MALE CONTRACEPTION;
KNOWLEDGE, ATTITUDE AND PRACTICE AMONG MALE POPULATION OF HANSRA BASTI BAHAWALPUR

Dr. Asia Aziz, Dr. Aslam Mahmood Malik, Dr. Ijaz Ahmad Shah Bukhari, Dr. Abdur Rehman Tahir

ABSTRACT…..Objective: To determine the knowledge and practice regarding male contraceptive methods among married male population of Hansra basti Bahawalpur, Pakistan. Material and methods: This observational (Descriptive) cross sectional study was carried out at Hansra Basti Bahawalpur from May 2011, to June 2011. A total of 100 married males were selected by simple random sampling. Data was collected by pre-designed, pre-tested, questionnaire to collect the information from study population. An interview was conducted at respondents' house in local language. Privacy was ensured. Results: About 82% have knowledge about any of the male contraceptive methods and out of those 18% were practicing any one of the family planning methods. Condom (Barrier) was most used method (77.7%) followed by the traditional methods i.e abstinence (27.7%) and coitus interrupts (11.11%) where as result regarding vasectomy was nil. Source of knowledge mainly was media (44%) followed by through health professional (30%), wife (25%) and friends (21%). Conclusion: In present setting men have good knowledge of male contraceptive methods. However very small number is practicing the contraceptive measures.

Key words: Male contraceptive methods, abstinence, coitus interruptus.

Introduction: Family planning is defined by WHO as, a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of a country. A WHO expert committee has defined five methods in 1975 to evaluate the success of family planning programmes. One of them is the evaluation of knowledge, attitude, motivation and behavior among people. The knowledge and attitude of people towards family planning methods are important determinants in adoption of family planning methods by them.

In Pakistan men play an important role in household decision making process and especially related to family planning because it includes desirable family size, use of family planning methods and many more. Many studies have been conducted on the dynamics of family planning adoption but the demographic research has focused on the determinants of the contraceptives used by women. The female only approach to explore and promote family planning has been critically viewed for their exclusion of men, and therefore, in the study at the micro level, attempts have been made to assess men’s role, belief, practice, and participation in family planning.

Material and methods: This cross-sectional study was conducted from May 2011 to June 2011 in Hansra Basti Bahawalpur. Study population consisted of approximately 1000 married males residing in that area and sample size was 100 (10% of the total). To reach the required sample size simple random sampling was done. List of the houses with married males was prepared. Then 100 houses were selected randomly. Data was collected by introducing a predesigned and pretested questionnaire. Questionnaire was designed in such a way as to get more of qualitative information keeping objectives of project in mind. Reasons for study were explained to them. Privacy was ensured. The information collected included knowledge, source of knowledge, method adopted (abstinence, coitus interruptus, condoms, vasectomy). Data thus collected was analyzed, frequencies calculated and presented in tables.
RESULTS
About 82% have knowledge about any of the male contraceptive methods (Table-I).

Out of those 18% were practicing any one of the family planning methods. (Table-II)

Condom (Barrier) was most used method by 14 (77.7%) followed by the traditional methods i.e. abstinence by 5 (27.7%) and coitus interruptus by 2 (11.11%) where as the practicing of vasectomy was nil. Source of knowledge by media was 44% followed by and 30% health professional, wife 25% and friends 21%. (Table-III)

In our study major source of knowledge about Family planning methods was mass media followed by health personnel, wife and friends, i.e 44%, 30%, 25%, and 21% respectively. A review of literature also showed that the sources of information on contraceptive use are journals, friends and television (as rated by males5). Similarly the study from rural Nepal also reported as exposure to electronic media is main factor for the use of contraceptive methods10. Only 18% of the interviewed coupleswere practicing contraceptive methods. Our finding of 18% contraceptive usage are near the findings (34.9%), in a study by G.aur et al11 in rural muslim area of Haryana and in contrast, the prevalence of contraceptive use was low than the finding of study by Bhasin et al12.

Couples not practicing contraception (18%) is quite lower as compared to other studies which showed 55%, 44.6%13,14. Reason for non use of contraceptive may be male dominance, ignorance literacy, lack of female empowerment in decision making.

