

## The Impact of Contraceptive use on Women Health: A Study of District Rawalpindi, Pakistan

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### **Abstract**

*Women's health is about issues and matters specific to female anatomy. Women's health issues are related to the female genitalia, breast, and other physiological structures. Women's health matters include menstruation; pregnancy and menopause. Contraceptives are a thoughtful and premeditated selection of a birth control technique or set of techniques. In Pakistan, there is an increasing trend of using contraceptives to regulate unwanted pregnancies due to recent awareness of family planning and several women health problems launched by government. However, unawareness about the use of contraceptives would be more dangerous and its prolonged use sometimes results in multiple complications. In order to study the impact of contraceptives use on women health, 100 female respondents were taken as study respondents through purposive sampling technique. It was found that (88%) female were using contraceptives continuously, (82%) female respondents found the contraceptives effective then (62%) female respondents reported physical problems are the disadvantages of contraceptives. (59%) of female respondents were from city and (41%) female respondents were from towns and majority of them were using contraceptives.*

**Keywords:** *Impact, Contraceptives, Women health*

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### **I. Introduction**

Women's health was thought to include only issues of childbirth and reproductive health. Gender-specific medical research has demonstrated major differences between the way male

and female physical systems develop and handle diseases. In addition to physical differences, men and women face different challenges in obtaining and paying for medical services. Economic status, health insurance coverage, a women's role as caregiver equally affect a women's health (Tina, 2006). Contraception is avoidance of pregnancy by different methods other than avoiding coitus or hysterectomy, whereas contraceptives are preventive methods to help women avoid unwanted pregnancies: they include all temporary and permanent measures to prevent pregnancy resulting from coitus. The contraceptives method may be broadly grouped into two classes-Spacing methods and Terminal methods. Spacing methods are of four types; Barrier methods, Hormonal methods, Intra-Uterine Devices and Natural Family Planning methods. Terminal methods are of two types; Male sterilization and Female Sterilization (Chohan, 2000)

Pregnancy and contraceptive methods both have important health effects that include risks and benefits. The net impact of contraception on women's health has not been reported previously. Every method of contraception dominates nonuse in most clinical settings. Increasing the use of more effective methods even modestly at the expense of less effective methods will improve health and reduce costs. Method that require action by the user less frequently than daily are both less costly and more effective than methods requiring action on a daily basis (Sonnenberg, 2004)

Effectiveness of a contraceptive is influenced by characteristics of both user and contraceptive method. Helping a women select the method that best meets her needs requires an understanding and careful assessment of these factors. A number of factors contribute to the user characteristics and affect a women's potential for successful contraceptive use. Life stage, socio-economic status, education, responsibilities, and work schedule are among the variables a provider needs to assess before recommending a specific contraceptive method to a client. Health concerns, religious and cultural beliefs, past experience with contraception play a vital role in choice and effectiveness of any contraceptive methods (Hatcher, 2000). Family planning saves women's and children's lives and improves the quality of life for a substantial number of women. It is one of the most effective investments for helping to ensure the health and well-being of women, children, and communities, and is a key component of quality reproductive health services. Contraceptive use improves women's health by allowing women to avoid unwanted and poorly timed pregnancies. It also helps to empower women by allowing them to decide the number and spacing of their children; this, in turn, provides them increased opportunities for participation in educational, economic and social activities (WHO, 1991)

## **2. Materials and Methods**

A micro-level survey was conducted in two hospitals, Rawalpindi General Hospital and Holy Family Hospital, in District Rawalpindi. There are eight government hospitals in Rawalpindi. These two hospitals were selected purposively because they were having family planning centers and fifteen to twenty females used to visit these centers daily. A sample of 100 females was drawn by using convenient sampling technique by including 50 females from Rawalpindi General Hospital and 50 females from Holy family hospital respectively. The data was

collected through female's interviews using a well-structured questionnaire. The data thus obtained was analyzed to draw conclusions and make pertinent recommendations.

### 3. Results and Discussions

The present study shows significant results. With regard to the education of female respondents who had no qualification except their religious education or in other words illiterate were 36% which indicate that even in the city like Rawalpindi the female education is not of the satisfactory level, Even that most of the respondents were illiterate but awareness about contraceptive use among female was at high level due to the governmental Family Planning Programs. With regard to the husband income of female respondents 51% were earning 11-15 thousand per month which shows more concerned about the size of their families due to limited economic resources and the competition to improve the status of life. The percentage of female respondents in 15-20 income class was much less this is because the study was conducted in government a hospital which provides respondents contraceptive facilities at very cheap cost or approximately free for every one. The female respondents who have children 1-4 were 67% and the respondents having children 5-8 was also considerable because it was only 28 % so it is still needed to educate people about contraception. Percentage of respondents with regards to the contraceptive method used was shown in figure I where 29 % respondents uses condoms, 28% were using IUDs (Intra uterine devices) 17 % were using oral pills & the rest uses other methods.

