contraceptive services, strengthen the perception and to create awareness among women about their rights and opinions about size of family. The concept of discrimination among sons and daughters should be discouraged.
3.	Verma GR and Rohini A	2013	The study revealed that the fertility indicates there is a need to change scenario of contraception use in India. Family planning through contraception tries to achieve the objectives to have only the desired number of children. So, the study warrants improving the attitude of the people, in favour of family planning. Special strategies are to be planned out to improve the involvement of men.

RESEARCH METHODOLOGY:

The research is exploratory and descriptive in nature. As descriptive research means that the research in which the data is collected without changing its environment. This means that there is no manipulation involved, it just describes the data and characteristics of the respondents or the phenomenon being studied. Questionnaire method was used in which census sampling was used in this research.

IMORTANT FINIDINGS:

- As education and occupation is an important socio-economic factor that always plays an active role in governing the family planning characteristics. But majority of the women's educational background is less than higher school and engaged to the boundaries of their homes and engaged themselves as house wives.
- In particular, it was noticed that when specifically asked how they control child birth, some of the name of the most favoured methods like condoms, birth control pills, sterilization and copper-T. And almost every respondent is using family planning method, but the respondents who do not utilize family planning because to cultural beliefs, a lack of confidence in the method's efficacy, or a fear of its negative effects.

- In reproductive planning where the husband and wife both share equal role, so according to the research I found that mostly respondents are feeling comfortable with their husband to talk about contraception, and the women they are getting information about what is family planning method in which the respondents show that they are getting from families and rest of the information they are getting from the healthcare provider, television, Anganwadi and internet/online.
- And talking about counselling, so most of the respondents have attend the counselling during their 3 trimesters of pregnancy, and it is very helpful to them during their pregnancy.
- Still now, I saw few respondents where now also they enforcing by their in-laws to be pregnant and looking to the point where few because family planning is stigmatized in the culture, the respondents do not use it.

CONCLUSION:

From the above research it can be concluded that, family planning is nothing but regulated way of living standards, beneficial both for the family happiness and welfare of the society. It aims at bringing down the infant and maternal mortality rate, thus, it regulates growth of population

According to the available resources and economic status of the country. It also helps in promoting the family happiness and its welfare. Family planning cannot be called an emergency measure to control population, but rather a social policy, made for the family's well-being, grating each household to have children by choice. Therefore, the birth control should not be viewed in negative sense but in positive sense.

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