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Knowledge, Attitude, and Practice of Family Planning Methods among Married Men and Women

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Abstract

Objective: The objective of this study was to assess the knowledge, attitude, and practice of family planning methods among the married men and women in Pakistan.

Material and Methods: A quantitative study using a descriptive cross sectional design was conducted in a community located in one of the urban areas of Karachi, Pakistan from October 2014 to December 2014. Two hundred participants were recruited, including 72 men and 128 women who were interviewed regarding their knowledge, attitude, and practices of family planning methods through a predesigned questionnaire. A two-stage sampling technique was used including systematic and convenient sampling to collect the data. Women with infertility, non-reproductive age (49 and above), widows, and widowers, separated and divorced individuals were excluded from this study.

Results: Mean age of the participants was 30 ± 3 years. Results of the study showed that majority of the participants had knowledge of few contraceptive methods, but they lack awareness about all the family planning methods. Among men (100%) and women (97.7%), the most common method known was a male condom. Private hospitals and internet appear to be the key sources of information related to family planning. Regarding the practice of family planning methods, 54% of men and women were using few contraceptive methods. 74% men and 71.3% women had positive attitudes regarding family planning methods. The most common reasons for not using family planning methods among men and women were fear of side effects and desire of a male child.

Conclusion: The study concludes that most of the men and women have the comprehensive knowledge and assertive attitudes regarding the use of contraceptive methods, however, the practice of family planning methods is still low.