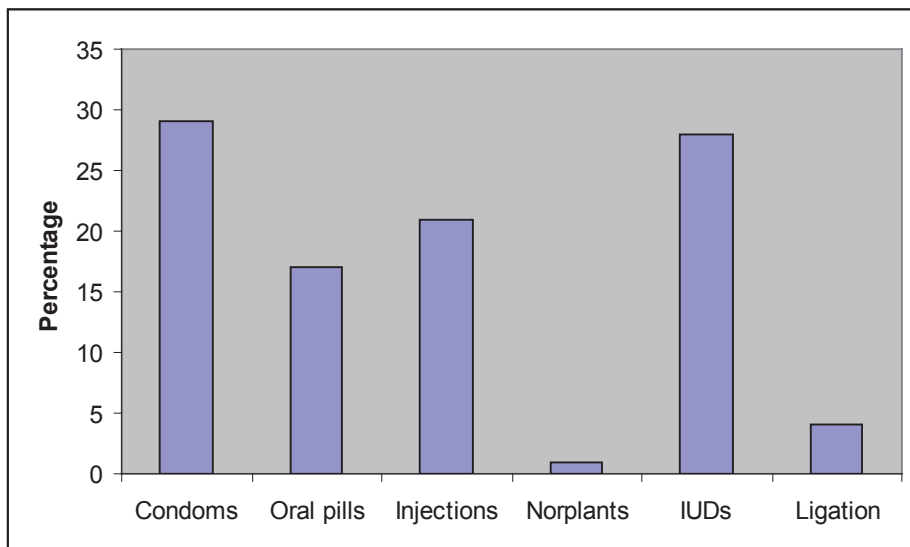


Figure I:- Contraceptive method used

88% respondents continuously uses contraceptives while only 12% were not using it continuously due to complications they could not continue contraceptive use. Effectiveness of contraceptives is influenced by characteristics of both user and contraceptive method. The respondents who find the contraceptives effective was 82% & for whom contraception failed and they got pregnant was 18%.The reason behind the failure of the contraceptives was incorrect and inconsistent use of any method. 93% of respondents use only one contraceptive because they were satisfied with the effectiveness of their method and only 7% were using different contraceptives because they were having physical problem & due to the failure of contraception. 94% of the respondents consulted doctor before choosing any contraception because doctor suggested them which method to be used after complete medical check up and taking into consideration the history of the respondents and only 6% do not consult any doctor before using & selecting contraceptives. A comparison of different variables & choice of contraceptives was taken into consideration. Comparison of the female respondents with regard to their area, education, income, impact on women health & effectiveness with respect to the choice of contraceptives was studied

**Table I:** Comparison of female respondents with regard to the impact of contraceptives on women health.

Contraceptives	Impact on women health			Total
	No impact	Positive	Negative	
Condoms	29	0	0	29
Oral pills	7	0	10	17
Injections	5	0	16	21
Norplants	1	0	0	1
IUDs	7	0	21	28
Ligation	2	0	2	4
Total	51	0	49	100

In comparison to the respondents with regard to their area and choice of contraceptives, the highest percentage of the choice of contraceptives in towns was condoms and in cities was IUDs, where as the lowest percentage of the of contraceptives in towns was Norplant's and ligation, and in cities was nor plants. The choice of contraceptives was also influenced by the level of education of the respondents. There was also a great variation in the choice of the contraceptives regarding the economic status of the respondents. It is obvious from the table I that the respondents either reported negative or no impact of the contraceptives. Not a single respondent said that she felt any positive change due to the use of contraceptives. Along with the physical side effects of the contraceptives there were superstitions of the respondents because if they had any problem after using contraceptives whether it was related to it or not they thought that this problem might be the side effect of the contraceptives. So may be they had some positive impact on their health but they do not notice it. The other thing which is very clear from the table was that the respondents who were using condoms all of them

reported no impact because condoms are non-hormonal contraceptives so they do not interfere with hormonal system and do not cause any problem. The only side effect associated with condoms is slight latex infection or lack of sexual satisfaction, but no respondent had even reported that.

#### 4. Conclusion and Recommendation

The present reveals that pregnancy and contraceptives methods both have important health impacts that include risks and benefits. Health conditions decrease the safety and effectiveness of any method. The effectiveness of a method depends on its correct and consistent use. Incorrect and inconsistent use leads to several health problems and failure of contraception. It was noticed during research that less educated people with low economic status have more children than educated and economically stable people. The interest will develop and people will further motivate to take preventive measures against unwanted pregnancies. So contraception is due to incorrect and inconsistent use of contraceptives so its consistent and correct use should be made possible by counseling and guidance. Contraceptives should be provided at affordable prices further its quality should be improved to reduce health problems. Awareness should be increased by media and other sources, male contraceptives should be introduced rather than female & government can help through the provision of better medical free camps for counseling and contraceptive availability.

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