DISCUSSION
Men can participate in family planning in two ways: by supporting their partner’s decisions to use family planning methods or by participating a male method of family planning like condom, withdrawal, or periodic abstinence. The widespread adoption of family planning, in a society, is an integral component of modern development and essential for the integration of women into social and economic life. The present study aimed to assess the knowledge, and practice of contraceptive methods among the male population to enhance the contraceptive practice in male population in the periurban community in future. Results showed that the overall knowledge about any method of contraception was 82%. Findings are similar to a study reported the prevalence of knowledge 98.2% in men by NFHS-III 2005-06, Patro et al5 respectively and also near the findings an Indian study of Takkar et al6 which found 100%. But slightly higher than 78.8%, 75%, 73.5% and 95% as reported by Jain et al7 Kumar et al8, chandick et al9 respectively.

An Ethiopian study showed that 80.3% of health personnel contributed in providing information regarding contraception, which is opposite to the results15. In study by Srivcastava et al16, social circle (67.3%) and exposure to family planning message (46.3%) were the main sources of knowledge about
Studies have been published indicating that stress is needed to improve the acceptance of Family Planning methods by males through enhancing their knowledge.

But important aspect is enhancing the practice by males which can only be achieved by determination of barriers & then to address those. It will require another study.

CONCLUSION

In this study men’s knowledge and participation in the family planning were explored and there was wide disparity between contraceptive knowledge, and practice. The study also highlighted that awareness does not always lead to use of contraceptive. The family planning programs in Pakistan are mainly female oriented, so a lot of educational and motivational activities must be initiated with the equal involvement of men. Mass media, health personnel, and government organizations can play a significant role in increasing the male participation rate in family planning and overcome the knowledge/practice gap.

REFERENCES


11. Gaur DR, Goel MK, Goel M. Contraceptive practices and related factors among females in predominantly rural Muslim area of North India. The Internet J of World health and Societal Politics 2008: 5(1)


MALE CONTRACEPTION

<table>
<thead>
<tr>
<th>AUTHOR(S):</th>
<th>Correspondence Address:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>DR. ASIA AZIZ</strong></td>
<td><strong>Dr. Asia Aziz</strong></td>
</tr>
<tr>
<td>Demonstrator Community Medicine Department</td>
<td>Demonstrator Community Medicine Department</td>
</tr>
<tr>
<td>Quaid-e-Azam Medical College/ Bhawal Victoria</td>
<td>Quaid-e-Azam Medical College/ Bhawal Victoria</td>
</tr>
<tr>
<td>Hospital, Bahawalpur.</td>
<td>Hospital, Bahawalpur.</td>
</tr>
<tr>
<td>2. <strong>DR. ASLAM MAHMOOD MALIK</strong></td>
<td><strong><a href="mailto:drasialheid1979@gmail.com">drasialheid1979@gmail.com</a></strong></td>
</tr>
<tr>
<td>Associate Professor Gynae &amp; Obstetrics</td>
<td><strong><a href="mailto:draslammahmood1973@gmail.com">draslammahmood1973@gmail.com</a></strong></td>
</tr>
<tr>
<td>Quaid-e-Azam Medical College/ Bhawal Victoria</td>
<td></td>
</tr>
<tr>
<td>Hospital, Bahawalpur.</td>
<td></td>
</tr>
<tr>
<td>3. <strong>DR. IJAZ AHMAD SHAH BUKHARI</strong></td>
<td></td>
</tr>
<tr>
<td>Professor &amp; Head of the Community Medicine</td>
<td></td>
</tr>
<tr>
<td>Department Quaid-e-Azam Medical College/ Bhawal</td>
<td></td>
</tr>
<tr>
<td>Victoria Hospital, Bahawalpur.</td>
<td></td>
</tr>
<tr>
<td>4. <strong>Dr. Abdur Rehman Tahir</strong></td>
<td></td>
</tr>
<tr>
<td>MBBS, MS (Nuclear Medicine)</td>
<td></td>
</tr>
<tr>
<td>Quaid-e-Azam Medical College/ Bhawal Victoria</td>
<td></td>
</tr>
<tr>
<td>Hospital, Bahawalpur.</td>
<td></td>
</tr>
</tbody>
</table>

**Correspondence Address:**
Dr. Asia Aziz
Demonstrator Community Medicine Department
Quaid-e-Azam Medical College/ Bhawal Victoria Hospital,
Bahawalpur.
drasialheid1979@gmail.com
draslammahmood1973@gmail.com

**Article received on:** 13/02/2013
**Accepted for Publication:** 15/05/2013
**Received after proof reading:** 21/05/2013